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—James Munro, ND



Dear Reader,

On January 12, XYMOGEN will be hosting its first XYMOGEN XPERIENCE in five years! This exciting health and wellness event, which has been held more than 20 times over more than a decade, is an opportunity for practitioners to learn about the latest integrative healthcare breakthroughs and discover cutting-edge tools and services to help them grow and streamline their clinical practices.

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practitioners, attendance at XYMOGEN XPERIENCE will give them a deeper understanding of the science behind high-tech, integrative healthcare solutions and allow them to discover innovative protocols from the industry's biggest and brightest.

Together with XYMOGEN, we stand ready to transform the integrative healthcare landscape.

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A handwritten signature in black ink, appearing to read 'Brian Blackburn Sr.', written in a cursive style.

Thank you,

Brian Blackburn Sr

CEO and Founder, WholeScripts



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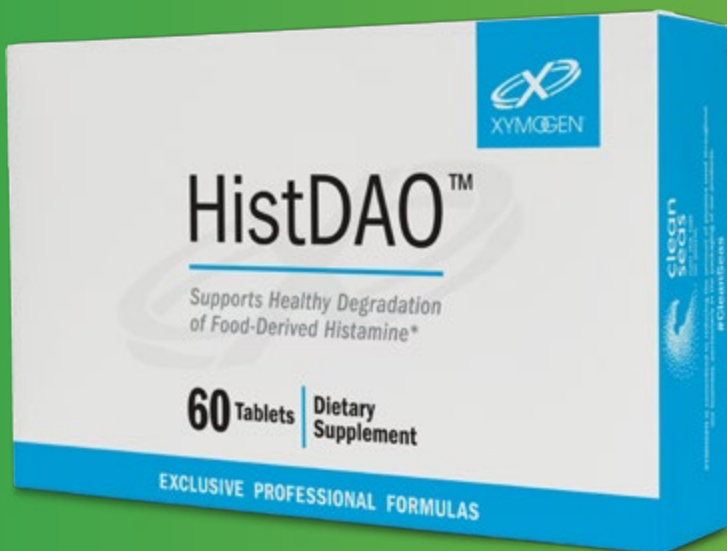
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**WHOLESCRIPTS
MAGAZINE STAFF****PUBLISHER**

Brian Blackburn Sr

EDITOR

Tarre Beach

COPY EDITOR

Heather Flint

ART DIRECTOR & LEAD DESIGNER

Jeremiah Hurst

DESIGNER

Dylan Roach

CONTRIBUTORS

Christina Frank

Heather Flint

Mary Gocke, RDN, CDN

Sarah Blackburn King, PES, GPTS, FMCHC

James Munro, ND

**XYMOGEN/
WHOLESCRIPTS STAFF****CHIEF EXECUTIVE OFFICER
AND FOUNDER**

Brian Blackburn Sr

CHIEF OPERATING OFFICER

Stephanie Blackburn

**ASSISTANT CHIEF
OPERATING OFFICER**

Kyle Blackburn

CHIEF FINANCIAL OFFICER

JR (José Rafael) Capó

SENIOR VICE PRESIDENT

Michael Mahoney

DIRECTOR OF WHOLESCRIPTS

Brian Blackburn Jr

REGULATORY DEPARTMENTTaneesha Routier-Rogers,
Scott Schaare, Daniel Effiong**MEDICAL DIRECTOR**

James Munro, ND

INFORMATION, INSPIRATION, AND RECREATION



Over the years, I've tried to lower my calorie intake by using low- or no-calorie sweeteners. We've all seen the ubiquitous rainbow of sweetener packets at every coffee bar, diner, and gas station in America. Personally, I prefer the green stevia packets. But after researching sweeteners (Read How Sweet It Is page 30) and finding that many, including my favorite no-calorie greenie, are often much, much sweeter than sugar, I have started to try not using sweeteners in my coffee and tea at all. Since learning that several studies have found that using these overly sweet substitutes may lead to eating more calories to satisfy energy and hunger levels, I'm happy to report that my overall calorie intake has decreased a bit.

While I'm excited to lower my calorie intake, my cognitive function is another story. Undoubtedly, my memory is not what it used to be. But that shouldn't be a surprise, seeing how two-thirds of Americans with Alzheimer's are women (Read Women's Memories page 17). Additionally, my mother died from early-onset Alzheimer's at age 66, which also may increase my risk of cognitive decline. So, what can I do now to keep my memory sharp? Studies suggest that post-menopause estrogen replacement, regular physical activity, quality sleep, a balanced diet, and brain exercises—such as studying a new language,

playing a musical instrument, or even engaging in word problems and jigsaw puzzles—can help. Working with my doctors, I am actively using these and other modalities to hang on to as much of my grey matter as I can for as long as possible.

How can I discuss the positive changes in my life regarding calories and mental workouts without addressing physical activity directly? Regular exercise is a cornerstone of overall health and wellness, and we have some pointers for making regular exercise fun (Read Getting the Motivation to Move page 25). I use just about all the suggestions mentioned in our story. I'm a recreational sports coach. I have a gym buddy to keep me accountable. I play catch with my son and keep away with my dog—laughing at the silly antics of both—for at least 30 minutes a few times a week. And I set achievable goals every quarter, then reward myself when I meet them.

I hope this issue of WholeScripts gives you the information, inspiration, and recreation that will move not only your body, but also your mind and spirit.

To your health,

Tarre Beach
Editor

LEGGING IT

Do your legs run marathons while you're trying to sleep?
Learn ways to support yourself through restless leg syndrome

By James Munro, ND

Q What can I do to help with restless leg syndrome?

A Restless leg syndrome (RLS) is characterized by a periodic urge to move the legs and is often just plain uncomfortable. This urge to move the legs is typically worse at night and relieved by movement. Not only is it uncomfortable, but it is commonly associated with sleep disturbances, which can negatively impact daytime functioning. The good news is that many interventions can potentially reduce the symptoms of RLS.

Pump Up the Iron

Iron deficiency is fairly common in patients with RLS. Without enough iron, the body may struggle to produce dopamine, and reduced dopaminergic activity in the brain could be a significant contributor to RLS. Iron supplementation in patients with iron deficiency frequently reduces or eliminates the symptoms. However, supplementing with iron is unlikely to be helpful in those with normal iron levels, and it is possible to overload on iron. Because of this, it is recommended to work with a healthcare practitioner to appropriately identify and treat a potential iron deficiency.

Avoid Triggers

Reducing symptoms of RLS by appropriately addressing potential triggers is possible. Blood sugar fluctuations can result in RLS symptoms. In these cases, symptoms can be improved by eating a diet that reduces blood sugar spikes. This diet should include fiber-rich whole foods and lean proteins and limit processed foods and refined carbohydrates.

Additionally, caffeine, alcohol, and nicotine may exacerbate symptoms of RLS. It may be worth a trial of completely avoiding these substances to see if your symptoms improve.



Finally, various medications may cause or aggravate your RLS symptoms, including antidepressants, antipsychotics, anti-nausea drugs, antihistamines, and beta-blockers. If you suspect that your medications are contributing to your RLS symptoms, make sure to discuss potential solutions with your doctor. Do not stop any medications without talking to your doctor first.

Sleep Hygiene

Not getting enough sleep is known to make the symptoms of RLS worse. Because RLS itself can negatively impact sleep, it's possible to find yourself in a vicious cycle of poor sleep, exacerbating the RLS symptoms and resulting in more sleep disruptions. Focusing on the general principles of sleep hygiene can help to interrupt this vicious cycle and reduce the RLS symptoms. Some good sleep habits include consistent bed and wake times, sleeping in a cool, dark, quiet, and comfortable environment, removing electronic devices from the bedroom, and avoiding electronics within an hour of bedtime. Also, regular exercise can not only contribute to sleep hygiene but can independently reduce the symptoms of RLS.

Useful Supplements

Studies have suggested various supplements may decrease the symptoms of RLS in certain cases. These include folate, magnesium, vitamin E, vitamin C, and bioflavonoids, such as diosmin and hesperidin.

Vitamin D may also be helpful; however, similar to

iron, it will only help in cases with low starting vitamin D levels.

Dietary and lifestyle modifications, along with the appropriate nutritional supplementation, can significantly reduce the symptoms of RLS and eliminate the need for high-force interventions that come along with uncomfortable side effects.



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



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THE POWER OF MUSHROOMS

Discover the bioactive compounds that make mushrooms magical.

By Mary Gocke, RDN, CDN

For thousands of years, mushrooms have been used for medicinal purposes. Recently, scientists have studied their unique chemical structures and found they have the ability to support several body systems. While certainly not a “cure-all,” many mushroom species have promising health and wellness benefits. Let’s take a look at the amazing power of mushrooms.

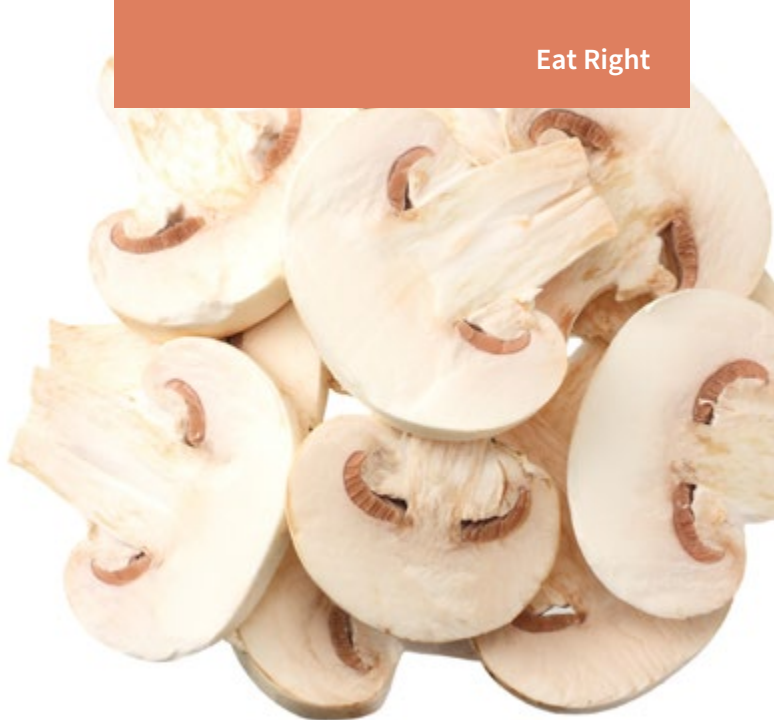
Nutritious and Delicious

Mushrooms are a good source of vitamin D, B complex, selenium, potassium, fiber, and protein. They have an earthy, slightly woody, meaty flavor and can be used as a protein replacement for those wanting to reduce their animal product intake or those who are vegetarian/vegan. The most protein-dense are oyster and white button mushrooms, with 3 grams of protein per cup. Of the 2,000 edible species, 100 are widely gathered, and 15 to 30 are commonly eaten. Common edible varieties include button mushrooms, portobello mushrooms, shiitake mushrooms, and chanterelles. Of course, mushrooms are also considered some of the world’s most precious (and expensive) food ingredients. In 2021, an Italian white truffle weighing around two pounds sold for a mind-blowing \$117,000 at auction.

Cancer Treatment Support

Some studies indicate that turkey tail (*Coriolus versicolor*) mushroom extract may reduce the adverse effects of chemotherapy and radiotherapy. Likewise, reishi mushroom extract may be a promising adjunct to counter unwanted common immunosuppressive effects of many chemotherapy drugs.

Keep in mind that while eating mushrooms may be healthful, research suggests that one or even several servings of mushrooms do not deliver a therapeutic amount of these beneficial compounds.



Cytokine Balance and Antioxidants

Mushrooms contain sterols and terpenoids, which have been researched for their anti-inflammatory properties. Because many conditions are associated with chronic inflammation, integrative healthcare practitioners recommend consuming anti-inflammatory foods, including mushrooms. With high amounts of ergothioneine and glutathione, mushrooms are considered a good source of antioxidants, which are known to reduce and neutralize the harmful effects of free radicals in the body and may support the reduction of chronic disease and age-related conditions.

Mental Health

Some mushrooms, those known as “magic mushrooms,” contain psilocybin, which is a psychoactive compound. Psilocybin induces altered states of consciousness and several studies show that when used under careful administration and management by qualified healthcare practitioners, it may be effective in supporting psychological illnesses, such as treatment-resistant depression, severe anxiety, substance use disorder, and post-traumatic stress disorder.

The research into the benefits of mushrooms is exciting. Many mushroom-based supplements and extracts made from various mushroom species are marketed for their potential health benefits. Mushrooms are also delicious and can be enjoyed raw, sautéed, or grilled, added to soups, stews, or sauces, and used as a meat substitute in vegetarian and vegan dishes. So, do yourself a favor and add some mushrooms to your meals.

Story Continued on **page 13**



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COLD MUSHROOM SALAD

Ingredients for mushrooms

- 1 pound fresh any type of mushrooms, sliced or halved
- 3 cloves of garlic, sliced
- 2 tablespoons olive oil
- 1 medium roasted red bell pepper, chopped

Ingredients for marinade

- ¼ cup olive oil
- 1 teaspoon salt
- 3 tablespoons flat-leaf parsley, chopped
- 2 tablespoons red wine vinegar
- 1 teaspoon lemon juice
- 1 teaspoon dried basil

Ingredients for salad

- Bed of baby spinach, spring mix, or arugula

Instructions

1. Heat 2 tablespoons of olive oil in a large pan or skillet on medium heat and sauté the mushrooms for 6-8 minutes until cooked.
2. Add the garlic and cook for 1 minute.
3. Add the roasted red bell pepper slices and cook for another minute.
4. Remove from the heat and place the mushroom mixture into a large dish or bowl.
5. Whisk the marinade ingredients together.
6. Pour the marinade over the mushrooms and stir well.
7. Cover and place in the fridge to chill for at least 2 hours.
8. Place cold mushroom mixture on a bed of spring mix or arugula; add chopped flat-leaf parsley to top.

Sources: Ketovegetarianrecipes.com and Verywellfit.com

Yield: 4 servings

Nutritional information (approximate):

Calories:	158
Protein:	4 g
Carbohydrates:	7 g
Fiber:	1 g
Fat:	14 g
Vitamin D:	408 mcg
Selenium:	6.51 mcg
Potassium:	222 mg
Ergothioneine:	2.2 mg
Glutathione:	3.5 mg
Combined sterols:	1.40 mg



Mary Gocke, RD, CDN, is a registered dietician 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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Women's Memory

Learn why women are diagnosed with Alzheimer's disease more often than men and ways to reduce your risk of developing the disease.

By Christina Frank

Alzheimer's disease is a devastating brain condition that affects 6.7 million Americans age 65 and older. The associated decline in cognitive function, memory, and behavior typically manifests as forgetfulness, confusion, and difficulty performing daily tasks. The exact cause of Alzheimer's is not fully understood, but it's believed to involve a combination of biological, environmental, and lifestyle factors. While Alzheimer's can strike anyone, statistics show that women are more likely to develop the disease than men. In fact, nearly two-thirds of Americans with Alzheimer's are women. What is behind this gender disparity, and what are some ways to help reduce the risk of being diagnosed with Alzheimer's?

Longer Lifespan

One prominent factor contributing to the higher rates of Alzheimer's among women is their longer average lifespan, which averages four to seven years longer than men's. Because age is a significant risk factor for Alzheimer's, the extended life expectancy of women means they have a greater opportunity to develop the disease. Simply put, the longer you live, the more likely you are to encounter age-related conditions, including Alzheimer's. The biggest difference in Alzheimer's rates between men

and women is seen after age 80, according to a study in the *Journal of Alzheimer's Disease*.

Built Different

Another intriguing aspect of the gender disparity in Alzheimer's disease is the structural and functional differences between male and female brains. Some research suggests that women may have more connections between neurons, which benefits them cognitively but may also contribute to a more rapid disease progression once it sets in. For instance, in a study presented at the Alzheimer's Association International Conference, scientists found that the connections in a woman's brain may speed the spread of tau. This protein helps stabilize the internal "skeleton" or "scaffolding" of nerve cells in the brain. As Alzheimer's sets in, an abnormal form of tau builds up, clumping into tangles and causing inflammation and damage.

In other research from the University of California, San Diego, scientists found that women's brains use glucose (blood sugar) better than men's brains, which may compensate for initial damage to brain structures, making it less likely for women to be diagnosed early through verbal skills tests.



This Is Your Brain on Estrogen

Studies suggest that estrogen, particularly estradiol, has a protective effect on the brain. Estradiol is thought to increase the number of connections in the brain's memory center, influence neurotransmitter (e.g., serotonin, dopamine, etc.) activity, and promote cognitive function. Menopausal hormone change is probably one of the most studied aspects of women's susceptibility to Alzheimer's disease. The natural drop in estrogen after menopause affects women in many ways, and the brain is not immune to those effects. As a woman's estrogen levels decline, there are losses in grey matter (brain tissue responsible for memory and mental functions) and an increased risk of developing Alzheimer's.

Research on the benefit of hormone replacement on Alzheimer's risk is not conclusive, and the effects of hormone replacement can be influenced by dose, type of medication, length of treatment, age, time of menopause onset, and genetics.

It's in Your Genes

Genes carry the information that determines our traits, and each gene has a special job. Genes that have been changed are called variants, which may be partially responsible for many illnesses, including Alzheimer's. Variants change the way genes do their job. Some variants can be inherited.

Typically, there is no single genetic cause of Alzheimer's, and multiple genes influence risk in combination with how you live and the things in your environment. Indeed, certain genetic variations have been linked to an increased risk of Alzheimer's, and some of these genetic variations may be more prevalent in women. For example, the apolipoprotein E (*APOE*) gene is known to influence risk. *APOE* comes in several forms or alleles, and the *APOE* ε4 allele is a known genetic risk factor for Alzheimer's. Women are more likely to carry this gene variant than men.

According to researchers at the University of Wisconsin-Milwaukee, genetics (specifically, *APOE* variant composition) may also be an important factor in determining the benefit of hormone replacement.

Understanding your genetic risks means you could benefit from interventions and treatments sooner. It's important to note that lifestyle factors, such as exercise,

diet, exposure to chemicals, and smoking, can all influence how certain genes work.

The Gender Gap

Socioeconomic and lifestyle factors contribute to the gender gap in Alzheimer's disease. In previous generations, fewer women pursued careers outside the home or higher education, both of which can influence Alzheimer's risk in women by its influence on cognitive engagement and brain resilience. Engaging in mentally stimulating activities through work and education exercises the brain, making it more resistant to cognitive decline. Individuals with higher education levels also tend to adopt healthier lifestyles, including balanced diets and regular physical activity, and have better access to healthcare. All these factors help to reduce the risk of Alzheimer's.

Women also often have different life experiences and roles compared with men, which can impact their risk. For instance, women are more likely to take on primary caregiving responsibilities for children and other family members. Caregiving can be emotionally and physically taxing, potentially increasing a woman's stress levels and reducing sleep, further exacerbating risk.

Steps to Take

While the gender disparity in Alzheimer's disease is a complex issue, there are steps women can take to reduce their risk and promote brain health. Lifestyle factors, such as diet, exercise, sleep, stress management, and social engagement, also significantly impact a person's risk of Alzheimer's.

Here are some actions to take that may help reduce your risk.

Maintain a Healthy Diet

Select fruits, vegetables, whole grains, healthy fats—including those found in oily fish—and lean proteins are particularly beneficial.

Stay Mentally Active

Engage in activities that challenge the mind, such as puzzles, reading, and learning new things like languages or musical instruments.



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Stay Physically Active

Perform 30 minutes of moderate exercise five days a week to reduce the risk of Alzheimer's development, memory loss, and cognitive decline.

Maintain Healthy Sleep

Get six to eight hours of quality sleep a night to reenergize cells, clear waste from the brain, and support learning and memory functions.

Socialize and Stay Connected

Maintain social interactions with friends and family, and consider participating in social activities.

Practice Self-Care

Schedule time for your own joy and relaxation. Very often, women put themselves last as they lean into their caregiving roles.

Consider Hormone Replacement Therapy

Check with your healthcare practitioner to see if hormone replacement therapy (HRT) might be a good option for you, and discuss genetic testing that may help guide your options and outcomes.

The initial signs of Alzheimer's disease differ from one person to another. For some individuals, the early stages of the disease may become apparent through a decline in cognitive functions other than memory, such as difficulties with word finding, spatial and visual problems (e.g., getting lost, becoming confused in new places, trouble identifying objects and people), or impaired reasoning and judgment. Women may be able to reduce their Alzheimer's disease risk by understanding the various contributing factors, such as those presented in this article, and taking proactive steps to maintain brain health.

Changes within the brain are thought to begin 10 or more years before symptoms even start to appear. Women shouldn't wait for symptoms to manifest before making lifestyle and nutritional changes. Make the changes now.

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Fitness Break





Getting the Motivation to Move

Take the work out of working out.

*By Sarah Blackburn King,
PES, GPTS, FMCHC*

Remember when you were a kid and couldn't wait until the bell rang for recess? And then remember how excited you were when it finally did? What if I told you there were fun, creative ways to recreate that feeling—but about exercise?

We all know that exercising delivers a plethora of benefits for your mental and physical health. However, developing the discipline to exercise regularly can be challenging for some, but it doesn't have to be. In fact, if you can change how you view exercise, it can actually be fun! And when something is fun, the motivation (and thus the discipline) comes naturally.

Below are a few great ways to get motivated and help you start looking at exercise more as fun and games and less as hard, boring work.

Don't Hate, Recreate

Do you despise running on a treadmill or lifting weights? Join a recreational sports league or hobby club instead. There's rock climbing, swimming, water and snow skiing, pickleball, tennis, ballet, hip-hop dancing, soccer, basketball—the list goes on. All these sports and hobbies are great forms of exercise because they increase your heart rate into zones that will boost your caloric burn during and after the time you are doing them. Unleash your inner fun-loving child and find (or go back to) that sport or hobby you've always enjoyed!



Class Connection

Exercising alone can be difficult for anyone. Formulating a workout, sticking to a routine, and motivating yourself can be incredibly challenging. Instead, find a gym with a welcoming atmosphere that offers group fitness classes filled with supportive members. These high-energy classes are typically led by dynamic, knowledgeable coaches ready to keep you motivated from start to finish. They also have fun, upbeat music that will keep you grooving through the class.

As a bonus, group classes are a great way to make friends. With a gym/class buddy, you can helpfully hold each other accountable for showing up and giving your best effort each time—or when you don't. Most classes are under an hour. That's less than 2% of your day. If you join the right gym and group classes, you could find yourself dancing out the doors with your endorphins at an ultimate high and a giant smile on your face.

Track and Reward

Just like when you were a kid, and your parents and teachers rewarded you for good grades or behavior, you should celebrate your exercise achievements. Set a few parameters you can track along the way. It could be your body fat mass, muscle mass, exercise duration, weights used, or exercise frequency. Whatever it is, be sure to make your goals SMART: specific, measurable, attainable, realistic, and time-bound.

When you reach a goal, treat yourself! Indulge in that dessert you've been dreaming about for a couple of weeks. Take yourself to the spa or buy that outfit you've wanted. Life is all about balance, so finding time to be good to yourself and enjoy the small wins is important!

Ultimately, exercising is what you make of it. If you want to stay on track to living a long and healthy life, it's essential to incorporate at least 150 minutes of some form of vigorous exercise each week. So, ask your inner child to come out and play, and make those 150 minutes a blast!

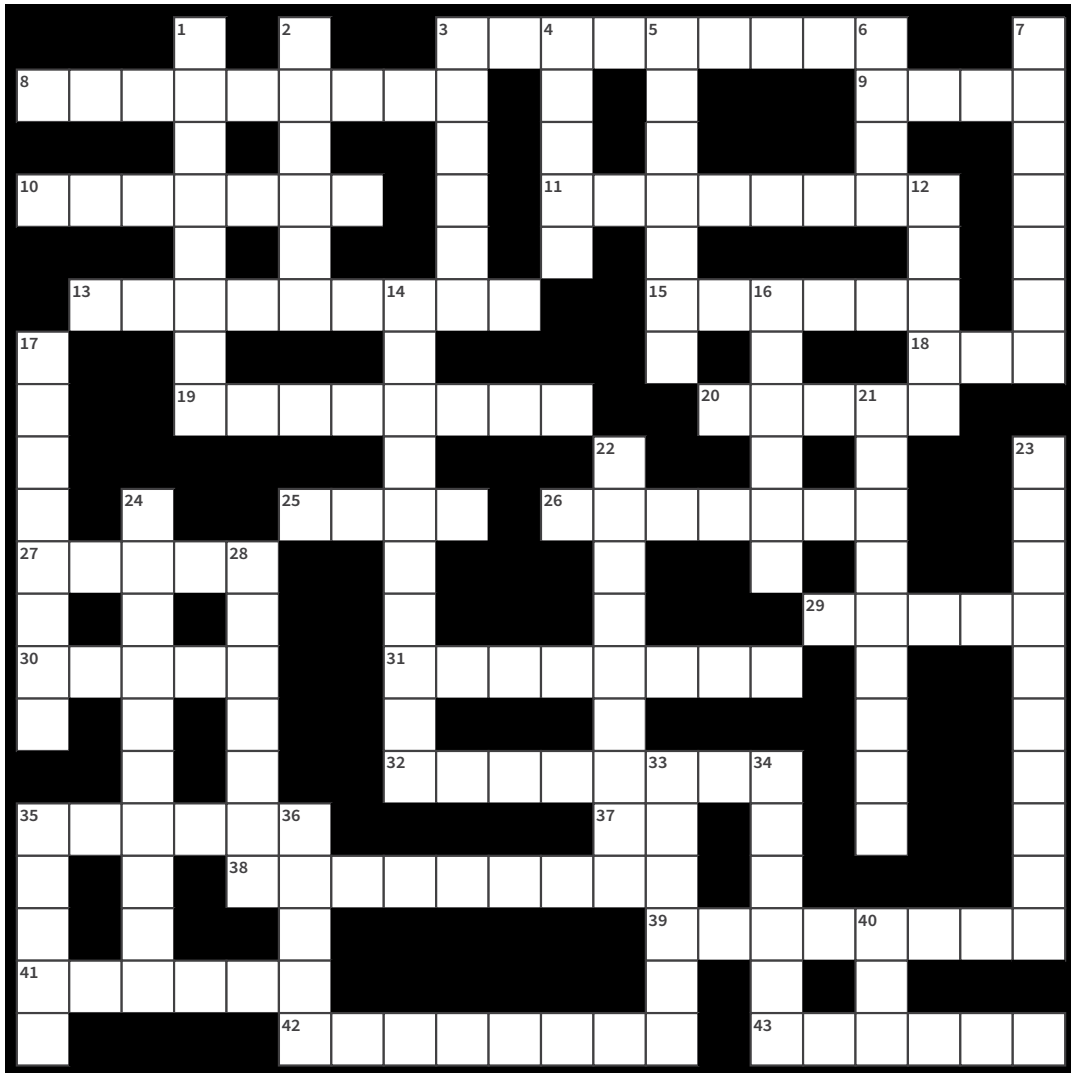


Sarah Blackburn King, PES, GPTS, FMCHC, is a performance enhancement specialist and group personal training specialist certified by the National Academy of Sports Medicine as well as a health coach certified by the Functional Medicine

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

Crossword Puzzle

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



Down

1. Gives a go
2. Less laborious
3. Cereal for infants
4. Treasure ____
5. Maintain, prolong
6. Downtown street
7. Producer of high-quality nutritional supplements
12. Purifying treatment
14. By no means natural
16. Yeast, mildew, mushroom
17. Hugging's close kin
21. Wipe out, eliminate

22. Understanding, thought, consciousness
23. Perhaps the worst disease in living memory
24. Quantitative data
28. Pentose sugar alcohol
33. Lack of iron in blood
34. The rest of the world's football
35. Young children and foxy ladies
36. Shot down, vetoed
40. Type of non-dairy milk

Across

3. It's in bananas, element K
8. Land of Oz
9. "Be all you can be, in the ____"
10. Baby born early
11. Acquired by the Sun (7, 1)
13. A "tame" sugar substitute
15. Breastmilk drinker
18. "To thine ____ self be true."
19. Favorite fungus in miso soup
20. Add-on to a building
25. Soybean curd
26. Man-made baby drink

27. Synthetic rubber
29. End of one's labor?
30. Dealing with deliveries
31. Listed separately
32. Natives of Riga
35. "Cute as a ____"
37. Ready for use
38. Proudful monkey head mushroom (two words)
39. Minute life forms
41. Put beyond doubt
42. Mental deterioration
43. More readily

Answers found on **page 41**

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† Based on ClearCut, Nielsen, and SPINS annual sales data

How Sweet It Is

Sugar substitutes can be controversial. Some studies say they're bad for you and others say they aren't. Get the low down on your favorite sweetener.

By Tarre Beach

You've probably heard some controversy surrounding nonsugar substitutes (NSSs). Some people say they're fine; others conclude they're terrible for your health. What's the truth?

Initially, NSSs were mainly used to help people reduce their calorie intake and promote weight loss. Since then, NSSs have been used for a number of different reasons. They've gone from the little packets you add to your coffee or tea to a common ingredient in a variety of food and drinks—and not just low-calorie products.

Hidden NSSs

A study published in 2012 in the *Journal of the Academy of Nutrition and Dietetics* (JAND) found that between 2005 and 2007, 15% of the volume of food purchased in the United States contained noncaloric sweeteners (NCSs), a sizeable number of which are also NSSs.

Some food and drink manufacturers use NSSs because they are cost-effective. Some use it to meet calorie targets in products. Others use NSSs to create higher levels of sweetness. JAND's study found that NCSs were most used in yogurts, sports/energy drinks, flavored waters, and diet beverages. People are reminded to check the nutritional labels and ingredients in all food and drinks they consume.

Reduce Use

The World Health Organization (WHO) recently released a guideline on NSSs, which recommended that people not use NSSs to achieve weight control because this method does not have a long-term effect on weight.

In fact, WHO's Director for Nutrition and Food Safety Francesco Branca says instead, "People should reduce

the sweetness of their diets in general, starting early in life, to improve their health."

A study conducted by the University of Southern California's Diabetes and Obesity Research Institute concludes that part of the problem is that NSSs may not have an appropriate effect on hunger, satiety, or energy levels, and habitual use may result in overeating or other negative eating behaviors.

WHO's systemic review of meta-analyses also found that higher use of NSSs was associated with increased body mass index (BMI), which is a risk for obesity and type 2 diabetes. However, while the debate over NSSs is ongoing in both the public and scientific realm, the U.S. Food and Drug Administration (FDA) and its European counterpart, the European Food Safety Authority (EFSA), have repeatedly affirmed the safety of many NSSs within acceptable daily intake levels (see sidebar).

Helpful to Your Health?

While NSSs may be deemed safe, the question becomes, are they healthy? A few human-based studies suggest that stevia may have health benefits, including lowering blood pressure in people with hypertension. However, it was not found to affect normal or only mildly evaluated blood pressure levels.

According to a systemic review published in the *Journal of Natural Science, Biological and Medicine*, xylitol, a sugar alcohol (See sidebar on sugar alcohols "Less is More"), appears to have some benefits for dental health, including reducing the risk of cavities and dental decay. A 2021 study also showed that xylitol promoted the proliferation of beneficial bacteria in the mouse microbiota, suggesting it could be good for the digestive tract in humans.



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Monk fruit contains antioxidant compounds, including mogrosides, which some animal studies have shown may reduce inflammation markers. However, it's important to note that NSSs made from monk fruit are not the same as mogrosides, and no human studies have been conducted on the antioxidant effects of monk fruit sweeteners.

Other NSSs include maple syrup, honey, and agave, which are considered “natural” but not low or no calorie. Among the three, honey has a glycemic index (GI) of 62 (compared with white sugar's 68 and high fructose corn syrup's 100) and contains vitamin C and antioxidants. Maple syrup's GI is 54 and includes minerals such as iron, calcium, zinc, magnesium, and potassium. Agave's GI is only 15, making it a favorite for people with diabetes. Agave also provides vitamin K, riboflavin, and folate.

The debate on which of these natural sweeteners to use rages on, particularly among athletes. Thirty-time Ironman champion Lionel Sanders says he uses maple syrup as a fuel source because the body can metabolize it fast and produce quick energy. Meanwhile, Premier League Liverpool Football Club's head of nutrition Mona Nemmer creates diet plans for team members that included manuka honey because of its 22 essential amino acids, which may support muscle repair.

The Double-Edged Sword

Because NSSs are often sweeter than sugar (even honey, maple syrup, and agave are sweeter. See sidebar “Nothing Compares to You”), people who use NSSs habitually may find that their desire for sweeter food and drink could increase. So, while they may be consuming low- or no-calorie NSSs to lower their caloric intake, they might find they generally want higher quantities of food and/or drink to satiate their cravings.



Again, healthcare practitioners say reducing sweetness in the overall diet is key. Dr. Laura De Cesaris, the founder of Heartroot Health, a wellness center in Scottsdale, AZ, says, “Rather than looking for ‘better’ sweet swaps, the focus can be to emphasize a more balanced diet, full of a variety of whole foods.”

Gut Reaction

A 2022 study published in *Cell* found that healthy adults consuming doses of saccharin, sucralose, aspartame, and stevia below the acceptable daily intake saw negative changes in the population of their gut microbiota and their blood sugar levels after only two weeks. More research needs to be done to understand the underlying mechanisms that lead to these changes; however, researchers believe there could be metabolic risks, such as insulin resistance, associated with NSSs use.

In the end, most studies about NSSs remind those looking for healthful ways and foods to eat to be mindful of the amount of NSSs they consume as well as the benefits of eating more nutrient-dense foods.

Nothing Compares to You

If NSSs are supposed to replace sugar, why are they so much sweeter? Check out just how much sweeter these common NSSs are compared with sugar and the acceptable daily intake (ADI) of each.

Sweetness of NSSs

Saccharin (Sweet'N Low®, Sweet and Low®, Necta Sweet®, Sweet Twin®): 200 to 700 times sweeter

Sucralose (Spenda®): 600 times sweeter

Steviol glycosides (Truvia®, PureVia®, Enliten®): 200 to 400 times sweeter

Luo han guo (Monk fruit in the raw®, Nectresse®, PureLo®): 100 to 250 times sweeter

Aspartame (Nutasweet®, Equal®, Sugar Twin®): 200 times sweeter

Acesulfame potassium (Sweet One®, Sunett®): 200 times sweeter

Source: US Food & Drug Administration (FDA)

Acceptable Daily Intake of NSSs

Aspartame: 50 mg per kg of body weight

Acesulfame potassium: 15 mg per kg of body weight

Saccharin: 15 mg per kg of body weight

Sucralose: 5 mg per kg of body weight

Steviol glycoside: 4 mg per kg of body weight

Lo han guo: 3 mg per kg of body weight

Sources: FDA and the Institute for the Advancement of Food and Nutrition Science



Less is More

Sugar alcohols are another NSS used in low-calorie products. But unlike aspartame and stevia, they are less sweet than sugar. Also, sugar alcohols do not contribute to spikes in blood sugar and are often marketed to people with diabetes or those following ketogenic diets. According to the Cleveland Clinic, an acceptable daily intake of 10 to 15 grams of sugar alcohol per day is fine. But depending on your individual reaction, these NSSs could cause gastrointestinal issues, including bloating, gas, cramping, and diarrhea.

Compared With Sugar:

Xylitol: 95% as sweet

Maltitol: 75% as sweet

Erythritol: 60 to 80% as sweet

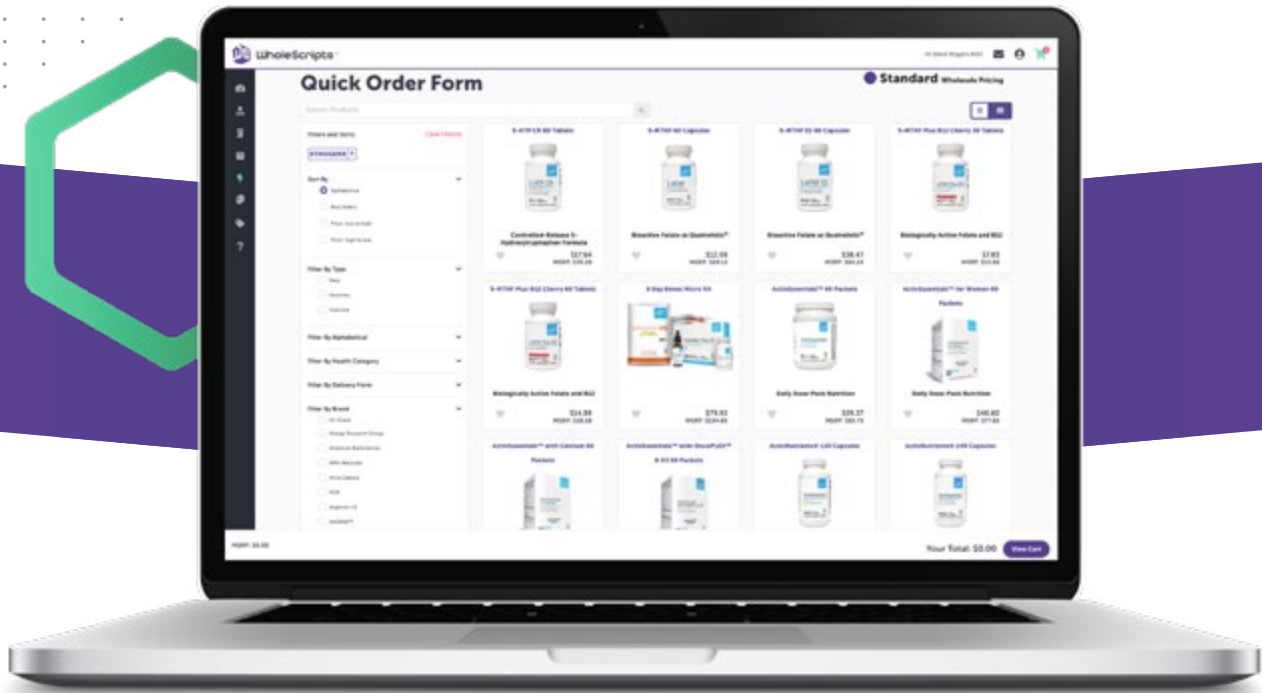
Isomalt: 45 to 65% as sweet

Mannitol: 50 to 70% as sweet

Sorbitol: 50% as sweet

Lactitol: 40% as sweet

Source: Cleveland Clinic



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FASTING & DETOX: TREND OR FOE?

Get the skinny on the these diet and health trends.

By Heather Flint



Whether you're looking to offload a few pounds to fit into that special outfit or all those eat-on-the-go meals have taken a toll on your tummy, fasting and detoxification have seized center stage in the discussions surrounding weight loss and gut health. But do fasting and detox really work? And are they safe options to achieve your wellness goals? Let's take a closer look at these health trends.

Fasting vs. Detoxing

Let's begin with understanding the terminology. According to medical science, fasting is a form of detoxification usually done with a detox cleanse. In a basic fast, you only consume water or tea during the day—about three liters is optimal so you don't get dehydrated. During a fast, you are not consuming any food, including proteins, carbohydrates, or sugars. For this reason, water-only fasts are usually between one and three days; extending beyond three days can be harmful due to the rapid depletion of vitamins, minerals, and electrolytes.

Detoxification diets include eating healthy whole foods, fruits, vegetables,

grain, and lean protein, drinking fruit juices and water, and avoiding caffeinated beverages and alcohol. Detox diet plans vary widely in duration, with some as short as one day and others up to 30 days. Most detox plans include periods of fasting to help rest and relax your system, especially your liver.

Your liver acts as your body's purification system, flushing toxins from the body to help your entire system function optimally. An article in the *World Journal of Gastroenterology* states, "The liver is one of the most important organs in the body, performing a fundamental role in the regulation of diverse processes, among which the metabolism, secretion, storage, and detoxification of endogenous and exogenous substances are prominent." So, keeping the liver happy and healthy is critical to overall health wellness.

Fasting Pros and Cons

The main reason that most people try fasting is for a quick form of weight loss. Of course, only consuming water for up to 72 hours will certainly help you drop a few pounds rapidly; this type of long-term fasting for weight loss is not sustainable, can be detrimental to your overall health, and can be counterproductive to your overall weight loss goals. Aside from the extreme hunger, dizziness, and fatigue, your body can begin storing more fat in response to starvation.

According to the National Institutes of Health (NIH), some other reasons people fold fasting into their wellness plans is because of the potential health benefits that have been seen in animal studies, including protection against diabetes, heart disease, and cognitive decline; to eliminate damaged cells and turn on stem cells to generate new, healthy cells; to slow the aging process; and possibly even help protect against some forms of cancer. In early human studies, some types of fasting have positively impacted blood sugar control, blood pressure, and inflammation.

Fasting can take on many forms outside of a water/tea-only diet. The most common type of fasting sweeping the celebrity circuit is intermittent fasting.

Intermittent fasting means you don't eat for a certain period each day or week. There are several different ways to intermittently fast.

Alternate-Day Fasting

Eat normally for 24 hours and then completely fast or have one small meal of less than 500 calories during the next 24-hour period.

5:2 Fasting

Eat normally for five days a week and fast for two days within the week. The fasting days can occur on any day during the week.

Daily Time-Restricted Fasting

The most common type is the 16:8 fast, in which you fast for 16 hours and eat only during an eight-hour period. Typically, people will skip breakfast and have two or three smaller meals over their eight-hour eating window.

Consistency is key to fasting, so choosing the correct type of fasting depends on your long-term goals and sustainability. Adding some form of fasting to your health and wellness plan should be discussed with your healthcare practitioner, as certain types of fasting are not recommended for everyone.

All About Detox

While some fasting plans can be done as longer-term diet programs, detox diets are designed to be short-lived to help eliminate toxins from your body. These toxins

include pollutants, synthetic chemicals, heavy metals, and other harmful compounds that can be found in your environment or diet.

These detox cleanses traditionally incorporate periods of fasting and follow a strict diet of whole, nutrient-dense foods (foods rich in nutrients relative to their calorie content). Some detox diets will include dietary supplements, probiotics, and colon-cleansing agents. The addition of high-fiber or high-probiotic foods may be used in place of supplements or colon-cleansing agents.

The most common health benefits thought to be linked to detox diets include improved energy levels, constipation relief, support for relieving head, muscle, and body aches, and resting your organs, especially the liver, to help support the body's natural detoxification processes.

According to the NIH, only a few studies have reported positive results from detox diets on weight and fat loss, insulin resistance, and blood pressure, and those studies have not been of the highest quality. Many healthcare professionals also believe that the body has its own natural detoxification system, which should be able to handle the job without assistance.

According to *Harvard Health*, the most reported side effects of a detox diet include irritability, fatigue, vitamin and mineral deficiencies, dehydration, abdominal cramping, nausea, diarrhea, and even kidney failure. However, the article does state that "just as there is limited evidence of benefit associated with detox or cleanse programs, there is limited evidence of harm."

Hydration, Hydration, Hydration

The most important thing to remember when fasting and/or detoxing is hydration. Keeping the body well hydrated during a full detox diet, including fasting, will help keep the body functioning both mentally and physically.

Food is the body's biggest fuel source, so during a fasting period, you will have lower energy levels, which can lead to fatigue and even dizziness. Staying hydrated helps support the body's systems, like keeping a normal temperature, lubricating the joints, and helping to relieve head and muscle aches. So, you can keep moving without food, even if it may be a bit slower.



Water is also important to a detox diet because it helps to flush the system. The toxins you want to remove need to leave your body somehow, so drinking water helps to eliminate that waste through perspiration, urination, and bowel movements. Also, many detox diets incorporate colon cleanses, which can lead to diarrhea, so replenishing your internal water supply is critical.

Supplement Support

One of the biggest concerns of fasting and detoxing is the loss of crucial vitamins, minerals, and electrolytes. During a fast, not ingesting any food sources also means not eating any nutrients. In a detox diet, you may be flushing toxins from your system, but that also means the vitamins and minerals your body relies on leave your body faster.

Consider some of the following supplements during your fasting and/or detox periods.

Probiotics

Probiotics consist of good bacteria that help support gut health and proper digestion. During a fast or detox diet, probiotics may also help to maintain a healthy intestinal microecology and support gastrointestinal comfort and health.

Electrolytes

These minerals are essential to the body's function by helping to maintain healthy nerve and muscle function, support vascular health, increase hydration, and maintain tissue health. Some of the most important electrolytes are calcium, magnesium, sodium, and phosphorus.

Amino Acids

L-tyrosine is an important amino acid that can help support cognition and emotional well-being and potentially aid in stress reduction. Creatine is another amino acid that helps support energy, especially aiding in supplying energy to your muscles. Both of these amino acids could offer extra support during fasting/detoxing, especially if you are incorporating exercise into your plan.

Discussing the correct supplements with your doctor when considering incorporating them into a fasting/



detox plan is paramount. Some supplements can break your fasting period and should be introduced during detox, while others can be taken throughout each phase of the wellness plan. Knowing what dose will best support your personal wellness goals is also important.

To Detox or Not to Detox

The first step when considering fasting/detox is establishing short- and long-term goals. If you want to drop weight quickly, you may have some luck with these plans, but remember that the weight will also return quickly once you resume your normal diet.

Recent findings from a review of weight-loss strategies and techniques in the journal *Current Gastroenterology Reports* include: Detoxification diets tend to work because they lead to extremely low caloric intake for short periods; however, they tend to lead to weight gain once a normal diet is resumed. Both intermittent fasting and the paleo diet lead to weight loss because of overall decreased caloric intake as well. Review of the literature does suggest that some fad diets and exercise plans do lead to weight loss; however, the studies are quite limited and are all based on the concept of caloric restriction.

No matter what your ultimate goals are for incorporating fasting and/or detoxing into your wellness journey, discussing how to safely implement your plan with a healthcare practitioner is crucial. Just as there are many postulated benefits, there are also many side effects that can end up up-ending your goals.

Baby Steps

TUDOR PERIOD 1485-1603

Babies are wrapped in swaddling until about 8 months old to help their arms and legs grow straight.

Circa 100 CE

Soranus of Ephesus is the first ancient Greek to write about specific medical care for newborns, mainly emphasizing treatment for the mother or wet nurse breastfeeding the infant.



1865

Liebig's Soluble Food for Babies made of wheat, cow's milk, malt, and potassium bicarbonate is the first commercial infant "formula."

How healthcare for babies has changed over time

1946

Dr. Benjamin Spock's book *The Common Sense Book of Baby and Child Care* addresses the emotional needs of babies and children, revolutionizing how parents raise their children.

17th Century

Opium is used to treat teething and is often employed at orphanages to quiet and subdue babies.



1992

American Academy of Pediatrics recommends not giving cow's milk to children younger than 6 months old due to its effects on iron status and not providing optimal nutrition.

1978

Dr. Edgar Rey introduces Kangaroo Mother Care (skin-to-skin contact between mother and child) to aid low birthweight and preterm babies; it also accelerates metabolic adaptation and increases the well-being of full-term babies.

2018

Probiotics may be effective in treating colic in infants. In double-blind trials, the probiotic group averaged less crying and/or fussing time than the placebo group.

2012

Delayed umbilical cord clamping benefits babies with increased hemoglobin levels, improves iron stores, and may improve neurodevelopmental outcomes.

2021

Vaginal birth provides newborns with a greater variety of microorganisms, which may boost and prepare their immune systems better than babies born via C-section.

Wellness Words Answers

Down

- | | | |
|-------------|----------------|----------------|
| 1. Attempts | 12. Detox | 24. Statistics |
| 2. Easier | 14. Artificial | 28. Xylitol |
| 3. Pablum | 16. Fungus | 33. Anemia |
| 4. Trove | 17. Cuddling | 34. Soccer |
| 5. Sustain | 21. Eradicate | 35. Babes |
| 6. Main | 22. Cognition | 36. Nixed |
| 7. XYMOGEN | 23. Alzheimers | 40. Oat |

Across

- | | | |
|---------------|--------------|---------------|
| 3. Potassium | 19. Shiitake | 32. Latvians |
| 8. Australia | 20. Annex | 35. Button |
| 9. Army | 25. Tofu | 37. On |
| 10. Preemie | 26. Formula | 38. LionsMane |
| 11. VitaminD | 27. Latex | 39. Microbes |
| 13. Aspartame | 29. Birth | 41. Ensure |
| 15. Infant | 30. Natal | 42. Dementia |
| 18. Own | 31. Itemized | 43. Rather |

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AC Grace

Product Name

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

Allergy Research Group

Product Name

200 mg of Zen 120 Capsules
Adrenal Cortex 100 Capsules
ALA Release 60 Tablets
Artemisia 100 Capsules
Artemisinin 300 Capsules
Artemisinin 90 Capsules
B12 Adenosylcobalamin 60 Lozenges
Biofilm Neutralizer 60 Capsules
ButyrEn 100 Capsules
Cat's Claw 60 Capsules
Eldermune™ Chewables 60 Tablets
GLA Borage Oil 30 Softgels
HiBiotin 90 Capsules
Humic-Monolaurin Complex 120 Capsules
KingChlorella™ 600 Tablets
L-Arginine 250 Capsules
Lumbrokinase 30 Capsules
Magnolia Extract 120 Capsules
Mastica® 120 Capsules
Melatonin 20 mg 60 Capsules
Micro Liposomal C 4 fl oz
MultiMin 120 Capsules
N-Acetyl Glucosamine 90 Capsules
Ox Bile 500 mg 100 Capsules
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Pantothenic Acid 90 Capsules
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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

Product Name

CholestSolve 24/7® 120 Tablets

ImmPower ER® 60 Capsules

Metatrol PRO® 60 Capsules

AMG Naturally

Product Name

Better Body Butter 2.8 oz

Dead Sea Mud Mask 2 oz

Mineral Mist Toner 1.7 oz

Anna Cabeca

Product Name

Julva® Pro 1 oz

Mighty Maca® Plus 60 Servings

AOR

Product Name

Advanced B Complex™ 90 Capsules

Andrographis 120 Capsules

benGene™ 30 Capsules

Hydroxy B12 - 1 mg 60 Lozenges

Ortho Sleep™ 60 Capsules

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

Peak K2 90 Capsules

Probiotic 3 90 Capsules

R-Lipoic Acid 300 mg 60 Capsules

Strontium Support II 60 Capsules

Argentyn 23

Product Name

Bio-Active Copper Hydrosol 16 fl oz

Bio-Active Copper Hydrosol 8 fl oz

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

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

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

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

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

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

Product Name

Atrantil 90 Capsules

Atrantil PRO 90 Capsules

AVEMAR

Product Name

AVEMAR™ 300 Tablets

AVEMAR™ AWGE 30 Sachets

AVEMAR™ Stevia Natural Plant Based 30 Sachets

Avior

Product Name

Myetin 60 Chewable Tablets

Real NAD+ 60 EZ Melt Tablets

Ayush Herbs

Product Name

AdrenOm 90 Capsules

Adult Ashwagandha Drops 2 fl oz

Adult Trifal Drops 2 fl oz

Amla Plex 30 Servings

Arjuna Heart 90 Capsules

Ayu-Dep 60 Capsules

AyuPhos 90 Capsules

Bacopa Plus 90 Capsules

Boswelya Plus 90 Caplets

BronchoTone 90 Capsules

Carditone 60 Caplets

CoCurcumin 30 Servings

Flucomune 90 Capsules

High Omega-3 Fish Oil 60 Softgels

Kids Ashwagandha Drops 2 fl oz

Kids Trifal Drops 2 fl oz

KuffSoothe 8 fl oz

Neem Plus 90 Capsules

Probiotic 100B 60 Capsules

Rentone 90 Caplets

Barlean's

Product Name

Evening Primrose Oil 60 Softgels

Fresh Catch Fish Oil Orange Flavor 250 Softgels

Fresh Flax Oil 16 oz

Fresh Flax Oil 32 oz

Lignan Flax Oil 16 oz

Lignan Flax Oil 250 Softgels

Lignan Omega Twin 12 fl oz

Omega-3 Vegan Strawberry Banana Smoothie 16 oz

Seriously Delicious CLA Fresh Apple 16 oz

Seriously Delicious High Potency Omega-3 Citrus Sorbet 16 oz

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

Seriously Delicious MCT Oil Coconut 16 oz

Seriously Delicious Omega-3 Fish Oil Lemon Creme 16 oz

Seriously Delicious Omega-3 Mango Peach Smoothie 16 oz

Seriously Delicious Plant Based Total Omega Pomegranate Blueberry Smoothie 16 oz

Seriously Delicious Total Omega Orange Creme 16 oz

Seriously Delicious Total Omega Orange Creme 8 oz

BeeKeeper's Naturals

Product Name

Bee Pollen 150 g

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 3 Pack

Royal Jelly Brain Fuel 6 Pack

Superfood Honey 125 g

Superfood Honey 330 g

Bio-Tech Pharmacal

Product Name

Bio-Max Immune 60 Capsules

D3-50 100 Capsules

Lith-Oro 20 mg 100 Capsules

Biocidin

Product Name

+DENTALCIDIN™ TOOTHPASTE 3oz

Biocidin® 1 fl oz

Biocidin® 90 Capsules

Biocidin® LSF 1.7 fl oz

Biocidin® Throat Spray 1 fl oz

Biotonic 2 fl oz

Dentalcidin LS 1 fl oz

G.I. Detox+ 60 Capsules

G.I. InnerCalm Lemon Ginger 30 Stick Packs

Olivirex® 60 Capsules

Proflora 4R 30 Capsules

Biogena

Product Name

7-Salt Magnesium 60 Capsules

Chlorella Plus C 120 Capsules

Omega 3 Vegan DHA & EPA 450 GOLD 90 Capsules

Pycnogenol Superior 100 GOLD 30 Capsules

BioMatrix

Product Name

Candid-X 90 Capsules

Est-Adapt 15 mL

Licorice Root Extract 2 fl oz

Paracid-X 90 Capsules

Pregnenolone 30 mL

Pro-Adapt 15 mL

Pylori-X 120 Capsules

BodyBio

Product Name

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 Mineral Iodine 2 fl oz

Liquid Mineral Manganese 2 fl oz

Liquid Mineral Zinc 2 fl oz

Liquid Minerals 8 oz

PC 100 Softgels

PC 60 Softgels

PC Liquid 4 fl oz

PC Liquid 8 fl oz

Sodium Butyrate 60 Capsules

TUDCA 60 Capsules

Brain Bean

Product Name

Brain Basics Opti Zinc Plus 60 Tablets

Brain Basics Ultra Alpha GPC 90 Capsules

Brain Basics Ultra Iodine Complex 90 Tablets

Brain Basics Ultra Pure Astaxanthin 60 Softgels

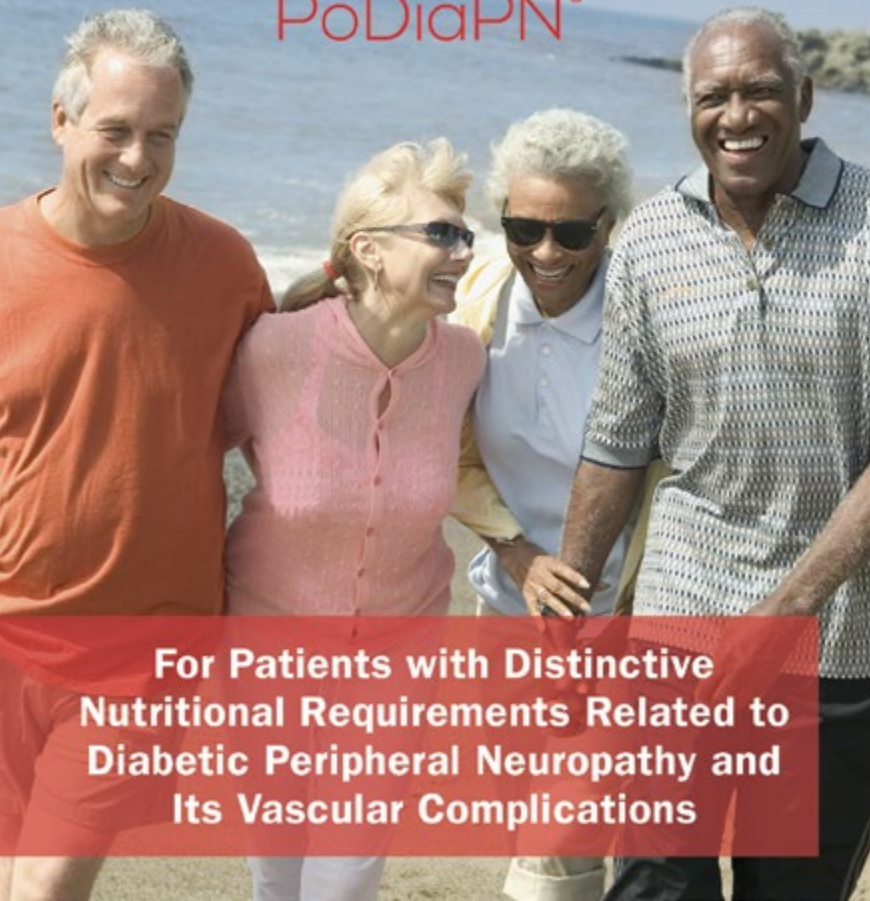
Brain Basics Ultra Pure Selenomethionine 90 Capsules

Brain Omega 180 Softgels

Brain ResQ 60 Capsules

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PoDiaPN®



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

PharmaceutiX®



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

Tap to learn more on WholeScripts.com

Buddha Teas

Product Name

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

Carlson Labs

Product Name

- A.D.E Hand & Body Cream Unscented 4 oz
- ACES 50 Softgels
- ACES+Zn 60 Softgels
- Acetyl L-Carnitine 60 Capsules
- Baby's DHA 2 fl oz
- Cal-600 100 Softgels
- Chewable Calcium Citrate 120 Tablets

- Cod Liver Oil Gems 100 Softgels
- Cod Liver Oil Lemon Flavor 8.4 oz
- Cod Liver Oil Minis 100 Softgels
- Cod Liver Oil Natural Flavor 8.4 oz
- DL-Phenylalanine 60 Capsules
- Hi-Fiber 100 Capsules
- Key-E Hand & Body Cream Unscented 2 oz
- Kid's Vitamin C Gummies 60 Gummies
- Kid's Vitamin D3 Gummies 60 Gummies
- L-Glutamine Powder 33 Servings
- M-S-M Sulfur 90 Capsules
- Taurine Powder 31 Servings
- Vitamin D3 Gummies 60 Gummies

Clinical Synergy

Product Name

- ArteMax 60 Capsules
- BreastDefend Professional 120 Capsules
- Comprehensive Circulation Support 60 Capsules
- GlyphoDetox Professional 60 Capsules

IonShield® 60 Capsules

Mycoceutics Immune Max 180 Capsules

PADMA Basic Professional 180 Capsules

PectaSol Metal Detox 180 Capsules

PectaSol-C Professional 270 Capsules

PectaSol-C Professional 90 Servings

PectaSol-C Professional Chewable Tangerine Flavor 120 Tablets

PectaSol-C Professional Lime Flavor 30 Servings

PectaSol-C Professional Lime Flavor 90 Servings

RegeneRest 60 Capsules

Cognitive Clarity

Product Name

Percepta Professional 60 Capsules

CuraLife USA

Product Name

CuraLin 180 Capsules

Curalin 90 Capsules

CuraLin Starter Bottle 42 Capsules

Davinci Labs

Product Name

A.D.K 10 90 Capsules

A.D.K 60 Capsules

ALL-ZYME 90 Tablets

ALLER-DMG 60 Tablets

BERBERINE FORCE 60 Capsules

BioDIM COMPLEX 60 Capsules

Calm Fruit Punch 1 fl oz

CANDID-AWAY 90 Capsules

Chewable Kidbiotic Tropical Fruit 90 Tablets

Chewable Vitamin C Cherry 90 Tablets

CHOLESTSURE 90 Capsules

COENZYME Q10 CHEWMELT 100 mg 60 Tablets

COQ10 - DMG 300/300 Orange 60 Tablets

D-Lightful Citrus 1 fl oz

D3/K2 LIQUID 1 fl oz

DAILY BEST ULTRA 60 Capsules

DISC-DISCOVERY® 180 Tablets

Enz-flame Kids 30 Servings

Fizzy Mag 75 Servings

Focus Chewable Orange 90 Tablets

GLUCONIC® DMG 500 mg 60 Tablets

GRAPEFRUIT SEED EXTRACT 400 mg 60 Capsules

HEALTHY EYES 90 Capsules

Kidbiotic Powder 60 Servings

KiddOmega-3 Cherry Orange 40 Servings

LIPOSOMAL C 10.15 fl oz

LIPOSOMAL CITICOLINE 2 fl oz

LIPOSOMAL MELATONIN SPRAY 1 fl oz

MEGA PROBIOTIC ND 120 Capsules

Mightiest Vite® Fruit Punch 30 Servings

MILK THISTLE 90 Capsules

PROSTATE HEALTH 60 Capsules

Sleep Tight Citrus 1 fl oz

SPM COMPLETE 60 Softgels

Sync Up Berry 2 fl oz

TRI-MAG 300 120 Capsules

Diamond Formulations

Product Name

Sleep Balance Herbal 60 Capsules

Dr. Advantage

Product Name

Macular Shield Plus Complete Multivitamin 120 Capsules

Omega Shield 60 Softgels

Dr. Capasso

Product Name

Mitoblast 2 120 Capsules

Skin-Lasting Botanical Formula Spray 6 fl oz

Skin-Lasting Super Formula Spray 6 fl oz

Dr. Mercola

Product Name

Berberine with MicroPQQ Advanced 30 Capsules

Biothin Probiotic 30 Capsules

Calcium with Vitamins D3 & K2 90 Capsules

Eye Support 30 Capsules

Fermented Beta Glucans 60 Capsules

Fermented Black Garlic 60 Capsules

Fermented Chlorella 450 Tablets

Full Spectrum Enzyme 90 Capsules

H2 Molecular Hydrogen 90 Tablets

Ketozyme 30 Capsules

Krill Oil 60 Capsules

Liposomal Vitamin C 180 Capsules

Liposomal Vitamin C 60 Capsules

Liposomal Vitamin C Citrus Vanilla 15.2 fl oz

Liposomal Vitamin C for Kids 30 Capsules

Magnesium L-Threonate 270 Capsules

Organic Astaxanthin 12 mg 90 Capsules

Organic Collagen from Grass Fed Beef Bone Broth 270 Tablets

Organic Ginkgo Biloba 30 Capsules

Organic Pine Bark Extract 60 Tablets

Organic Resistant Starch Complex 9.52 oz

Organic Saw Palmetto 2 fl oz

Peppermint Oil with Asafoetida 30 Capsules

Vitamin C-PAK® Orange Flavor 30 Servings

Vitamin C-PAK® with Quercetin Orange Flavor 30 Servings

Whole-Food Multivitamin Plus Vital Minerals 240 Tablets

Zinc Plus Selenium 30 Capsules

Zinc Plus Selenium 90 Capsules

Drink LMNT

Product Name

LMNT Recharge – Citrus Salt 30 Servings

LMNT Recharge – Grapefruit 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

LMNT Recharge – Watermelon Salt 30 Servings

Drs Nutrition Bar

Product Name

Drs Nutrition Bar Almond Chocolate Coconut 12 Bars

Encore Life

Product Name

HEMP OneThirteen 30 Softgels

HEMP OneThirteen 60 Softgels

HEMP OneThirteen Immune Sour Gummies Orange Cream 60 Gummies

HEMP OneThirteen PRO 1500 1 oz

HEMP OneThirteen PRO 750 0.5 oz

HEMP OneThirteen Relax Sour Gummies Blueberry Pomegranate 60 Gummies

HEMP OneThirteen Sleep Sour Gummies Blackberry Vanilla 60 Gummies

HEMP OneThirteen Soothe 600 60 g

HEMP OneThirteen Sour Gummies Watermelon Cherry 60 Gummies

Endurance Products Company

Product Name

Dihydroberberine SR 150 mg 180 Tablets

Dihydroberberine SR 150 mg 60 Tablets

ENDUR-ACIN ER 750 mg 60 Tablets

ENDUR-ACIN ER NIACIN 250 mg 100 Tablets

ENDUR-ACIN ER NIACIN 500 mg 100 Tablets

ENDUR-AMIDE SR 500 mg 90 Tablets

ENDUR-C SR 1000 mg 60 Tablets

ENDUR-C SR 500 mg 90 Tablets

Pantethine SR 300 mg 90 Tablets

Phytosterols IR 450 mg 60 Tablets

Taxifolin Complex SR 60 Tablets

Enzyme Science

Product Name

(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

Product Name

BioGaia Gastrus 30 Chewable Tablets

BioGaia Prodentis 30 Lozenges

BioGaia Protectis 30 Chewable Tablets

BioGaia Protectis Baby Drops 25 Servings

BioGaia Protectis Baby Drops with Vitamin D 50 Servings

Replesta NX 8 Chewable Wafers

Gaia Herbs

Product Name

3-1 Immune Formula 60 Capsules

Black Elderberry PRO 120 Capsules

Black Elderberry Syrup Extra Strength 5.4 fl oz

Curcuma Supreme NF-kB 60 Capsules

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

Product Name

Allergy Care 60 Tablets

Arnica Pain 100 Tablets

Cold Crush 60 Tablets

Flu Fix 60 Tablets

Kids' Allergy Care 60 Tablets

Sleepology 60 Tablets

Stress 60 Tablets

Guna Inc.

Product Name

Guna Allergy 1 fl oz

Guna Cough 5.07 fl oz

Guna Deep Cleanse 1 fl oz

Guna Defense 0.28 oz

Guna Female Balance 1 fl oz

Guna Flam Relief 1 fl oz

Guna Flu 0.21 oz

Guna Healthy Brain 1 fl oz

Guna Kidney Plus 1 fl oz

Guna Lympho Detox 1 fl oz

Guna Matrix Detox 1 fl oz

Guna Mood Support 1 fl oz

Guna Pain Management 1 fl oz

Haelan

Product Name

Haelan 951 8 fl oz

Sweet Mint Flavoring 40 Serv

Haylie Pomroy Group

Product Name

Fast Metabolism 10-Day Cleanse Kit

Fast Metabolism 5-Day Cleanse Kit

Fast Metabolism Diet Quick Start Kit

Metabolism Shake 14 Servings

Herb Pharm

Product Name

ADRENAL SUPPORT 1 fl oz

ANXIETY SOOTHER 1 fl oz

ARNICA OIL 1 fl oz

ASHWAGANDHA 1 fl oz

ASHWAGANDHA ALCOHOL FREE 1 fl oz

BETTER BITTERS CLASSIC 1 fl oz

BLACK ELDERBERRY ALCOHOL FREE 1 fl oz

CALENDULA OIL 1 fl oz

DANDELION ALCOHOL FREE 1 fl oz

ECHINACEA ALCOHOL FREE 1 fl oz

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

Product Name

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

Host Defense

Product Name

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

Product Name

HeartGreens Green Apple 30 Servings
 Neo40 Daily 30 Tablets
 Neo40 Professional 60 Tablets
 Nitric Oxide Indicator Strips 25 Strips
 SuperBeets 1000 mg 90 Capsules
 SuperBeets Black Cherry 30 Servings
 SuperBeets Collagen Cherry Berry 30 Servings
 SuperBeets Energy Plus Natural Berry 30 Servings
 SuperBeets Heart Chews Pomegranate Berry 60 Chews
 SuperBeets Immune Cranberry Cherry 30 Servings
 SuperBeets Memory + Focus 30 Chews
 SuperBeets Original Apple 30 Servings
 SuperBeets® Sport 20 Servings
 SuperGrapes Heart Chews 60 Chews
 Tart Cherry Gummies 60 Gummies
 Turmeric Chews Orange Citrus 30 Chews
 Vitamin D3 Chew Mixed Berry 30 Chews

Hyalogic

Product Name

Dr. John's Toothpaste Gel 4.58 oz
 HA Lip Balm Jar 0.5 oz
 Hand & Body Lotion 10 fl oz

Hyaluronic Acid + Zinc 4 fl oz

Hyaluronic Acid Biotin Hair & Scalp Spray 4 fl oz

Hyaluronic Acid Collagen Peptides 30 Servings

Hyaluronic Acid Dry Mouth 60 Mint Lozenges

Hyaluronic Acid Joint, Skin & Eyes 10 oz

Hyaluronic Acid Joint, Skin & Eyes 30 Capsules

Synthovial Seven 1 fl oz

Innate Response

Product Name

Adrenal Response 90 Tablets

Adrenal Response Complete Care 90 Tablets

Baby & Me Multivitamin 120 Tablets

C Complete Powder 2.9 oz

GI Response 8.4 oz

Iron Response 90 Tablets

Men's One Daily Iron Free 60 Tablets

Thyroid Response Complete Care 90 Tablets

Women's One Daily 60 Tablets

ION* Intelligence of Nature

Product Name

ION* Gut Support 16 fl oz

ION* Gut Support 3.4 fl oz

ION* Gut Support 32 fl oz

ION* Gut Support 8 fl oz

Jarrow Formulas

Product Name

Acetyl L-Carnitine 500 mg 60 Capsules

Arginine 100 Tablets

BoneUp 120 Capsules

Citicoline CDP Choline 60 Capsules

Fem-Dophilus® 60 Capsules

Fem-Dophilus® 60 Capsules (Shelf Stable)

Milk Thistle 200 Capsules

NAC Sustain 600 mg 60 Tablets

Organic MCT Oil 16 fl oz

Pantethine 60 Softgels

PS100 100 mg 60 Softgels

QH-absorb® + PQQ 30 Softgels

QH-absorb® 200 mg 60 Softgels

Quercetin 500 mg 100 Capsules

Red Yeast Rice + CoQ10 120 Capsules

Theanine 200 60 Capsules

Jigsaw Health

Product Name

Activated B w/SRT 120 Tablets

Adrenal Cocktail + Wholefood Vitamin C 60 Servings

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

Product Name

MORINGA ENERGY BAR DARK CHOCOLATE 12 Bars

PURE MORINGA 20 Packets

Life Extension

Product Name

5-LOX Inhibitor with AprèsFlex® 60 Capsules

7-Keto® DHEA Metabolite 60 Capsules

AMPK Metabolic Activator 30 Tablets

ArthroMax® Elite 30 Tablets

Bio-Fisetin 30 Capsules

Black Cumin Seed Oil 60 Softgels

Brain Fog Relief 30 Softgels

CoffeeGenic® Green Coffee Extract 90 Capsules

Cognitex® Elite Pregnenolone 60 Tablets

Curcumin Elite™ Turmeric Extract 60 Capsules

Daily Skin Defense 30 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
 Huperzine A 200 mcg 60 Capsules
Male Vascular Sexual Support 30 Capsules
 Mediterranean Weight Management 60 Gummies
 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
 Shade Factor 120 Capsules
 Super K 90 Softgels
Super Omega-3 EPA/DHA Fish Oil 60 Softgels
 Super Ubiquinol CoQ10 100 mg 60 Softgels
 Tart Cherry with CherryPURE® 60 Capsules
 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

Product Name

Petadolex 50 mg 50 Softgels
 Petadolex 75 mg 60 Softgels

Master Supplements

Product Name

DIGESTXYM+ 93 Capsules
HCL-XYM 93 Capsules

ImmunoxyM 62 Capsules

SunFiber 31 Servings

TheracPRO 31 Capsules

THERAXYM 93 Capsules

TruBifidoPRO 31 Capsules

TruFiber 50 Servings

Megafood

Product Name

Baby & Me 2 120 Tablets
 Balanced Minerals 90 Tablets
 Blood Builder 180 Tablets
 Blood Builder 90 Tablets
 Elderberry Immune Support 54 Gummies
 Kids One Daily 60 Tablets
 Magnesium 90 Tablets
 Melatonin Berry Good Sleep 54 Gummies
 Multi for Women 55+ 120 Tablets
 Multi for Women 60 Tablets
 One Daily 180 Tablets
 Selenium 60 Tablets
 Zinc 60 Tablets

Metabolic Maintenance

Product Name

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

Microbiome Labs

Product Name

MegaGuard 60 Capsules
MegaPre Pineapple Orange Guava 30 Servings
MegaSporeBiotic 60 Capsules
WheatRescue 60 Capsules

Microvascular Health Solutions

Product Name

EndocalyxPro 120 Capsules

Motherlove

Product Name

Diaper Balm 1 fl oz
More Milk® Moringa 60 Capsules
More Milk® Plus 60 Capsules
More Milk® Special Blend 60 Capsules
Nipple Cream 1 fl oz
Pregnant Belly Salve 4 fl oz
Sitz Bath Spray 2 fl oz

MRM

Product Name

Acetyl L-Carnitine 60 Capsules
Cardio Chelate 180 Capsules
Complete E 60 Softgels
Cordyceps CS-4 Strain 60 Capsules
DHEA 50 mg 90 Capsules
Digest-ALL 100 Capsules
Digest-ALL IC 60 Tablets
Driven Mixed Berries 29 Servings
Egg White Protein Vanilla 10 Servings
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

Product Name

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

MYCO Clinic

Product Name

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

Product Name

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

Neurohacker

Product Name

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

IT'S TIME. START 2024 WITH PUSHCATCH® LIVER DETOX



Tap to learn more
on [WholeScripts.com](https://www.wholescripts.com)

QUICKSILVER
SCIENTIFIC

*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.

Information provided by this website or this company is not a substitute for individual medical advice. †IMD (Proprietary thiol-functionalized silica)

Qualia Senolytic 12 Capsules

Qualia Synbiotic 15 Servings

NFH

Product Name

Cordyceps SAP 60 Capsules

Coriolus Versicolor SAP 60 Capsules

D-Ribose SAP 50 Servings

Grape Seed SAP 60 Capsules

InflaCalm SAP 90 Capsules

Lavender SAP 60 Softgels

Male Fertility SAP 120 Capsules

Mito SAP 90 Capsules

Mushroom Complex SAP 90 Capsules

NAC SAP 90 Capsules

Ox Bile SAP 90 Capsules

Prenatal SAP 180 Capsules

Quercetin SAP 60 Capsules

Reishi SAP 60 Capsules

Trident SAP 66:33 120 Softgels

Trident SAP 66:33 Lemon 120 Softgels

Zinc SAP 60 Softgels

Nordic Naturals

Product Name

Algae Omega 120 Softgels

Arctic Cod Liver Oil 180 Softgels

Arctic Cod Liver Oil Orange 8 fl oz

Arctic Omega 180 Softgels

Arctic Omega 8 fl oz

Baby's Vitamin D3 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

Energy Mushroom Complex 60 Capsules

Focus Support 60 Softgels

Immune Mushroom Complex 60 Capsules

Kids Calm 60 Gummies

Kids Nordic Flora Probiotic Gummies Merry Berry Punch 60 Gummies

Kids Nordic Flora Probiotic Pixies Berry 30 Packets

Men's Multivitamin Mixed Berry 60 Gummies

Nordic Beauty Borage Oil 4 fl oz

Nordic Berries Cherry Berry 120 Gummy Berries

Nordic Berries Original Flavor 120 Gummy Berries

Nordic CoQ10 Ubiquinol Sport 60 Softgels

Nordic Flora Probiotic Immune Health 30 Capsules

Nordic Flora Probiotic Maximum Care 30 Capsules

Nordic Immune® Elderberry 40 Gummies

Nordic Omega-3 Fishies 36 Fishies

Nordic Omega-3 Gummies 120 Gummies

Omega Focus Jr 120 Softgels

Prenatal DHA 90 Softgels

ProDHA 1000 120 Softgels

ProDHA 120 Softgels

ProDHA Eye 60 Softgels

ProEPA 120 Softgels

ProEPA with Concentrated GLA 60 Softgels

ProOmega 120 Softgels

ProOmega 180 Softgels

ProOmega 2000 120 Softgels

ProOmega 2000 60 Softgels

ProOmega 2000 Jr. 60 Softgels

ProOmega 2000-D 120 Softgels

ProOmega 60 Softgels

ProOmega 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

Product Name

Fiber d'Lish Cinnamon Raisin 16 Bars

NuGo Vanilla Yogurt Protein 15 Bars

PROMAX Protein Bar Chocolate Chip Cookie Dough 12 Bars

Smarter Carb Peanut Butter Crunch 12 Bars

Stronger Caramel Pretzel 12 Bars

Stronger Peanut Cluster 12 Bars

Nutra Biogenesis

Product Name

BioAdaptogen Ultra 60 Capsules

BioInflaMax 150 Capsules

BioThyro 60 Capsule

CogniFactors 60 Capsules

Eskaloft 60 Capsules

InflamaZyme 90 Capsules

Liposomal Melatonin 2 fl oz

Oregano Oil 120 Softgel

ParaBiotic Plus 90 Capsules

Pulmonary Factors 90 Capsules

Sleep Factors 60 Capsules

Sterol 117 60 Capsules

Stress Factors 60 Capsules

Tri Zinc 90 Capsules

Tri-Magnesium 120 Capsules

UT Max Protect 60 Capsules

Nutrasal

Product Name

Cerebra GPC 2 fl oz

LipoZome-B 2 fl oz

PPC Kids Orange Cream 8 oz

NutriCology

Product Name

Laktoferrin 90 Capsules

Magnesium Chloride Liquid 8 fl oz

Mastic Gum 120 Capsules

Mucolyxir® 0.4 fl oz

OcuDyne II 200 Capsules

Organo-Germanium Ge-132 50 Capsules

Nutritional Therapeutics

Product Name

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

NTFactor® Healthy Aging 120 Tablets

NTFactor® Patented Energy Chewable Wafer Mixed Berry 30 Wafers

NTFactor® with CoQ10 Chewable Wafer Chocolate 30 Wafers

NTFactor® with D3/K2 Chewable Wafer Vanilla 30 Wafers

Optimox

Product Name

ATP Cofactors 90 Tablets

Iodoral IOD-50 30 Tablets

Iodoral® IOD-12.5 90 Tablets

Optivite PMT 180 Tablets

Orgain

Product Name

Clean Protein Grass Fed Protein Shake Creamy Chocolate Fudge 4 Pack

Kids Protein Organic Nutrition Shake Chocolate Single Serving Pack

Kids Protein Organic Nutrition Shake Vanilla Single Serving Pack

Organic Nutrition Shake Creamy Chocolate Fudge 4 Pack

Organic Nutrition Shake Creamy Chocolate Fudge Single Serving Pack

Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

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

Organic Protein Powder Plant Based Peanut Butter 20 Servings

Organic Protein Snack Bar Peanut Butter Chocolate Chunk 12 Bars

Vegan Organic Nutrition Shake Smooth Chocolate 4 Pack

Vegan Organic Nutrition Shake Smooth Chocolate Single Serving Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Organic India

Product Name

Ashwagandha 90 Capsules

Ceylon Cinnamon 90 Capsules

Joy! 90 Capsules

Liver Kidney 90 Capsules

Memory 90 Capsules

Moringa 90 Capsules

Moringa Powder 113 Servings

Neem 90 Capsules

Organic Psyllium Fiber 180 Capsules

Peaceful Sleep 90 Capsules

Psyllium Organic Whole Husk Fiber 68 Servings

Psyllium Pre & Probiotic Fiber 56 Servings

Triphala 90 Capsules

Tulsi - Holy Basil 90 Capsules

Tulsi Ashwagandha 18 Bags

Tulsi Cleanse 18 Bags

Tulsi Green 18 Bags

Tulsi Hibiscus 18 Bags

Tulsi Honey Chamomile 18 Bags

Tulsi Lemon Ginger 18 Bags

Tulsi Masala Chai 18 Bags

Tulsi Moringa 18 Bags

Tulsi Original 18 Bags

Tulsi Peppermint 18 Bags

Tulsi Sleep 18 Bags

Tulsi Sweet Rose 18 Bags

Tulsi Turmeric Ginger 18 Bags

Turmeric Formula 90 Capsules

Organoleaf

Product Name

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

Passport to Organics

Product Name

Charcoal Cleanser 4 oz
Pumpkin Peel Mask 3 oz
Vitamin C Cream 1.7 oz
Vitamin C Toner 4 oz

PharmaceutiX

Product Name

PoDiaPN[®] 60 Capsules (Formerly NeurophX DPN)
XaQuil[®] XR 30 Tablets (Formerly Fofafy ER)

Premier Research Labs

Product Name

Adaptogen-R3 90 Capsules
AdrenaVen 60 Capsules
Allicidin 60 Capsules
BiliVen 60 Capsules
D3 Serum 0.43 fl oz
Liquid Zinc Ultra 8 fl oz
Max B-ND 2 fl oz
Max B-ND 8 fl oz
Medi-Clay-FX 90 Capsules
Melatonin-ND 2 fl oz
OcuVen 60 Capsules
Premier CoQ-10 50 Capsules
Premier Digest 60 Capsules
Premier Pink Salt 12 oz
Premier Turmeric 60 Capsules
Premier Vitamin D3+K2 30 Capsules
RenaVen 60 Capsules

Progressive Professional

Product Name

Allergy Modulator[®] 120 Capsules
Brilliant Vision with Seanol-P 90 Capsules
Daily Resilience[®] 180 Capsules
Digestin 60 Capsules
GC-MSM 3550[®] 120 Capsules
Probiotic Broad Spectrum 30 Caplets
Prosta Glan 120 Capsules
TestosterZone 180 Capsules

U-Tract[®] 26 Servings

Prolon Professional

Product Name

ProLon[®] Original Kit

QOL Labs

Product Name

Bifilon 60 Capsules
ImmunoKinoko 500 90 Capsules
Metasol 60 Capsules

Quicksilver

Product Name

AMPK Charge+ 3.38 fl oz
Artemisinin Emulsion 4 oz
BI-EST+ 1 fl oz
Bitters No.9 1.7 fl oz
BitterX 1.7 fl oz
Estradiol+ 1 fl oz
Estriol 1 fl oz
GABA with L-Theanine 1.7 fl oz
H2 Elite 30 Tablets
Hemp Synergies-PN 60 Capsules
IMD 30 Servings
Immune Charge+ 3.38 fl oz
Kidney Care 3.38 fl oz
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
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

**SURVIVE THE
*STORM***



***CYTOKINE BALANCE
SUPPORTS***

**THE BODY'S
NATURAL
DETOXIFICATION
PATHWAYS***

**Tap to learn more on
[WholeScripts.com](https://www.wholescripts.com)**

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

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

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

Vitamin C 4 fl oz

Range Essentials

Product Name

FLOW BLEND (Roller Bottle 1 mL)

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

Product Name

Adaptogen 75 Capsules

Adrenal Px Balance 75 Capsules

Adrenal Px DHEA 75 Capsules

Adrenal Px L-BP 75 Capsules

Cardiac Calm Px 60 Capsules

Cholesterol Care 120 Capsules

Enfla-Mend Px 60 Capsules

Estro Px 75 Capsules

Glucose Balance Px 120 Capsules

HTN 180 PX Original 60 Capsules

HTN 180 Px-Extra Strength 60 Capsules

Kava Calm Px 30 Capsules

Metabolic Nutrition 60 Capsules

Mitochondria Nutrition PQQ 60 Capsules

PCO Px 75 Capsules

Respiratory EZ 60 Capsules

Sleep 60 Capsules

StressCalm Px 75 Capsules

T-Cell Balance Px 60 Capsules

ThyroCare 75 Capsules

Thyroid Px 75 Capsules

RLC Labs

Product Name

a-Drenal 120 Capsules

i-Throid 6.25 mg 90 Capsules

Rx Vitamins

Product Name

Acid Block 60 Chewable Tablets

Activated Enzyme Formula 90 Capsules

Advanced Immune Support 60 Capsules

Advanced Prostate Formula 90 Softgels

Bone Density Formula 180 Capsules

Buffered C 90 Capsules

Chewable Cal/Mag 90 Chewable Tablets

Chewable Licorice 90 Chewable Tablets

Children's Multi-Vitamins 90 Chewable Tablets

Testost Rx 90 Capsules

ThyRx-7 60 Capsules

RxSugar

Product Name

RxSugar[®] Allulose 30 Packets

RxSugar[®] Allulose One Pound Canister 45 Servings

RxSugar[®] Organic Allulose Liquid Sugar 16 fl oz

RxSugar[®] Organic Caramel Syrup 16 fl oz

RxSugar[®] Organic Chocolate Syrup 16 fl oz

RxSugar[®] Organic Cinnamon Syrup 16 fl oz

RxSugar[®] Organic Hazelnut Syrup 16 fl oz

RxSugar[®] Organic Maple Syrup 16 fl oz

RxSugar[®] Organic Vanilla Syrup 16 fl oz

RxSugar[®] Swealthy Stix 30 Packets

Sanesco

Product Name

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

Seeking Health

Product Name

Active B12 1000 60 Lozenges
 Active B12 with L-5-MTHF 60 Lozenges
 B-Minus 100 Capsules
 DIM + I3C 60 Capsules
 Folinic Acid 60 Lozenges
 Gallbladder Nutrients 120 Capsules
 Histamine Digest 30 Capsules
 Histamine Digest 90 Capsules
 HomocysteX Plus 60 Capsules
 Hydroxo B12 60 Lozenges
 Iron Chewable 60 Tablets
 Lithium Orotate 100 Capsules
 Multivitamin One 45 Capsules
 Multivitamin One MF 45 Capsules
 Optimal Electrolyte Berry 30 Servings
 Optimal Electrolyte Lemonade 30 Servings
 Optimal Focus* 90 Capsules
 Optimal Liposomal Glutathione Plus 5 fl oz
 Optimal Liposomal Glutathione Tropical 4 fl oz
 Optimal Liposomal Vitamin C 5 fl oz
 Optimal Liposomal Vitamin C Plus 5 fl oz
 Optimal Magnesium 100 Capsules
 Optimal Multivitamin Chewable 60 Tablets
 Optimal PC 100 Softgels
 Optimal Prenatal 240 Capsules
 P-5-P 100 Capsules
 PQQ Lozenges 20 mg 30 Lozenges
 Prenatal Essentials Chewable 60 Tablets

ProBiota HistaminX 60 Capsules

R-Lipoic Acid 60 Capsules

Riboflavin 400 mg 60 Capsules

Saccharomyces Boulardii 60 Capsules

Trace Minerals Complex 30 Capsules

Vitamin D3 + K2 Drops 1 fl oz

Zinc Lozenge 60 Lozenges

Spermidinelife

Product Name

spermidineLIFE® 60 Capsules
 spermidineLIFE® Extra+ 60 Capsules
 spermidineLIFE® PRO+ 30 Packets
 spermidineLIFE® Ultra+ 30 Packets

Symphony Natural Health

Product Name

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

T.A. Sciences

Product Name

TA-65MD 100 units 30 Capsules

Tesseract Medical Research

Product Name

AuRx 68 Servings
 BerberActiv QR 90 Capsules
 CoQ10 Pro 60 Capsules
 HepatiSafe 60 Capsules
 MuSolve SR 90 Capsules
 NOX Flo SR 120 Capsules
 ProButyrate 120 Capsules
 ProstaSorb 60 Capsules
 QuerciSorb QR 90 Capsules
 QuerciSorb SR 90 Capsules

- RLA Pro SR 60 Capsules
- SafeCell 60 Capsules
- TetraCumin QR 120 Capsules
- TetraCumin SR 120 Capsules

Trace Minerals

Product Name

40,000 VOLTS! 8 fl oz

Apple Cider Vinegar Gummies 60 Gummies

Ashwagandha Gummies Passion Fruit Orange 60 Gummies

Beef Liver 500 mg 180 Capsules

Beef Organs 500 mg 180 Capsules

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 Gummies Watermelon 90 Gummies

Electrolyte Stamina Gummies Lemon Lime 90 Gummies

Electrolyte Stamina Power Pak Acai Berry 30 Servings

Electrolyte Stamina Power Pak Concord Grape 30 Servings

Electrolyte Stamina Power Pak Lemon Lime 30 Servings

Electrolyte Stamina Power Pak Mixed Berry 30 Servings

Electrolyte Stamina Power Pak Orange Blast 30 Servings

Electrolyte Stamina Power Pak Pomegranate Blueberry 30 Servings

Electrolyte Stamina Power Pak Raspberry 30 Servings

Electrolyte Stamina Power Pak+ Lemon Berry 30 Servings

Electrolyte Stamina Tablets 90 Tablets

Ionic Boron 2 fl oz

Ionic Zinc 50mg 2 fl oz

Liquid Zinc + Quercetin Orange Mango 16 fl oz

Magnesium Gummies Peach 120 Gummies

Mega-Mag 400mg 4 fl oz

NAC Powder Watermelon 30 Servings

Quercetin + Zinc Powder Orange Cream 30 Servings

Vitamin D3+K2 Gummies Strawberry 60 Gummies

ZEROlyte Citrus 30 Servings

Zinc + Vitamin C Chewable Raspberry Flavor 60 Chewable Wafers

Zinc Gummies Elderberry 60 Gummies

Transformation Enzyme

Product Name

Carbo-G* 90 Capsules

Digest* 90 Capsules

DigestZyme* 120 Capsules

GastroZyme 100 Capsules

LypoZyme 60 Capsules

Protease 60 Capsules

TruGen3

Product Name

TG3 Multi 60 Tablets

TruEase + Curcumin 30 Softgels

TruEase 30 Softgels

Vital Proteins

Product Name

Beef Gelatin 23 Servings

Beef Liver 120 Capsules

Bioactive Collagen Complex Bone & Joint Support 30 Servings

Bioactive Collagen Complex Daily Foundational Support 30 Servings

Bioactive Collagen Complex Skin Hydration & Antioxidant Support 30 Servings

Bone Broth Collagen Chicken 28 Servings

Collagen Creamer Coconut 12 Servings

Collagen Creamer Mocha 12 Servings

Collagen Creamer Vanilla 12 Servings

Collagen Creamer Vanilla 14 Servings

Collagen Gummies Grape 120 Gummies

Collagen Peptides 14 Servings

Collagen Peptides 28 Servings

Collagen Peptides Chocolate 14 Servings

Collagen Peptides Lemon 14 Servings

Collagen Peptides Stick Pack Box 20 Servings

Marine Collagen 18 Servings

Vital Performance Chocolate Almond 12 Bars

Vitanica

Product Name

Adrenal Assist 180 Capsules

Adrenal Assist™ 90 Capsules

Bitters Extra 90 Capsules

Bitters Tonic 4 fl oz

Bladder Ease 180 Capsules

BreastBlend 90 Capsules

Butterbur Extra 120 Capsules

CandidaStat™ 120 Capsules

CandidaStat™ 60 Capsules

CardioBlend 120 Capsules

CCDG Blend 90 Capsules

Chaste Tree Berry 60 Capsules

CholestBlend 90 Capsules

Colon Motility Blend 90 Capsules

Cortisol Relief 60 Capsules

Cramp Bark Extract 60 Capsules

CranStat Extra® 60 Capsules

Fem Ecology 30 Capsules

Fem Rebalance™ 60 Capsules

Fem Vitality 60 Capsules

Fibro Formula 60 Capsules

GABA Ease™ 60 Capsules

Immune Tonic 4 oz

Iron Extra™ 60 Capsules

Luminous 60 Capsules

Lysine Extra 60 Capsules

Maternal Symmetry 180 Capsules

Mid-Life Symmetry 180 Capsules

Nausea Ease 60 Capsules

Opti-Recovery 60 Capsules

Optinositol 30 Servings

OvaBlend 180 Capsules

Ovulation Assist 60 Capsules

PhytoEstrogen Herbal 25 Servings

Pregnancy Prep 60 Capsules

Rauwolfia Extra™ 90 Capsules

Rhodiola Extract Plus 60 Capsules

Skin Assist™ 180 Capsules

Slow Flow™ 60 Capsules

St. John's Wort 90 Capsules

V-Fresh 6 Suppository Tablets

VasoBlend 90 Capsules

VeinoBlend 90 Capsules

Women's Phase II® 180 Capsules

Women's Phase I™ 60 Capsules

Yeast Arrest 14 Suppositories

Yeast Arrest 28 Suppositories

Wellena

Product Name

Happy Sisters Cream 1.7 oz

Happy Sisters Kit

WholeScripts

Product Name

WholeScripts Shaker Bottle 25 oz

Condition Specific MedPax - Beauty

Condition Specific MedPax - Energy

Condition Specific MedPax - Gut

Condition Specific MedPax - Immune

Condition Specific MedPax - Sleep

Wise Woman Herbals

Product Name

Adrenal Tonic 2 fl oz

Bitter Tonic 2 fl oz

Bittersweet Elixir 2 fl oz

Bottom's Up Balm 1 oz

Bottom's Up Capsules 90 Capsules

Elderberry Syrup 2 fl oz

Fiber Flow Capsules 120 Capsules

Gentian & Skullcap Capsules 90 Capsules

Hawthorn Solid Extract 2 fl oz

Hepacaps 90 Capsules

Hoxsey-Like Formula 2 fl oz

Kalmerite Glycerite 2 fl oz

Licorice Solid Extract 2 fl oz

Phytoest 2 fl oz

Phytoprogest 2 fl oz

Throat Mist 2 fl oz

Urinary Tract Formula 2 fl oz

Women's Menocaps 120 Capsules

XYMOGEN

Product Name

5-HTP CR 60 Tablets

5-MTHF 60 Capsules

5-MTHF ES 60 Capsules

5-MTHF Plus B12 Cherry 30 Tablets

5-MTHF Plus B12 Cherry 60 Tablets

6 Day Detox Micro Kit

ActivEssentials™ 60 Packets

ActivEssentials™ for Women 60 Packets

ActivEssentials™ with Calcium 60 Packets

ActivEssentials™ with OncoPLEX™ & D3 60 Packets

ActivNutrients® 120 Capsules

ActivNutrients® 240 Capsules

ActivNutrients® Chewable Mixed Berry 120 Tablets

ActivNutrients® Chewable Mixed Berry 60 Tablets

ActivNutrients® Performance 120 Capsules

ActivNutrients® Phyto 90 Capsules

ActivNutrients® without Copper & Iron 120 Capsules

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

ActivNutrients® without Iron 120 Capsules

ActivNutrients® without Iron 240 Capsules

ActivNutrients® without Iron 60 Capsules

Adeno+Hydroxo B12 Natural Fruit Punch Flavor 60 Tablets

Adrenal Essence® 120 Capsules

Adrenal Essence® 60 Capsules

Adrenal Manager™ 120 Capsules

Adrenal Manager™ 60 Capsules

Adrenaliv® 120 Capsules

Adrenaliv® 60 Capsules

AdrenaMax™ 120 Capsules

ALAmax™ CR 120 Tablets

ALAmax™ CR 60 Tablets

ALAmax™ Protect 120 Capsules

AllerDHQ™ 120 Capsules

AllerDHQ™ 60 Capsules

AngiNOX™ Orange 30 Servings

AngiNOX™ Orange 60 Servings

Appe-Curb™ 120 Capsules

Appe-Curb™ 240 Capsules

Ashwagandha 35 60 Capsules

ATP Ignite™ Citrus 30 Servings

ATP Ignite™ Mixed Berry 30 Servings

ATP Ignite™ Workout Mixed Berry 30 Servings

B Activ® 180 Capsules

B Activ® 90 Capsules

Benfotiamine 120 Capsules

Berbemycin 120 Capsules

Berberine 120 Capsules

Berberine ES-5 60 Capsules

Berberine with InSea2® 60 Capsules

BergaCor 60 Tablets

BergaCor® Plus 60 Tablets

Bio C 1:1™ 90 Capsules

BrainSustain™ Creamy Chocolate 10 Servings

BrainSustain™ for Kids Vanilla Delight 15 Servings

BrainSustain™ Vanilla Delight 10 Servings

Buffered C Powder Fruit Punch 20 Servings

Calcium D-Glucarate 90 Capsules

Candididal™ 60 Capsules

CarniteX™ 60 Capsules

CheleX™ 120 Capsules

CholeRex™ 60 Capsules

CinnDromeX™ 120 Capsules

Cogniquil® 60 Capsules

ColonX™ 120 Capsules

ColonX™ 60 Capsules

CoQmax™ Omega 100 mg 60 Softgels

CoQmax™ Omega 50 mg 120 Softgels

CoQmax™ Omega 50 mg 30 Softgels

CoQmax™ Ubiquinol 200 mg 30 Softgels

CoQmax™ Ubiquinol 60 Softgels

Corticare B™ 120 Capsules

Corticare B™ 240 Capsules

Cortisolv® 120 Capsules

Cortisolv® 60 Capsules

CurcuPlex-95™ 120 Capsules

CurcuPlex-95™ 60 Capsules

Cytokine Balance 30 Capsules

Cytokine Balance 60 Capsules

D3 2000 120 Softgels

D3 2000 240 Softgels

D3 50,000 30 Capsules

D3 5000 180 Softgels

D3 5000 60 Softgels

D3 5000 90 Softgels

D3 Liquid 1 fl oz

D3 Liquid 2.03 fl oz

DHA from Algae 60 Softgels

DHEA Micronized 10mg 60 Tablets

DHEA Micronized 25mg 60 Tablets

DIMension 3[°] 120 Capsules

DIMension 3[°] 240 Capsules

DioVasc™ 60 Capsules

Drainage 1 oz

Femquil® 120 Capsules

FIT Food® Lean Collagen Mocha Latte 14 Servings

FIT Food® Lean Collagen Vanilla 14 Servings

FIT Food® Lean Complete Dutch Chocolate 10 Servings

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

FIT Food® Lean Complete French Vanilla 10 Servings

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

FIT Food® Lean Creamy Chocolate 10 Servings

FIT Food® Lean Vanilla Delight 10 Servings

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

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

FlashArrest® 60 Capsules

Foundation Essentials 30 Packets

GarliX™ 90 Capsules

GastrAcid™ 180 Capsules

GastrAcid™ 90 Capsules

GI Balance 150 Capsules

GI Balance Powder Chai 14 Servings

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

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

GlutAloeMine® 30 Servings

GlutAloeMine® 60 Servings

Green Tea 600™ 60 Capsules

Hemp MonoPure® 30 Softgels

Hemp MonoPure® 60 Softgels

HistDAO™ 60 Tablets

HMB PRO 150 Capsules

Hormone Protect® 120 Capsules

Hormone Protect® 60 Capsules

I-Sight™ 60 Capsules

i5™ Creamy Chocolate 10 Servings

i5™ Vanilla Delight 10 Servings

IG 26 DF 120 Capsules

IG 26 DF 67.5 Servings

IG 26 Plus DF Vanilla 30 Servings

IgG 2000 CWP™ 120 Capsules

IgG 2000 CWP™ 25 Servings

IgG 2000 CWP™ 75 Servings

IgG Pure™ 15 Servings

Immune Essentials™ 45 Capsules

Immune Essentials™ Daily 120 Capsules

ImmunotiX 250™ 30 Capsules

ImmunotiX 500™ 20 Capsules

ImmunotiX 500™ 60 Capsules

Iron Glycinate 120 Capsules

K-Mg Citrate™ 60 Capsules

K2-45 60 Capsules

K2-D3 10,000 120 Capsules

K2-D3 10,000 60 Capsules

K2-D3 5000 120 Capsules

K2-D3 5000 60 Capsules

K2-D3 Max 60 Capsules

L-Glutamine 85 Servings

L-Lysine 90 Capsules

L-Theanine 120 Capsules

L-Theanine 60 Capsules

Leptin Manager™ 30 Capsules

LipotropiX™ 120 Capsules

Liver Protect™ 120 Capsules

Liver Protect™ 60 Capsules

Magnesium Citrate 120 Capsules

MedCaps DPO™ 120 Capsules

MedCaps GI™ 120 Capsules

MedCaps IS™ 60 Capsules

MedCaps Menopause™ 120 Capsules

MedCaps T3™ 120 Capsules

Melatonin CR 180 Tablets

Melatonin CR 90 Tablets

Melatonin Peppermint 120 Tablets

Melatonin Peppermint 60 Tablets

MemorAll™ 60 Capsules

MenoFem™ 90 Capsules

Methyl Protect® 120 Capsules

Methyl Protect® 60 Capsules

Methylcobalamin 120 Tablets

Methylcobalamin 60 Tablets

MinRex® 120 Capsules

Mitochondrial Renewal Kit 60 Packets

MitoPrime® 30 Capsules

Mood Food™ 60 Capsules

Mood Food™ ES 120 Capsules

Mood Food™ ES 60 Capsules

Myrosinase 60 Capsules

N.O.max™ ER 180 Tablets

NAC 120 Capsules

NAC 60 Capsules

Nattokinase 120 Capsules

Nattokinase 60 Capsules

NeuroActives™ BrainSustain™ 120 Capsules

NeuroActives™ BrainSustain™ 240 Capsules

New Zealand Whey Protein Isolate 30 Servings

NiaVasc™ 120 Tablets

NiaVasc™ 360 Tablets

NiaVasc™ 750 120 Tablets

NiaVasc™ 750 60 Tablets

Omega MonoPure® 1300 EC 120 Softgels

Omega MonoPure® 1300 EC 60 Softgels

Omega MonoPure® 650 EC 120 Softgels

Omega MonoPure® 650 EC 60 Softgels

Omega MonoPure® Curcumin EC 30 Softgels

Omega MonoPure® DHA EC 30 Softgels

Omega MonoPure® EPA EC 30 Softgels

Omega MonoPure® EPA EC 60 Softgels

OmegaPure 600 EC™ 120 Softgels

OmegaPure 600 EC™ 60 Softgels

OmegaPure 780 EC™ 120 Softgels

OmegaPure 820™ 120 Softgels

OmegaPure 900 EC™ 120 Softgels

OmegaPure 900 EC™ 90 Softgels

OmegaPure 900-TG™ 120 Softgels

OmegaPure PRM 30 Softgels

OmegaPure PRM 60 Softgels

OncoPLEX ES™ 60 Capsules

OncoPLEX™ 120 Capsules

OncoPLEX™ 30 Capsules

OncoPLEX™ Plus Myrosinase 30 Capsules

OptiCleanse® GHI Chai 10 Servings

OptiCleanse® GHI Creamy Chocolate 10 Servings

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

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

OptiCleanse® GHI Vanilla Delight 10 Servings

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

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

OptiCleanse® PLUS Creamy Chocolate 10 Servings

OptiCleanse® PLUS Vanilla Delight 10 Servings

OptiFiber® Lean 180 Capsules

OptiFiber® Lean 30 Servings

OptiMag® 125 120 Capsules

OptiMag® 125 240 Capsules

OptiMag® Neuro 90 Capsules

OptiMag® Neuro Lemon-Lime 60 Servings

OptiMag® Neuro Mixed Berry 30 Servings

OptiMag® Neuro Mixed Berry 60 Servings

OptiMag® Neuro Unflavored 60 Servings

OptiMag® Plus Calcium Pear 30 Servings

OptiMetabolix™ 2:1 Vanilla Delight 10 Servings

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

Oraxinol™ 60 Capsules

OrganiX™ PhytoFood™ 30 Servings

OSApLex MK-7™ 60 Packets

OSApLex™ 60 Packets

Ossopan 1100™ 120 Capsules

Ossopan MD™ 120 Capsules

Ossopan MD™ 240 Capsules

PanXyme pH™ 180 Capsules

PanXyme pH™ 90 Capsules

PepciX™ 60 Tablets

PhosphaLine™ 100 Softgels

PhosphaLine™ Liquid 8 oz

PMS Soothe™ 60 Capsules

PrebioMax® Natural Sour Apple 60 Tablets

Prenatal Essentials 150 Capsules

Probio Defense™ 84 Capsules

ProbioMax® 350 DF 15 Servings

ProbioMax® Complete DF 30 Capsules

ProbioMax® Daily DF 30 Capsules

ProbioMax® Daily DF 60 Capsules

ProbioMax® DF 30 Capsules

ProbioMax® IG 26 DF 120 Capsules

ProbioMax® Lean DF 30 Capsules

ProbioMax® Plus DF 30 Servings

ProbioMax® Sb DF 30 Capsules

ProbioMax® Sb DF 60 Capsules

ProbioMax® Serenity 30 Capsules

Prostate FLO™ 60 Softgels

ProteoXyme™ 100 Capsules

Red Yeast Rice 30 Capsules

Red Yeast Rice 60 Capsules

RegeneMax® Liquid 1 oz

RegeneMax® Plus 120 Capsules

RegeneMax® Plus 60 Capsules

RelaxMax® Cherry 60 Servings

RelaxMax® Unflavored 60 Servings

Resveratin™ Plus 60 Capsules

S-Acetyl Glutathione 120 Capsules

S-Acetyl Glutathione 60 Capsules

Saccharomycin® DF 120 Capsules

Saccharomycin® DF 20 Capsules

Saccharomycin® DF 60 Capsules

Saloxicin™ 120 Capsules

SAM-e & TMG Lemon 30 Servings

SAM-e 30 Capsules

SynovX® Calm 60 Capsules

SynovX® DJD 120 Capsules

SynovX® Metabolic 30 Capsules

SynovX® Metabolic 60 Capsules

SynovX® Performance 60 Capsules

SynovX® Recovery 120 Capsules

SynovX® Relief 120 Softgels

SynovX® Relief 40 Softgels

SynovX® Tendon & Ligament 60 Capsules

T-150 120 Capsules

T-150 60 Capsules

TestoPlex™ Plus 120 Capsules

TestoPlex™ Plus 60 Capsules

UritraX™ 50 Servings

Viragraphis™ 60 Capsules

VitalVasc® 60 Capsules

Xcellent A 3000 60 Capsules

Xcellent A 7500 60 Capsules

Xcellent C™ 120 Capsules

Xcellent E™ 60 Softgels

XenoProtX™ 120 Capsules

XymoBolX™ Fruit Punch 30 Servings

XymoBolX™ Lemon 30 Servings

XymoDine™ 90 Capsules

XYMOGEN® Shaker Bottle 20 oz

XymoZyme® 120 Capsules

XymoZyme® 60 Capsules

XymoZyme® HCL 90 Capsules

Zinc Glycinate 120 Capsules

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Product Name

Anti-Aging System Forties+ 8 Pack

Complete Anti-Aging System 5 Pack

Day/Night Cream 2 oz

Glycolic Acid 30% Gel Peel 1 oz

Neck Firming Cream 2 oz

Pure Hyaluronic Acid 1 oz

Retinol Eye Cream 1 oz

Retinol Serum 1 oz

Vitamin C&E Serum 1 oz

Zahler

Product Name

AdultFocus 60 Capsules
Bone Gummies for Kids 60 Gummies
Chapter One Magnesium Apple 60 Gummies
Chapter One Magnesium Peach 60 Gummies
Chapter One Magnesium Raspberry 60 Gummies
ChildCalm 60 Chewable Tablets
Core Greens 240 Capsules
Core Greens Powder 30 Servings
Diabetter 120 Capsules
DMG 90 Tablets
Fiber Gummies for Kids 60 Gummies
Inositol 1000 mg 120 Capsules
KidsActive Powder 30 Servings
Mighty Mini Prenatal+DHA 90 Softgels
Multivitamin Beauty 60 Capsules
Multivitamin Brainfood 60 Capsules
Multivitamin Immune 60 Capsules
Multivitamin One Daily 60 Capsules
Pantothenic Acid 120 Capsules
ParaGuard 4 fl oz
ParaGuard 90 Softgels
Prenatal+DHA 60 softgels
ProstAid+ 60 Softgels
PureWay-C 120 Capsules
Vitamin D3 120 Capsules
Zinc Lozenges Elderberry Flavor 90 Lozenges

Zhang Health

Product Name

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



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CLINICALLY-STUDIED, BIOACTIVE COLLAGEN PEPTIDES FOR TARGETED BENEFITS

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

President, Big Bold Health

Founder and President, Personalized Lifestyle Medicine Institute

Vital Proteins' Medical Advisory Board Member

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