

Vitamin Gummies:
**TOO SWEET TO
BE GOOD?**

**Defence
for UTIs**

**Hormone
Disruptors**

Hiding in Your Home

**Gaming &
Nootropics**

**SUPER
CHARGED**

The timeline of
energy drinks

P.41

TRAINING FOR
Race Day
YOUR WAY





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07 EDITOR'S LETTER

HMM AND AH-HA MOMENTS

—Tarre Beach

08 ASK A PRACTITIONER

LEVELING UP YOUR GAME

What are nootropics, and can they support an e-gamer's performance?

—James Munro, ND



Dear Reader,

On October 26th and 27th, XYMOGEN will host its first themed XYMOGEN EXPERIENCE, focusing on Elevating Women's Health.

In the evolving healthcare landscape, more women are considering how nutrition, sleep, the gut microbiome, and mental well-being are connected to their overall health. They are looking to integrative healthcare practitioners to guide them, making the XYMOGEN EXPERIENCE on Elevating Women's Health more relevant than ever.

The Fall 2024 XYMOGEN EXPERIENCE will provide practitioners with useful functional medicine protocols for hormonal challenges, bone health, beauty that goes beyond skin deep, and much more from distinguished female integrative healthcare practitioners.



11 EAT RIGHT

UNDER THE SEA

Nori, kombu, Irish moss, and spirulina—they're all seaweeds or sea vegetables, which have been used by many cultures in healthy and delicious ways.

—Mary Gocke, RD, CDN

24 FITNESS BREAK

RACE DAY PLAN

Whether you're a first-time or experienced racer, learn some key points for planning your race.

—Sarah Blackburn King, PES, GPTS, FMCHC

Top industry experts will also provide detailed best practices on how clinicians can grow their practices.

As the leading distributor of XYMOGEN's high-quality formulas, WholeScripts warmly invites all practitioners to this exciting educational event.



27 WELLNESS WORDS

GUMMIES, GAMING, AND GROWING UP

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

28 FORMULA SPOTLIGHT

TOTAL HEALTH

Unlock your full health potential with XYMOGEN's high-quality supplement formulas

41 HEALTH IN HISTORY

SUPER CHARGED

Energy drinks have been around for a long time. Check out the timeline of some well-known liquid pick-me-ups.

Publisher's Statement:

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Sincerely,

Brian Blackburn, Sr.

CEO/Founder WholeScripts

30

HIDDEN CHEMICALS

Learn the risks of hormone-disrupting chemicals, how they could be getting into your home, and how to protect your kids.

—Christina Frank



COVER STORY **17**

LET'S CHEW IT OVER

Do gummy supplements provide the same nutritional value as traditional supplements?

—Heather Flint



37

OMG, NOT ANOTHER UTI?

Learn integrative healthcare supports that can help you deal with urinary tract infections (UTIs).

—Anna Cabeca, DO, ABOIM, AARM, FACOG



44

WHOLESCRIPTS PRODUCT LIST

Check out our ever-growing list of supplements.



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WHOLESCRIPTS MAGAZINE STAFF

PUBLISHER
Brian Blackburn Sr

EDITOR
Tarre Beach

COPY EDITOR
Heather Flint

LEAD DESIGNER
William Maldonado

DESIGNER
Madeline Rice

CONTRIBUTORS
Anna Cabeca, DO, ABOIM, AARM, FACOG
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 MARKETING OFFICER
Nikki Yas Poritzky

CHIEF FINANCIAL OFFICER
JR (José Rafael) Capó

SENIOR VICE PRESIDENT
Michael Mahoney

DIRECTOR OF WHOLESCRIPTS
Brian Blackburn Jr

REGULATORY DEPARTMENT
Taneesha Routier-Rogers
Daniel Effiong

MEDICAL DIRECTOR AND SENIOR DIRECTOR OF INNOVATION
James Munro, ND

HMM AND AH-HA MOMENTS

I love asking questions, much to the chagrin of my husband. I'm inquisitive and curious. But I can also see how I might come across as nosy and overly analytical. The truth is, I like digging into just about any topic and having a hmm or ah-ha moment.

For example, when I was pregnant, I found out that hormone disruptors could be lurking in plastic bottles and containers or personal care products I might use. I asked my midwife a ton of questions and was educated on the common household items that could have hormone disruptors in them. Pregnant or not, you can arm yourself with more knowledge on hormone disruptors by reading "Hidden Chemicals" on page 30. It might just make you go, hmm.

Then, after I had my son, gummy nutritional supplements started appearing on the scene, and I talked to my pediatrician and questioned if "candifying" nutritional supplements was a good idea. I learned a lot. Read "Let's Chew It Over" page 17 to educate yourself on the pros and cons of gummy supplements for adults or children. You could find yourself going ah-ha.

And now that my 11-year-old has found the glory of gaming and wants to grow up to be a professional gamer, I've started asking heaps of questions about nootropics, a blanket term often used for nutritional supplements



aimed at supporting focus and overall health for gamers and e-athletes. Get the knowledge you seek from our wise practitioner in "Leveling up Your Game" page 8 It might zap you into a new way of thinking.

Issue after issue, just like you, I learn more about what's new, changing, and evolving in integrative healthcare. I hope you find a story or column that will give you pause and make you say, hmm... or maybe even ah-ha!

To your health,

Tarre Beach
Editor



Adrenal Px Balance

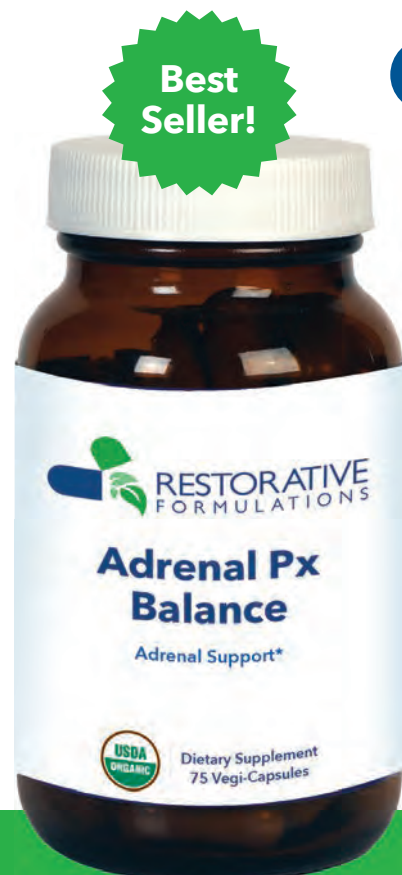
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Servings Per Container: About 37		
	Amount Per Serving	% DV
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Organic Rhodiola root (<i>Rhodiola rosea</i>), 0.8% Rosavin, Rosavin 4 mg	500 mg	†
Organic African Basil leaf (<i>Ocimum gratissimum</i>)	400 mg	†
Organic Hawthorn Leaf and Flower (<i>Crataegus spp.</i>) Vitexins, 3.75 mg	300 mg	†
Organic Alfalfa Herb (<i>Medicago sativa</i>)	100 mg	†

† Daily Value (D/V) not established
Organic Herbs are Certified Organic
Other Ingredients: Organic Pullulan Capsule



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Leveling Up Your Game

What are nootropics, and can they support an e-gamer's performance?

James Munro, ND

Q: I'm an e-gamer, and I've heard a lot about nootropics for focus and better health for e-athletes. What are the benefits and challenges of e-athletes taking nootropics?

A The term “nootropic” generally refers to a substance that has a positive impact on cognitive function or mental performance. Many people have already used nootropic compounds without even realizing it. Caffeine, omega-3 fatty acids (fish oils), ashwagandha, L-theanine, bacopa, Rhodiola, Lion's Mane mushrooms, and many more are considered nootropics.

While it's true that nootropics may be a helpful hack that provides a mental performance edge for e-gamers or anyone else for that matter, before we can get into that discussion, I have to be a bit of a buzzkill. No amount of nootropic supplements can counteract the effects of poor lifestyle choices. Or, put another way, the best nootropics, so to speak, come from healthy lifestyle choices. If you are looking to support and optimize your mental performance, supplements should not be at the top of your list. Here are some of the most important factors to consider.



AFK & Sleep

Even though gaming may be significant to you, going AFK (away from the keyboard) to get restful sleep is even more important. The body typically requires seven to nine hours of sleep every night. Numerous studies have shown that sleeping less than this amount can negatively impact memory, attention, alertness, judgment, and decision-making. This results in clearly impaired cognitive performance. In a more extreme example, the effects of sleep deprivation have been demonstrated in some research to be similar to the effects of alcohol intoxication. You certainly wouldn't drink alcohol if you were striving for optimal cognitive performance. Additionally, adequate sleep is required to maximize your cognitive performance.

Your IRL Health Bar

Your character's health bar may be at 100%, but what about your IRL (in real life) health? The brain and the rest of the body require regular consumption of all the essential nutrients. A poor diet may deprive the body of those essential nutrients, preventing the brain from performing at its full potential. It is crucial to avoid the detrimental effects of consuming excessive sugar, alcohol, refined carbohydrates, and processed foods, which can increase inflammation and oxidative stress, which may result in insomnia, fatigue, depression, reduced cognitive function, impaired memory, as well as numerous chronic diseases. By doing so and focusing on a diet consisting of nutrient-dense whole foods, you can optimize your cognitive function, which could up your game.



Don't be an NPC

NPCs (non-playable characters) can't do anything. But you can. Want to increase circulation to the brain and promote the expression of brain-derived neurotrophic factor (BDNF) to support your playing prowess? Then, exercise regularly. Both of these mechanisms increase circulation and BDNF levels, which are critical for optimal cognitive function. In fact, low levels of BDNF are associated with neurodegenerative diseases like Parkinson's disease, Alzheimer's disease, multiple sclerosis, and more. Many of the most talked about nootropics are sought after because they might increase or prevent the decline of BDNF levels. If there were a supplement or prescription drug that could reliably and consistently boost memory, improve problem-solving, increase cognitive flexibility and thinking skills, and improve quality of sleep while reducing the risk for dementia, depression, anxiety, and its “side effects” were reducing the risk for chronic diseases and aiding healthy weight management, well, it would be the single most successful supplement or prescription drug ever created. However, we don't need a supplement or drug to realize these incredible benefits. Regular exercise takes care of all of this.

If you have already optimized the three pillars of health—sleep, diet, and exercise—but are still seeking

an extra mental performance boost, talk to your healthcare provider. But you might be surprised at how much these simple mods (modifications) can enhance your cognitive function and potentially elevate your MVP (most valuable player) status without needing any nootropics at all.



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

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Under the Sea

Nori, kombu, Irish moss, and spirulina—they're all seaweeds or sea vegetables, which have been used by many cultures in healthy and delicious ways.

Mary Gocke, RD, CDN

Seaweed, sometimes also called sea vegetables, may not be a typical side at Denny's or McDonald's. However, they are commonly used in dishes found in China, Japan, and Korea. As a nutrient-dense vegetable that doesn't have roots, seaweed absorbs all its nutrients directly from the ocean, making it highly nutritious. Sea vegetables, of which there are many varieties, provide essential minerals, vitamins, fiber, and bioactive compounds that can contribute to your health and well-being.

Here are some specific nutrients, and their functions, found in seaweed:

- **Iodine:** Needed for thyroid function and the hormones produced by the thyroid. Iodine helps the body regulate metabolism, growth, and energy production.
- **Calcium:** Essential for bone health, muscle function, and nerve transmission.
- **Iron:** Important for producing hemoglobin, which carries oxygen in the blood, and for energy metabolism. This type of non-heme iron is less readily absorbed than heme iron from animal sources but still contributes to our iron stores.
- **Magnesium:** Involved in more than 300 enzymatic reactions in the body and is important for muscle function, nerve function, and bone health.
- **Vitamins:** Vitamin A is helpful for vision and immune function; vitamin C is an antioxidant that supports immune function and collagen synthesis; vitamin E is an antioxidant that protects cells from damage; and vitamin K is important for blood clotting and bone health.

Seaweed is a rich source of both soluble and insoluble fiber. These fibers play a crucial role in digestive health,

promoting regular bowel movements, and supporting blood sugar and cholesterol management. The various antioxidants found in sea vegetables, such as flavonoids, carotenoids, and phycocyanins, not only help protect cells from free radical damage but also may have anti-inflammatory properties, contributing to overall wellness.

Some types of seaweed, such as certain species of brown algae, contain omega-3 fatty acids, particularly eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are important for heart and brain health.

There are more than 12,000 sea vegetable varieties, each offering uniqueness, flavor, and culinary uses.

Here are some of the more common seaweeds still eaten today:

- **Kombu:** Brown in color, it is a member of the kelp family and is used in making dashi, a Japanese vegetarian soup stock.
- **Wakame:** The thick dark-green fronds are slightly sweet and are used for miso soup and seaweed salad.
- **Dulse:** A red seaweed that some say has a smoky bacon flavor. It is often used dried and crushed as a condiment for popcorn, salads, and eggs.
- **Irish Moss:** Made popular by being an ingredient in a spiced and sweet Jamaican "health" drink. This seaweed, however, gets its name from when the Irish ate it to survive the "Great Potato Famine."
- **Spirulina:** Historians say this blue-green alga was an Aztec staple. It was dried and mixed with corn meal and beans to help energize messengers and athletes. Today, it is often found in protein powders.



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



Japanese Seaweed Cucumber Salad (Sunomono) Recipe

Ingredients

Salad:

- 3 small cucumbers (Japanese, Persian, or pickling-style are best)
- 3 tbsp dried wakame seaweed (makes 3.5 oz. rehydrated)

Dressing:

- ¼ cup rice vinegar
- 2 tbsp sugar
- 2 tsp roasted sesame seeds
- 1 tsp soy sauce
- ¼ tsp salt
- ½ tbsp sesame oil

Instructions

1. Thinly slice the cucumbers. Do not use the ends of cucumbers. Place the sliced cucumbers in a strainer, add ½ tsp salt, and mix well. Leave for 10-15 minutes for the water to draw out.
2. Rehydrate the wakame in a bowl with water. Room-temperature water is fine. Let sit for 8-19 minutes until completely rehydrated and very pliable. Drain from water.
3. Prepare the dressing by mixing the vinegar, sugar, roasted sesame seeds, soy sauce, and sesame oil together in a bowl. Set aside.
4. Squeeze out as much water from the cucumbers as possible. This ensures that your dressing isn't too diluted when dressing the salad.
5. Mix the cucumber, wakame, and the dressing together. Portion into small plates or bowls and sprinkle with extra sesame seeds, if desired. It's best to eat immediately after being made.

Sources: Thefoodietakesflight.com, Verywellfit.com, and Nutirionvalue.org

Yield: 3 servings

Nutritional information (approximate):

Calories:	149
Protein:	6.8 g
Carbohydrates:	19.5 g
Fiber:	2 g
Fat:	6 g
Carotene, beta:	146 mcg
Iodine:	210 mcg
EPA:	8000 mcg



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

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DO, FACOG



Jaquel Patterson
ND, MBA, IFMCP



Taylor Dukes
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Tracy Harrison
MS



Tania Dempsey
MD, ABIHM



Haylie Pomroy
MS



Cheryl Burdette
ND

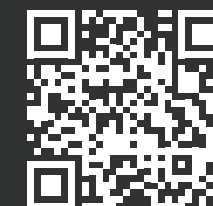


Tyna Moore
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LET'S CHEW IT OVER

Do gummy supplements provide the same nutritional value as traditional supplements?

Heather Flint

When thinking of gummy vitamins, most people automatically associate them with children, but that isn't necessarily the case. Actually, gummy supplements have taken the market by storm in recent years, accounting for a global value of \$4.3 billion and nearly 50% of all multivitamins sold in 2023. This means that more people are starting to integrate gummy vitamins into their daily supplement protocols—but are they still getting the same nutritional value as those in a traditional delivery system? Let's chew it over.

What Are Gummy Supplements?

Gummy supplements are an alternative delivery system to traditional pill forms of dietary supplements, mainly comprised of vitamins and minerals. They were originally introduced in the 1960s with the Flintstones chewable vitamins, which were developed to offer children a more palatable and fun way to take their daily multivitamins. This evolved from a hard candy-like substance that was considered to be too "chalky" to a gummy that is made from gelatin, cornstarch, water, and sugar, along with added flavors.

Gummies are an option for the most common supplements, including multivitamins for men, women, and children, vitamin C, melatonin, apple cider vinegar, prenatal vitamins, and much more. In an interview on

the "Today Show", Dr. Andrea Wong, senior vice president for scientific and regulatory affairs at the Council for Responsible Nutrition, stated, "Gummies are a great choice for people who have difficulty swallowing pills or capsules. They also taste good, which makes them a great option for picky kids."

In fact, the taste and candy-like nature of gummies are making them a preferred choice among all age groups, not just children. The surge of celebrities from Kourtney Kardashian to Jennifer Lopez endorsing or promoting their own line of gummy supplements for sleep, stress, mood, or skincare is further catapulting them into the forefront of nutraceutical options. But are gummies really the better alternative?

Too Much Sugar

What makes gummies so attractive to most people is the same thing that can be the most harmful: elevated sugar content. The American Heart Association recommends limiting added sugars to no more than 6% of calories each day. For women, about six teaspoons of sugar, and for men, about nine teaspoons, or 25 to 37 grams. Children should stay under 25 grams. The average gummy vitamin contains between three and five grams of sugar, so just one gummy can account for 20% of your total daily sugar intake.

*Story Continued on **page 19***



While choosing a gummy with no added sugar is an option, those are often sweetened with sugar alcohol. Ingesting too much sugar alcohol could have adverse effects on your digestive system, causing nausea, bloating, cramping, and diarrhea. When discussing supplements with your healthcare professional, talk about which type of delivery system would best suit your needs.

The Label Matters

Another issue with gummies is their inherent instability, a trait not found in traditional supplements. On the "Today Show" segment, Dr. Tod Cooperman, president of ConsumerLab.com, highlighted this, stating, "There are many more quality problems with gummies than there are with tablets or capsules." He further explained, "Companies realize that things are breaking down faster in gummies ... so they're putting in twice as much, three times as much when they're making the products." This means that the label may not accurately reflect the actual contents of the bottle, adding to the unpredictability of gummy vitamins.

Dr. Wong further elaborated that because the Food and Drug Administration requires most dietary supplements to have 100% of the ingredients on the bottle, "companies will put more than that amount in the product to ensure that it meets 100%, even as ingredients degrade over time." Dr. Cooperman reiterated, "Any ingredient we can get too much of, like melatonin, folic acid, just about every vitamin out there ... there certainly can be health consequences."

This point can be of particular interest when it comes to children's gummies. As children may not understand that their gummy vitamin is more of a medicine than candy, they could end up eating more than the daily recommended dose, which can lead to toxicity and overdose.

A study from the *Australian Prescriber* found that the most common adverse effects of eating too many gummy vitamins are an upset stomach, diarrhea, headache, or vomiting.

However, if this is a one-time incident, it does not have long-term effects. If someone continually eats too many gummy vitamins, it could put them or their child at risk of vitamin or mineral toxicity. The nutrients that can cause an overdose include fat-soluble vitamins and minerals, like calcium, iron, vitamin D, vitamin A, and vitamin C.

Choosing the Right Gummy

Not all gummy supplements are created equal, so choosing the right one for your needs is important. As mentioned, the label is essential. Not only can you see what vitamins and minerals are in your gummy, but you can also find the "other ingredients." Be sure to check for allergens like soy, gluten, dairy, or artificial additives that can be potentially harmful to you or your child. You can also identify the sugar or sugar alcohol content to ensure you follow the daily recommended limits.

Another thing to consider is the type of gelatin used. Some gelatin is made from animal bones and tissues, which is not a vegan-friendly option. The color and flavor of the gummy are also important. Some colors and flavors can be from natural or artificial sources, so going with all-natural coloring and flavoring will help keep the additives to a minimum.

Finally, look for the "seal of approval." Having a USP verification mark on the bottle means that the supplement has gone through added levels of scrutiny to ensure it's clean, the ingredients have been verified, and the facility in which it was manufactured adhered to FDA standards and is GMP certified. While the FDA doesn't regulate supplements the same way as pharmaceuticals, having these types of verification marks means that these supplements go through additional testing and are of a higher quality.

Gummies, Capsules, and Powders, Oh My!

Dietary supplements can be found as more than gummy and tablet forms. There are

Story Continued on page 21

powders, liquids, softgels, capsules, and chewables to choose from. Each delivery system is specific and serves a purpose to help best support your needs while maximizing the effects of the ingredients. So, determining what you need and why is the first step in choosing the right supplement.

There are a lot of delivery systems out there for dietary supplements, and determining which one is best depends more on your personal needs and preferences than anything else. Each type of delivery system has its positives and negatives, so doing some additional research, checking the label, and talking with your healthcare professional are all great recommendations before starting a new supplement.

When it comes to nutrition, dietary supplements are not a cure-all. It's important to have a healthy foundation in place: Eat nutritious, whole foods and maintain a balanced diet, exercise regularly, get restful sleep, and reduce stress as much as possible. Use supplements to help fill the gaps and give you the extra boost to keep you on the path to optimal wellness.



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Race Day Plan

Whether you're a first-time or experienced racer, learn some key points for planning your race..

Sarah Blackburn King, PES, GPTS, FMCHC

Are you finally ready to challenge yourself and sign up for a race but unsure where to start? Depending on your physical and emotional state, developing the endurance for a run such as a marathon or even a shorter community 5K walk takes planning and training.

Below are some guidelines to help you prepare for your big day.

Assess Your Current Fitness Level

Before starting your training, assess your current fitness level and exercise experience. If you want to run a marathon but haven't run in years, choosing something like a four-week training plan may not be enough time to develop your strength and endurance to reach the finish line. There are no fast fixes here. The lower your fitness level, the more time you'll need to prepare. Even well-conditioned athletes may train for up to a full year to prepare their bodies and minds for a big race.

Checking well in advance with a professionally qualified trainer, fitness coach, and/or healthcare practitioner is a good idea before planning any kind of race.

Set Clear Goals

Establish your goals for the race, whether it's simply to cross the finish line or achieve a personal best time. Specific, attainable goals will keep you on track and motivated throughout your training. Make sure your goals are realistic. They should challenge you but not demoralize you. Setting goals that are out of your reach won't help you grow.

Build Your Base

Begin your training by establishing a baseline mileage—

something you can do right now. Start with one to two walks/runs a week at your baseline, incorporating intervals. Intervals could be one minute of moderate walking/running and one minute of light walking/light running. Gradually increase your weekly mileage and change up your intervals to close the recovery gap, build endurance, and prepare your body for the demands required for your race.

Switch It Up

Include speed work, such as tempo runs/walks, intervals, and inclines, to improve your efficiency, speed, and lactate threshold. (Your lactate threshold is the specific level of effort or pace when your fatigue accelerates.) Incorporate cross-training, such as yoga, cycling, swimming, and/or strength training, to prevent overusing your muscles and strengthen them with your bones.

Rest and Recovery

Prioritize rest and recovery in your training plan. Take rest days to allow your body to recover and repair. Listen to your body, and don't hesitate to adjust your training if you feel overly fatigued or experience pain. Take a day off if your body tells you that you need it. This is critical to being successful. Not listening to your body could lead to injury, make you miss your race, and/or make you unable to exercise for a long period of time.

Nutrition and Hydration

Eighty percent of overall fitness comes down to your nutritional habits. Don't eat for fun; eat for fuel. Feed your body a balanced diet rich in unprocessed carbohydrates, proteins, healthy fats, and micronutrients. Stay hydrated before, during, and after training to maintain optimal health and performance. Studies suggest drinking half your body weight in ounces of water every day can benefit brain, organ, muscle, and digestion functions, help regulate mood, and support healthy energy production.

Adding a teaspoon of salt or a mix of electrolytes (sodium, calcium, and potassium) to your water can help restore essential minerals you lose through your sweat.

It's Go Time!

In the final weeks before your race, slowly reduce your training volume to allow your body to recover properly.



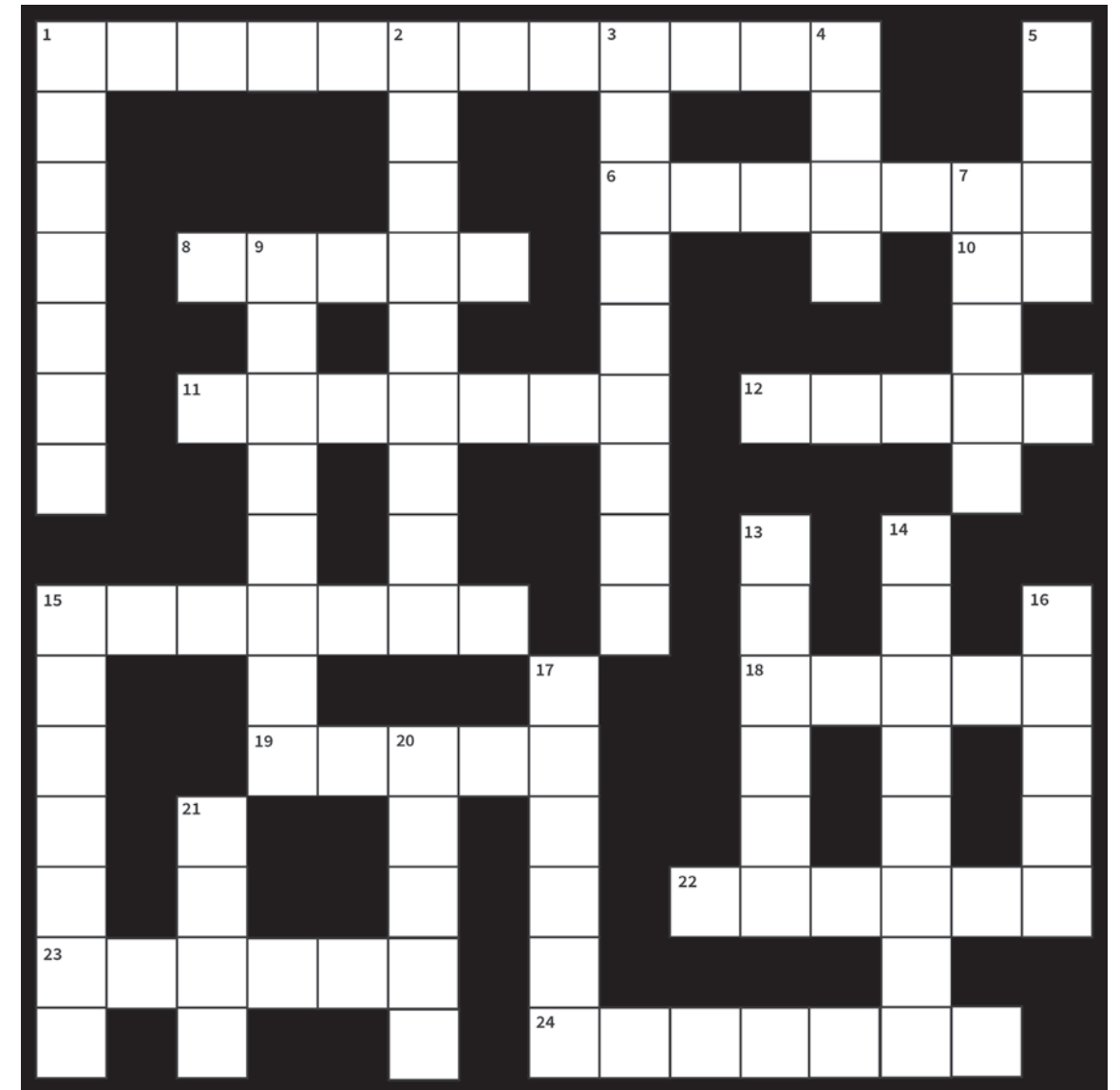
Begin visualizing yourself doing your race, including imagining yourself crossing the finish line. Now is the time to pump yourself up and have some pep talks in the mirror or journal about how you believe in yourself. And remember, when you're well prepared, you can do just about anything you put your mind to.



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

Gummies, Gaming, and Growing Up



Down

- 1. Stage of adolescence
- 2. Person before "teen time"
- 3. Tart fruit grown in bogs
- 4. Sushi wrapper from the sea
- 5. Hold on to
- 7. A type of bear
- 9. Endocrine secretions
- 13. Shows: "Modern ____" and "____ Guy"
- 14. Hot Indian curry
- 15. Spoon or knife, e.g.
- 16. Kinds, sorts
- 17. Apples, oranges, and bananas
- 20. E-sports player
- 21. Young goats or folks

Across

- 1. Kid doctor
- 6. Garden variety, typical
- 8. Sheep's haircut
- 10. Opposite of down
- 11. Job of the lungs
- 12. Expected standards
- 15. The body's "waterworks" system
- 18. It can't buy love
- 19. Crystals used in coffee or tea
- 22. Goes through repeated phases
- 23. Thyroid necessity and cut treatment
- 24. Gulp down

Answers found on page 41

TOTAL HEALTH

Unlock your full health potential with high-quality supplements from XYMOGEN®.

Cardiovascular, brain, respiratory, and digestive health are important to many body systems. XYMOGEN offers several trusted formulas that can serve as building blocks to support overall wellness.

Gut Health

ProbioMax® Daily DF is a four-strain probiotic featuring the extensively studied HN019® strain of *Bifidobacterium lactis*. These live microorganisms have proven gut health benefits and gastrointestinal, immune system, and cytokine balance support, and offer a well-established safety profile.*

To further support the delivery of microorganisms to the small intestines, XYMOGEN employs DRcaps™ gastro-resistant capsules. These specially designed, innovative capsules help slow exposure of actives to stomach acid and ensure more targeted release.*

Cardiovascular and Methylation Support

With three times the absorption rate of an equivalent dose of other leading fish oils, Omega MonoPure® 1300 EC features enhanced MaxSimil® monoglyceride fish oil. XYMOGEN ensures every batch of fish oil is IFOS five-star certified, the world's highest standards for purity, potency, and freshness. Omega MonoPure fish oil offers blood sugar, cardiovascular, cytokine balance, and neurologic and cognitive support, as well as essential fatty acids for optimal wellness.

Methyl Protect® also supports overall cardiovascular health and healthy methylation of estrogen, dopamine, epinephrine, heavy metals, and environmental toxins.* This comprehensive formula features five key nutrients that are involved in homocysteine metabolism: folate as calcium folinate and Quatrefolic® for increased bioactivity; trimethylglycine; and vitamins B12, B6, and B2.*

Your Brain at Its Best

OptiMag® Neuro includes Magtein®, the only form of magnesium known to cross the blood–brain barrier. Complemented by highly absorbable chelated minerals, this formula is designed to boost the brain's magnesium level to support brain and cognitive health and stress management, sleep quality, and healthy mood and to promote healthy nervous system function.*

OptiMag Neruo is available in flavored and unflavored powder and capsules to allow for ease of use.

Respiratory Health

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

Food-Derived Histamine Support

HistDAO™ provides a concentrated source of diamine oxidase (DAO)—the main enzyme responsible for the degradation of ingested histamine. This formula delivers the clinically researched dose of DAO in an easy-to-swallow, gastro-resistant mini-tablet, which is essential for releasing DAO in the small intestine, where it breaks down food-derived histamine. HistDAO offers added cytokine balance, gastrointestinal, and immune support, but does not manage or address antibody-related or IgE-related food allergies*.

All of XYMOGEN's supplements are made in a certified good manufacturing practices (cGMP) facility and include research-supported ingredients and dosages, so you can feel confident that you're getting healthcare practitioner-tested and -trusted supplements.

Keep your body and brain in optimal condition by ordering these high-quality XYMOGEN formulas today!



*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.

HIDDEN CHEMICALS

Learn the risks of hormone-disrupting chemicals, how they could be getting into your home, and how to protect your kids

Christina Frank

As a parent, you want to keep your children safe and healthy. But did you know that certain chemicals, known as hormone disruptors, are hidden in foods, toys, clothes, and household items? These chemicals interfere with the endocrine system and can affect everything from puberty to cancer risk. Let's explore where these harmful chemicals come from, what they can do, and how we can protect our kids.

Chemicals, Chemicals Everywhere

More than 86,000 chemicals are registered for use in the United States, and about 2,000 new chemicals come to market every year. Some of these chemicals are hormone (or endocrine) disruptors. This means they can increase or decrease certain hormone levels, mimic or pretend to be hormones, or alter natural hormone production. Hormone disruptors can get into our children by being absorbed through the skin, consumed, or inhaled. So, where are our kids coming into contact with these chemicals?

Hiding in Plain Sight

Hormone disruptors can hide in anything from food to personal care products. Some of the most prevalent sources include processed foods and their packaging. That's right, some of your kids' favorite foods may contain hormone-disrupting chemicals, such as BPA (Bisphenol A), preservatives, and additives.

Nonorganic meat, dairy products, and produce are other common sources. That's because hormones are often used to speed animal growth and increase milk production. Pesticides are well-known hormone disruptors used on fruits and vegetables; they can make

their way into our children's bodies even if the produce is washed.

Hormone-disrupting chemicals, such as brominated flame retardants (BFRs) and polychlorinated biphenyls (PCBs), are also found in clothing, furniture, and electronics. Even personal care products, such as lotions, hair products, and cosmetics, are common sources. Beware of fragrances!

Don't forget about plastics, which are nearly impossible to avoid these days. Toys, food containers, plastic wraps, and so on often contain phthalates and BPA. These chemicals can leak out of the plastic and into foods and drinks, especially when heated, and enter the body, affecting hormone levels.

According to Leonardo Trasande, MD, an internationally renowned leader in environmental health and author of *Sicker, Fatter, Poorer: The Urgent Threat of Hormone-Disrupting Chemicals to Our Health and Future... and What We Can Do About It*, "the evidence is particularly strong for 4 categories of chemicals: pesticides, which are used on fruits and vegetables; phthalates, which are used in plastics and cosmetic products; bisphenols, which are used in canned goods; and flame retardants, which are used in furniture."

So now that we know where hormone disruptors hide and how they get into our children, the next step is to understand the consequences.

Facing the Consequences

Have you ever heard of precocious puberty? It's when a child enters puberty early, and some research links



BITE INTO ORAL WELLNESS



PROBIOMAX[®] ORAL

Featuring chewable probiotics for healthy gums, teeth, and oral microbiota*



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early puberty to hormone-disrupting chemicals. For instance, certain chemicals can mimic estrogen or increase estrogen synthesis, leading to early pubertal development. On the flip side, other hormone-disrupting chemicals may delay puberty. These unnatural pubertal changes can cause a host of issues, including emotional stress and growth problems.

According to research published in the *Archives of Pediatrics and Adolescent Medicine*, the developing nervous and endocrine (neuroendocrine) system is thought to be particularly sensitive to hormone-disrupting chemicals. Human studies link in utero and early childhood exposure to neurodevelopmental disorders such as decreased IQ, poorer memory, autism spectrum disorder (ASD), attention-deficit/hyperactivity disorder (ADHD), and other behavioral problems.

Even health problems, such as obesity, high blood pressure, fertility issues, and some cancers, may be related to chronic exposure to hormone disruptors.

Fortunately, every parent can start taking steps today to reduce their children's exposure to hormone-disrupting chemicals.

Reducing Exposure

Living with the conveniences of the modern world doesn't make reducing exposure to these nasty chemicals easy. "Stop using plastic!" is easier said than done. But if you really put effort into reducing primary sources of hormone-disrupting chemicals, you and your kids will reap the benefits.

Start with what you bring home from the grocery store. Choose organic, non-GMO foods whenever possible to reduce exposure to and consumption of hormone residues and pesticides. Cutting down on processed foods is another excellent move to reduce hormone-disrupting chemicals in your children's food.

Avoid plastic food and beverage containers. Experts particularly recommend avoiding plastics labeled with a 3 or 7 recycle code, as they may contain BPA or phthalates. Glass and stainless steel containers are much better options than plastics. Never microwave foods in plastic. Studies have found that microwaving food in plastic containers can introduce micro- or nano-particles of plastics into your food and body. Avoid

drinking water from plastic bottles, and be sure your drinking water is filtered, preferably through a reverse osmosis system.

Canned foods and beverages can also be troublesome. Many metal cans are lined with a plastic coating that contains BPA and other chemicals. Other items to be cautious about include personal care and household products.

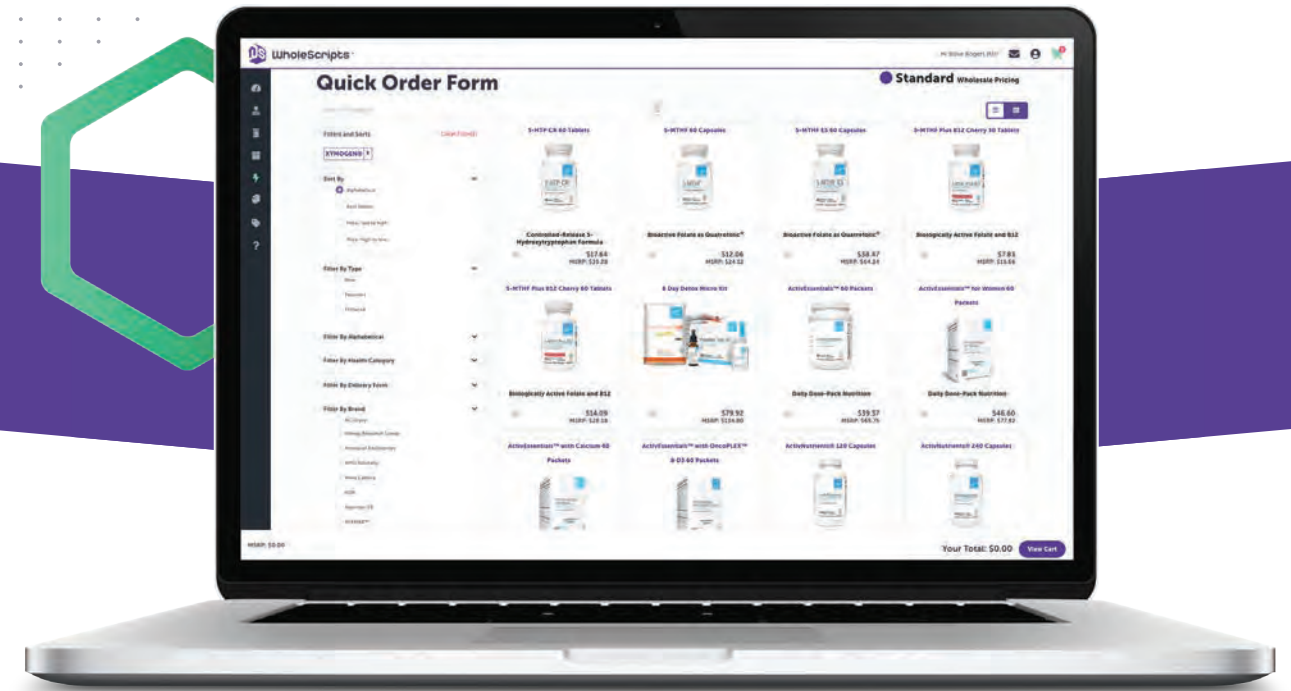
Items like shampoos and lotions often contain hormone-disrupting chemicals. Look for products that are labeled "fragrance-free," "paraben-free," and "phthalate-free." Reading labels carefully and choosing natural products can make a big difference. That also goes for household cleaners. Household cleaners can be another source of hormone-disrupting chemicals, but by selecting natural cleaning products, you're taking a positive step toward a healthier home. You can even make your own household cleaners using essential oils, vinegar, and baking soda. The internet is loaded with suggestions.

In addition to these changes, some simple habits to reduce exposure include vacuuming and dusting your home frequently and washing hands often. These habits will help eliminate chemical residues from furniture or other household items and chemicals picked up in the local environment. Remember to avoid fragranced and antibacterial soaps.

As you can see, even though we can't wholly avoid our kids coming into contact with hormone-disrupting chemicals, your role as a parent or caregiver is crucial. You can do many things to reduce exposure and help protect our children. Your actions can make a significant difference in their health and well-being.

Knowledge is power, and understanding the dangers of hidden hormone-disrupting chemicals enables us to make better choices for our families. Talk to your kids in age-appropriate ways without scaring them about these chemicals so that they can understand the importance of and the reasons behind the new choices you're making. Empower your kids by making them partners in creating a home where they can be happy and healthy.

NEW SIZE!
NEW SIZE!
NEW SIZE!



What Is WholeScripts?

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

Why WholeScripts?

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

**Innovative EMR/
EHR Integration**

Free Shipping*

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Visit www.wholescripts.com to learn more!

OMG, Not Another UTI?

Learn integrative healthcare supports that can help you deal with urinary tract infections (UTIs).

Anna Cabeca, DO, ABOIM, AARM, FACOG

If you're a woman, then you've probably had a urinary tract infection (UTI) at least once in your life. If you haven't, consider yourself lucky. But for many of us, UTIs are a frustratingly common occurrence. If you find yourself dealing with them often, you probably already know the triggers and what to do to reduce your risk of getting a UTI. If this is all new to you, or if you'd like to learn some integrative medicine ways to support your urinary health, read on.

Aging & Urinary Health

UTIs are a common problem, especially for women as we age. Hormonal changes, vaginal dryness, and decreased tissue responsiveness can cause the urethra (the duct that carries urine from the bladder outside of the body) to lose integrity. A confluence of some or all of these issues can introduce bacteria into the urethra and/or the bladder, resulting in a UTI. Physicians may prescribe a daily dose of antibiotics to try to keep UTIs at bay. However, some women don't want to take antibiotics regularly. It may treat the problem, but it can disrupt their gastrointestinal tract and gut microbiome in the process, creating

additional problems along the way.

Over time, the constant use of antibiotics can result in antibiotic resistance, which could mean losing the ability—through antibiotics—to fight off a variety of bacteria, and not just the ones that cause UTIs.

I recommend that patients take a daily dose of probiotics and increase their vitamin C intake from 2000 to 4000 mg to support their urinary and overall health. I also suggest women use a cream containing DHEA or prescribed with testosterone, with gentle, all-natural ingredients to support collagen production and soothe and support the delicate skin of the vulva and urethra.

Doing these simple things can often bring UTI relief and may even help prevent UTIs from recurring.

However, you should contact your physician if you try these recommendations and see no improvement within a few days. Infections can sometimes travel to the bladder and possibly even the kidneys, requiring immediate medical attention.

Helping the Integrative Way

Besides the above suggestions, monitoring urine pH could help reduce the occurrence of UTIs. Women can buy at-home strips or other helpful devices to check their urine pH.

Optimizing your diet can be a powerful tool in reducing your susceptibility to UTIs. A diet rich in fruits, vegetables, and non-dairy products can increase urine alkalinity, potentially reducing your susceptibility to UTIs. Conversely, foods like red meat, dairy, and drinking alcohol can decrease urine alkaline, so you may want to limit or avoid these foods and drinks if you're prone to UTIs.

Adding supplements such as D-mannose, which some studies suggest helps the mucosal lining of the bladder, could decrease the incidence of UTIs. Similarly, *Lactobacillus* strains, especially *L. rhamnosus*, which can be taken as a supplement or found in some yogurts or other fermented foods, can be very beneficial in supporting your urinary tract.

Watching what you eat and reducing your sugar intake is key. Minimizing inflammatory foods such as processed foods, artificial sweeteners, dyes, and preservatives is useful, as is choosing organic, free-range, wild-caught products to avoid pesticides and herbicides. Doing these things will support your overall health, not just good urinary health.

I recommend following the Keto Green® diet I've created that many of my patients use. The Keto Green diet is a modified keto diet consisting of more plant-based, alkaline-rich, and detoxifying foods than the traditional keto diet. Composed of organic leafy greens, high-quality proteins, healthy fats, and lower carbs, it can lay a foundation for a healthy gut and promote good health across the board, including supporting your urinary tract.

The Cranberry Connection

Many women think drinking cranberry juice for urinary tract health is helpful. The truth is, it is, and it is not.

The antioxidants, acidity, and bitterness in cranberries have been found to be a natural combatant against

the bacteria that cause UTIs. The problem is that most cranberry juice is artificially sweetened to make it more palatable. However, too much sugar or artificial sweeteners can actually increase bacteria growth, which is the thing you are trying to avoid when you have a UTI.

The best way to circumvent the added sugar or artificial sweeteners in cranberry juice is to drink diluted unsweetened cranberry juice concentrate or take cranberry capsules (and never sweetened cranberry gummies!).

Whole-Body Deodorant

You've probably seen or heard much lately about "total body" deodorants. If you have a UTI or get them frequently, I don't recommend using these products in your genital area. Anything with chemicals, preservatives, perfumes, fragrances, and so on can disrupt your vagina's bacterial balance. While products containing sodium bicarbonate (baking soda) can provide alkalization and decrease an overgrowth of bacteria, it might not be a good idea to try something without first seeing or talking to your doctor. The safest, most organic, and consistent way to "deodorize" your vagina and your whole body is by keeping a healthy gut. The old saying is true: You are what you eat, and restoring a healthy bacterial balance is an inside-out process.



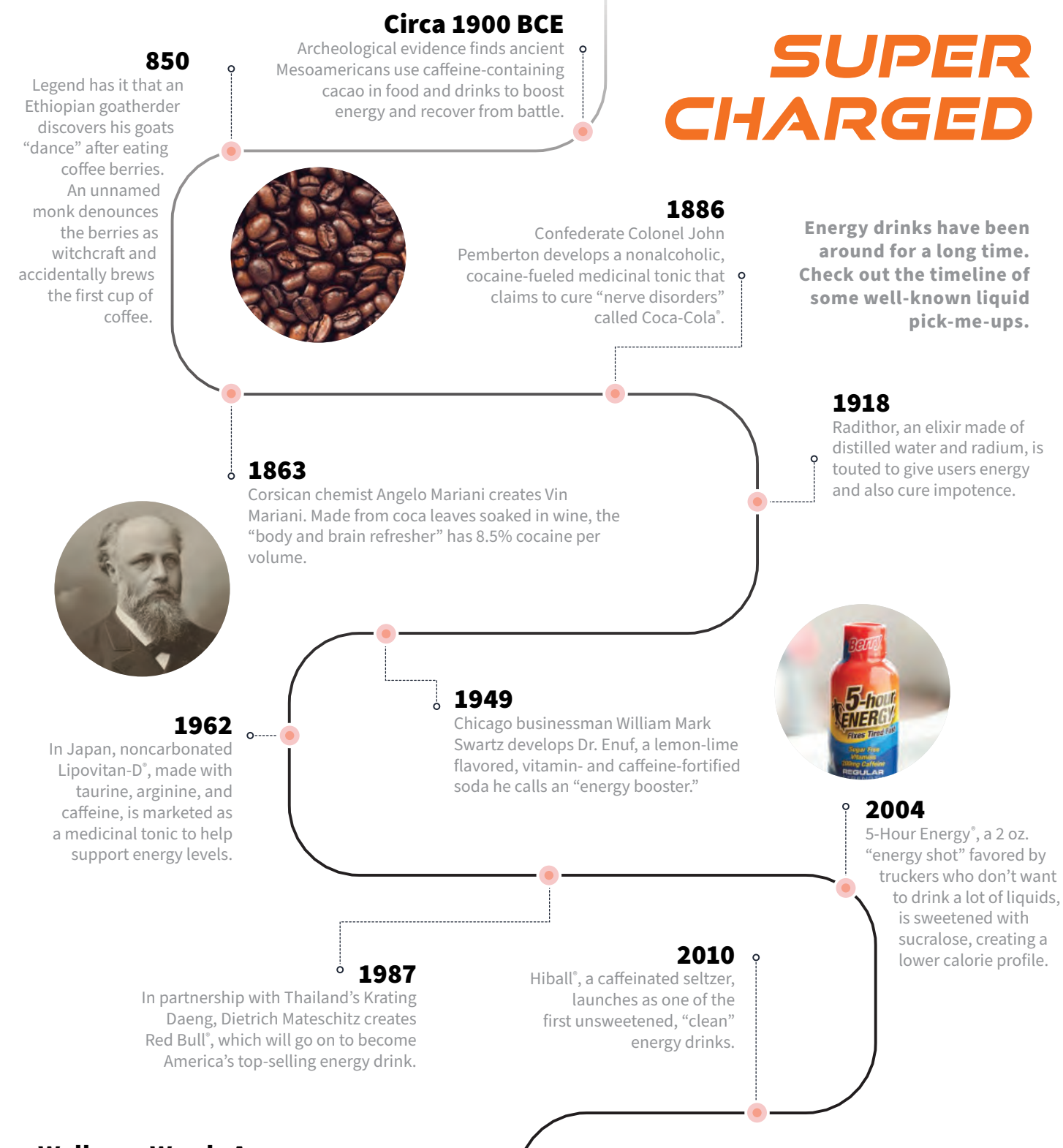
Anna Cabeca, DO, OBGYN, FACOG, is the best-selling author of *The Hormone Fix*, *Keto-Green 16*, and *MenuPause*. Dr. Cabeca is triple-board certified and a fellow of gynecology and obstetrics, integrative medicine, and anti-aging and regenerative medicine. She

holds special certifications in functional medicine, sexual health, and bioidentical hormone replacement therapy. She lives in Dallas with her daughters, horses, and dogs. www.drannacabeca.com



SUPER CHARGED

Energy drinks have been around for a long time. Check out the timeline of some well-known liquid pick-me-ups.



Wellness Words Answers

Down

- 1. Puberty
- 2. Tweenager
- 3. Cranberry
- 4. Nori
- 5. Keep
- 7. Gummy
- 9. Hormones
- 13. Family
- 14. Vindaloo
- 15. Utensil
- 16. Types
- 17. Fruits
- 20. Gamer
- 21. Kids

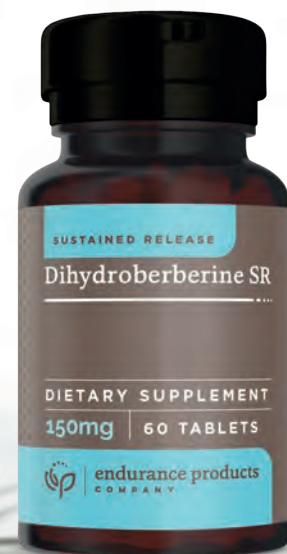
Across

- 1. Pediatrician
- 6. Average
- 8. Sheer
- 10. Up
- 11. Breathe
- 12. Norms
- 15. Urinary
- 18. Money
- 19. Sugar
- 22. Cycles
- 23. Iodine
- 24. Swallow

2023 AANP CORPORATION OF THE YEAR

DIHYDROBERBERINE SR

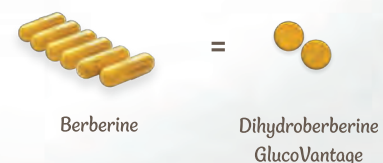
Sustained Release



Suggested Use

Six regular berberine large capsules a day versus 1 tablet twice daily.

That's the GlucoVantage!



Order today on WholeScripts



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Integrated health, just for you

Nutritional supplements and prescription medicine come together to make you whole.



Visit www.WholeScriptsRX.com to check your state's eligibility and learn more!

WholeScripts Product List

AC Grace

UNIQUE E High Delta Select Tocotrienols 90 Softgels

UNIQUE E High Gamma Mixed Tocopherol 180 Softgels

UNIQUE E Natural Moisturizing Cream Coconut 2 fl oz

Allergy Research Group

200 mg of Zen 120 Capsules

Adrenal Cortex 100 Capsules

ALA Release 60 Tablets

Artemisia 100 Capsules

Artemisinin 300 Capsules

Artemisinin 90 Capsules

B12 Adenosylcobalamin 60 Lozenges

Biofilm Neutralizer 60 Capsules

ButyrEn 100 Capsules

Cat's Claw 60 Capsules

Eldermune™ Chewables 60 Tablets

HiBiotin 90 Capsules

Humic-Monolaurin Complex 120 Capsules

Lumbrokinase 30 Capsules

Magnolia Extract 120 Capsules

Mastica® 120 Capsules

Melatonin 20 mg 60 Capsules

Micro Liposomal C 4 fl oz

N-Acetyl Glucosamine 90 Capsules

Ox Bile 500 mg 100 Capsules

Pancreas 60 Capsules

Pantothenic Acid 90 Capsules

Pregnenolone 50 mg 60 Tablets

ProGreens® 30 Servings

Quercetin Bioflavonoids 100 Capsules

Stabilium® 200 Garum 30 Capsules

Taurine 500 mg 100 Capsules

Thymus Natural Glandular 75 Capsules

Thyroid 100 Capsules

Thyroid Nutrition with Iodoral® 60 Tablets

TMG Trimethylglycine 100 Capsules

Tricycline® 90 Capsules

VascuStatin Formula 120 Capsules

Vitamin E Succinate 100 Capsules

Zen Adapt with Sensoril® 60 Capsules

Zen Sleep with P5P and 5-HTP 60 Capsules

Zinc Citrate 25 mg 60 Capsules

Zinc Picolinate 60 Capsules

American BioSciences

CholestSolve 24/7® 120 Tablets

ImmPower ER® 60 Capsules

Metatrol PRO® 60 Capsules

AMG Naturally

Better Body Butter 2.8 oz

Dead Sea Mud Mask 2 oz

Anna Cabeca

Julva® Pro 1 oz

Mighty Maca® Plus 60 Servings

AOR

benoGene™ 30 Capsules

Hydroxy B12 - 1 mg 60 Lozenges

Ortho Sleep™ 60 Capsules

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

Peak K2 90 Capsules

Probiotic 3 90 Capsules

R-Lipoic Acid 300 mg 60 Capsules

Strontium Support II 60 Capsules

Argentyn 23

Bio-Active Copper Hydrosol 16 fl oz

Bio-Active Copper Hydrosol 8 fl oz

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

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

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

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

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

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

Professional First Aid Gel 1 fl oz

Sinus Relief 1 fl oz

Sinus Relief 2 fl oz

Atrantil

Atrantil 90 Capsules

Atrantil PRO 90 Capsules

AVEMAR™

AVEMAR™ 300 Tablets

AVEMAR™ AWGE 30 Sachets

AVEMAR™ Stevia Natural Plant Based 30 Sachets

Avior

Myetin 60 Chewable Tablets

Real NAD+ 60 EZ Melt Tablets

Ayush Herbs

AdrenOm 90 Capsules

Adult Ashwagandha Drops 2 fl oz

Adult Trifal Drops 2 fl oz

Amla Plex 30 Servings

Arjuna Heart 90 Capsules

Ayu-Dep 60 Capsules

AyuPhos 90 Capsules

Bacopa Plus 90 Capsules

Bacopa Plus Kids Drops 2 fl oz

Boswelya Plus 90 Caplets

BronchoTone 90 Capsules

Carditone 60 Caplets

CoCurcumin 30 Servings

Flucomune 90 Capsules

High Omega-3 Fish Oil 60 Softgels

Kids Ashwagandha Drops 2 fl oz

Kids Trifal Drops 2 fl oz

KuffSoothe 8 fl oz

Macuna Plus 90 Capsules

Neem Plus 90 Capsules

Probiotic 100B 60 Capsules

Rentone 90 Caplets

Barlean's

Evening Primrose Oil 60 Softgels

Fresh Catch Fish Oil Orange Flavor 250 Softgels

Fresh Flax Oil 16 oz

Fresh Flax Oil 32 oz

Lignan Flax Oil 16 oz

Lignan Flax Oil 250 Softgels

Lignan Omega Twin 12 fl oz

Omega-3 Vegan Strawberry Banana Smoothie 16 oz

Seriously Delicious CLA Fresh Apple 16 oz

Seriously Delicious High Potency Omega-3 Citrus Sorbet 16 oz

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

Seriously Delicious MCT Oil Coconut 16 oz

Seriously Delicious Omega-3 Fish Oil Lemon Creme 16 oz

Seriously Delicious Omega-3 Mango Peach Smoothie 16 oz

Seriously Delicious Plant Based Total Omega Pomegranate Blueberry Smoothie 16 oz

Seriously Delicious Total Omega Orange Creme 16 oz

Seriously Delicious Total Omega Orange Creme 8 oz

BeeKeeper's Naturals

Bee Pollen 150 g

Kid's Throat Soothing 15 Lollipops

Kids Propolis Immune Support* 1.06 fl oz

Propolis + Vitamin C 12 Packets

Propolis Complete Gut Health 60 Capsules

Propolis Immune Support* 1.06 fl oz

Propolis Nasal Spray 1 fl oz

Propolis Sinus Support 60 Capsules

Propolis Soothing Lozenges Honey 14 Drops

Royal Jelly Brain Fuel 6 Pack

Superfood Honey 125 g

Superfood Honey 330 g

Bio-Tech Pharmacal

Lith-Oro 20 mg 100 Capsules

Biocidin

+DENTALCIDIN™ TOOTHPASTE 3 oz

Biocidin® 1 fl oz

Biocidin® 90 Capsules

Biocidin® LSF 1.7 fl oz

Biocidin® Throat Spray 1 fl oz

Bioclear® Microbiome Detox Program Kit

Biotonic 2 fl oz

Dentalcidin LS 1 fl oz

Dentiflora™ 30 Tablets

G.I. Detox+ 60 Capsules

G.I. InnerCalm Lemon Ginger 30 Stick Packs

Olivirex® 60 Capsules

Proflora 4R 30 Capsules

Biogena

7-Salt Magnesium 60 Capsules

Chlorella Plus C 120 Capsules

Omega 3 Vegan DHA & EPA 450 GOLD 90 Capsules

Pycnogenol Superior 100 GOLD 30 Capsules

BioMatrix

Candid-X 90 Capsules

Est-Adapt 15 mL

Licorice Root Extract 2 fl oz

Para-X 90 Capsules

Pregnenolone 30 mL

Pro-Adapt 15 mL

Pylori-X 120 Capsules

BodyBio

Balance Oil 16 oz

Balance Oil 60 Softgels

Calcium / Magnesium Butyrate 100 Capsules

Calcium / Magnesium Butyrate 250 Capsules

E-Lyte 16 oz

Gut + Prebiotic + Postbiotic 30 Capsules

Liposomal Vitamin C 60 Capsules

Liquid Minerals 8 oz

PC 100 Softgels

PC 60 Softgels

PC Liquid 4 fl oz

PC Liquid 8 fl oz

Sodium Butyrate 60 Capsules

TUDCA 60 Capsules

Brain Bean

Brain Basics Opti Zinc Plus 60 Tablets

Brain Basics Ultra Alpha GPC 90 Capsules

Brain Basics Ultra Iodine Complex 90 Tablets

Brain Basics Ultra Pure Astaxanthin 60 Softgels

Brain Basics Ultra Pure Selenomethionine 90 Capsules

Brain Omega 180 Softgels

Brain ResQ 60 Capsules

Buddha Teas

Chaga Tea 18 Bags

Detox Dharma Blend 18 Bags

Echinacea Elderberry Blend 18 Bags

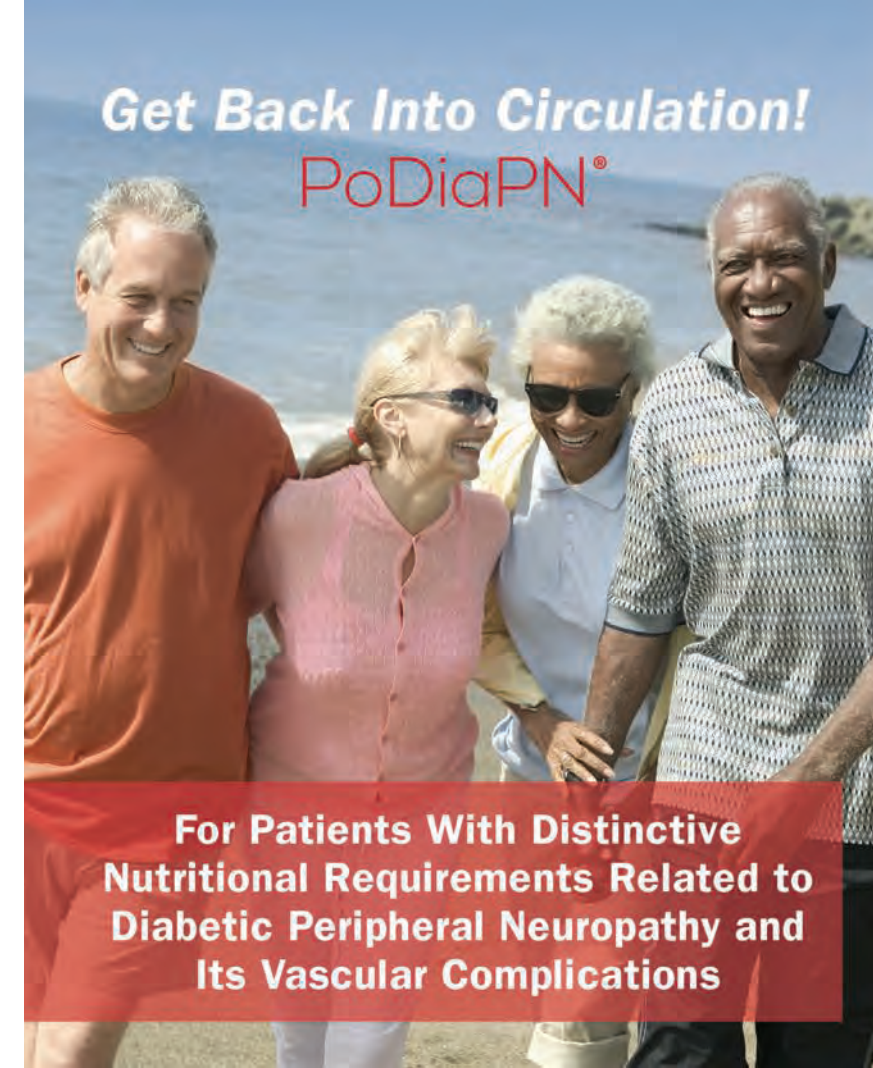
Matcha Green Tea 18 Bags

Meditation Moment 18 Bags

Mushroom Wellness Blend 18 Bags

Reishi Mushroom Blend 18 Bags

Throat Bliss Blend 18 Bags



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



Carlson Labs

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

ACES+Zn 60 Softgels

Acetyl L-Carnitine 60 Capsules

Cal-600 100 Softgels

Chewable Calcium Citrate 120 Tablets

Cod Liver Oil Gems 100 Softgels

Cod Liver Oil Lemon Flavor 8.4 oz

Cod Liver Oil Minis 100 Softgels

Cod Liver Oil Natural Flavor 8.4 oz

DL-Phenylalanine 60 Capsules

Hi-Fiber 100 Capsules

Key-E Hand & Body Cream Unscented 2 oz

Kid's Vitamin C Gummies 60 Gummies

Kid's Vitamin D3 Gummies 60 Gummies

M-S-M Sulfur 90 Capsules

Taurine Powder 31 Servings

Clinical Synergy

ArteMax 60 Capsules

BreastDefend Professional 120 Capsules

Comprehensive Circulation Support 60 Capsules

GlyphoDetox Professional 60 Capsules

IonShield® 60 Capsules

Mycocoetics Immune Max 180 Capsules

PADMA Basic Professional 180 Capsules

PectaSol Metal Detox 180 Capsules

PectaSol-C Professional 270 Capsules

PectaSol-C Professional 90 Servings

PectaSol-C Professional Chewable Tangerine Flavor 120 Tablets

PectaSol-C Professional Lime Flavor 30 Servings

PectaSol-C Professional Lime Flavor 90 Servings

RegeneRest 60 Capsules

Cognitive Clarity

Percepta Professional 60 Capsules

CuraLife USA

CuraLin 180 Capsules

Curalin 90 Capsules

CuraLin Starter Bottle 42 Capsules

CureSlim 120 Capsules

Davinci Labs

A.D.K 10 90 Capsules

A.D.K 60 Capsules

ALL-ZYME 90 Tablets

ALLER-DMG 60 Tablets

BioDIM COMPLEX 60 Capsules

Calm Fruit Punch 1 fl oz

CANDID-AWAY 90 Capsules

Chewable Kidbiotic Tropical Fruit 90 Tablets

Chewable Vitamin C Cherry 90 Tablets

CHOLESTSURE 90 Capsules

COENZYME Q10 CHEWMELT 100 mg 60 Tablets

COQ10 - DMG 300/300 Orange 60 Tablets

D3/K2 LIQUID 1 fl oz

DAILY BEST ULTRA 60 Capsules

DISC-DISCOVERY® 180 Tablets

Fizzy Mag 75 Servings

Focus Chewable Orange 90 Tablets

GLUCONIC® DMG 500 mg 60 Tablets

Glutathione 30 Capsules

GRAPEFRUIT SEED EXTRACT 400 mg 60 Capsules

HEALTHY EYES 90 Capsules

KiddOmega-3 Cherry Orange 40 Servings

LIPOSOMAL C 10.15 fl oz

LIPOSOMAL CITICOLINE 2 fl oz

LIPOSOMAL MELATONIN SPRAY 1 fl oz

MEGA PROBIOTIC ND 120 Capsules

Metabolic Multi 180 Capsules

Mightiest Vite® Fruit Punch 30 Servings

MILK THISTLE 90 Capsules

PROSTATE HEALTH 60 Capsules

Sleep Tight Citrus 1 fl oz

Sync Up Berry 2 fl oz

TRI-MAG 300 120 Capsules

Dr. Advantage

Macular Shield Plus Complete Multivitamin 120 Capsules

Dr. Capasso

Mitoblast 2 120 Capsules

Skin-Lasting Botanical Formula Spray 6 fl oz

Skin-Lasting Super Formula Spray 6 fl oz

Dr. Mercola

Berberine with MicroPQQ Advanced 30 Capsules

Biothin Probiotic 30 Capsules

Calcium with Vitamins D3 & K2 90 Capsules

Eye Support 30 Capsules

Fermented Beta Glucans 60 Capsules

Fermented Black Garlic 60 Capsules

Fermented Chlorella 450 Tablets

Full Spectrum Enzyme 90 Capsules

H2 Molecular Hydrogen 90 Tablets

Ketozyme 30 Capsules

Krill Oil 60 Capsules

Liposomal Vitamin C 180 Capsules

Liposomal Vitamin C 60 Capsules

Liposomal Vitamin C Citrus Vanilla 15.2 fl oz

Liposomal Vitamin C for Kids 30 Capsules

Magnesium L-Threonate 270 Capsules

Organic Astaxanthin 12 mg 90 Capsules

Organic Collagen from Grass Fed Beef Bone Broth 270 Tablets

Organic Ginkgo Biloba 30 Capsules

Organic Pine Bark Extract 60 Tablets

Organic Saw Palmetto 2 fl oz

Vitamin C-PAK® Orange Flavor 30 Servings

Vitamin C-PAK® with Quercetin Orange Flavor 30 Servings

Whole-Food Complex with added multivitamin 240caps

Zinc Plus Selenium 30 Capsules

Zinc Plus Selenium 90 Capsules

Drink LMNT

LMNT Recharge - Grapefruit Salt 30 Servings

LMNT Recharge - Watermelon Salt 30 Servings

LMNT Recharge - Citrus Salt 30 Servings

LMNT Recharge - Orange Salt 30 Servings

LMNT Recharge - Raspberry Salt 30 Servings

LMNT Recharge - Raw Unflavored 30 Servings

LMNT Recharge - Variety Pack 12 Servings

Drs Nutrition Bar

Drs Nutrition Bar Almond Chocolate Coconut 12 Bars

Encore Life

HEMP OneThirteen 30 Softgels

HEMP OneThirteen 60 Softgels

HEMP OneThirteen Immune Sour Gummies Orange Cream 60 Gummies

HEMP OneThirteen PRO 1500 1 oz

HEMP OneThirteen Relax Sour Gummies Blueberry Pomegranate 60 Gummies

HEMP OneThirteen Sleep Sour Gummies Blackberry Vanilla 60 Gummies

HEMP OneThirteen Soothe 600 60 g

HEMP OneThirteen Sour Gummies Watermelon Cherry 60 Gummies

Endurance Products Company

Dihydroberberine SR 150 mg 180 Tablets

Dihydroberberine SR 150 mg 60 Tablets

ENDUR-ACIN ER 750 mg 60 Tablets

ENDUR-ACIN ER NIACIN 250 mg 100 Tablets

ENDUR-ACIN ER NIACIN 500 mg 100 Tablets

ENDUR-AMIDE SR 500 mg 90 Tablets

ENDUR-C SR 1000 mg 60 Tablets

ENDUR-C SR 500 mg 90 Tablets

Pantethine SR 300 mg 90 Tablets

Phytosterols IR 450 mg 60 Tablets

Taxifolin Complex SR 60 Tablets

Enzyme Science™

(PEA)+ 120 Capsules

Acid Calm 90 Capsules

Apple Cider Vinegar 60 Capsules

Betaine HCL 120 Capsules

Candidase Pro 84 Capsules

Complete Digestion 90 Capsules

Critical Digestion® 90 Capsules

Digest Gold 240 Capsules

Digest Gold 90 Capsules

Enzyme Defense Pro 60 Capsules

GI Motility Complex 60 Capsules

Intolerance Complex 90 Capsules

Lypo Optimize 90 Capsules

MyoMend® 120 Capsules

Nattokinase Pro 60 Capsules

Serrapeptase Pro 120 Capsules

Stem XCell® Pro 60 Capsules

Telomere Pro 30 Capsules

Everidis Health Sciences

BioGaia Gastrus 30 Chewable Tablets

BioGaia Prodentis 30 Lozenges

BioGaia Protectis 30 Chewable Tablets

BioGaia Protectis Baby Drops 25 Servings

BioGaia Protectis Baby Drops with Vitamin D 50 Servings

Fringe

Red Light Therapy Panel

Red Light Therapy Wrap

Gaia Herbs

3-1 Immune Formula 60 Capsules

Black Elderberry PRO 120 Capsules

Black Elderberry Syrup 5.4 fl oz

Curcuma Supreme NF-kb Formula 120 Capsules

Daytime HPA 120 Capsules

Daytime HPA 60 Capsules

GaiaKids Black Elderberry Kids Daily Gummies 40 Gummies

Holy Basil 60 Capsules

Nighttime HPA 120 Capsules

Oil of Oregano 60 Capsules

Plant Force Liquid Iron 16 fl oz

Revive HPA 60 Capsules

Rhodiola 60 Capsules

Sleep Formula 60 Capsules

Thyroid Formula 120 Capsules

Vitex 60 Capsules

Genexa

Allergy Care 60 Tablets

Arnica Pain 100 Tablets

Cold Crush 60 Tablets

Flu Fix 60 Tablets

Kids' Allergy Care 60 Tablets

Sleepology 60 Tablets

Stress 60 Tablets

Guna Inc.

Guna Allergy 1 fl oz

Guna Cough 5.07 fl oz

Guna Deep Cleanse 1 fl oz

Guna Defense 0.28 oz

Guna Female Balance 1 fl oz

Guna Flam Relief 1 fl oz

Guna Flu 0.21 oz

Guna Healthy Brain 1 fl oz

Guna Kidney Plus 1 fl oz

Guna Lympho Detox 1 fl oz

Guna Matrix Detox 1 fl oz

Guna Mood Support 1 fl oz

Guna Pain Management 1 fl oz

Haelan

Haelan 951 8 fl oz

Sweet Mint Flavoring 40 Serv

Haylie Pomroy Group

Fast Metabolism 10-Day Cleanse Kit

Fast Metabolism 5-Day Cleanse Kit

Fast Metabolism Diet Quick Start Kit

Metabolism Shake 14 Servings

Herb Pharm

ADRENAL SUPPORT 1 fl oz

ANXIETY SOOTHER 1 fl oz

ARNICA OIL 1 fl oz

ASHWAGANDHA 1 fl oz

ASHWAGANDHA ALCOHOL FREE 1 fl oz

BETTER BITTERS CLASSIC 1 fl oz

BLACK ELDERBERRY ALCOHOL FREE 1 fl oz

CALENDULA OIL 1 fl oz

DANDELION ALCOHOL FREE 1 fl oz

ECHINACEA ALCOHOL FREE 1 fl oz

FUNG FREEDOM 1 fl oz

GINGER 1 fl oz

KAVA 1 fl oz

KIDS BLACK ELDERBERRY ALCOHOL FREE 1 fl oz

KIDS FAST ASLEEP 1 fl oz

KIDS IMMUNE AVENGER 1 fl oz

KIDS IMMUNE FORTIFIER 1 fl oz

KIDS LEMON BALM CALM ALCOHOL FREE 1 fl oz

KIDS MULLEIN GARLIC OIL 1 fl oz

KIDS ORANGE-FLAVORED ECHINACEA ALCOHOL FREE 1 fl oz

LEMON BALM 1 fl oz

LEMON BALM ALCOHOL FREE 1 fl oz

LUNG EXPECTORANT 1 fl oz

MILK THISTLE 1 fl oz

MULLEIN GARLIC OIL 1 fl oz

NERVOUS SYSTEM TONIC 1 fl oz

PASSIONFLOWER 1 fl oz

PEPPERMINT SPIRITS 1 fl oz

RAPID IMMUNE BOOST 1 fl oz

RELAXING SLEEP 1 fl oz

SOOTHING THROAT SPRAY 1 fl oz

ST. JOHN'S WORT OIL 1 fl oz

STONE BREAKER 1 fl oz

SUPER ECHINACEA 1 fl oz

TEA TREE ESSENTIAL OIL 1 fl oz

TURMERIC 1 fl oz

URINARY SYSTEM SUPPORT 1 fl oz

VALERIAN 1 fl oz

VALERIAN ALCOHOL FREE 1 fl oz

VI-BE-GONE 1 fl oz

Herbalist & Alchemist

Calm Adapt 4 oz

Immune Adapt 4 oz

Kidney Support Compound 4 oz

Men's Prostate Tonic 4 oz

Original Bitters 4 oz

Osteoherb 120 Capsules

Seven Precious Mushrooms 4 oz

Sinus Support Compound 4 oz

Women's Adapt 4 oz

Host Defense

Cordyceps 120 Capsules

CordyChi® 66 Servings

Lion's Mane 120 Capsules

Lion's Mane 30 Capsules

Lion's Mane 60 Capsules

Lion's Mane Extract 2 fl oz

Maitake 60 Capsules

MycoBotanicals® Brain® 60 Capsules

MyCommunity® 120 Capsules

MyCommunity® 66 Servings

MyCommunity® Extract 2 fl oz

Reishi 30 Capsules

Stamets 7® 60 Capsules

Stamets 7® Mushroom Mycelium Powder 66 Servings

Turkey Tail 120 Capsules

Turkey Tail 60 Capsules

HumanN

glyNOcalyx 30 Tablets

HeartGreens Green Apple 30 Servings

Neo40 Daily 30 Tablets

Neo40 Professional 60 Tablets

Nitric Oxide Indicator Strips 25 Strips

SuperBeets 1000 mg 90 Capsules

SuperBeets Black Cherry 30 Servings

SuperBeets Collagen Cherry Berry 30 Servings

SuperBeets Energy Plus Natural Berry 30 Servings

SuperBeets Heart Chews Pomegranate Berry 60 Chews

SuperBeets Memory + Focus 30 Chews

SuperBeets® Sport 20 Servings

SuperGrapes Heart Chews 60 Chews

Tart Cherry Gummies 60 Gummies

Turmeric Chews Orange Citrus 30 Chews

Uric Acid Balance 120 Capsules

Vitamin D3 Chew Mixed Berry 30 Chews

Hyalogic

Dr. John's Toothpaste Gel 4.58 oz

HA Lip Balm Jar 0.5 oz

Hand & Body Lotion 10 fl oz

Hyaluronic Acid + Zinc 4 fl oz

Hyaluronic Acid Biotin Hair & Scalp Spray 4 fl oz

Hyaluronic Acid Collagen Peptides 30 Servings

Hyaluronic Acid Dry Mouth 60 Mint Lozenges

Hyaluronic Acid Joint, Skin & Eyes 10 oz

Hyaluronic Acid Joint, Skin & Eyes 30 Capsules

Synthovial Seven 1 fl oz

ION* Intelligence of Nature

ION* Gut Support 16 fl oz

ION* Gut Support 3.4 fl oz

ION* Gut Support 32 fl oz

ION* Gut Support 8 fl oz

Jarrow Formulas

Acetyl L-Carnitine 500 mg 60 Capsules

Arginine 100 Tablets

BoneUp 120 Capsules

Citicoline CDP Choline 60 Capsules

Fem-Dophilus® 60 Capsules

Fem-Dophilus® 60 Capsules (Shelf Stable)

Milk Thistle 200 Capsules

NAC Sustain 600 mg 60 Tablets

Pantethine 60 Softgels

PS100 100 mg 60 Softgels

QH-absorb® + PQQ 30 Softgels

QH-absorb® 200 mg 60 Softgels

Quercetin 500 mg 100 Capsules

Red Yeast Rice + CoQ10 120 Capsules

Theanine 200 60 Capsules

Jigsaw Health

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

MORINGA ENERGY BAR DARK CHOCOLATE 12 Bars

PURE MORINGA 20 Packets

Life Extension

5-LOX Inhibitor with AprèsFlex® 60 Capsules

7-Keto® DHEA Metabolite 60 Capsules

AMPK Metabolic Activator 30 Tablets

ArthroMax® Elite 30 Tablets

Bio-Fisetin 30 Capsules

Black Cumin Seed Oil 60 Softgels

Brain Fog Relief 30 Softgels

Bromelain 500 mg 60 Tablets

Cognitex® Elite Pregnenolone 60 Tablets

Curcumin Elite™ Turmeric Extract 60 Capsules

Echinacea Elite 60 Capsules

Extend-Release Magnesium 60 Capsules

Fast-Acting Liquid Melatonin Citrus-Vanilla 2 fl oz

FLORASSIST® GI with Phage Technology 30 Capsules

FLORASSIST® Probiotic Women's Health 30 Capsules

Glucosamine/ Chondroitin 100 Capsules

Healthy Lungs 30 Capsules

Herbal Sleep PM 30 Capsules

Male Vascular Sexual Support 30 Capsules

Mega Benfotiamine 250 mg 120 Capsules

Mega Lycopene 90 Softgels

Melatonin 60 Capsules

Memory Protect 36 Day Supply

Menopause 731™ 30 Tablets

Neuro-Mag® 90 Capsules

Optimized Folate L-Methylfolate 100 Tablets

Optimized Saffron 60 Capsules

Pomegranate Complete 30 Softgels

Potassium with Extend-Release Magnesium 60 Capsules

PQQ 20 mg 30 Capsules

Senolytic Activator® 36 Capsules

Super K 90 Softgels

Super Omega-3 EPA/DHA Fish Oil 60 Softgels

Super Ubiquinol CoQ10 100 mg 60 Softgels

Tart Cherry with CherryPURE® 60 Capsules

Thermo Weight Control 60 Capsules

Two-Per-Day Multivitamin 120 Capsules

Ultra Prostate Formula 60 Softgels

Vinpocetine 10 mg 100 Tablets

Vitamin C and Bio-Quercetin Phytosome 250 Tablets

Vitamin C and Bio-Quercetin Phytosome 60 Tablets

Waistline Control 60 Capsules

Water-Soluble Pumpkin Seed Extract 60 Capsules

Zinc Lozenges Citrus-Orange Flavor 60 Lozenges

Linpharma

Petadolex 50 mg 50 Softgels

Petadolex 75 mg 60 Softgels

Master Supplements

Immunoxym 62 Capsules

SunFiber 31 Servings

TheralacPRO 31 Capsules

THERAXYM 93 Capsules

TruBifidoPRO 31 Capsules

TruFiber 50 Servings

Megafood

Magnesium 90 Tablets

One Daily 180 Tablets

Zinc 60 Tablets

Metabolic Maintenance

Alpha Lipoic Acid 90 Capsules

Ashwagandha Plus 60 Capsules

B-Complex 90 Capsules

BioMaintenance Probiotic 60 Capsules

Buffered Vitamin C 90 Capsules

CoQ10 200 mg 60 Capsules

DIM Complex 60 Capsules

Happy Belly 90 Capsules

L-Methylfolate 10 mg 90 Capsules

L-Methylfolate 15 mg 60 Capsules

L-Methylfolate 5 mg 90 Capsules

L-Theanine 120 Capsules

Magnesium Citrate 240 Capsules

Magnesium Glycinate 180 Capsules

NAC 60 Capsules

Red Yeast Rice with CoQ10 120 Capsules

SAMe 60 Capsules

Stress Maintenance 90 Capsules

The Big One® Plus without Iron 90 Capsules

The Big One® with Iron 90 Capsules

The Big One® without Iron 90 Capsules

Vitamin D-3 25,000 IU 60 Capsules

MethylPro

B-Complex + 5 mg L-Methylfolate 30 Capsules

L-Methylfolate 15 mg + Cofactors 30 Capsules

L-Methylfolate 15 mg 30 Capsules

L-Methylfolate 7.5 mg 30 Capsules

Multivitamin + 15 mg L-Methylfolate 30 Capsules

Microvascular Health Solutions

EndocalyxPro 120 Capsules

Motherlove

Diaper Balm 1 fl oz

More Milk® Moringa 60 Capsules

More Milk® Plus 60 Capsules

More Milk® Special Blend 60 Capsules

Nipple Cream 1 fl oz

Pregnant Belly Salve 4 fl oz

Sitz Bath Spray 2 fl oz

MRM

Acetyl L-Carnitine 60 Capsules

Cardio Chelate 180 Capsules

Complete E 60 Softgels

Cordyceps CS-4 Strain 60 Capsules

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

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

TribuPlex 750 60 Capsules

Vegan Vitamin D3 5,000 IU 60 Capsules

Whey Protein Chocolate 18 Servings

Whey Protein Vanilla 18 Servings

Whole Food Organic Fiber 32 Servings

Mushroom Wisdom

Lion's Mane Amyloban 180 Tablets

Maitake D-Fraction PRO 4X 120 Tablets

Maitake D-Fraction PRO 4X 30 mL

Maitake D-Fraction PRO 4X 60 mL

Super Cordyceps 120 Tablets

Super Coriolus 120 Tablets

Super Lion's Mane 120 Tablets

Super Reishi 120 Tablets

MYCO Clinic

Pain Relief Cream Moderate Strength 1.7 oz

Pain Relief Oil Extra Strength 3.4 fl oz

Pain Relief Ointment Maximum Strength 1.7 oz

Pain Relief Stick Maximum Strength 1.7 oz

Nature's Sources

AbsorbAid Digestive Enzyme Support 90 Capsules

AbsorbAid Digestive Support 240 Capsules

AbsorbAid Digestive Support 83 Servings

AbsorbAid Platinum Super Digestive Enzyme Probiotic Blend 60 Capsules

Neurohacker

Qualia Mind 105 Capsules

Qualia Mind 35 Capsules

Qualia Night 20 Capsules

Qualia Night 60 Capsules

Qualia Senolytic 12 Capsules

Qualia Synbiotic 15 Servings

NFH

Cordyceps SAP 60 Capsules

Coriolus Versicolor SAP 60 Capsules

D-Ribose SAP 50 Servings

Grape Seed SAP 60 Capsules

InflaCalm SAP 90 Capsules

Lavender SAP 60 Softgels

Male Fertility SAP 120 Capsules

Mito SAP 90 Capsules

Mushroom Complex SAP 90 Capsules

Ox Bile SAP 90 Capsules

Prenatal SAP 180 Capsules

Quercetin SAP 60 Capsules

Reishi SAP 60 Capsules

Trident SAP 66:33 120 Softgels

Trident SAP 66:33 Lemon 120 Softgels

Zinc SAP 60 Softgels

Nordic Naturals

Algae Omega 120 Softgels

Arctic Cod Liver Oil 180 Softgels

Arctic Cod Liver Oil Orange 8 fl oz

Arctic Omega 180 Softgels

Arctic Omega 8 fl oz

Baby's Vitamin D3 Liquid 0.76 fl oz

Children's Eye Health Strawberry Lemonade 30 Gummy Chews

Cognition Mushroom Complex 60 Capsules

CoQ10 Gummies 60 Gummies

DHA Infant 2 fl oz

DHA Junior 180 Softgels

DHA Junior 4 fl oz

Focus Support 60 Softgels

Immune Mushroom Complex 60 Capsules

Kids Calm 60 Gummies

Kids Nordic Flora Probiotic Gummies Merry Berry Punch 60 Gummies

Kids Probiotic Pixies 30 Packets

Men's Multivitamin Mixed Berry 60 Gummies

Nordic Beauty Borage Oil 4 fl oz

Nordic Berries Cherry Berry 120 Gummy Berries

Nordic Berries Original Flavor 120 Gummy Berries

Nordic CoQ10 Ubiquinol Sport 60 Softgels

Nordic Flora Probiotic Immune Health 30 Capsules

The "Weight" is Over!



Discover the Slimmer You with Supplements From



Thermo Weight Control (item #02511), AMPK Metabolic Activator (item #02207), Waistline Control™ (item #02509):

These supplements should be taken in conjunction with a healthy diet and regular exercise program. Individual results are not guaranteed, and results may vary.

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

Nordic Flora Probiotic Maximum Care 30 Capsules

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

Fiber d'Lish Cinnamon Raisin 16 Bars

NuGo Vanilla Yogurt Protein 15 Bars

PROMAX Protein Bar Chocolate Chip Cookie Dough 12 Bars

Smarte Carb Peanut Butter Crunch 12 Bars

Stronger Peanut Cluster 12 Bars

Nutra Biogenesis

BioAdaptogen Ultra 60 Capsules

BioInflaMax 150 Capsules

BioThyro 60 Capsule

CogniFactors 60 Capsules

Eskaloft 60 Capsules

Liposomal Melatonin 2 fl oz

Oregano Oil 120 Softgel

ParaBiotic Plus 90 Capsules

Pulmonary Factors 90 Capsules

Sleep Factors 60 Capsules

Sterol 117 60 Capsules

Stress Factors 60 Capsules

Tri Zinc 90 Capsules

Tri-Magnesium 120 Capsules

UT Max Protect 60 Capsules

Nutrasal

Cerebra GPC 2 fl oz

LipoZome-B 2 fl oz

PPC Kids Orange Cream 8 oz

NutriCology

Laktoferrin 90 Capsules

Magnesium Chloride Liquid 8 fl oz

Mastic Gum 120 Capsules

Mucolyxir® 0.4 fl oz

OcuDyne II 200 Capsules

Organo-Germanium Ge-132 50 Capsules

Nutritional Therapeutics

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

NTFactor® Healthy Aging 120 Tablets

NTFactor® Patented Energy Chewable Wafer Mixed Berry 30 Wafers

NTFactor® with CoQ10 Chewable Wafer Chocolate 30 Wafers

Optimox

ATP Cofactors 90 Tablets

Iodoral IOD-50 30 Tablets

Iodoral® IOD-12.5 90 Tablets

Optivite PMT 180 Tablets

Orgain

Clean Protein Grass Fed Protein Shake Creamy Chocolate Fudge 4 Pack

Kids Protein Organic Nutrition Shake Chocolate Single Serving Pack

Kids Protein Organic Nutrition Shake Vanilla Single Serving Pack

Organic Nutrition Shake Creamy Chocolate Fudge 4 Pack

Organic Nutrition Shake Creamy Chocolate Fudge Single Serving Pack

Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

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

Organic Protein Powder Plant Based Peanut Butter 20 Servings

Organic Protein Snack Bar Peanut Butter Chocolate Chunk 12 Bars

Vegan Organic Nutrition Shake Smooth Chocolate 4 Pack

Vegan Organic Nutrition Shake Smooth Chocolate Single Serving Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Organic India

Ceylon Cinnamon 90 Capsules

Joy! 90 Capsules

Liver Kidney 90 Capsules

Memory 90 Capsules

Moringa 90 Capsules

Moringa Powder 113 Servings

Neem 90 Capsules

Organic Psyllium Fiber 180 Capsules

Peaceful Sleep 90 Capsules

Psyllium Organic Whole Husk Fiber 68 Servings

Psyllium Pre & Probiotic Fiber 56 Servings

Triphala 90 Capsules

Tulsi - Holy Basil 90 Capsules

Tulsi Cleanse 18 Bags

Tulsi Green 18 Bags

Tulsi Hibiscus 18 Bags

Tulsi Honey Chamomile 18 Bags

Tulsi Lemon Ginger 18 Bags

Tulsi Masala Chai 18 Bags

Tulsi Moringa 18 Bags

Tulsi Original 18 Bags

Tulsi Peppermint 18 Bags

Tulsi Sleep 18 Bags

Tulsi Sweet Rose 18 Bags

Tulsi Turmeric Ginger 18 Bags

Turmeric Formula 90 Capsules

Organoleaf

B12 Methylcobalamin 60 Gummies

Hemp Body Cream Pump 2000 mg 2.1 oz

Hemp Oil Tincture 2000 mg 1 oz

Hemp Roll-On Lotion 1000 mg 1.2 oz

K2+D3 60 Gummies

Sweet Dreams 60 Gummies

Passport to Organics

Vitamin C Toner 4 oz

Premier Research Labs

AdrenaVen 60 Capsules

Alllicidin 60 Capsules

D3 Serum 0.43 fl oz

Liquid Zinc Ultra 8 fl oz

Max B-ND 2 fl oz

Max B-ND 8 fl oz

Medi-Clay-FX 90 Capsules

Melatonin-ND 2 fl oz

OcuVen 60 Capsules

Premier Pink Salt 12 oz	GABA with L-Theanine 1.7 fl oz
Premier Turmeric 60 Capsules	H2 Elite 30 Tablets
Premier Vitamin D3+K2 30 Capsules	IMD 30 Servings
RenaVen 60 Capsules	Immune Charge+ 3.38 fl oz
Progressive Professional	Kidney Care 3.38 fl oz
Allergy Modulator [®] 120 Capsules	Lipcalm 1.7 fl oz
Brilliant Vision with Seanol-P 90 Capsules	Liposomal EDTA with RLA 4 fl oz
Daily Resilience [®] 180 Capsules	Liposomal Glutathione 1.7 fl oz
Digestin 60 Capsules	Liposomal Vitamin C with RLA 1.7 fl oz
GC-MSM 3550 [®] 120 Capsules	Liver Sauce 3.38 fl oz
Probiotic Broad Spectrum 30 Caplets	Longevity Elite 3.38 fl oz
Prosta Glan 120 Capsules	Longevity Phyto Caps 60 Capsules
TestosterZone 180 Capsules	Magnesium Hydroxide 120 Capsules
U-Tract [®] 26 Servings	Methyl B Complex 1.7 fl oz
Prolon Professional	Methyl B-12 1 fl oz
Fasting Bar Nuts & Honey 12 Bars	Methyl Charge+ 1.7 fl oz
ProLon [®] Original Kit	Micellized Membrane Mend 3.38 fl oz
Prolong ReSet 1-Day Fasting Kit	Micellized Pure PC 4 fl oz
QOL Labs	NAD+ Gold 1.7 fl oz
Bifilon 60 Capsules	NAD+ Platinum 3.38 fl oz
ImmunoKinoko 500 90 Capsules	Nanoemulsified Cat's Claw Elite [®] 1.7 oz
Metasol 60 Capsules	Nanoemulsified CoQ10 1.7 fl oz
Quicksilver	Nanoemulsified D3K2 1.7 fl oz
Adaptogenic Black Label 1.5 fl oz	Nanoemulsified Melatonin 1 fl oz
AMPK Charge+ 3.38 fl oz	Nanoemulsified Milk Thistle 1.7 oz
Artemisinin Emulsion 4 oz	Nanoformulated DHEA+ 3.38 fl oz
BI-EST+ 1 fl oz	Nanoformulated Progesterone+ 1 fl oz
Bitters No.9 1.7 fl oz	NanoFuel 3.38 fl oz
BitterX 1.7 fl oz	Nanomojo 1.7 fl oz
Cardio Elite 3.38 fl oz	Performance Cardio+ 3.38 fl oz
Crypto Co-Max 3.38 fl oz	Pure DHEA 1.7 fl oz
Cryptolepis 1.7 fl oz	Push Catch Liver Detox Kit
Daily Immune 60 Gummies	Quinton Hypertonic 30 Servings
Daily Vitamin 120 Gummies	Quinton Isotonic 30 Servings
Estriol 1 fl oz	Thrivagen 1.7 fl oz
GABA with L-Theanine 1.7 fl oz	Ultra Binder 120 Capsules
H2 Elite 30 Tablets	Ultra Binder [®] Sensitive Formula 30 Servings
IMD 30 Servings	Ultra Binder [®] Stick Packs 20 Servings
Immune Charge+ 3.38 fl oz	Ultra Vitamin 3.38 fl oz
Kidney Care 3.38 fl oz	Vaginal Beauty Serum 1 fl oz
Lipcalm 1.7 fl oz	Vitamin C + Elderberry 3.38 fl oz
Liposomal EDTA with RLA 4 fl oz	Vitamin C 4 fl oz
Liposomal Glutathione 1.7 fl oz	Range Essentials
Liposomal Vitamin C with RLA 1.7 fl oz	FLOW BLEND (Roller Bottle 1 mL)
Liver Sauce 3.38 fl oz	FLOW BLEND (Roller Bottle 30 mL)
Longevity Elite 3.38 fl oz	FLOW BLEND (Roller Bottle 5 mL)

Ultra Binder 120 Capsules	Longevity Phyto Caps 60 Capsules
Ultra Binder [®] Sensitive Formula 30 Servings	Magnesium Hydroxide 120 Capsules
Ultra Binder [®] Stick Packs 20 Servings	Methyl B Complex 1.7 fl oz
Ultra Vitamin 3.38 fl oz	Methyl B-12 1 fl oz
Vaginal Beauty Serum 1 fl oz	Methyl Charge+ 1.7 fl oz
Vitamin C + Elderberry 3.38 fl oz	Micellized Membrane Mend 3.38 fl oz
Vitamin C 4 fl oz	Micellized Pure PC 4 fl oz
QOL Labs	NAD+ Gold 1.7 fl oz
Bifilon 60 Capsules	NAD+ Platinum 3.38 fl oz
ImmunoKinoko 500 90 Capsules	Nanoemulsified Cat's Claw Elite [®] 1.7 oz
Metasol 60 Capsules	Nanoemulsified CoQ10 1.7 fl oz
Quicksilver	Nanoemulsified D3K2 1.7 fl oz
Adaptogenic Black Label 1.5 fl oz	Nanoemulsified Melatonin 1 fl oz
AMPK Charge+ 3.38 fl oz	Nanoemulsified Milk Thistle 1.7 oz
Artemisinin Emulsion 4 oz	Nanoformulated DHEA+ 3.38 fl oz
BI-EST+ 1 fl oz	Nanoformulated Progesterone+ 1 fl oz
Bitters No.9 1.7 fl oz	NanoFuel 3.38 fl oz
BitterX 1.7 fl oz	Nanomojo 1.7 fl oz
Cardio Elite 3.38 fl oz	Performance Cardio+ 3.38 fl oz
Crypto Co-Max 3.38 fl oz	Pure DHEA 1.7 fl oz
Cryptolepis 1.7 fl oz	Push Catch Liver Detox Kit
Daily Immune 60 Gummies	Quinton Hypertonic 30 Servings
Daily Vitamin 120 Gummies	Quinton Isotonic 30 Servings
Estriol 1 fl oz	Thrivagen 1.7 fl oz
GABA with L-Theanine 1.7 fl oz	Ultra Binder 120 Capsules
H2 Elite 30 Tablets	Ultra Binder [®] Sensitive Formula 30 Servings
IMD 30 Servings	Ultra Binder [®] Stick Packs 20 Servings
Immune Charge+ 3.38 fl oz	Ultra Vitamin 3.38 fl oz
Kidney Care 3.38 fl oz	Vaginal Beauty Serum 1 fl oz
Lipcalm 1.7 fl oz	Vitamin C + Elderberry 3.38 fl oz
Liposomal EDTA with RLA 4 fl oz	Vitamin C 4 fl oz
Liposomal Glutathione 1.7 fl oz	Range Essentials
Liposomal Vitamin C with RLA 1.7 fl oz	FLOW BLEND (Roller Bottle 1 mL)
Liver Sauce 3.38 fl oz	FLOW BLEND (Roller Bottle 30 mL)
Longevity Elite 3.38 fl oz	FLOW BLEND (Roller Bottle 5 mL)

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

Restorative Formulations

Adaptogen 75 Capsules

Adrenal Px Balance 75 Capsules

Adrenal Px DHEA 75 Capsules

Adrenal Px L-BP 75 Capsules

Cardiac Calm Px 60 Capsules

Cholesterol Care 120 Capsules

Enfla-Mend Px 60 Capsules

Estro Px 75 Capsules

Glucose Balance Px 120 Capsules

HTN 180 PX Original 60 Capsules

HTN 180 Px-Extra Strength 60 Capsules

Kava Calm Px 30 Capsules

Metabolic Nutrition 60 Capsules

Mitochondria Nutrition PQQ 60 Capsules

Neuro Px Extra Strength 60 Capsules

Osteo Px 60 Capsules

Ox-LDL Px 60 Capsules

PCO Px 75 Capsules

Respiratory EZ 60 Capsules

Sleep 60 Capsules

StressCalm Px 75 Capsules

T-Cell Balance Px 60 Capsules

ThyroCare 75 Capsules

Thyroid Px 75 Capsules

RLC Labs

i-Throid 6.25 mg 90 Capsules

Acid Block 60 Chewable Tablets

Rx Vitamins

Advanced Immune Support 60 Capsules

Advanced Prostate Formula 90 Softgels

Bone Density Formula 180 Capsules

Buffered C 90 Capsules

Chewable Cal/Mag 90 Chewable Tablets

Chewable Licorice 90 Chewable Tablets

Children's Multi-Vitamins 90 Chewable Tablets

Testost Rx 90 Capsules

RxSugar

RxSugar® Allulose 30 Packets

RxSugar® Allulose One Pound Canister 45 Servings

RxSugar® Organic Allulose Liquid Sugar 16 fl oz

RxSugar® Organic Caramel Syrup 16 fl oz

RxSugar® Organic Chocolate Syrup 16 fl oz

RxSugar® Organic Hazelnut Syrup 16 fl oz

RxSugar® Organic Maple Syrup 16 fl oz

RxSugar® Organic Vanilla Syrup 16 fl oz

RxSugar® Swealthy Stix 30 Packets

Sanesco

Contegra™ 60 Capsules

Lentra™ 60 Capsules

Procite-D™ 60 Capsules

Prolent™ 60 Capsules

Somni-TR™ 30 Tablets

Tranquilent™ 30 Tablets

Seeking Health

Acetyl-L-Carnitine 90 Capsules

B-Minus 100 Capsules

DIM + I3C 60 Capsules

Folinic Acid 60 Lozenges

Gallbladder Nutrients 120 Capsules

Homocysteine Nutrients 60 Capsules

Hydroxo B12 60 Lozenges

Hydroxo B12 with Folinic Acid 60 Lozenges

Iron Chewable 60 Tablets

Liposomal Glutathione Plus 3 fl oz

Lithium Orotate 100 Capsules

Methyl B12 1000 60 Lozenges

Molybdenum 90 Capsules

Multivitamin One 45 Capsules

Multivitamin One MF 45 Capsules

Optimal Electrolyte Berry 30 Servings

Optimal Electrolyte Lemonade 30 Servings

Optimal Focus* 90 Capsules

Optimal Liposomal Glutathione Tropical 4 fl oz

Optimal Liposomal Vitamin C 5 fl oz

Optimal Liposomal Vitamin C Plus 5 fl oz

Optimal Magnesium 100 Capsules

Optimal PC 100 Softgels

Optimal Prenatal 240 Capsules

P-5-P 100 Capsules

PQQ Lozenges 20 mg 30 Lozenges

Prenatal Essentials Chewable 60 Tablets

ProBiota HistaminX 60 Capsules

Riboflavin 400 mg 60 Capsules

Saccharomyces Boulardii 60 Capsules

Trace Minerals Complex 30 Capsules

Trace Minerals Complex II 30 Capsules

Vitamin D3 + K2 Drops 1 fl oz

Zinc Lozenge 60 Lozenges

SpermidineLife

spermidineLIFE® 60 Capsules

spermidineLIFE® Extra+ 60 Capsules

spermidineLIFE® PRO+ 30 Packets

Symphony Natural Health

FemmenessencePRO Harmony 90 Capsules

FemmenessencePRO Peri Menopause 180 Capsules

FemmenessencePRO Post Menopause 180 Capsules

HerbatoninPRO 0.3 mg Plant Melatonin 120 Capsules

Original Himalayan Crystal Salt® Bath Crystals 1 kg

Original Himalayan Crystal Salt® Coarse Granulated 1 kg

Original Himalayan Crystal Salt® Crystal Stones 1 kg

Original Himalayan Crystal Salt® Fine Granulated 1 kg

RevolutionPRO Men's Hormone Health 180 Capsules

T.A. Sciences

TA-65MD 100 units 30 Capsules

Tesseract Medical Research

AuRx 68 Servings

BerberActiv QR 90 Capsules

CoQ10 Pro 60 Capsules

HepatiSafe 60 Capsules

MuSolve SR 90 Capsules

NOX Flo SR 120 Capsules

ProButyrate 120 Capsules

ProstaSorb 60 Capsules

QuerciSorb QR 90 Capsules

QuerciSorb SR 90 Capsules

RLA Pro SR 60 Capsules

SafeCell 60 Capsules

TetraCumin QR 120 Capsules

TetraCumin SR 120 Capsules

Trace Minerals

40,000 VOLTS! 8 fl oz

Apple Cider Vinegar Gummies 60 Gummies

Ashwagandha Gummies Passion Fruit Orange 60 Gummies

Beef Liver 500 mg 180 Capsules

Beef Organs 500 mg 180 Capsules

Bone & Marrow 180 Capsules

Colloidal Silver 30ppm 8 fl oz

Colloidal Silver Spray 30ppm 4 fl oz

ConcenTrace® Trace Mineral Drops 2 fl oz

ConcenTrace® Trace Mineral Drops 8 fl oz

Electrolyte Stamina Gummies Lemon Lime 90 Gummies

Electrolyte Stamina Power Pak Acai Berry 30 Servings

Electrolyte Stamina Power Pak Concord Grape 30 Servings

Electrolyte Stamina Power Pak Lemon Lime 30 Servings

Electrolyte Stamina Power Pak Mixed Berry 30 Servings

Electrolyte Stamina Power Pak Orange Blast 30 Servings

Electrolyte Stamina Power Pak Pomegranate Blueberry 30 Servings

Electrolyte Stamina Power Pak Raspberry 30 Servings

Electrolyte Stamina Power Pak+ Lemon Berry 30 Servings

Electrolyte Stamina Tablets 90 Tablets

Ionic Boron 2 fl oz

Ionic Zinc 50mg 2 fl oz

Liquid Magnesium Glycinate 8 fl oz

Liquid Zinc + Quercetin Orange Mango 16 fl oz

Magnesium Glycinate Powder 60 Servings

Magnesium Gummies Peach 120 Gummies

Mega-Mag 400mg 4 fl oz

NAC Powder Watermelon 30 Servings

Vitamin D3+K2 Gummies Strawberry 60 Gummies

ZEROLyte Citrus 30 Servings

Zinc + Vitamin C Chewable Raspberry Flavor 60 Chewable Wafers

Zinc Gummies Elderberry 60 Gummies

Transformation Enzyme

Carbo-G* 90 Capsules

Digest* 90 Capsules

LypoZyme 60 Capsules

Protease 60 Capsules

TruGen3

TG3 Heart Support 120 Capsules

TG3 Multi 60 Tablets

TruEase + Curcumin 30 Softgels

TruEase 30 Softgels

Vital Proteins

Beef Gelatin 23 Servings

Beef Liver 120 Capsules

Bioactive Collagen Complex Bone & Joint Support 30 Servings

Bioactive Collagen Complex Daily Foundational Support 30 Servings

Bioactive Collagen Complex Skin Hydration & Antioxidant Support 30 Servings

Collagen Creamer 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 Protein Chocolate 21 Servings

Vitanica

Adrenal Assist 180 Capsules

Adrenal Assist™ 90 Capsules

Bitters Extra 90 Capsules

Bitters Tonic 4 fl oz

Bladder Ease 180 Capsules

BreastBlend 90 Capsules

Butterbur Extra 120 Capsules

CandidaStat™ 120 Capsules

CandidaStat™ 60 Capsules

CardioBlend 120 Capsules

CCDG Blend 90 Capsules

Chaste Tree Berry 60 Capsules

CholestBlend 90 Capsules

Colon Motility Blend 90 Capsules

Cortisol Relief 60 Capsules

Cramp 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

NAC-PEA Extra 90 Capsules

Nausea Ease 60 Capsules

Opti-Recovery 60 Capsules

Optinositol 30 Servings

OvaBlend 180 Capsules

Ovulation Assist 60 Capsules

PhytoEstrogen Herbal 25 Servings

Pregnancy Prep 60 Capsules

Rauwolfia Extra™ 90 Capsules

Rhodiola Extract Plus 60 Capsules

Skin Assist™ 180 Capsules

Slow Flow™ 60 Capsules

St. John's Wort 90 Capsules

V-BoricPro 30 Suppositories

V-Fresh 6 Suppository Tablets

V-ProBiotics 30 Suppositories

VasoBlend 90 Capsules

VeinoBlend 90 Capsules

Women's Phase II® 180 Capsules

Women's Phase I™ 60 Capsules

Yeast Arrest 14 Suppositories

Yeast Arrest 28 Suppositories

Wellena

Happy Sisters Cream 1.7 oz

Happy Sisters Kit

WholeScripts

Condition Specific MedPax - Beauty

Condition Specific MedPax - Energy

Condition Specific MedPax - Gut

Condition Specific MedPax - Immune

Condition Specific MedPax- Sleep

WholeScripts Shaker Bottle 25 oz

Wise Women Herbals

Adrenal Tonic 2 fl oz

Bitter Tonic 2 fl oz

Bittersweet Elixir 2 fl oz

Bottom's Up Balm 1 oz

Bottom's Up Capsules 90 Capsules

Elderberry Syrup 2 fl oz

Fiber Flow Capsules 120 Capsules

Gentian & Skullcap Capsules 90 Capsules

Hawthorn Solid Extract 2 fl oz

Hepacaps 90 Capsules

Kalmerite Glycerite 2 fl oz

Licorice Root 2 fl oz

Phytoest 2 fl oz

Phytoprogest 2 fl oz

Throat Mist 2 fl oz

Urinary Tract Formula 2 fl oz

Women's Menocaps 120 Capsules

XYMOGEN®

5-HTP CR 60 Tablets

5-MTHF 60 Capsules

5-MTHF ES 60 Capsules

5-MTHF Plus B12 Cherry 30 Tablets

5-MTHF Plus B12 Cherry 60 Tablets

6 Day Detox Micro Kit

ActivEssentials™ 60 Packets

ActivEssentials™ for Women 60 Packets

ActivEssentials™ with 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	Cogniquil® 60 Capsules
Adrenal Manager™ 60 Capsules	ColonX™ 120 Capsules
Adrenaliv® 120 Capsules	ColonX™ 60 Capsules
Adrenaliv® 60 Capsules	CoQmax™ Omega 100 mg 60 Softgels
AdrenaMax™ 120 Capsules	CoQmax™ Omega 50 mg 120 Softgels
ALAMax™ CR 120 Tablets	CoQmax™ Omega 50 mg 30 Softgels
ALAMax™ CR 60 Tablets	CoQmax™ Ubiquinol 200 mg 30 Softgels
ALAMax™ Protect 120 Capsules	CoQmax™ Ubiquinol 60 Softgels
AngiNOX™ Orange 30 Servings	Corticare B™ 120 Capsules
AngiNOX™ Orange 60 Servings	Corticare B™ 240 Capsules
Appe-Curb™ 120 Capsules	Cortisolv® 120 Capsules
Appe-Curb™ 240 Capsules	Cortisolv® 60 Capsules
Ashwagandha 35 60 Capsules	CurcuPlex-95™ 120 Capsules
ATP Ignite™ Citrus 30 Servings	CurcuPlex-95™ 60 Capsules
ATP Ignite™ Mixed Berry 30 Servings	Cytokine Balance 30 Capsules
ATP Ignite™ Workout Mixed Berry 30 Servings	Cytokine Balance 60 Capsules
B Activ® 180 Capsules	D3 2000 120 Softgels
B Activ® 30 Capsules	D3 2000 240 Softgels
B Activ® 90 Capsules	D3 50,000 30 Capsules
Benfotiamine 120 Capsules	D3 5000 180 Softgels
Berbemycin 120 Capsules	D3 5000 60 Softgels
Berberine 120 Capsules	D3 5000 90 Softgels
Berberine ES-5 60 Capsules	D3 Liquid 1 fl oz
Berberine with InSea2® 60 Capsules	D3 Liquid 2.03 fl oz
BergaCor® Plus 60 Tablets	DHA from Algae 60 Softgels
Bio C 1:1™ 90 Capsules	DHEA Micronized 10mg 60 Tablets
BrainSustain™ Creamy Chocolate 10 Servings	DHEA Micronized 25mg 60 Tablets
BrainSustain™ for Kids Vanilla Delight 15 Servings	DIMension 3® 120 Capsules
BrainSustain™ Vanilla Delight 10 Servings	DIMension 3® 240 Capsules
Buffered C Powder Fruit Punch 20 Servings	DioVasc™ 60 Capsules
Calcium D-Glucarate 90 Capsules	Drainage 1 oz
Candidal™ 60 Capsules	Femquil® 120 Capsules
CarniteX™ 60 Capsules	FIT Food® Lean Collagen Mocha Latte 14 Servings
CheleX™ 120 Capsules	FIT Food® Lean Collagen Vanilla 14 Servings
CholeRex™ 60 Capsules	FIT Food® Lean Complete Dutch Chocolate Sugar- & Stevia-Free 10 Servings
CinnDromeX™ 120 Capsules	FIT Food® Lean Complete French Vanilla Sugar- & Stevia-Free 10 Servings

FIT Food® Lean Creamy Chocolate 10 Servings	ImmunotiX 500™ 20 Capsules
FIT Food® Lean Vanilla Delight 10 Servings	ImmunotiX 500™ 60 Capsules
FIT Food® Lean Whey Creamy Chocolate No Added Sugar, No Stevia 10 Servings	Iron Glycinate 120 Capsules
FIT Food® Lean Whey Vanilla Delight No Added Sugar, No Stevia 10 Servings	K-Mg Citrate™ 60 Capsules
FlashArrest® 60 Capsules	K2-45 60 Capsules
Foundation Essentials 30 Packets	K2-D3 10,000 120 Capsules
GarliX™ 90 Capsules	K2-D3 10,000 60 Capsules
GastrAcid™ 180 Capsules	K2-D3 5000 120 Capsules
GastrAcid™ 90 Capsules	K2-D3 5000 60 Capsules
GI Balance 150 Capsules	K2-D3 Max 60 Capsules
GI Balance Powder Chai 14 Servings	L-Glutamine 85 Servings
GI Protect™ Cherry Sugar- & Stevia-Free 30 Servings	L-Lysine 90 Capsules
GI Protect™ Peach Sugar- & Stevia-Free 30 Servings	L-Theanine 120 Capsules
GI Soothe Chocolate 90 Tablets	L-Theanine 60 Capsules
GlutAloeMine® 30 Servings	Leptin Manager™ 30 Capsules
GlutAloeMine® 60 Servings	LipotropiX™ 120 Capsules
Green Tea 600™ 60 Capsules	Liver Protect™ 120 Capsules
Hemp MonoPure® 30 Softgels	Liver Protect™ 60 Capsules
Hemp MonoPure® 60 Softgels	Magnesium Citrate 120 Capsules
HistDAO™ 60 Tablets	MedCaps DPO™ 120 Capsules
HMB PRO 150 Capsules	MedCaps GI™ 120 Capsules
Hormone Protect® 120 Capsules	MedCaps IS™ 60 Capsules
Hormone Protect® 60 Capsules	MedCaps Menopause™ 120 Capsules
I-Sight™ 60 Capsules	MedCaps T3™ 120 Capsules
i5™ Vanilla Delight 10 Servings	Melatonin CR 180 Tablets
IG 26 DF 120 Capsules	Melatonin CR 90 Tablets
IG 26 DF 67.5 Servings	Melatonin Peppermint 120 Tablets
IG 26 Plus DF Vanilla 30 Servings	Melatonin Peppermint 60 Tablets
IgG 2000 CWP™ 120 Capsules	MemorAll™ 60 Capsules
IgG 2000 CWP™ 25 Servings	Methyl Protect® 120 Capsules
IgG 2000 CWP™ 75 Servings	Methyl Protect® 60 Capsules
IgG Pure™ 15 Servings	Methylcobalamin 120 Tablets
Immune Essentials™ 45 Capsules	Methylcobalamin 60 Tablets
Immune Essentials™ Daily 120 Capsules	MinRex® 120 Capsules
ImmunotiX 250™ 30 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™ Plus Myrosinase 30 Capsules
 OptiCleanse® GHI Chai Sugar- & Stevia-Free 10 Servings
 OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 10 Servings
 OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 20 Servings
 OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free 10 Servings
 OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free 20 Servings
 OptiCleanse® PLUS Creamy Chocolate No Added Sugar, No Stevia 10 Servings
 OptiCleanse® PLUS Vanilla Delight No Added Sugar, No Stevia 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
 PoDiaPN® 60 Capsules (Formerly NeurophX DPN)
 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® Oral 60 Chewable Tablets
 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
 Quercetin 20× Plus 120 Capsules
 Quercetin 20× Plus 60 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 30 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
 XaQuil® XR 30 Tablets (Formerly Folafy ER)
 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
Yeouth
 Complete Anti-Aging System 5 Pack
 Complete Skincare Essentials Set
 Day/Night Cream 2 oz
 Glycolic Acid 30% Gel Peel 1 oz
 Neck Firming Cream 2 oz
 Pure Hyaluronic Acid 1 oz
 Retinol Eye Cream 1 oz
 Retinol Serum 1 oz
 Vitamin C&E Serum 1 oz

Zahler

- AdultFocus 60 Capsules
- Bone Gummies for Kids 60 Gummies
- Chapter One Magnesium Apple 60 Gummies
- Chapter One Magnesium Peach 60 Gummies
- Chapter One Magnesium Raspberry 60 Gummies
- ChildCalm 60 Chewable Tablets
- Core Greens 240 Capsules
- Core Greens Powder 30 Servings
- Diabetter 120 Capsules
- DMG 90 Tablets
- Fiber Gummies for Kids 60 Gummies
- Inositol 1000 mg 120 Capsules
- KidsActive Powder 30 Servings
- Mighty Mini Prenatal+DHA 90 Softgels
- Multivitamin Beauty 60 Capsules
- Multivitamin Brainfood 60 Capsules
- Multivitamin 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
- Zinc Lozenges Elderberry Flavor 90 Lozenges

Zhang Health

- Allicin 60 Capsules
- Circulation P 45 Capsules
- HH-M Maximum STR 45 Capsule



IGNITE
YOUR WORKOUT
NATURALLY*



ENHANCES
EXERCISE PERFORMANCE*

SUPPORTS
MUSCLE POWER,
STRENGTH, & GROWTH*

REDUCES
MUSCLE FATIGUE*



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

Seize the day with

TG3 MULTI



2 Easy to Swallow,
Naturally
Mint-Coated
Tablets Providing a
Therapeutic Dose

Over 40
Researched &
Highly Bioavailable
Ingredients

Custom Phytonutrient Blend
Over 300+ mg per Serving

Strawberry
Resveratrol
Lutein
Lycopene
Zeaxanthin
Astaxanthin
Elderberry
Pomegranate
Spinach
Inositol
Blueberry



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TruGen3

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