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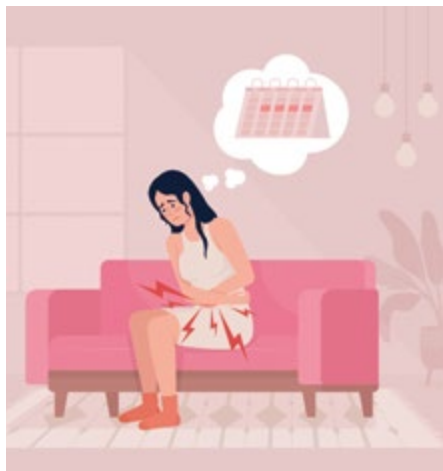
—Tarre Beach

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This sought-after informational event will be held January 12-14, 2024, in Orlando, FL, and promises to provide practitioner attendees with cutting-edge research from experts within



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the integrative healthcare industry. Discuss the offers of the Xymogen Xperience with your healthcare provider to identify how this event can help both of you gain insights into the future of nutritional supplements and how they can continue to help support your wellness plans.

We are extremely excited that through all our partnerships, we get to be a part of not just your practitioner's educational team but yours as well.

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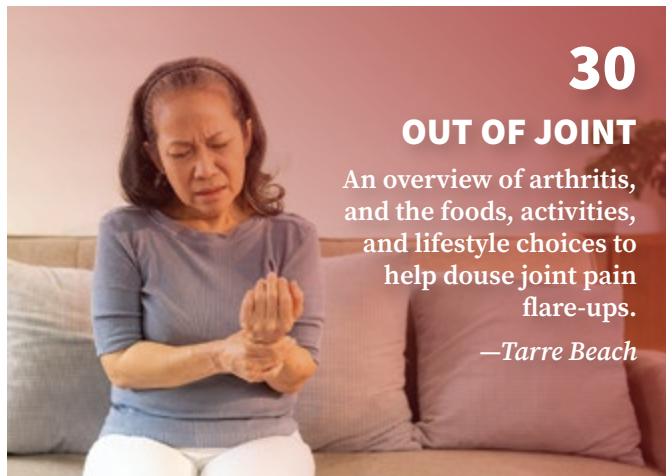
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Thank you,

Brian Blackburn Sr
CEO and Founder, WholeScripts

A woman is relaxing in a hot tub filled with water and bubbles. The scene is set outdoors with a wooden fence in the background.

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TAKING THE COLD PLUNGE
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A woman is sitting on a couch, holding her hand in pain. She has a pained expression on her face.

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A man is carrying a young girl on his shoulders. They are both smiling and holding hands, standing in a grassy park with trees in the background.

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A close-up shot of a white bowl filled with numerous white, oval-shaped pills. A hand is visible in the foreground, holding the bowl.

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**WHOLESRIPTS MAGAZINE
STAFF****PUBLISHER**

Brian Blackburn Sr

EDITOR

Tarre Beach

COPY EDITOR

Heather Flint

ART DIRECTOR & LEAD DESIGNER

Jeremiah Hurst

DESIGNER

Dylan Roach

CONTRIBUTORS

Christina Frank; Heather Flint; Mary Gocke, RDN, CDN; Sarah Blackburn King, PES, GPTS, FMCHC; James Munro, ND

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

Brian Blackburn Sr

CHIEF OPERATING OFFICER

Stephanie Blackburn

**ASSISTANT CHIEF OPERATING
OFFICER**

Kyle Blackburn

CHIEF FINANCIAL OFFICER

JR (José Rafael) Capó

SENIOR VICE PRESIDENT

Michael Mahoney

DIRECTOR OF WHOLESRIPTS

Brian Blackburn Jr

DIRECTOR OF MARKETING

Meghan Blackburn

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

James Munro, ND

THESE JOINTS ARE JUMPING

Lately, I've noticed that my joints tend to sound like a jazz ensemble warming up. They skiddly, be, boo, bam more than they used to. My orthopedic doctor confirmed what I suspected. I suffer from a common condition—aging. An MRI also confirmed I have osteoarthritis.

My doctor told me that because of hormone level changes, which can affect the cushioning cartilage that sits between the bones and joints, women of a certain age (ah hem) tend to develop osteoarthritis at a higher rate than men. Of course, genetics, weight, lifestyle, and nutrition also play important roles in how our joints age. (Read *Out of Joint* p.30 to learn more about your risk factors and nutritional support that may help your joint health.)

I was advised to increase my intake of omega-3 fatty acids through diet and/or supplements, reduce my high-impact workouts, and up my low-impact game. The change has helped with my osteoarthritis pain and increased my stamina and strength.

To add a little extra energy boost and fill me up before those longer bike



rides, I like to snack on two homemade coconut oil and chocolate candies. These delicious treats (Get the recipe in our story *Nuts About Coconut Oil* p.11) are a good source of medium-chain triglycerides (MCTs), which some studies have found can promote ketone production, assist satiety, and may possibly aid in weight loss.

After a ride, walk, or other workout, I find that good old-fashioned heat or ice can bring tremendous relief. (Read *Heat in History* p.41) Speaking of ice, have you heard about the cold-water immersion (CWI) therapy health trend sweeping the nation? Find out what CWI is and its potential benefits and risks. (Read *Taking the Cold Plunge* p.16)

It may seem counterintuitive, but my doctor's advice was spot on. If I want to keep my body working like a well-oiled machine, I must keep moving it no matter how old these bones (and their connecting joints) get.

To your health,

Tarre Beach
Editor



Mean Aunt Flo

Some women experience a lot of pain during their periods.
Learn which naturopathic tools might help.

By James Munro, ND

Q I'm in my mid-30s and have cramps every month when I get my period. They seem to be getting worse and lasting longer. What naturopathic tools can I use to address this problem?

A Dysmenorrhea is the medical term for pain during menstruation. During a woman's period, it often manifests as pelvic or back pain. It is also often associated with headaches, nausea, or other unpleasant symptoms. Primary dysmenorrhea (not caused by an underlying condition) appears to result from a surge of prostaglandins, which are pro-inflammatory mediators contributing to the development of inflammation and increased pain sensations. Conventional therapies include nonsteroidal anti-inflammatory drugs, pain relievers, and oral contraceptives; however, many other potential solutions are worth exploring.

Omega-3 Fatty Acids

Omega-3s, which are commonly found in fish oil supplements, have been found to contribute to anti-inflammatory pathways and may inhibit the synthesis of the prostaglandins that contribute to menstrual pain. The typical American diet does not include an adequate amount of omega-3 fatty acids, which means the body is more prone to more inflammation and pain and less equipped to resolve the inflammation.

Magnesium

Magnesium is well-known for its ability to relax muscle tissue, and low levels of magnesium in the body can result in all types of muscle cramps. This includes uterine cramps as well. Ensuring the body has enough magnesium can prevent excessive uterine cramping and the associated pain. Studies have indicated that regularly supplementing with chelated magnesium may help maintain adequate magnesium levels. Additionally, warm Epsom salt (magnesium sulfate) baths may be used to effectively address acute menstrual pain.

Botanical Medicine

Various herbs have been shown to help reduce symptoms of dysmenorrhea and premenstrual syndrome (PMS). These include fennel, fenugreek, ginger, lavender, dong



quai, black cohosh, and chaste tree. Research has also demonstrated that combining *Boswellia* and curcumin may effectively relieve menstrual pain. These appear to work by reducing the amount of prostaglandins synthesized in the body.

Acupressure, Acupuncture, Massage

Therapeutic touch appears to reduce menstrual pain. While seeking the services of a licensed acupuncturist or massage therapist is ideal, research suggests that the self-administration of acupressure and massage can also effectively reduce menstrual pain. Simply exploring various points that you can reach on your arms, hands, shoulders, legs, and feet may bring some relief, but smartphone applications, books, and websites can also lead you to the most effective acupressure points.

In addition, regularly consuming a lot of sugar, refined carbohydrates, and caffeine may further contribute to an increased incidence of dysmenorrhea and/or PMS, and these ingredients may be worth avoiding. As long as the dysmenorrhea is not caused by an underlying condition, experimenting with the tools mentioned above may help to effectively address the pain associated with menstruation. Discuss your concerns with your doctor if you're unsure what might benefit your specific situation.



James Munro, ND, received his doctorate in naturopathic medicine from the National University of Natural Medicine in Portland, OR. He worked at the prestigious Progressive Medical Center in Atlanta, GA, and is currently

the owner of his self-named private practice and serves as the medical director for XYMOGEN and WholeScripts.



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Nuts about Coconut

Learn more about the coconut health trend and the benefits of medium-chain triglycerides in coconut oil.

By Mary Gocke, RDN, CDN

Have you noticed recently how the shelves are stocked with coconut products—coconut water, shredded coconut, coconut oil, and MCT oil? Coconut products, particularly coconut oil, have recently gained popularity because of their potential health benefits. Let's dive a little deeper into the unique properties of coconut oil.

Coconut oil is extracted from the flesh, the inner white part or “meat” of the coconut. It has traditionally been used in many cultures for culinary and medicinal purposes. Its recent rise in popularity may be attributed to the following characteristics and health benefits.

Medium-Chain Triglycerides

When discussing coconut oil, it's essential to know that not all saturated fats are created equal. Coconut oil has a unique type of saturated fat known as medium-chain triglycerides (MCTs). Most coconut oil has approximately 54% MCTs. Unlike long-chain saturated fats from animal products, studies have found that MCTs have potential health benefits such as delivering a quick energy boost, promoting ketone production, and positively impacting satiety, leading to possible weight loss.

The two main MCTs present in coconut oil are lauric and caprylic acids. Lauric acid, the predominant MCT found in coconut oil, is converted by the body to monolaurin, which is also found in breast milk. Monolaurin and caprylic acid have antimicrobial and antiviral properties, meaning they can inhibit the growth of bacteria, viruses, and fungi.

Energy Boost

The MCTs in coconut oil are rapidly absorbed and metabolized by the body. They're transported directly from the digestive tract to the liver and quickly converted

into energy. This makes coconut oil and its MCTs an excellent source of immediate and sustainable energy for individuals following ketogenic diets and athletes looking for a quick fuel source. For this reason, 100% MCT oil, extracted from coconut oil, is now available and can be added to smoothies, coffee, food, or even consumed by the spoonful. Be cautious, though, as too much MCT oil can upset the gastrointestinal tract, bringing on bloating, gas, and diarrhea for some individuals.

Keto Diet

The rapid metabolism of MCTs in the liver results in the production of ketones. Ketones can be used as an alternative energy source for the brain and muscles when glucose is unavailable. Coconut and MCT oils have been considered as valuable energy sources for people on low-carbohydrate or ketogenic (“keto”) diets.

Feeling Full

Studies suggest that consuming coconut and MCT oils may increase the feeling of fullness and satiety. This feeling of fullness can potentially lead to reduced calorie intake, making it beneficial for weight loss.

Today, coconut is a popular cooking oil. It has a relatively high smoke point, meaning it's stable at high temperatures, up to 400 degrees F (for refined oil). It is suitable for sautéing, stir-frying, and baking. Refined coconut oil has a milder flavor and a higher smoke point than unrefined (or virgin) oil.

Remember that variety is part of a balanced diet. You may want to alternate coconut with olive and avocado oils for different health benefits and flavors.





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Coconut Oil Chocolate Pecan Candy

Yield: 10 pieces

Ingredients

- 1/4 cup coconut oil
- 1/4 cup unsweetened cocoa powder
- 1/4 cup powdered stevia
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 1 ounce of raw pecans, finely chopped

Instructions

1. Over medium heat, add the coconut oil to a saucepan and whisk in the cocoa powder, stevia, vanilla extract, and pinch of salt. Blend well.
2. If your nuts are coarsely chopped, place them in a resealable bag and go over them back and forth with a rolling pin to create a finer chop.
3. Use a rubber spatula to mix the chopped nuts into the chocolate mixture.
4. Using a teaspoon, transfer the mixture into a silicon 8 1/2" x 4" candy mold (candy size 1" x 1" x .75"), filling approximately 10 candies.
5. Freeze for 20 minutes, then release from the mold. Store in the fridge, in an airtight container lined with wax paper, for up to one week.

Sources: healthyrecipesblog.com, verywellfit.com, and nutritionvalue.org



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



Nutritional Information (approximate):

Serving Size:	1 piece
Calories:	72
Carbohydrates:	1.6 g
Protein:	.7 g
Fat:	7.8 g
Lauric acid:	2.46 g
Potassium:	45 mg

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TAKING THE COLD PLUNGE

The potential health benefits and dangers
of cold-water immersion therapy health trend.

By Heather Flint

Most people have seen videos on the news or in social media feeds showing groups of people taking the “polar bear plunge” or watching an individual start their day by sitting in an ice bath or in a frozen lake, stating that it improves their overall health and wellness. But is this type of cold immersion therapy really good for your health? And is it safe?

What is Cold-Water Immersion Therapy?

Cold-water immersion (CWI) therapy is the process of submerging the body or a particular joint in an ice bath typically around 59 degrees F. It is commonly used among athletes to help reduce muscle soreness and cool the body down after intense exercise or competition.

According to the National Institutes of Health, the potential benefits of CWI date as far back as 3500 BC, when the ancient Greeks used it as a form of relaxation and socialization. More documented instances of CWI being used for medicinal and analgesic purposes, including fever treatment, have been found as time progressed. Philosophers, researchers, and physicians have been experimenting

with CWI for centuries to document its potential benefits to human health.

Additional benefits of CWI have been suggested to include boosting the immune system, enhancing peripheral circulation, increasing libido, and burning calories. CWI has also been hypothesized to benefit mental health treatments, including potentially reducing stress, anxiety, and depression symptoms. A 2018 case report published in *BMJ Case Reports* outlines the successful use of weekly cold, open-water swimming to treat a 24-year-old woman with major depressive disorder. The report shows that the woman was able to use cold water swimming to become completely medication-free and continue without medications at the one-year follow-up.

Unfortunately, strong scientific research documenting real support for the benefits of CWI therapy is lacking. According to an article in the *International Journal of Circumpolar Health*, “many of the proclaimed benefits are based on subjective claims and anecdotal cases.”

So why is CWI becoming more and more popular outside of competitive athletes?



Extreme Cold Training

In 2011, a Dutch extreme athlete with no medical education or training named Wim Hof gained notoriety for his unusual training techniques. Hof, who received the nickname “The Iceman,” began breaking numerous records relating to cold exposure, such as climbing Mt. Kilimanjaro in shorts and running a half marathon above the Artic Circle barefoot.

Hof, who holds 21 Guinness World Records, including one for swimming under ice, began incorporating his own form of CWI into his training techniques to withstand extreme temperatures and help control his breathing, heart rate, and blood circulation. His personal motto of “what I am capable of, everybody can learn” has led him to develop and share the Wim Hof Method®, which goes beyond traditional CWI to incorporate breathing and meditating techniques.

The Wim Hof Method’s three pillars are:

Breathing exercises

Hof has developed special breathing exercises, which he describes as “controlled hyperventilation or power breathing.” According to Hof, the goal of these breathing exercises combined with meditation is to release more energy, influencing the nervous system and changing several physiological responses.

Cold therapy

Hof suggests that proper and frequent cold exposure can lead to overall health benefits, including “the buildup of brown adipose tissue and resultant fat loss, reduced inflammation that facilitates a fortified immune system, balanced hormone levels, improved sleep quality, and the production of endorphins.”

Commitment

This pillar is considered the foundation of the other two. It requires patience and willpower to master conscious breathing and cold exposure. According to Hof, “If you really want to become a better version of yourself, then increasing willpower is one of the most essential things to do.”

In recent years, many celebrities, such as Gwyneth Paltrow and Harry Styles, as well as ice bath companies and cold therapy retreats, such as Blue Cube and Remedy Place in New York and Los Angeles, are also jumping on the extreme cold health trend made popular by Hof.

The Science

Studies based on Hof’s three pillars and methodology began in 2007 and are ongoing to date. The early studies were conducted on Hof himself to gauge how he was able to train his body to adapt to cold exposure and influence his own nervous system.

Additional research has been conducted in the form of proof-of-concept study designs, such as a 2016 study published in *Clinical Rheumatology*, which showed positive impacts in symptom reduction for arthritis; however, larger clinical studies are recommended to assess the validity and help confirm the results.

More recent research has continued to focus on the body’s inflammatory response. A 2022 pilot study published in the *American Psychosomatic Society* showed that cold exposure training and breathing exercises increased plasma epinephrine levels, enhanced anti-inflammatory levels, and attenuated proinflammatory cytokine levels in a group of healthy men. The basis of the study was to show that the immunomodulatory effects of this intervention could be replicated to help pave the way for clinical trials.

In a 2023 article published in *Current Psychology*, the effects of the Wim Hof Method were evaluated on perceived stress. Researchers indicated that the combination of breathing and cold therapy techniques “may be employed to decrease [an] individual’s perceived stress.” Another study is currently being conducted at the University of California at San Francisco to further evaluate the impact of the Wim Hof Method on mental health and stress resilience.

As research on the validity of the Wim Hof Method and CWI therapy continues, there are concerns about employing this methodology.

The Dangers of CWI Therapies

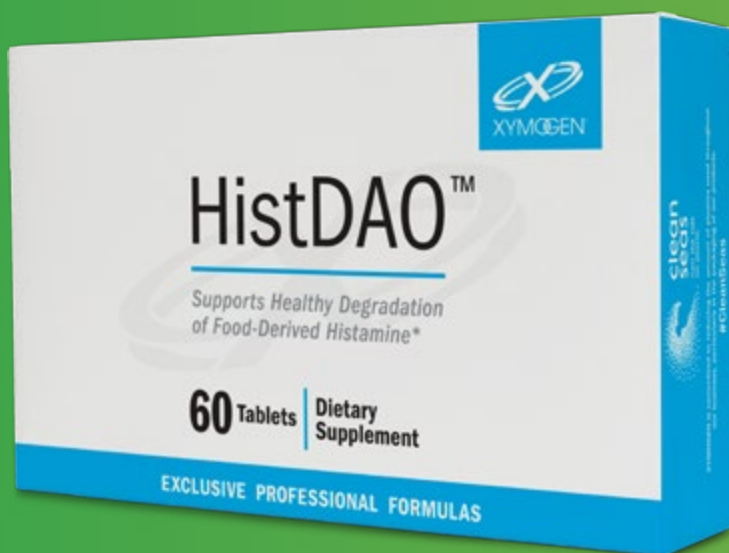
According to the National Center for Cold Water Safety (NCCWS), water temperatures between 50 and 60 degrees F “can kill you in less than a minute.” This is not because of hypothermia but cold shock—an involuntary response that can cause gasping—and swimming failure. Cold shock can be specifically dangerous when the head is submerged underwater, and involuntary gasping occurs, causing the water to fill the lungs and the individual to drown.

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NCCWS and the American Heart Association also state that cold shock can cause heart failure and/or stroke. This can occur because CWI causes an immediate, massive increase in heart rate and blood pressure. Their risk may be increased in some individuals, especially those already vulnerable with arrhythmias or blood pressure conditions.

The polar plunges that are covered on the news and/or social media sites depict masses of people running into icy waters to dip into the freezing temperatures. What isn't shown is the medical staff standing by to assist individuals who experience cold shock, whether rescuing them from the water or providing treatment on land. Even though a person makes it out of the water, the cooled blood in their arms and legs will return that chilled blood to the heart, potentially causing an instant drop in blood pressure that requires immediate intervention.

While the Wim Hof Method attempts to counteract the risk of cold shock by teaching breathing techniques to help control the gasp reflex caused by sudden cold temperatures, the risks remain. According to investigative journalist and anthropologist Scott Carney, there have been 13 deaths linked to the Wim Hof Method, including that of a 17-year-old girl, which has sparked a major lawsuit.

Key Takeaways

Although there are thousands of years of documented cases of CWI as potentially beneficial for a myriad of conditions, modern-day medical science is still in disagreement. Long-term clinical trials are necessary to prove the safety and efficacy of CWI as a valid therapeutic practice.

As the controversy surrounding the benefits and risks of cold immersion therapy continues, it is important to note that none of the methods discussed support instantaneous acclimation to the cold. The process of acclimatizing must be undergone to allow the body to assimilate to longer periods of cold exposure. The risk of cold shock must be monitored closely at every stage of cold adaptation.

While CWI and other cold plunge health trends offer some attractive promises of potential health benefits, the one steadfast process of integrating these therapies into a wellness plan is to begin by consulting a healthcare practitioner. Monitoring and guidance from a healthcare professional can assist in identifying potential risks that can vary from person to person.

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Dietary surveys confirm that American diets fall short in many nutrients. The reasons are many: mass food production, food processing, food storage techniques, poor food choices, and nutrient-depleting food preparation methods, to name a few. Studies have shown that individuals at particular risk for nutrient deficiencies include teenagers, the elderly, those on restrictive diets, individuals with chronic disease, people with high stress levels, those with digestive challenges, and people taking medications that may deplete certain nutrients.

Adequate nourishment is the foundation for overall health and wellness, and good nutrition typically translates into a stronger immune system and better health. Micronutrients (vitamins and minerals) don't give you energy, but they do participate in converting food to energy; building and repairing tissues and DNA; manufacturing neurotransmitters and hormones; breaking down and detoxifying harmful substances; and maintaining growth, reproduction, and physical and mental health.*

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A photograph of a gym interior. In the foreground, several black kettlebells are lined up on the floor. In the background, there is a large window with a black frame. Above the window, a digital display shows '88:88:88' in red. The overall lighting is dim and blue-toned.

Muscle Mechanics

Learn the proper exercises to increase your lean muscle mass.

By Sarah Blackburn King, PES, GPTS, FMCHC

Want to increase your muscles? Most people don't completely appreciate all that goes into the development and growth of muscle. First and foremost, it's important to understand that training for hypertrophy (or muscle growth) is not the same as training for maximal strength (the ability to lift heavy loads). Three different exercise mechanisms must occur to achieve muscle growth: mechanical tension, muscle damage, and metabolic stress.

Mechanical tension refers to the resistance that must be applied to a muscle to increase the production of muscle proteins. Muscle damage is the lengthening of the muscle under extreme tension, causing small tears, which sounds scary but isn't. This process increases protein synthesis. Last, metabolic stress is the buildup of lactic acid, which releases hormones inducing protein synthesis. In short, muscle proteins are the building blocks of muscles, while muscle protein synthesis is the naturally occurring metabolic process that leads to increased muscle size.

You may be asking what workout routine ensures all three mechanisms are achieved. A great way to find the best routine for you is to seek a certified personal trainer. A personal trainer can develop a customized hypertrophy-oriented (muscle growth) plan that integrates resistance training variables necessary to optimize muscular gains. A properly structured program with varying sets, reps, tempos, and training frequencies will set you up for the most success.

However, if a personal trainer is unavailable, below are a few recommendations to help you build your own program.

Flexibility: Flexibility and mobility ensure proper muscle mechanics and coordination. Incorporate dynamic stretching before your workout to get the blood flowing. Also, try using a foam roller for five to 10 minutes after exercise. Relieving some of the tightness and tenderness in your muscles will allow for greater efficiency in your next training session.



Core training: Many fitness enthusiasts are unaware of the importance of a strong and engaged core. The core must function properly to protect your spine and support your main muscle groups through powerful and intense movements. Core training should involve low volume at the beginning of your workout to activate those muscles and prepare them for the intense activity that follows.



Integrated resistance: Jumping right into a maxed-out bench press is not a good idea. It's essential to follow a program that begins with stabilization-based exercises, escalates to strength endurance exercises (high reps with light to moderate weight), and then flows into hypertrophy training (lower reps with higher weight). Last, you can include a maximal strength phase (lowest reps with the biggest weights).



Cardiorespiratory training: Your heart is a muscle and must be trained like all other muscles. Circuit training is a great way to incorporate cardio for muscle building and to preserve muscle mass. This type of training incorporates various resistance exercises in a set order with minimal rest in between.



Everyone's body is different. For example, some people are predisposed to gaining more muscle because of their genetic makeup. This could be due to their ratio of muscle fibers to hormone production, such as testosterone. Although not every gym-goer will be able to achieve hulk-like muscles, with proper training, everyone can increase their lean body mass. Remember to embrace your one-of-a-kind body, enjoy the journey, and celebrate each win, no matter how big or small!

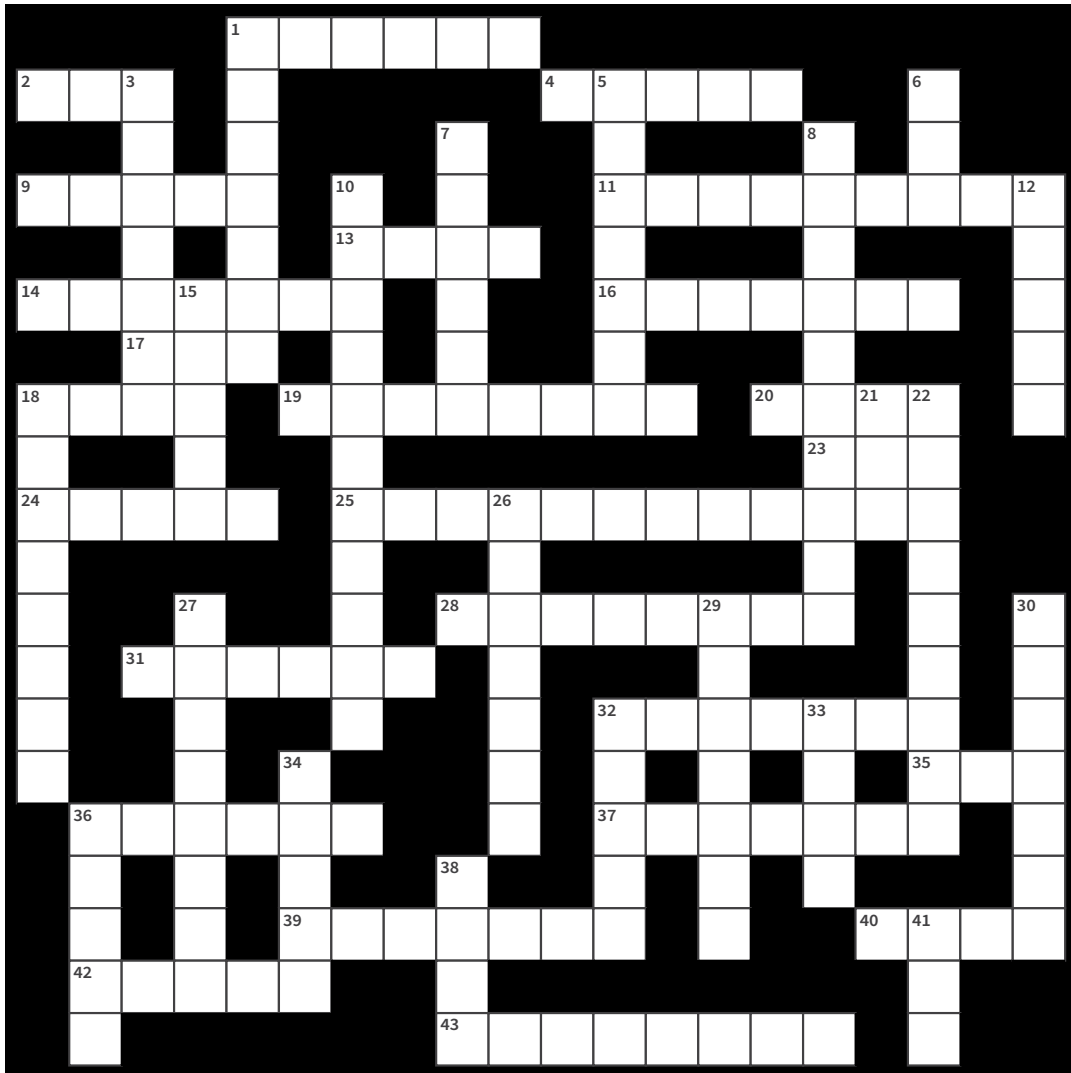


Sarah Blackburn King, PES, GPTS, FMCHC, is a performance enhancement specialist and group personal training specialist certified by the National Academy of Sports Medicine as well as a health coach certified by the Functional Medicine

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

Crossword Puzzle

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



Down

1. Traditional Chinese therapy
3. Pecs and delts
5. Impaled
6. Medium-chain triglycerides (acronym)
7. Male or female
8. Cold science
10. Suppleness
12. Hot room to sweat in
15. Realtor, spy, or actor's role getter
18. Serve out medicine
21. A long, long time ____...
22. Lengthy life
26. Observing
27. Power, strength
29. Atomic core
30. Fruit of the palm tree
32. Courtroom decision-maker
33. Fervor, enthusiasm
34. Flatulence prevention pill
36. Green or purple fruit grown in bunches
38. Hourglass and beach filler
41. "... and all the rest" (abbr.)

Across

1. Menstrual pains
2. "Tastes great!"
4. One copy of a magazine
9. Fabled writer
11. Chronic condition of the joints
13. Chain connection
14. Healthy distribution
16. The science of life
17. Future fowl, breakfast item
18. A bit of medicine
19. Fibrous growths in uterus
20. Breakfast, lunch, dinner
23. Humanitarian organization (acronym)
24. Slowest of the deadly sins
25. Redness, swelling
28. Endocrine substances
31. Elbows and knees
32. Swirling hot tub
35. Number needed to tango
36. Spicy root used for ales and ails
37. Related to food plans
39. Indian salutation
40. Raise the temperature of
42. Plant: Prefix
43. Get clean, remove poison from

Answers found on p.41

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

Out of Joint

An overview of arthritis and the foods, activities, and lifestyle choices to help douse joint pain flare-ups.

By Tarre Beach

According to the Centers for Disease Control and Prevention (CDC), arthritis is the leading cause of work disability in the country. The Arthritis Foundation (AF) reports that this autoimmune disease affects over 50 million Americans. With so many people impacted by this illness, let's look at the different types of arthritis, whom it affects, and some integrative medicine tools used to address the associated symptoms.

Arthritis Alphabet

Arthritis is often used as an umbrella term for many different conditions that affect the joints, including osteoarthritis, rheumatoid arthritis, psoriatic arthritis, gout, and sometimes even fibromyalgia.

Osteoarthritis (OA) is a degenerative disease, which means it worsens over time. OA affects the whole joint, including the protective cartilage and fluid breakdown over time, making joint movement difficult and painful. Eventually, bones of the joint may rub directly against one another, causing severe pain. OA rarely occurs in people under age 40.

Rheumatoid arthritis (RA) happens when the body's immune system overacts and attacks healthy tissue, especially in the joints. Persistent inflammation caused by RA can eventually lead to permanent damage not just to the joints but to other organs, such as the liver, heart, and eyes, creating worsening pain in the process. RA can develop at any age.

Juvenile arthritis (JA), also known as pediatric rheumatic disease, develops in children under age 16. According to the AF, the exact causes of JA are unknown, but researchers believe that certain genes may cause JA when activated by a virus, bacteria, or

other external factors. There is no evidence that foods, toxins, allergies, or lack of vitamins cause JA.

Psoriatic arthritis (PsA) primarily attacks the joints and skin, causing rashes and pain. It typically occurs in people who have psoriasis. PsA can affect any joint and may also affect the sites where tendons and ligaments attach to bones. Typical areas where PsA develops are the heel, bottom of the foot, and the lower back. It most often occurs in adults between the ages of 30 and 55.

Gout is a form of inflammatory arthritis but does not cause body-wide inflammation like RA or PsA. People with gout produce high levels of uric acid that their bodies cannot remove fast enough, causing painful joint inflammation. A gout flare-up can develop suddenly, often causing pain primarily in the big toe but sometimes in other joints as well. Being overweight can increase the risk of gout.

Fibromyalgia is often confused with arthritis because it may cause joint, muscle, and soft tissue pain. However, scientists consider it a pain disorder caused by a central nervous system dysfunction. Fibromyalgia is characterized by widespread pain that may come and go or be constant. It is more commonly found in women than men.

Inflammation and Immune Dysregulation

The exact causes of most autoimmune diseases are unknown, but the most recent evidence suggests it's most likely due to a combination of genetic and lifestyle factors. Dr. David Minkoff, a licensed medical doctor, functional medicine expert, and founder of LifeWorks Wellness Center in Clearwater, FL, says, "It's a myth that joint pain can't be prevented."



Do you look in the bowl?

no way! I peeked...



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“Arthritis, along with other joint conditions, have different causes, and while there are some factors that may be out of our control, such as genetics, age, gender, and so on, there are ways to decrease the risks,” Minkoff says.

For those who may be more susceptible to arthritis, regular exercise and maintaining a healthy diet are good ways to help control joint pain risks. Dr. Minkoff also encourages patients to take daily walks and adhere to a paleo-style diet consisting of lean meats, fish, eggs, vegetables, roots, berries, seeds, and nuts. Studies have found that paleo, Mediterranean, and low-carb diets may support lower levels of C-reactive protein (CRP) in the blood. High levels of CRP are considered a marker of inflammation.

Autoimmune diseases occur when the immune system becomes dysregulated, flags healthy cells and tissues as harmful, and starts attacking them. Genetics play a part in this happening, and some research points to a triggering event, such as an illness or traumatic incident, and/or a poor diet and living an unhealthy lifestyle as having a role in immune dysregulation.

Integrative healthcare practitioners believe supporting the immune system with quality rest, regular exercise, mindfulness/stress reduction, eliminating environmental toxins, proper hydration, and good

nutrition can help reduce the risks of immune dysregulation. Of course, following a healthy diet and lifestyle doesn't guarantee that patients will never be diagnosed with an autoimmune illness.

Preventive Power of Exercise

Of the types of arthritis, OA is the one most closely related to age being a factor; however, being older and not having OA pain is possible. Dr. Minkoff says staying within an appropriate body mass index (BMI) range, eating healthy, exercising regularly, stretching properly, and knowing your body's limits can help slow wear and tear on your joints and possibly limit your risk of developing OA symptoms no matter your age.

According to Harvard Medical School, exercise is an integral part of preventing and treating OA, especially in people ages 65 and over. Studies concluded that moderate-intensity exercise does not increase the risk of OA but may prevent OA pain in older women. In as little as one to two hours of moderately intense physical activity each week, women in one study reported fewer symptoms associated with the disease. This suggested that a lack of exercise may contribute directly to OA risk, especially by causing the atrophy of supportive and shock-absorbing muscles, such as those surrounding the knee.

According to the Alzheimer's Society, combined study results show that regular exercise can also significantly reduce the risk of developing dementia in older individuals by about 30%.

Weight Woes

Those who are overweight have more pressure on their joints, particularly weight-bearing joints, such as hips and knees. It is estimated that people in the highest quintile of body weight have up to 10 times the risk of knee OA than those in the lowest quintile. A recent study found that excess weight was a factor in about 80% of knee replacement surgeries. However, it also found that a 10- to 15-pound weight loss could reduce knee pain significantly.

Unfortunately, American women are more likely to suffer from OA pain than men. According to the National Institutes of Health, 40.4% of American women are obese or extremely obese compared with 35% of American men.

Women who are heavy are twice as likely to get OA and three times as vulnerable to severe knee OA than women who are slim. In the Harvard Nurses' Health Study, the women who were the heaviest at age 18 had up to seven times greater risk for severe hip OA than those who were the lightest at the same age.

Women & Osteoarthritis

Women and men have the same joints but have certain musculoskeletal and biomechanical differences. For example, the bony surfaces of women's knee joints do not fit together or move with each other as well as men's knee joints. The mechanical movement of walking, running, or standing is also slightly different in women. Women tend to sway their hips, changing the mechanical loading on their backs, hips, and knees. Also, women have lower mechanical strength in their tendons and a lower rate of new connective tissue formation.

Women's knees experience more wear and tear. Estrogens have a big role to play in this. Estrogens regulate cartilage metabolism. Estrogen deficiency, which usually occurs at menopause, negatively affects the periarticular bone, synovial lining, muscles, and ligaments. In general, women's joints, especially older women's joints, have an increase in joint laxity, which

is closely associated with joint instability and injury. All this, and even the wearing of high heels, have been implicated in the higher risk of OA occurring in women.

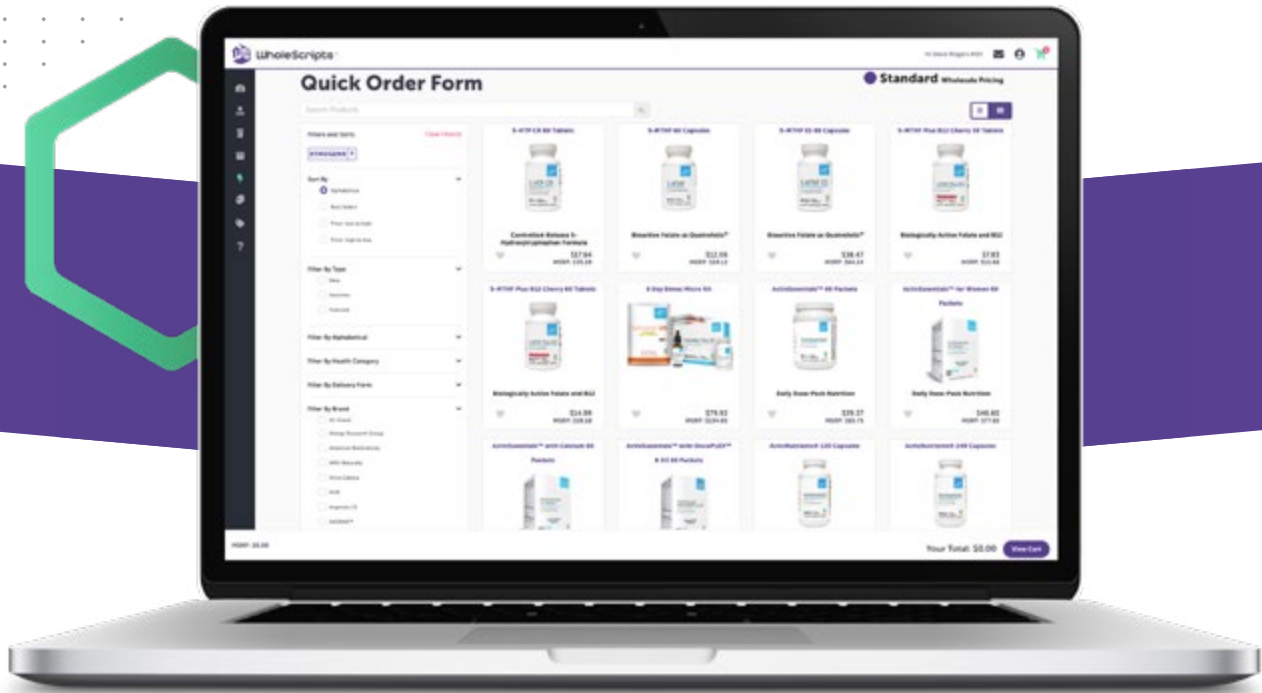
Support You Can Use

Some integrative medicine practitioners advertise regenerative medicine, claiming it can treat arthritis and regrow cartilage. The AF warns patients, "No stem cell interventions are currently approved by the [Food and Drug Administration] for any type of arthritis or joint injury." Instead, the CDC, AF, and the National Institutes of Health all recommend a healthy diet and exercise to help support your joints and reduce arthritis pain.

Here are some tips to help you battle arthritis:

- Exercise at least 150 minutes per week to lower joint pain and stiffness and increase flexibility and muscle strength.
- Manage your weight by following a healthy diet, such as the Mediterranean diet. Eating healthy can help lower blood pressure, curb inflammation, and lead to weight loss, which can lessen joint pain.
- Braces or other orthotics your doctor prescribes and that are fitted by a healthcare professional can help with mobility.
- Massage can increase blood flow and bring warmth to the affected area.
- Acupuncture may help release natural, pain-relieving chemicals made by the nervous system, giving some temporary relief.
- Mental health counseling can help you stay on the path to eating and exercising regularly. It can also improve your mood and help you experience less pain.

Disclaimer: Please consult your healthcare professional before changing or starting an exercise or eating plan. Nothing in this article should be construed as medical advice. Nor should it be used in place of care provided by a licensed healthcare practitioner. None of the statements contained herein have been evaluated by the Food and Drug Administration, and none of the products mentioned are intended to diagnose, treat, cure, or prevent any disease.



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Extending Male Longevity

Unlocking the secrets to a longer life for men.

By Christina Frank

On average, men tend to have a shorter life expectancy than women—a phenomenon known as the “male–female mortality gap.” Some contributing factors, such as genetics, are not modifiable, but many others are. By adopting specific strategies that address diet, exercise, mental health, intimacy, and dietary supplementation, men can support their overall well-being and possibly increase their chances of living longer.

The Gender Mortality Gap

Many factors are thought to contribute to men’s shorter lifespans including genetic and hormonal differences, risk-taking behaviors, occupational hazards, a lack of health-seeking behaviors, and social and cultural differences. Heart disease is the leading cause of death in American men and women, but men tend to develop it earlier. Men also have distinct health challenges that are not experienced by women, such as prostate cancer. Mental health is another critical factor influencing the disparity in life expectancy between genders. With this understanding of the unique risks men face concerning longevity, what can be done to counter some of those risks?

Eat Your Way to Longevity

There isn’t a “right” diet for everyone, but there are methods of eating that confer protective effects,

particularly for the cardiovascular system. Incorporating a well-balanced diet with all food groups is an important overall strategy. The USDA’s MyPlate is a useful baseline guide for creating balanced meals. In addition, variety should be a constant goal. Eating the same foods on repeat heightens your risk of nutrient insufficiencies, while eating a wide variety of foods helps ensure more comprehensive nutrient intake. Make your plate colorful, and try adding one new fruit or vegetable to your grocery list every week.

Nearly 60% of the American diet is comprised of ultra-processed foods, which typically have many added ingredients (e.g., sugar, salt, fat, artificial colors, preservatives) and provide less nutritional value than more wholesome foods. According to a study in the *British Medical Journal*, people eating four servings per day of ultra-processed foods have a 62% increased risk of all-cause mortality (death due to any cause) compared with those consuming less than two servings per day. It’s critical to begin choosing more natural, wholesome foods.

Superfoods are nutrient-dense foods that confer exceptional health benefits. Because of their support of cardiovascular and prostate health, great choices for men include walnuts, almonds, Brazil nuts, avocados, olive oil, fatty fish, pumpkin seeds, tomatoes, spinach, green tea, and organic berries.

Flex Your Muscles

Did you know that physical activity may reduce many major mortality risk factors, including heart disease, stroke, and some forms of cancer? According to the *Journal of Aging Research*, all-cause mortality decreased by up to 35% in physically active individuals compared with inactive individuals. There are many ways that exercise impacts longevity and quality of life, including:

- Strengthening the heart, promoting circulation, and reducing blood pressure
- Reducing the risk of obesity and associated diseases
- Keeping bones and muscles strong, which helps prevent falls and fractures and is important for maintaining mobility
- Reducing stress and risk of depression, anxiety, and cognitive decline
- Providing opportunities for social interaction, which is a key factor in longevity
- Boosting immunity and increases resilience to infection and illness
- Improving sleep quality
- Increasing likelihood of other healthy habits, such as eating well and avoiding smoking and excessive alcohol consumption

The US Office of Disease Prevention and Health Promotion's Physical Activity Guidelines for Americans recommends that adults do at least 150 to 300 minutes a week of moderate-intensity exercise or 75 to 150 minutes of vigorous-intensity aerobic exercise. They also suggest muscle-strengthening activities of moderate or higher intensity, targeting all major muscle groups, for at least two or more days per week.

Incorporating things you enjoy, such as sports (e.g., pickleball, basketball, soccer), dancing, or walking, along with more formal types of exercise, like weightlifting or Ashtanga yoga, can provide a well-rounded weekly exercise routine. Remember to check with your doctor before starting a new exercise program; this is particularly important if you haven't exercised for a long time or have chronic health problems.

Mind Matters

Like women, men suffer from depression, anxiety, and mental illness but statistically in smaller numbers; however, men are less likely to seek professional help. The Anxiety & Depression Association of America states, "Nearly 1 in 10 men experience depression or anxiety, but less than half will receive treatment, and more than 4 times as many men as women die by suicide every year."

Self-care is not only critical for maintaining mental health, but it's also an important aspect of successful treatment if you have a mental illness. For many men, managing stress is one of the most important aspects of self-care for mental health. Techniques to reduce stress are often the same as those recommended for overall mental wellness. Such techniques may include:

- Exercising frequently and regularly
- Eating healthy
- Practicing relaxation through breathing exercises, meditation, and restorative yoga
- Getting high-quality sleep
- Prioritizing your to-do list
- Practicing gratitude

Sometimes, self-care alone isn't enough, and seeking professional support becomes necessary. Many men are challenged to take that step because of societal or cultural stigmas or difficulty expressing emotions. Isadora Guggenheim, ND, FNP, RN, MS, CNS, of Second Nature Naturopathic Care, has this mental health advice for her male patients:

"Emotions are like farts—better out than in. Don't feel obligated to follow the societal male guidelines; you have the right to be who you are while being respectful of others. Learn to say 'no' at least twice a day. Be purposeful with your innate skills and not what society [says] you should be doing."

Get Intimate

Intimacy is defined as an interpersonal relationship involving physical and/or emotional closeness. It may be sexual or non-sexual. Either way, research suggests that intimacy is beneficial to male longevity.



A study published in the *British Medical Journal* found that mortality risk was 50% lower in the participants with high sexual activity (twice a week or more) than in those with low sexual activity (less than monthly). In a study of married men, stopping sexual intercourse early was linked to a higher mortality risk. Other research says that frequent sex may lower the risk of prostate cancer. Male sexual activity can positively impact longevity by reducing stress, improving sleep, promoting cardiovascular health, fostering emotional well-being, and keeping the prostate healthy.

Healthy, supportive, and loving partnerships appear to have the most positive impact on longevity and well-being, and a good sex life can add to that. Not all individuals choose to be in sexually intimate relationships, and that's entirely valid. Other social connections, such as close friendships and community involvement, also play vital roles in supporting longevity.

The Power of Supplements

Dietary supplements can support longevity by addressing specific nutrient deficiencies, supporting bodily functions, and protecting against certain health conditions. Some dietary supplements address specific health concerns that are more prevalent in men, including the following.

Omega-3 fatty acids are important polyunsaturated fats that perform many critical functions in our bodies, and 68% of US adults are falling short of recommended intakes. An analysis of studies published in *Nature* concluded that each 1% increase in plasma omega-3 fatty acids was linked with a 20% decreased risk in all-cause mortality. Omega-3s are widely recommended to support cardiovascular health, and with heart disease being the leading cause of death in men each year, it's no wonder that omega-3 supplements top the list for men.

Our bodies are constantly under assault by free radicals—unstable, reactive molecules that damage cells, tissues, and organs, including the blood vessels and prostate. Resveratrol, glutathione, and alpha-lipoic acid are antioxidant compounds that help keep free radicals in balance and protect our bodies from their damaging effects—a critical aspect of healthy aging. A study published in the *Turkish Journal of Urology* demonstrated that free radicals decreased male sex hormone levels and disturbed the delicate hormonal balance responsible for regulating male reproductive functions.



Lycopene, a carotenoid from tomatoes, accumulates in the prostate gland and is associated with healthy prostate cells. Zinc is essential for maintaining prostate health and function, and older adults are susceptible to deficiency. Herbs, including saw palmetto and *Pygeum africanum*, have been studied for symptomatic relief in men with benign prostatic hyperplasia.

Prostate Health

One in nine men will be diagnosed with prostate cancer during his lifetime. Regular checkups and recommended screenings are an integral part of early detection. Many of the guidelines and recommendations discussed in this article will help keep the prostate healthy and are in line with typical recommendations, which include:

- Incorporating a healthy diet with lots of fruits and vegetables, good fats, and superfoods
- Eating less red meat
- Maintaining a healthy weight
- Getting regular exercise
- Managing stress
- Staying sexually active
- Stopping smoking and drinking less alcohol
- Staying hydrated
- Considering dietary supplements specific to prostate health

By adopting a holistic approach to health that includes regular checkups and preventive healthcare measures, men can significantly enhance their chances of living longer. Remember, small changes can have a profound impact on overall health, and it's never too late to start prioritizing a longer, healthier life.

Helping Heat

How heat has been used to treat different ailments through the ages.

Unknown

Ancient Egyptian hot sand baths, or psammotherapy, are used in the Siwa Oasis to treat inflammatory diseases and ailments, such as scoliosis and rheumatoid arthritis.



Circa 3000 BCE

India's *Shila Abhyanga* (rock glow limb), an Ayurvedic therapy, uses basalt stones heated in water to relieve muscle aches.

1500 BCE

Eber's Papyrus documents cupping, a practice where small glass cups are suctioned onto the skin by means of heating them to gather blood at targeted areas of the body.

460 BCE

Throughout cultures and time periods, humans have used hot springs for hygiene. In Hippocratic times they were credited with having healing power.

Early to Mid-20th Century

At London Asylum, continuous warm baths are used to treat patients suffering from insomnia, suicidal ideology, or assaultive behavior.

1112

Finland is often attributed as being the birthplace of the sauna. It is used to promote good health and hygiene.

250-550 CE

Archeologists date a Mayan sweat bath in Xultuno, which they believe was used for fertility ceremonies, and a place for women to give birth.



1912

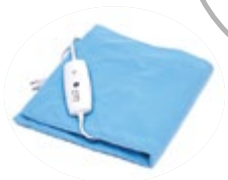
S.I. Russell invents the electric heating blanket for the treatment of patients with tuberculosis.

1948

Candido Jacuzzi invents the first "whirlpool" by using a swimming pool pump in a bathtub to give his 15-month-old son relief from rheumatoid arthritis pain.

1970s

Bikram Choudhury begins doing yoga in a heated room. The room is heated to 105 degrees F with 40% humidity to encourage muscle flexibility and replicate the climate of India.



Wellness Words Answers

Down

- | | | |
|-----------------|---------------|-----------|
| 1. Cupping | 15. Agent | 32. Judge |
| 3. Muscles | 18. Dispense | 33. Zeal |
| 5. Stabbed | 21. Ago | 34. Beano |
| 6. MCT | 22. Longevity | 36. Grape |
| 7. Gender | 26. Looking | 38. Sand |
| 8. Cryogenics | 27. Potency | 41. ETC |
| 10. Flexibility | 29. Nucleus | |
| 12. Sauna | 30. Coconut | |

Across

- | | | |
|---------------|------------------|--------------|
| 1. Cramps | 18. Dose | 35. Two |
| 2. Yum | 19. Fibroids | 36. Ginger |
| 4. Issue | 20. Meal | 37. Dietary |
| 9. Aesop | 23. NGO | 39. Namaste |
| 11. Arthritis | 24. Sloth | 40. Heat |
| 13. Link | 25. Inflammation | 42. Phyto |
| 14. Balance | 28. Hormones | 43. Detoxify |
| 16. Biology | 31. Joints | |
| 17. Egg | 32. Jacuzzi | |

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UNIQUE E Natural Moisturizing Cream Coconut 2 fl oz

Allergy Research Group

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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
Essential-Biotic Mood & Mind 60 Capsules
GLA Borage Oil 30 Softgels
HiBiotin 90 Capsules
Humic-Monolaurin Complex 120 Capsules
KingChlorella™ 600 Tablets
L-Arginine 250 Capsules
Lumbrokinase 30 Capsules
Magnolia Extract 120 Capsules
Mastica® 120 Capsules
Melatonin 20 mg 60 Capsules
Micro Liposomal C 4 fl oz
MultiMin 120 Capsules
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Vitamin E Succinate 100 Capsules

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Zen Sleep with P5P and 5-HTP 60 Capsules

Zinc Citrate 25 mg 60 Capsules

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American BioSciences

Product Name

CholestSolve 24/7® 120 Tablets

ImmPower ER® 60 Capsules

Metatrol PRO® 60 Capsules

AMG Naturally

Product Name

Bedtime Beauty Repair 1.7 oz

Better Body Butter 2.8 oz

Dead Sea Mud Mask 2 oz

Mineral Mist Toner 1.7 oz

Miracle Elixir Oil 1 oz

Anna Cabeca

Product Name

Julva® Pro 1 oz

Mighty Maca® Plus 60 Servings

AOR

Product Name

Advanced B Complex™ 90 Capsules

Andrographis 120 Capsules

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

Product Name

Bio-Active Copper Hydrosol 16 fl oz

Bio-Active Copper Hydrosol 8 fl oz

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

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

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

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

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

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

Professional First Aid Gel 1 fl oz

Sinus Relief 1 fl oz

Sinus Relief 2 fl oz

Atrantil

Product Name

Atrantil 90 Capsules

Atrantil PRO 90 Capsules

AVEMAR

Product Name

AVEMAR™ 300 Tablets

AVEMAR™ AWGE 30 Sachets

AVEMAR™ Stevia Natural Plant Based 30 Sachets

Avior

Product Name

Myetin 60 Chewable Tablets

Real NAD+ 60 EZ Melt Tablets

Ayush Herbs

Product Name

AdrenOm 90 Capsules

Adult Ashwagandha Drops 2 fl oz

Adult Trifal Drops 2 fl oz

Amla Plex 30 Servings

Arjuna Heart 90 Capsules

Ashwagandha 60 Capsules

Ayu-Dep 60 Capsules

AyuPhos 90 Capsules

Bacopa Plus 90 Capsules

Boswelya Plus 90 Caplets

BronchoTone 90 Capsules

Carditone 60 Caplets

CoCurcumin 30 Servings

Flucomune 90 Capsules

High Omega-3 Fish Oil 60 Softgels

Kids Ashwagandha Drops 2 fl oz

Kids Trifal Drops 2 fl oz

KuffSoothe 8 fl oz

Macuna Plus 60 Capsules

Neem Plus 90 Capsules

Probiotic 100B 60 Capsules

Rentone 90 Caplets

Barlean's

Product Name

Evening Primrose Oil 60 Softgels

Fresh Catch Fish Oil Orange Flavor 250 Softgels

Fresh Flax Oil 16 oz

Fresh Flax Oil 32 oz

Lignan Flax Oil 16 oz

Lignan Flax Oil 250 Softgels

Lignan Omega Twin 12 fl oz

Omega-3 Vegan Strawberry Banana Smoothie 16 oz

Seriously Delicious CLA Fresh Apple 16 oz

Seriously Delicious High Potency Omega-3 Citrus Sorbet 16 oz

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

Seriously Delicious MCT Oil Coconut 16 oz

Seriously Delicious Omega-3 Fish Oil Lemon Creme 16 oz

Seriously Delicious Omega-3 Mango Peach Smoothie 16 oz

Seriously Delicious Plant Based Total Omega Pomegranate Blueberry Smoothie 16 oz

Seriously Delicious Total Omega Orange Creme 16 oz

Seriously Delicious Total Omega Orange Creme 8 oz

BeeKeeper's Naturals

Product Name

Bee Pollen 150 g

Kids Propolis Immune Support* 1.06 fl oz

Propolis + Vitamin C 12 Packets

Propolis Complete Gut Health 60 Capsules

Propolis Immune Support* 1.06 fl oz

Propolis Nasal Spray 1 fl oz

Propolis Sinus Support 60 Capsules

Propolis Soothing Lozenges Honey 14 Drops

Royal Jelly Brain Fuel 3 Pack

Royal Jelly Brain Fuel 6 Pack

Superfood Honey 125 g

Superfood Honey 330 g

Bio-Tech Pharmacal

Product Name

Bio-Max Immune 60 Capsules

D3-50 100 Capsules

Lith-Oro 20 mg 100 Capsules

Biocidin

Product Name

+DENTALCIDIN™ TOOTHPASTE 3oz

Biocidin® 1 fl oz

Biocidin® 90 Capsules

Biocidin® LSF 1.7 fl oz

Biocidin® Throat Spray 1 fl oz

Biotonic 2 fl oz

Dentalcidin LS 1 fl oz

G.I. Detox+ 60 Capsules

G.I. InnerCalm Lemon Ginger 30 Stick Packs

Olivirex® 60 Capsules

Proflora 4R 30 Capsules

Biogena

Product Name

7-Salt Magnesium 60 Capsules

Chlorella Plus C 120 Capsules

Omega 3 Vegan DHA & EPA 450 GOLD 90 Capsules

Pycnogenol Superior 100 GOLD 30 Capsules

BioMatrix

Product Name

Candid-X 90 Capsules

Est-Adapt 15 mL

Licorice Root Extract 2 fl oz

Paracid-X 90 Capsules

Pregnenolone 30 mL

Pro-Adapt 15 mL

Pylori-X 120 Capsules

Support Digestion 90 Capsules

BodyBio

Product Name

Balance Oil 16 oz

Balance Oil 60 Softgels

Calcium / Magnesium Butyrate 100 Capsules

Calcium / Magnesium Butyrate 250 Capsules

E-Lyte 16 oz

Gut + Prebiotic + Postbiotic 30 Capsules

Liposomal Vitamin C 60 Capsules

Liquid Mineral Iodine 2 fl oz

Liquid Mineral Manganese 2 fl oz

Liquid Mineral Zinc 2 fl oz

Liquid Minerals 8 oz

PC 100 Softgels

PC 60 Softgels

PC Liquid 4 fl oz

PC Liquid 8 fl oz

Sodium Butyrate 60 Capsules

TUDCA 60 Capsules

From the creators of Percepta®



Percepta Professional®

- Exclusive patented PTI-00703® cat's claw, oolong tea extract (MemorTea®) and black currant (with 25% proanthocyanidins)
- World's first dietary supplement to target brain plaques and tangles in the normal aging brain.*
- Developed by two of the world's most renowned brain aging/memory loss researchers, Dr. Alan Snow (Cognitive Clarity Inc) and Dr. Rudy Tanzi (Harvard University/MGH)
- Two major papers published in Nature -Scientific Reports in 2019 and 2021 showing PTI-00703® cat's claw and Percepta® reduce brain beta-amyloid plaques and tau tangles.*
- Composition of Matter patent issued in USA (Patent #11,491,201B2; issued Nov 8, 2022)
- Outperforms the 20 top selling memory-support dietary supplements by >50% in targeting brain plaques and tangles; Snow et al, *Scientific Reports*, pp. 1-23, Feb 2021 <https://doi.org/10.1038/s41598-020-79275-1>
- WholeScripts product number 300084622

Tap to learn more on
WholeScripts.com

www.perceptabrain.com



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Brain Bean

Product Name

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

Buddha Teas

Product Name

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

Carlson Labs

Product Name

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

M-S-M Sulfur 90 Capsules
Taurine Powder 31 Servings
Vitamin D3 Gummies 60 Gummies

Clinical Synergy

Product Name

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

Cognitive Clarity

Product Name

Percepta Professional 60 Capsules

CuraLife USA

Product Name

CuraLin 180 Capsules
Curalin 90 Capsules
CuraLin Starter Bottle 42 Capsules

Davinci Labs

Product Name

A.D.K 10 90 Capsules
A.D.K 60 Capsules
ALL-ZYME 90 Tablets
ALLER-DMG 60 Tablets
BERBERINE FORCE 60 Capsules
BioDIM COMPLEX 60 Capsules
Calm Fruit Punch 1 fl oz
CANDID-AWAY 90 Capsules

Chewable Kidbiotic Tropical Fruit 90 Tablets
Chewable Vitamin C Cherry 90 Tablets
CHOLESTSURE 90 Capsules
COENZYME Q10 CHEWMELT 100 mg 60 Tablets
COQ10 - DMG 300/300 Orange 60 Tablets
D-Lightful Citrus 1 fl oz
D3/K2 LIQUID 1 fl oz
DAILY BEST ULTRA 60 Capsules
DISC-DISCOVERY® 180 Tablets
Enz-flame Kids 30 Servings
Fizzy Mag 75 Servings
Focus Chewable Orange 90 Tablets
GLUCONIC® DMG 500 mg 60 Tablets
GRAPEFRUIT SEED EXTRACT 400 mg 60 Capsules
HEALTHY EYES 90 Capsules
Kidbiotic Powder 60 Servings
KiddOmega-3 Cherry Orange 40 Servings
LIPOSOMAL C 10.15 fl oz
LIPOSOMAL CITICOLINE 2 fl oz
LIPOSOMAL MELATONIN SPRAY 1 fl oz
MEGA PROBIOTIC ND 120 Capsules
MEGA PROBIOTIC ND 50 60 Capsules
Mightiest Vite® Fruit Punch 30 Servings
MILK THISTLE 90 Capsules
PROSTATE HEALTH 60 Capsules
Sleep Tight Citrus 1 fl oz
SPM COMPLETE 60 Softgels
Sync Up Berry 2 fl oz
TRI-MAG 300 120 Capsules

Diamond Formulations

Product Name

Sleep Balance Herbal 60 Capsules

Dr. Advantage

Product Name

Macular Shield Plus Complete Multivitamin 120 Capsules
Omega Shield 60 Softgels

Dr. Capasso

Product Name

Mitoblast 2 120 Capsules

Skin-Lasting Botanical Formula Spray 6 fl oz

Skin-Lasting Super Formula Spray 6 fl oz

Dr. Mercola

Product Name

Berberine with MicroPQQ Advanced 30 Capsules

Biothin Probiotic 30 Capsules

Calcium with Vitamins D3 & K2 90 Capsules

Eye Support 30 Capsules

Fermented Beta Glucans 60 Capsules

Fermented Black Garlic 60 Capsules

Fermented Chlorella 450 Tablets

Full Spectrum Enzyme 90 Capsules

H2 Molecular Hydrogen 90 Tablets

Ketozyme 30 Capsules

Krill Oil 60 Capsules

Liposomal Vitamin C 180 Capsules

Liposomal Vitamin C 60 Capsules

Liposomal Vitamin C Citrus Vanilla 15.2 fl oz

Liposomal Vitamin C for Kids 30 Capsules

Magnesium L-Threonate 270 Capsules

Organic Astaxanthin 12 mg 90 Capsules

Organic Collagen from Grass Fed Beef Bone Broth 270 Tablets

Organic Ginkgo Biloba 30 Capsules

Organic Pine Bark Extract 60 Tablets

Organic Resistant Starch Complex 9.52 oz

Organic Saw Palmetto 2 fl oz

Peppermint Oil with Asafoetida 30 Capsules

Vitamin C-PAK® Orange Flavor 30 Servings

Vitamin C-PAK® with Quercetin Orange Flavor 30 Servings

Whole-Food Multivitamin Plus Vital Minerals 240 Tablets

Zinc Plus Selenium 30 Capsules

Zinc Plus Selenium 90 Capsules

Drink LMNT

Product Name

LMNT Recharge – Citrus Salt 30 Servings

LMNT Recharge – Orange Salt 30 Servings

LMNT Recharge – Raspberry Salt 30 Servings

LMNT Recharge – Raw Unflavored 30 Servings

LMNT Recharge – Variety Pack 12 Servings

LMNT Recharge – Watermelon Salt 30 Servings

Drs Nutrition Bar

Product Name

Drs Nutrition Bar Almond Chocolate Coconut 12 Bars

Encore Life

Product Name

HEMP OneThirteen 30 Softgels

HEMP OneThirteen 60 Softgels

HEMP OneThirteen Immune Sour Gummies Orange Cream 60 Gummies

HEMP OneThirteen PRO 1500 1 oz

HEMP OneThirteen PRO 3000 1 oz

HEMP OneThirteen PRO 750 0.5 oz

HEMP OneThirteen Relax Sour Gummies Blueberry Pomegranate 60 Gummies

HEMP OneThirteen Sleep Sour Gummies Blackberry Vanilla 60 Gummies

HEMP OneThirteen Soothe 600 60 g

HEMP OneThirteen Sour Gummies Watermelon Cherry 60 Gummies

Endurance Products Company

Product Name

Dihydroberberine SR 150 mg 180 Tablets

Dihydroberberine SR 150 mg 60 Tablets

ENDUR-ACIN ER 750 mg 60 Tablets

ENDUR-ACIN ER NIACIN 250 mg 100 Tablets

ENDUR-ACIN ER NIACIN 500 mg 100 Tablets

ENDUR-AMIDE SR 500 mg 90 Tablets

ENDUR-C SR 1000 mg 60 Tablets

ENDUR-C SR 500 mg 90 Tablets

Pantethine SR 300 mg 90 Tablets

Phytosterols IR 450 mg 60 Tablets

Taxifolin Complex SR 60 Tablets

Enzyme Science

Product Name

(PEA)+ 120 Capsules

Acid Calm 90 Capsules

Apple Cider Vinegar 60 Capsules

Betaine HCL 120 Capsules

Candidase Pro 84 Capsules

Complete Digestion 90 Capsules

Critical Digestion® 90 Capsules

Digest Gold 240 Capsules

Digest Gold 90 Capsules

Enzyme Defense Pro 60 Capsules

GI Motility Complex 60 Capsules

Intolerance Complex 90 Capsules

Lypo Optimize 90 Capsules

MyoMend® 120 Capsules

Nattokinase Pro 60 Capsules

Serrapeptase Pro 120 Capsules

Stem XCell® Pro 60 Capsules

Telomere Pro 30 Capsules

Everidis Health Sciences

Product Name

BioGaia Gastrus 30 Chewable Tablets

BioGaia Prodentis 30 Lozenges

BioGaia Protectis 30 Chewable Tablets

BioGaia Protectis Baby Drops 25 Servings

BioGaia Protectis Baby Drops with Vitamin D 50 Servings

Replesta NX 8 Chewable Wafers

Gaia Herbs

Product Name

3-1 Immune Formula 60 Capsules

Black Elderberry PRO 120 Capsules

Black Elderberry Syrup Extra Strength 5.4 fl oz

Curcuma Supreme NF-kB 60 Capsules

Curcuma Supreme NF-kB Formula 120 Capsules

Daytime HPA 120 Capsules

Daytime HPA 60 Capsules

GaiaKids Black Elderberry Kids Daily Gummies 40 Gummies

Holy Basil 60 Capsules

Nighttime HPA 120 Capsules

Oil of Oregano 60 Capsules

Plant Force Liquid Iron 16 fl oz

Revive HPA 60 Capsules

Rhodiola 60 Capsules

Sleep Formula 60 Capsules

Thyroid Formula 120 Capsules

Vitex 60 Capsules

Genexa

Product Name

Allergy Care 60 Tablets

Arnica Pain 100 Tablets

Cold Crush 60 Tablets

Flu Fix 60 Tablets

Kids' Allergy Care 60 Tablets

Sleepology 60 Tablets

Stress 60 Tablets

Guna Inc.

Product Name

Guna Allergy 1 fl oz

Guna Cough 5.07 fl oz

Guna Deep Cleanse 1 fl oz

Guna Defense 0.28 oz

Guna Female Balance 1 fl oz

Guna Flam Relief 1 fl oz

Guna Flu 0.21 oz

Guna Healthy Brain 1 fl oz

Guna Kidney Plus 1 fl oz

Guna Lympho Detox 1 fl oz

Guna Matrix Detox 1 fl oz

Guna Mood Support 1 fl oz

Guna Pain Management 1 fl oz

Haelan

Product Name

Haelan 951 8 fl oz

Sweet Mint Flavoring 40 Serv

Haylie Pomroy Group

Product Name

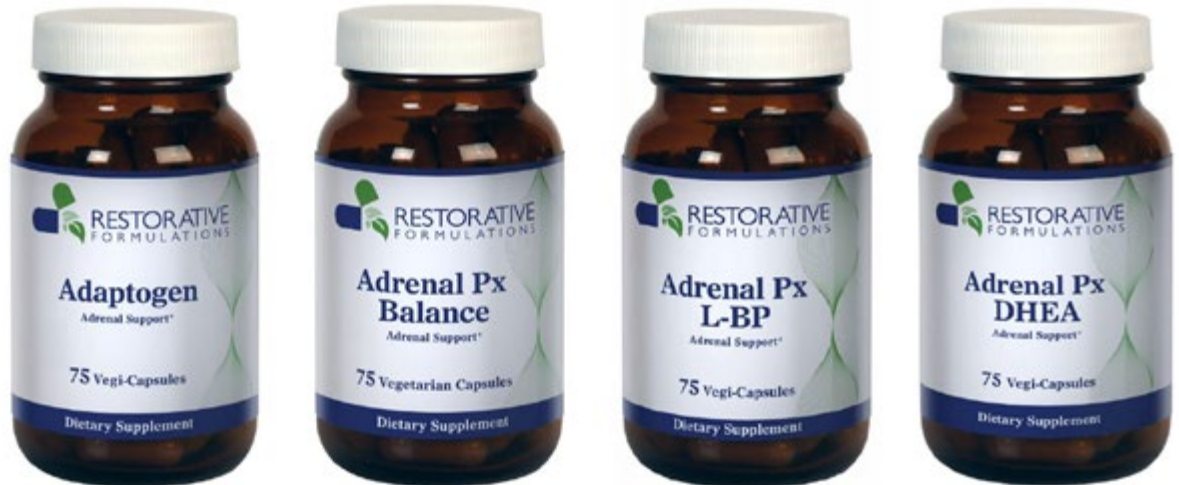
Fast Metabolism 10-Day Cleanse Kit

Fast Metabolism 5-Day Cleanse Kit

Fast Metabolism Diet Quick Start Kit

Metabolism Shake 14 Servings

Two Decades of Delivering Purity, Potency and Predictability



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Herb Pharm

Product Name

ADRENAL SUPPORT 1 fl oz

ANXIETY SOOTHER 1 fl oz

ARNICA OIL 1 fl oz

ASHWAGANDHA 1 fl oz

ASHWAGANDHA ALCOHOL FREE 1 fl oz

BETTER BITTERS CLASSIC 1 fl oz

BLACK ELDERBERRY ALCOHOL FREE 1 fl oz

CALENDULA OIL 1 fl oz

DANDELION ALCOHOL FREE 1 fl oz

ECHINACEA ALCOHOL FREE 1 fl oz

FUNGUS FIGHTER 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

VIRATTACK 1 fl oz

Herbalist & Alchemist

Product Name

Calm Adapt 4 oz

Immune Adapt 4 oz

Kidney Support Compound 4 oz

Men's Prostate Tonic 4 oz

Original Bitters 4 oz

Osteoherb 120 Capsules

Seven Precious Mushrooms 4 oz

Sinus Support Compound 4 oz

Women's Adapt 4 oz

Host Defense

Product Name

Cordyceps 120 Capsules

CordyChi® 66 Servings

Lion's Mane 120 Capsules

Lion's Mane 30 Capsules

Lion's Mane 60 Capsules

Lion's Mane Extract 2 fl oz

Maitake 60 Capsules

Mycobotanicals® Brain* 60 Capsules

MyCommunity® 120 Capsules

MyCommunity® 66 Servings

MyCommunity® Extract 2 fl oz

Reishi 30 Capsules

Stamets 7® 60 Capsules

Stamets 7® Mushroom Mycelium Powder 66 Servings

Turkey Tail 120 Capsules

Turkey Tail 60 Capsules

HumanN

Product Name

HeartGreens Green Apple 30 Servings

Neo40 Daily 30 Tablets

Neo40 Professional 60 Tablets

Nitric Oxide Indicator Strips 25 Strips

SuperBeets 1000 mg 90 Capsules

SuperBeets Black Cherry 30 Servings

SuperBeets Collagen Cherry Berry 30 Servings

SuperBeets Energy Plus Natural Berry 30 Servings

SuperBeets Heart Chews Pomegranate Berry 60 Chews

SuperBeets Immune Cranberry Cherry 30 Servings

SuperBeets Memory + Focus 30 Chews

SuperBeets Original Apple 30 Servings

SuperBeets® Sport 20 Servings

SuperGrapes Heart Chews 60 Chews

Tart Cherry Gummies 60 Gummies

Turmeric Chews Orange Citrus 30 Chews

Vitamin D3 Chew Mixed Berry 30 Chews

Hyalogic

Product Name

Dr. John's Toothpaste Gel 4.58 oz

HA Lip Balm Jar 0.5 oz

Hand & Body Lotion 10 fl oz

Hyaluronic Acid + Zinc 4 fl oz

Hyaluronic Acid Biotin Hair & Scalp Spray 4 fl oz

Hyaluronic Acid Collagen Peptides 30 Servings

Hyaluronic Acid Dry Mouth 60 Mint Lozenges

Hyaluronic Acid Joint, Skin & Eyes 10 oz

Hyaluronic Acid Joint, Skin & Eyes 30 Capsules

Synthovial Seven 1 fl oz

Innate Response

Product Name

Adrenal Response 90 Tablets

Adrenal Response Complete Care 90 Tablets

Baby & Me Multivitamin 120 Tablets

C Complete Powder 2.9 oz

GI Response 8.4 oz

Iron Response 90 Tablets

Men's One Daily Iron Free 60 Tablets

Selenium 90 Tablets

Thyroid Response Complete Care 90 Tablets

Women's One Daily 60 Tablets

ION* Intelligence of Nature

Product Name

ION* Gut Support 16 fl oz
 ION* Gut Support 3.4 fl oz
 ION* Gut Support 32 fl oz
 ION* Gut Support 8 fl oz

Jarrow Formulas

Product Name

Acetyl L-Carnitine 500 mg 60 Capsules
 Arginine 100 Tablets
 BoneUp 120 Capsules
 Citicoline CDP Choline 60 Capsules
 Fem-Dophilus® 60 Capsules
 Fem-Dophilus® 60 Capsules (Shelf Stable)
 Milk Thistle 200 Capsules
 NAC Sustain 600 mg 60 Tablets
 Organic MCT Oil 16 fl oz
 Pantethine 60 Softgels
 PS100 100 mg 60 Softgels
 QH-absorb® + PQQ 30 Softgels
 QH-absorb® 200 mg 60 Softgels
 Quercetin 500 mg 100 Capsules
 Red Yeast Rice + CoQ10 120 Capsules
 Theanine 200 60 Capsules

Jigsaw Health

Product Name

Activated B w/SRT 120 Tablets
 Adrenal Cocktail + Wholefood Vitamin C 60 Servings
 Adrenal Cocktail™ + Wholefood Vitamin C 60 Packets
 Electrolyte Supreme Berry-Licious 60 Packets
 Electrolyte Supreme Berry-Licious 60 Servings
 Electrolyte Supreme Lemon-Lime 60 Packets
 Electrolyte Supreme Lemon-Lime 60 Servings
 MagSoothe Raspberry Lemonade 60 packets
 MagSoothe Raspberry Lemonade 60 Servings
 MagSRT® 240 Tablets
 Pickleball Cocktail Orange 60 Servings

Kuli Kuli

Product Name

MORINGA ENERGY BAR DARK CHOCOLATE 12 Bars
 PURE MORINGA 20 Packets

Life Extension

Product Name

5-LOX Inhibitor with AprèsFlex® 60 Capsules
 7-Keto® DHEA Metabolite 60 Capsules
 AMPK Metabolic Activator 30 Tablets
 ArthroMax® Elite 30 Tablets
 Bio-Fisetin 30 Capsules
 BioActive Complete B-Complex 60 Capsules
 Black Cumin Seed Oil 60 Softgels
 Brain Fog Relief 30 Softgels
 CoffeeGenic® Green Coffee Extract 90 Capsules
 Cognitex® Elite Pregnenolone 60 Tablets
 Curcumin Elite™ Turmeric Extract 60 Capsules
 Daily Skin Defense 30 Capsules
 Echinacea Elite 60 Capsules
 Extend-Release Magnesium 60 Capsules
 Fast-Acting Liquid Melatonin Citrus-Vanilla 2 fl oz
 FLORASSIST® GI with Phage Technology 30 Capsules
 FLORASSIST® Probiotic Women's Health 30 Capsules
 Glucosamine/ Chondroitin 100 Capsules
 Healthy Lungs 30 Capsules
 Herbal Sleep PM 30 Capsules
 Huperzine A 200 mcg 60 Capsules
 Male Vascular Sexual Support 30 Capsules
 Mediterranean Weight Management 60 Gummies
 Mega Benfotiamine 250 mg 120 Capsules
 Mega Lycopene 90 Softgels
 Melatonin 60 Capsules
 Memory Protect 36 Day Supply
 Menopause 731™ 30 Tablets
 N-Acetyl-L-Cysteine 60 Capsules
 Neuro-Mag® 90 Capsules
 Optimized Folate L-Methylfolate 100 Tablets
 Optimized Quercetin 60 Capsules
 Optimized Saffron 60 Capsules

Pomegranate Complete 30 Softgels
Potassium with Extend-Release Magnesium 60 Capsules
PQQ 20 mg 30 Capsules
Senolytic Activator® 36 Capsules
Shade Factor 120 Capsules
Super K 90 Softgels
Super Omega-3 EPA/DHA Fish Oil 60 Softgels
Super Ubiquinol CoQ10 100 mg 60 Softgels
Tart Cherry with CherryPURE® 60 Capsules
Thermo Weight Control 60 Capsules
Two-Per-Day Multivitamin 120 Capsules
Ultra Prostate Formula 60 Softgels
Vinpocetine 10 mg 100 Tablets
Vitamin C and Bio-Quercetin Phytosome 250 Tablets
Vitamin C and Bio-Quercetin Phytosome 60 Tablets
Waistline Control 60 Capsules
Water-Soluble Pumpkin Seed Extract 60 Capsules
Zinc Lozenges Citrus-Orange Flavor 60 Lozenges

Linpharma

Product Name

Petadolex 50 mg 50 Softgels
Petadolex 75 mg 60 Softgels

Master Supplements

Product Name

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

Megafood

Product Name

Baby & Me 2 120 Tablets
Balanced Minerals 90 Tablets
Blood Builder 180 Tablets
Blood Builder 90 Tablets

Elderberry Immune Support 54 Gummies
Kid's One Daily Multivitamin Grape Flavor 30 Soft Chews
Kids One Daily 60 Tablets
Magnesium 90 Tablets
Melatonin Berry Good Sleep 54 Gummies
Methyl B12 60 Tablets
Multi for Women 55+ 120 Tablets
Multi for Women 60 Tablets
One Daily 180 Tablets
Relax + Calm Magnesium Grape Flavor 30 Soft Chews
Selenium 60 Tablets
Zinc 60 Tablets

Microbiome Labs

Product Name

Gut-Specific Fish Oil Supplement 60 Softgels
MegaGuard 60 Capsules
MegaMucosa Berry Acai 30 Servings
MegaPre Pineapple Orange Guava 30 Servings
MegaSporeBiotic 60 Capsules
PyloGuard 30 Capsules
SereneSkin 30 Capsules
WheatRescue 60 Capsules

Microvascular Health Solutions

Product Name

EndocalyxPro 120 Capsules

Motherlove

Product Name

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

MRM

Product Name

Acetyl L-Carnitine 60 Capsules

COLD AND FLU SEASON IS HERE.

TIME TO CHECK ON YOUR PATIENTS' IMMUNE SYSTEMS.



ADVANCED LIPOSOMAL FORMULAS FOR A DIFFERENCE YOUR PATIENTS CAN FEEL AND YOU CAN TEST.



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Cardio Chelate 180 Capsules

Complete E 60 Softgels

Cordyceps CS-4 Strain 60 Capsules

DHEA 50 mg 90 Capsules

Digest-ALL 100 Capsules

Digest-ALL IC 60 Tablets

Driven Mixed Berries 29 Servings

Egg White Protein Vanilla 10 Servings

Egg White Protein Vanilla 20 Servings

Gainer Chocolate 18 Servings

Glucosamine Chondroitin 90 Capsules

L-Glutamine 200 Servings

Matcha Green Tea Powder 42 Servings

Organic Moringa Leaf Powder 60 Servings

Organic Red Beet Powder 24 Servings

Quercetin 60 Capsules

Relax-ALL 60 Capsules

TribuPlex 750 60 Capsules

Vegan Vitamin D3 5,000 IU 60 Capsules

Whey Protein Chocolate 18 Servings

Whey Protein Vanilla 18 Servings

Whole Food Organic Fiber 32 Servings

Mushroom Wisdom

Product Name

Lion's Mane Amyloban 180 Tablets

Maitake D-Fraction PRO 4X 120 Tablets

Maitake D-Fraction PRO 4X 30 mL

Maitake D-Fraction PRO 4X 60 mL

Super Cordyceps 120 Tablets

Super Coriolus 120 Tablets

Super Lion's Mane 120 Tablets

Super Reishi 120 Tablets

Super Shiitake 120 Tablets

MYCO Clinic

Product Name

Pain Relief Cream Moderate Strength 1.7 oz - 6 Pack

Pain Relief Oil Extra Strength 3.4 fl oz - 6 Pack

Pain Relief Ointment Maximum Strength 1.7 oz - 6 Pack

Pain Relief Stick Maximum Strength 1.7 oz - 6 Pack

Nature's Sources

Product Name

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

Neurohacker

Product Name

Qualia Mind 105 Capsules
 Qualia Mind 35 Capsules
 Qualia Night 20 Capsules
 Qualia Night 60 Capsules
 Qualia Nootropic Energy 2 oz Shot 6-Pack
 Qualia Resilience 30 Capsules
 Qualia Senolytic 12 Capsules

NFH

Product Name

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

Nordic Naturals

Product Name

Algae Omega 120 Softgels

Arctic Cod Liver Oil 180 Softgels
 Arctic Cod Liver Oil Orange 8 fl oz
 Arctic Omega 180 Softgels
 Arctic Omega 8 fl oz
 Baby's Vitamin D3 0.37 fl oz
 Children's Eye Health Strawberry Lemonade 30 Gummy Chews
 Cognition Mushroom Complex 60 Capsules
 CoQ10 Gummies 60 Gummies
 DHA Infant 2 fl oz
 DHA Junior 180 Softgels
 DHA Junior 4 fl oz
 Energy Mushroom Complex 60 Capsules
 Immune Mushroom Complex 60 Capsules
 Kids Nordic Flora Probiotic Gummies Merry Berry Punch 60 Gummies
 Kids Nordic Flora Probiotic Pixies Berry 30 Packets
 Men's Multivitamin Mixed Berry 60 Gummies
 Nordic Beauty Borage Oil 4 fl oz
 Nordic Berries Cherry Berry 120 Gummy Berries
 Nordic Berries Original Flavor 120 Gummy Berries
 Nordic CoQ10 Ubiquinol Sport 60 Softgels
 Nordic Flora Probiotic Immune Health 30 Capsules
 Nordic Flora Probiotic Maximum Care 30 Capsules
 Nordic Immune® Elderberry 40 Gummies
 Nordic Omega-3 Fishies 36 Fishies
 Nordic Omega-3 Gummies 120 Gummies
 Omega Focus 60 Softgels
 Omega Focus Jr 120 Softgels
 Prenatal DHA 90 Softgels
 ProDHA 1000 120 Softgels
 ProDHA 120 Softgels
 ProDHA Eye 60 Softgels
 ProEPA 120 Softgels
 ProEPA with Concentrated GLA 60 Softgels
 ProOmega 120 Softgels
 ProOmega 180 Softgels
 ProOmega 2000 120 Softgels
 ProOmega 2000 60 Softgels
 ProOmega 2000 Jr. 60 Softgels
 ProOmega 2000-D 120 Softgels
 ProOmega 60 Softgels

ProOmega CRP 90 Softgels

ProOmega Junior 90 Softgels

ProOmega-D 120 Softgels

ProOmega-D 180 Softgels

ProOmega-D 60 Softgels

ProOmega® Joint Xtra 90 Softgels

ProOmega® LDL 180 Softgels

ProOmega® Lemon 8 fl oz

ProOmega® Tropical Fruit 54 Gummy Chews

Ultimate Omega 2X Sport 60 Softgels

Ultimate Omega-D3 Sport 60 Softgels

Vitamin C Gummies Tart Tangerine 120 Gummies

Vitamin D3 5000 Gummies 30 Gummies

Vitamin D3 Gummies 60 Gummies

Vitamin D3 Kids Gummies Wild Watermelon Splash 60 Gummies

Vitamin D3+K2 Gummies Pomegranate 60 Gummies

Women's Multivitamin Mixed Berry 60 Gummies

Zero Sugar Curcumin Gummies 60 Gummies

Zero Sugar Hair & Skin Strawberry Lemonade 27 Gummy Chews

Zero Sugar Kids Multi Gummies 120 Gummies

Zero Sugar Melatonin Gummies 60 Gummies

Zero Sugar Prenatal DHA Strawberry Orange 27 Gummy Chews

Zero Sugar Vitamin D3 Gummies 60 Gummies

NuGo Nutrition

Product Name

Fiber d'Lish Cinnamon Raisin 16 Bars

NuGo Vanilla Yogurt Protein 15 Bars

PROMAX Protein Bar Chocolate Chip Cookie Dough 12 Bars

Smarte Carb Peanut Butter Crunch 12 Bars

Stronger Caramel Pretzel 12 Bars

Stronger Peanut Cluster 12 Bars

Nutra Biogenesis

Product Name

BioAdaptogen Ultra 60 Capsules

BioInflaMax 150 Capsules

BioThyro 60 Capsule

CogniFactors 60 Capsules

Eskaloft 60 Capsules

InflamaZyme 90 Capsules

Liposomal Melatonin 2 fl oz

Oregano Oil 120 Softgel

ParaBiotic Plus 90 Capsules

Pulmonary Factors 90 Capsules

Sleep Factors 60 Capsules

Sterol 117 60 Capsules

Stress Factors 60 Capsules

Tri Zinc 90 Capsules

Tri-Magnesium 120 Capsules

UT Max Protect 60 Capsules

Nutrasal

Product Name

Cerebra GPC 2 fl oz

LipoZome-B 2 fl oz

PPC Kids Orange Cream 8 oz

NutriCology

Product Name

Laktoferrin 90 Capsules

Magnesium Chloride Liquid 8 fl oz

Mastic Gum 120 Capsules

Mucolyxir® 0.4 fl oz

OcuDyne II 200 Capsules

Organo-Germanium Ge-132 50 Capsules

Nutritional Therapeutics

Product Name

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

NTFactor® Healthy Aging 120 Tablets

NTFactor® Patented Energy Chewable Wafer Mixed Berry 30 Wafers

NTFactor® with CoQ10 Chewable Wafer Chocolate 30 Wafers

NTFactor® with D3/K2 Chewable Wafer Vanilla 30 Wafers

Optimox

Product Name

ATP Cofactors 90 Tablets

Iodoral IOD-50 30 Tablets

Iodoral® IOD-12.5 90 Tablets

Optivite PMT 180 Tablets

Orgain

Product Name

Clean Protein Grass Fed Protein Shake Creamy Chocolate Fudge 4 Pack

Kids Protein Organic Nutrition Shake Chocolate Single Serving Pack

Kids Protein Organic Nutrition Shake Vanilla Single Serving Pack

Organic Nutrition Shake Creamy Chocolate Fudge 4 Pack

Organic Nutrition Shake Creamy Chocolate Fudge Single Serving Pack

Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

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

Organic Protein Powder Plant Based Peanut Butter 20 Servings

Organic Protein Snack Bar Peanut Butter Chocolate Chunk 12 Bars

Vegan Organic Nutrition Shake Smooth Chocolate 4 Pack

Vegan Organic Nutrition Shake Smooth Chocolate Single Serving Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

Organic India

Product Name

Ashwagandha 90 Capsules

Ceylon Cinnamon 90 Capsules

Joy! 90 Capsules

Liver Kidney 90 Capsules

Memory 90 Capsules

Moringa 90 Capsules

Moringa Powder 113 Servings

Neem 90 Capsules

Organic Psyllium Fiber 180 Capsules

Peaceful Sleep 90 Capsules

Psyllium Organic Whole Husk Fiber 68 Servings

Psyllium Pre & Probiotic Fiber 56 Servings

Triphala 90 Capsules

Tulsi - Holy Basil 90 Capsules

Tulsi Ashwagandha 18 Bags

Tulsi Cleanse 18 Bags

Tulsi Green 18 Bags

Tulsi Hibiscus 18 Bags

Tulsi Honey Chamomile 18 Bags

Tulsi Lemon Ginger 18 Bags

Tulsi Masala Chai 18 Bags

Tulsi Moringa 18 Bags

Tulsi Original 18 Bags

Tulsi Peppermint 18 Bags

Tulsi Sleep 18 Bags

Tulsi Sweet Rose 18 Bags

Tulsi Turmeric Ginger 18 Bags

Turmeric Formula 90 Capsules

Organoleaf

Product Name

B12 Methylcobalamin 60 Gummies

Hemp Body Cream Pump 2000 mg 2.1 oz

Hemp Oil Tincture 2000 mg 1 oz

Hemp Roll-On Lotion 1000 mg 1.2 oz

K2+D3 60 Gummies

Sweet Dreams 60 Gummies

Passport to Organics

Product Name

Charcoal Cleanser 4 oz

Hyaluronic Acid Serum 2 oz

Pumpkin Peel Mask 3 oz

Turmeric Cleanser 4 oz

Turmeric Serum 1 oz

Vitamin C Cream 1.7 oz

Vitamin C Toner 4 oz

PharmaceutiX

Product Name

PoDiaPN® 60 Capsules (Formerly NeurophX DPN)

XaQuil® XR 30 Tablets (Formerly Fofafy ER)

Premier Research Labs

Product Name

Adaptogen-R3 90 Capsules

AdrenaVen 60 Capsules

Allucidin 60 Capsules

BiliVen 60 Capsules

D3 Serum 0.43 fl oz

Begin With Nature

Sustainably sourced with a pleasing syrup consistency, this formula supports normal healthy cardiovascular function.*

ORGANIC • ALCOHOL-FREE • NON-GMO



Tap to learn more on WholeScripts.com



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

Liquid Zinc Ultra 8 fl oz

Max B-ND 2 fl oz

Max B-ND 8 fl oz

Medi-Clay-FX 90 Capsules

Melatonin-ND 2 fl oz

Nucleo Immune 90 Capsules

OcuVen 60 Capsules

Premier CoQ-10 50 Capsules

Premier Digest 60 Capsules

Premier HCL 90 Capsules

Premier Pink Salt 12 oz

Premier Turmeric 60 Capsules

Premier Vitamin D3+K2 30 Capsules

RenaVen 60 Capsules

Progressive Professional

Product Name

Allergy Modulator® 120 Capsules

Brilliant Vision with Seanol-P 90 Capsules

Daily Resilience® 180 Capsules

Digestin 60 Capsules

GC-MSM 3550® 120 Capsules

Probiotic Broad Spectrum 30 Caplets

Prosta Glan 120 Capsules

TestosterZone 180 Capsules

U-Tract® 26 Servings

Prolon Professional

Product Name

ProLon® Original Kit

QOL Labs

Product Name

Bifilon 60 Capsules

ImmunoKinoko 500 90 Capsules

Metasol 60 Capsules

Quicksilver

Product Name

AMPK Charge+ 3.38 fl oz

Artemisinin Emulsion 4 oz

BI-EST+ 1 fl oz

Bitters No.9 1.7 fl oz

BitterX 1.7 fl oz

Estradiol+ 1 fl oz

Estriol 1 fl oz

GABA with L-Theanine 1.7 fl oz

H2 Elite 30 Tablets

Hemp Synergies-PN 60 Capsules

IMD 30 Servings

Immune Charge+ 3.38 fl oz

Kidney Care 3.38 fl oz

Lipcalm 1.7 fl oz

Liposomal EDTA with RLA 4 fl oz

Liposomal Glutathione 1.7 fl oz

Liposomal Vitamin C with RLA 1.7 fl oz

Liver Sauce 3.38 fl oz

Longevity Elite 3.38 fl oz

Longevity Phyto Caps 60 Capsules

Methyl B Complex 1.7 fl oz

Methyl B-12 1 fl oz

Methyl Charge+ 1.7 fl oz

Micellized Membrane Mend 3.38 fl oz

Micellized Pure PC 4 fl oz

NAD+ Gold 1.7 fl oz

NAD+ Platinum 3.38 fl oz

Nanoemulsified Cat's Claw Elite® 1.7 oz

Nanoemulsified CoQ10 1.7 fl oz

Nanoemulsified D3K2 1.7 fl oz

Nanoemulsified Melatonin 1 fl oz

Nanoemulsified Milk Thistle 1.7 oz

Nanoformulated DHEA+ 3.38 fl oz

Nanoformulated Progesterone+ 1 fl oz

NanoFuel 3.38 fl oz

Nanomojo 1.7 fl oz

Noto Bravi® 1.7 fl oz

Performance Cardio+ 3.38 fl oz

Pure DHEA 1.7 fl oz

Push Catch Liver Detox Kit

Quinton Hypertonic 30 Servings

Quinton Isotonic 30 Servings

Thrivagen 1.7 fl oz

Ultra Binder 120 Capsules

Ultra Binder® Sensitive Formula 30 Servings

Ultra Binder® Stick Packs 20 Servings

Ultra Vitamin 3.38 fl oz

Vitamin C 4 fl oz

Range Essentials

Product Name

FLOW BLEND (Roller Bottle 1 mL)

FLOW BLEND (Roller Bottle 30 mL)

FLOW BLEND (Roller Bottle 5 mL)

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

Restorative Formulations

Product Name

Adaptogen 75 Capsules

Adrenal Px Balance 75 Capsules

Adrenal Px DHEA 75 Capsules

Adrenal Px L-BP 75 Capsules

Cardiac Calm Px 60 Capsules

Cholesterol Care 120 Capsules

Enfla-Mend Px 60 Capsules

Estro Px 75 Capsules

Glucose Balance Px 120 Capsules

HTN 180 PX Original 60 Capsules

HTN 180 Px-Extra Strength 60 Capsules

Kava Calm Px 30 Capsules

Metabolic Nutrition 60 Capsules

Mitochondria Nutrition PQQ 60 Capsules

PCO Px 75 Capsules

Respiratory EZ 60 Capsules

Sleep 60 Capsules

StressCalm Px 75 Capsules

T-Cell Balance Px 60 Capsules

ThyroCare 75 Capsules

Thyroid Px 75 Capsules

RLC Labs

Product Name

a-Drenal 120 Capsules

i-Throid 6.25 mg 90 Capsules

Rx Vitamins

Product Name

Acid Block 60 Chewable Tablets

Activated Enzyme Formula 90 Capsules

Advanced Immune Support 60 Capsules

Advanced Prostate Formula 90 Softgels

Bone Density Formula 180 Capsules

Buffered C 90 Capsules

Chewable Cal/Mag 90 Chewable Tablets

Chewable Licorice 90 Chewable Tablets

Children's Multi-Vitamins 90 Chewable Tablets

Testost Rx 90 Capsules

ThyRx-7 60 Capsules

RxSugar

Product Name

RxSugar[®] Allulose 30 Packets

RxSugar[®] Allulose One Pound Canister 45 Servings

RxSugar[®] Organic Allulose Liquid Sugar 16 fl oz

RxSugar[®] Organic Caramel Syrup 16 fl oz

RxSugar[®] Organic Chocolate Syrup 16 fl oz

RxSugar[®] Organic Cinnamon Syrup 16 fl oz

RxSugar[®] Organic Hazelnut Syrup 16 fl oz

RxSugar[®] Organic Maple Syrup 16 fl oz

RxSugar[®] Organic Vanilla Syrup 16 fl oz

RxSugar[®] Swealthy Stix 30 Packets

Sanesco

Product Name

Adaptacin™ 60 Tablets

Contegra™ 60 Capsules

Lentra™ 30 Capsules

Lentra™ 60 Capsules

Procite-D™ 60 Capsules

Prolent™ 60 Capsules

Somni-TR™ 30 Tablets

Tranquilent™ 30 Tablets

Seeking Health

Product Name

Active B12 1000 60 Lozenges

Active B12 with L-5-MTHF 60 Lozenges

B Complex MF 100 Capsules

B Complex Plus 100 Capsules

B-Minus 100 Capsules

DIM + I3C 60 Capsules

Folinic Acid 60 Lozenges

Gallbladder Nutrients 120 Capsules

Histamine Block Plus 60 Capsules

Histamine Digest 30 Capsules

Histamine Digest 90 Capsules

HistaminX 60 Capsules

HomocysteX Plus 60 Capsules

Hydrox-Adeno B12 60 Lozenges

Hydroxo B12 60 Lozenges

Iron Chewable 60 Tablets

Lithium Orotate 100 Capsules

Multivitamin One 45 Capsules

Multivitamin One MF 45 Capsules

Optimal Electrolyte Berry 30 Servings

Optimal Electrolyte Lemonade 30 Servings

Optimal Focus[®] 90 Capsules

Optimal Liposomal Glutathione Plus 5 fl oz

Optimal Liposomal Glutathione Tropical 4 fl oz

Optimal Liposomal Vitamin C 5 fl oz

Optimal Liposomal Vitamin C Plus 5 fl oz

Optimal Magnesium 100 Capsules

Optimal Multivitamin Chewable 60 Tablets

Optimal PC 100 Softgels

Optimal Prenatal 240 Capsules

P-5-P 100 Capsules

PQQ Lozenges 20 mg 30 Lozenges

Prenatal Essentials Chewable 60 Tablets

ProBiota HistaminX 60 Capsules

R-Lipoic Acid 60 Capsules

Riboflavin 400 mg 60 Capsules

Saccharomyces Boulardii 60 Capsules

Trace Minerals Complex 30 Capsules

Vitamin D3 + K2 60 Capsules

Vitamin D3 + K2 Drops 1 fl oz

Zinc Lozenge 60 Lozenges

spermidineLIFE® 60 Capsules

spermidineLIFE® Extra+ 60 Capsules

spermidineLIFE® PRO+ 30 Packets

spermidineLIFE® Ultra+ 30 Packets

Symphony Natural Health

Product Name

FemmenessencePRO Harmony 90 Capsules

FemmenessencePRO Peri Menopause 180 Capsules

FemmenessencePRO Post Menopause 180 Capsules

HerbatoninPRO 0.3 mg Plant Melatonin 120 Capsules

Original Himalayan Crystal Salt® Bath Crystals 1 kg

Original Himalayan Crystal Salt® Coarse Granulated 1 kg

Original Himalayan Crystal Salt® Crystal Stones 1 kg

Original Himalayan Crystal Salt® Fine Granulated 1 kg

RevolutionPRO Men's Hormone Health 180 Capsules

T.A. Sciences

Product Name

TA-65MD 100 units 30 Capsules

Tesseract Medical Research

Product Name

AuRx 68 Servings

BerberActiv QR 90 Capsules

CoQ10 Pro 60 Capsules

HepatiSafe 60 Capsules

MuSolve SR 90 Capsules

NOX Flo SR 120 Capsules

ProButyrate 120 Capsules

ProstaSorb 60 Capsules

QuerciSorb QR 90 Capsules

QuerciSorb SR 90 Capsules

RLA Pro SR 60 Capsules

SafeCell 60 Capsules

TetraCumin QR 120 Capsules

TetraCumin SR 120 Capsules

Trace Minerals

Product Name

40,000 VOLTS! 8 fl oz

Apple Cider Vinegar Gummies 60 Gummies

Ashwagandha Gummies Passion Fruit Orange 60 Gummies

Beef Liver 500 mg 180 Capsules

Beef Organs 500 mg 180 Capsules

Bone & Marrow 180 Capsules

Colloidal Silver 30ppm 8 fl oz

Colloidal Silver Spray 30ppm 4 fl oz

ConcenTrace® Trace Mineral Drops 2 fl oz

ConcenTrace® Trace Mineral Drops 8 fl oz

Electrolyte Gummies Watermelon 90 Gummies

Electrolyte Stamina Gummies Lemon Lime 90 Gummies

Electrolyte Stamina Power Pak Acai Berry 30 Servings

Electrolyte Stamina Power Pak Concord Grape 30 Servings

Electrolyte Stamina Power Pak Lemon Lime 30 Servings

Electrolyte Stamina Power Pak Mixed Berry 30 Servings

Electrolyte Stamina Power Pak Orange Blast 30 Servings

Electrolyte Stamina Power Pak Pomegranate Blueberry 30 Servings

Electrolyte Stamina Power Pak Raspberry 30 Servings

Electrolyte Stamina Power Pak+ Lemon Berry 30 Servings

Electrolyte Stamina Tablets 90 Tablets

Ionic Boron 2 fl oz

Ionic Zinc 50mg 2 fl oz

Liquid Zinc + Quercetin Orange Mango 16 fl oz

Magnesium Gummies Peach 120 Gummies

Mega-Mag 400mg 4 fl oz

NAC Powder Watermelon 30 Servings

Quercetin + Zinc Powder Orange Cream 30 Servings

Vitamin D3+K2 Gummies Strawberry 60 Gummies

Zinc + Vitamin C Chewable Raspberry Flavor 60 Chewable Wafers

Zinc Gummies Elderberry 60 Gummies

Transformation Enzyme

Product Name

Carbo-G* 90 Capsules

Digest* 90 Capsules

DigestZyme* 120 Capsules

GastroZyme 100 Capsules

LypoZyme 60 Capsules

Protease 60 Capsules

TruGen3

Product Name

TG3 Heart Support 120 Capsules

TG3 Multi 60 Tablets

TruEase + Curcumin 30 Softgels

TruEase 30 Softgels

Vital Proteins

Product Name

Beef Gelatin 23 Servings

Beef Liver 120 Capsules

Bioactive Collagen Complex Bone & Joint Support 30 Servings

Bioactive Collagen Complex Daily Foundational Support 30 Servings

Bioactive Collagen Complex Skin Hydration & Antioxidant Support 30 Servings

Bone Broth Collagen Chicken 28 Servings

Collagen Creamer Coconut 12 Servings

Collagen Creamer Mocha 12 Servings

Collagen Creamer Vanilla 12 Servings

Collagen Creamer Vanilla 14 Servings

Collagen Gummies Grape 120 Gummies

Collagen Peptides 14 Servings

Collagen Peptides 28 Servings

Collagen Peptides Chocolate 14 Servings

Collagen Peptides Lemon 14 Servings

Collagen Peptides Stick Pack Box 20 Servings

Marine Collagen 18 Servings

Vital Performance Chocolate Almond 12 Bars

Vital Performance Salty Chocolate Peanuts 12 Bars

Vitanica

Product Name

Adrenal Assist 180 Capsules

Adrenal Assist™ 90 Capsules

Bitters Extra 90 Capsules

Bitters Tonic 4 fl oz

Bladder Ease 180 Capsules

BreastBlend 90 Capsules

Butterbur Extra 120 Capsules

CandidaStat™ 120 Capsules

CandidaStat™ 60 Capsules

CardioBlend 120 Capsules

CCDG Blend 90 Capsules

Chaste Tree Berry 60 Capsules

CholestBlend 90 Capsules

Colon Motility Blend 90 Capsules

Cortisol Relief 60 Capsules

Cramp Bark Extract 60 Capsules

CranStat Extra™ 60 Capsules

Fem Ecology 30 Capsules

Fem Rebalance™ 60 Capsules

Fem Vitality 60 Capsules

Fibro Formula 60 Capsules

GABA Ease™ 60 Capsules

Immune Tonic 4 oz

Iron Extra™ 60 Capsules

Luminous 60 Capsules

Lysine Extra 60 Capsules

Maternal Symmetry 180 Capsules

Mid-Life Symmetry 180 Capsules

Nausea Ease 60 Capsules

Opti-Recovery 60 Capsules

Optinositol 30 Servings

OvaBlend 180 Capsules

Ovulation Assist 60 Capsules

PhytoEstrogen Herbal 25 Servings

Pregnancy Prep 60 Capsules

Rauwolfia Extra™ 90 Capsules

Rhodiola Extract Plus 60 Capsules

Skin Assist™ 180 Capsules

Slow Flow™ 60 Capsules

St. John's Wort 90 Capsules

V-Fresh 6 Suppository Tablets

VasoBlend 90 Capsules

VeinoBlend 90 Capsules

Women's Phase II™ 180 Capsules

Women's Phase I™ 60 Capsules

Yeast Arrest 14 Suppositories
 Yeast Arrest 28 Suppositories
 Happy Sisters Cream 1.7 oz
 Happy Sisters Kit

WholeScripts

Product Name

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 Woman Herbals

Product Name

Adrenal Tonic 2 fl oz
 Bitter Tonic 2 fl oz
 Bittersweet Elixir 2 fl oz
 Bottom's Up Balm 1 oz
 Bottom's Up Capsules 90 Capsules
 Elderberry Syrup 2 fl oz
 Fiber Flow Capsules 120 Capsules
 Gentian & Skullcap Capsules 90 Capsules
 Hawthorn Solid Extract 2 fl oz
 Hepacaps 90 Capsules
 Hoxsey-Like Formula 2 fl oz
 Kalmerite Glycerite 2 fl oz
 Licorice Solid Extract 2 fl oz
 Phytoest 2 fl oz
 Phytoprogest 2 fl oz
 Throat Mist 2 fl oz
 Urinary Tract Formula 2 fl oz
 Women's Menocaps 120 Capsules

XYMOGEN®

Product Name

5-HTP CR 60 Tablets
 5-MTHF 60 Capsules
 5-MTHF ES 60 Capsules
 5-MTHF Plus B12 Cherry 30 Tablets

5-MTHF Plus B12 Cherry 60 Tablets
 6 Day Detox Micro Kit
 ActivEssentials™ 60 Packets
 ActivEssentials™ for Women 60 Packets
 ActivEssentials™ with Calcium 60 Packets
 ActivEssentials™ with OncoPLEX™ & D3 60 Packets
 ActivNutrients® 120 Capsules
 ActivNutrients® 240 Capsules
 ActivNutrients® Chewable Mixed Berry 120 Tablets
 ActivNutrients® Chewable Mixed Berry 60 Tablets
 ActivNutrients® Performance 120 Capsules
 ActivNutrients® Phyto 90 Capsules
 ActivNutrients® without Copper & Iron 120 Capsules
 ActivNutrients® without Copper & Iron Multivitamin Powder Fruit Punch 60 Servings
 ActivNutrients® without Iron 120 Capsules
 ActivNutrients® without Iron 240 Capsules
 ActivNutrients® without Iron 60 Capsules
 Adeno+Hydroxo B12 Natural Fruit Punch Flavor 60 Tablets
 Adrenal Essence® 120 Capsules
 Adrenal Essence® 60 Capsules
 Adrenal Manager™ 120 Capsules
 Adrenal Manager™ 60 Capsules
 Adrenaliv® 120 Capsules
 Adrenaliv® 60 Capsules
 AdrenaMax™ 120 Capsules
 ALAmax™ CR 120 Tablets
 ALAmax™ CR 60 Tablets
 ALAmax™ Protect 120 Capsules
 AllerDHQ™ 120 Capsules
 AllerDHQ™ 60 Capsules
 AngiNOX™ Orange 30 Servings
 AngiNOX™ Orange 60 Servings
 Appe-Curb™ 120 Capsules
 Appe-Curb™ 240 Capsules
 Ashwagandha 35 60 Capsules
 ATP Ignite™ Citrus 30 Servings
 ATP Ignite™ Mixed Berry 30 Servings
 ATP Ignite™ Workout Mixed Berry 30 Servings
 B Activ® 180 Capsules

B Activ [®] 90 Capsules	D3 5000 90 Softgels
Benfotiamine 120 Capsules	D3 Liquid 1 fl oz
Berbemycin 120 Capsules	D3 Liquid 2.03 fl oz
Berberine 120 Capsules	DHA from Algae 60 Softgels
Berberine ES-5 60 Capsules	DHEA Micronized 10mg 60 Tablets
Berberine with InSea2 [®] 60 Capsules	DHEA Micronized 25mg 60 Tablets
BergaCor 60 Tablets	DIMension 3 [®] 120 Capsules
BergaCor [®] Plus 60 Tablets	DIMension 3 [®] 240 Capsules
Bio C 1:1 [™] 90 Capsules	DioVasc [™] 60 Capsules
BrainSustain [™] Creamy Chocolate 10 Servings	Drainage 1 oz
BrainSustain [™] for Kids Vanilla Delight 15 Servings	Femquil [®] 120 Capsules
BrainSustain [™] Vanilla Delight 10 Servings	FIT Food [®] Lean Collagen Mocha Latte 14 Servings
Buffered C Powder Fruit Punch 20 Servings	FIT Food [®] Lean Collagen Vanilla 14 Servings
Calcium D-Glucarate 90 Capsules	FIT Food [®] Lean Complete Dutch Chocolate 10 Servings
Candidal [™] 60 Capsules	FIT Food [®] Lean Complete Dutch Chocolate Sugar- & Stevia-Free 10 Servings
CarniteX [™] 60 Capsules	FIT Food [®] Lean Complete French Vanilla 10 Servings
CheleX [™] 120 Capsules	FIT Food [®] Lean Complete French Vanilla Sugar- & Stevia-Free 10 Servings
CholeRex [™] 60 Capsules	FIT Food [®] Lean Creamy Chocolate 10 Servings
CinnDromeX [™] 120 Capsules	FIT Food [®] Lean Vanilla Delight 10 Servings
Cogniquil [®] 60 Capsules	FIT Food [®] Lean Whey Creamy Chocolate No Added Sugar, No Stevia 10 Servings
ColonX [™] 120 Capsules	FIT Food [®] Lean Whey Vanilla Delight No Added Sugar, No Stevia 10 Servings
ColonX [™] 60 Capsules	FlashArrest [®] 60 Capsules
CoQmax [™] Omega 100 mg 60 Softgels	Foundation Essentials 30 Packets
CoQmax [™] Omega 50 mg 120 Softgels	GarliX [™] 90 Capsules
CoQmax [™] Omega 50 mg 30 Softgels	GastrAcid [™] 180 Capsules
CoQmax [™] Ubiquinol 200 mg 30 Softgels	GastrAcid [™] 90 Capsules
CoQmax [™] Ubiquinol 60 Softgels	GI Balance 150 Capsules
Corticare B [™] 120 Capsules	GI Balance Powder Chai 14 Servings
Corticare B [™] 240 Capsules	GI Protect [™] Cherry Sugar- & Stevia-Free 30 Servings
Cortisolv [®] 120 Capsules	GI Protect [™] Peach Sugar- & Stevia-Free 30 Servings
Cortisolv [®] 60 Capsules	GlutAloeMine [®] 30 Servings
CurcuPlex-95 [™] 120 Capsules	GlutAloeMine [®] 60 Servings
CurcuPlex-95 [™] 60 Capsules	Green Tea 600 [™] 60 Capsules
Cytokine Balance 30 Capsules	Hemp MonoPure [®] 30 Softgels
Cytokine Balance 60 Capsules	Hemp MonoPure [®] 60 Softgels
D3 2000 120 Softgels	HistDAO [™] 60 Tablets
D3 2000 240 Softgels	HMB PRO 150 Capsules
D3 50,000 30 Capsules	Hormone Protect [®] 120 Capsules
D3 5000 180 Softgels	
D3 5000 60 Softgels	

Hormone Protect® 60 Capsules	Melatonin Peppermint 120 Tablets
I-Sight™ 60 Capsules	Melatonin Peppermint 60 Tablets
i5™ Creamy Chocolate 10 Servings	MemorAll™ 60 Capsules
i5™ Vanilla Delight 10 Servings	MenoFem™ 90 Capsules
IG 26 DF 120 Capsules	Methyl Protect® 120 Capsules
IG 26 DF 67.5 Servings	Methyl Protect® 60 Capsules
IG 26 Plus DF Vanilla 30 Servings	Methylcobalamin 120 Tablets
IgG 2000 CWP™ 120 Capsules	Methylcobalamin 60 Tablets
IgG 2000 CWP™ 25 Servings	MinRex® 120 Capsules
IgG 2000 CWP™ 75 Servings	Mitochondrial Renewal Kit 60 Packets
IgG Pure™ 15 Servings	MitoPrime® 30 Capsules
Immune Essentials™ 45 Capsules	Mood Food™ 60 Capsules
Immune Essentials™ Daily 120 Capsules	Mood Food™ ES 120 Capsules
ImmunotiX 250™ 30 Capsules	Mood Food™ ES 60 Capsules
ImmunotiX 500™ 20 Capsules	Myrosinase 60 Capsules
ImmunotiX 500™ 60 Capsules	N.O.max™ ER 180 Tablets
Iron Glycinate 120 Capsules	NAC 120 Capsules
K-Mg Citrate™ 60 Capsules	NAC 60 Capsules
K2-45 60 Capsules	Nattokinase 120 Capsules
K2-D3 10,000 120 Capsules	Nattokinase 60 Capsules
K2-D3 10,000 60 Capsules	NeuroActives™ BrainSustain™ 120 Capsules
K2-D3 5000 120 Capsules	NeuroActives™ BrainSustain™ 240 Capsules
K2-D3 5000 60 Capsules	New Zealand Whey Protein Isolate 30 Servings
K2-D3 Max 60 Capsules	NiaVasc™ 120 Tablets
L-Glutamine 85 Servings	NiaVasc™ 360 Tablets
L-Lysine 90 Capsules	NiaVasc™ 750 120 Tablets
L-Theanine 120 Capsules	NiaVasc™ 750 60 Tablets
L-Theanine 60 Capsules	Omega MonoPure® 1300 EC 120 Softgels
Leptin Manager™ 30 Capsules	Omega MonoPure® 1300 EC 60 Softgels
LipotropiX™ 120 Capsules	Omega MonoPure® 650 EC 120 Softgels
Liver Protect™ 120 Capsules	Omega MonoPure® 650 EC 60 Softgels
Liver Protect™ 60 Capsules	Omega MonoPure® Curcumin EC 30 Softgels
Magnesium Citrate 120 Capsules	Omega MonoPure® DHA EC 30 Softgels
MedCaps DPO™ 120 Capsules	Omega MonoPure® EPA EC 30 Softgels
MedCaps GI™ 120 Capsules	Omega MonoPure® EPA EC 60 Softgels
MedCaps IS™ 60 Capsules	OmegaPure 600 EC™ 120 Softgels
MedCaps Menopause™ 120 Capsules	OmegaPure 600 EC™ 60 Softgels
MedCaps T3™ 120 Capsules	OmegaPure 780 EC™ 120 Softgels
Melatonin CR 180 Tablets	OmegaPure 820™ 120 Softgels
Melatonin CR 90 Tablets	OmegaPure 900 EC™ 120 Softgels

OmegaPure 900 EC™ 90 Softgels	PMS Soothe™ 60 Capsules
OmegaPure 900-TG™ 120 Softgels	PrebioMax® Natural Sour Apple 60 Tablets
OmegaPure PRM 30 Softgels	Prenatal Essentials 150 Capsules
OncoPLEX ES™ 60 Capsules	Probio Defense™ 84 Capsules
OncoPLEX™ 120 Capsules	ProbioMax® 350 DF 15 Servings
OncoPLEX™ 30 Capsules	ProbioMax® Complete DF 30 Capsules
OncoPLEX™ Plus Myrosinase 30 Capsules	ProbioMax® Daily DF 30 Capsules
OptiCleanse® GHI Chai 10 Servings	ProbioMax® Daily DF 60 Capsules
OptiCleanse® GHI Creamy Chocolate 10 Servings	ProbioMax® DF 30 Capsules
OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 10 Servings	ProbioMax® IG 26 DF 120 Capsules
OptiCleanse® GHI Creamy Chocolate Sugar- & Stevia-Free 20 Servings	ProbioMax® Lean DF 30 Capsules
OptiCleanse® GHI Vanilla Delight 10 Servings	ProbioMax® Plus DF 30 Servings
OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free 10 Servings	ProbioMax® Sb DF 30 Capsules
OptiCleanse® GHI Vanilla Delight Sugar- & Stevia-Free 20 Servings	ProbioMax® Sb DF 60 Capsules
OptiCleanse® PLUS Creamy Chocolate 10 Servings	ProbioMax® Serenity 30 Capsules
OptiCleanse® PLUS Vanilla Delight 10 Servings	Prostate FLO™ 60 Softgels
OptiFiber® Lean 180 Capsules	ProteoXyme™ 100 Capsules
OptiFiber® Lean 30 Servings	Red Yeast Rice 30 Capsules
OptiMag® 125 120 Capsules	Red Yeast Rice 60 Capsules
OptiMag® 125 240 Capsules	RegeneMax® Liquid 1 oz
OptiMag® Neuro 90 Capsules	RegeneMax® Plus 120 Capsules
OptiMag® Neuro Lemon-Lime 60 Servings	RegeneMax® Plus 60 Capsules
OptiMag® Neuro Mixed Berry 30 Servings	RelaxMax® Cherry 60 Servings
OptiMag® Neuro Mixed Berry 60 Servings	RelaxMax® Unflavored 60 Servings
OptiMag® Neuro Unflavored 60 Servings	Resveratin™ Plus 60 Capsules
OptiMag® Plus Calcium Pear 30 Servings	S-Acetyl Glutathione 120 Capsules
OptiMetaboliX™ 2:1 Vanilla Delight 10 Servings	S-Acetyl Glutathione 60 Capsules
OptiMetaboliX™ Vanilla Delight No Added Sugar, No Stevia 10 Servings	Saccharomycin® DF 120 Capsules
Oraxinol™ 60 Capsules	Saccharomycin® DF 20 Capsules
OrganiX™ PhytoFood™ 30 Servings	Saccharomycin® DF 60 Capsules
OSApex MK-7™ 60 Packets	Saloxicin™ 120 Capsules
OSApex™ 60 Packets	SAM-e & TMG Lemon 30 Servings
Ossopan 1100™ 120 Capsules	SAM-e 30 Capsules
Ossopan MD™ 120 Capsules	SynovX® Calm 60 Capsules
Ossopan MD™ 240 Capsules	SynovX® DJD 120 Capsules
PanXyme pH™ 180 Capsules	SynovX® Metabolic 30 Capsules
PanXyme pH™ 90 Capsules	SynovX® Metabolic 60 Capsules
PepciX™ 60 Tablets	SynovX® Performance 60 Capsules
PhosphaLine™ 100 Softgels	SynovX® Recovery 120 Capsules
PhosphaLine™ Liquid 8 oz	SynovX® Relief 120 Softgels

SynovX® Relief 40 Softgels
SynovX® Tendon & Ligament 60 Capsules
T-150 120 Capsules
T-150 60 Capsules
TestoPlex™ Plus 120 Capsules
TestoPlex™ Plus 60 Capsules
UritraX™ 50 Servings
Viragraphis™ 60 Capsules
VitalVasc® 60 Capsules
Xcellent A 3000 60 Capsules
Xcellent A 7500 60 Capsules
Xcellent C™ 120 Capsules
Xcellent E™ 60 Softgels
XenoProtX™ 120 Capsules
XymoBolX™ Fruit Punch 30 Servings
XymoBolX™ Lemon 30 Servings
XymoDine™ 90 Capsules
XYMOGEN® Shaker Bottle 20 oz
XymoZyme HCL 90 Capsules
XymoZyme® 120 Capsules
XymoZyme® 60 Capsules
Zinc Glycinate 120 Capsules

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Product Name

Anti-Aging System Forties+ 8 Pack
Complete Anti-Aging System 5 Pack
Day/Night Cream 2 oz
Glycolic Acid 30% Gel Peel 1 oz
Hyaluronic Acid Plus 1 oz
Neck Firming Cream 2 oz
Pure Hyaluronic Acid 1 oz
Retinol Eye Cream 1 oz
Retinol Serum 1 oz
Vitamin C&E Serum 1 oz

Zahler

Product Name

AdultFocus 60 Capsules
Bone Gummies for Kids 60 Gummies
Chapter One Magnesium Apple 60 Gummies

Chapter One Magnesium Peach 60 Gummies
Chapter One Magnesium Raspberry 60 Gummies
ChildCalm 60 Chewable Tablets
Core Greens 240 Capsules
Core Greens Powder 30 Servings
Diabetter 120 Capsules
DMG 90 Tablets
Fiber Gummies for Kids 60 Gummies
Immunikids Liquid 8 fl oz
Inositol 1000 mg 120 Capsules
KidsActive Powder 30 Servings
Mighty Mini Prenatal+DHA 90 Softgels
Multivitamin Beauty 60 Capsules
Multivitamin Brainfood 60 Capsules
Multivitamin Immune 60 Capsules
Multivitamin One Daily 60 Capsules
Pantothenic Acid 120 Capsules
ParaGuard 4 fl oz
ParaGuard 90 Softgels
Prenatal+DHA 60 softgels
ProstAid+ 60 Softgels
PureWay-C 120 Capsules
Vitamin D3 120 Capsules
Zinc Lozenges Elderberry Flavor 90 Lozenges

Zhang Health

Product Name

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

ZyCal Biocuticals

Product Name

Ostinol® Advanced 5X 60 Capsules

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

President, Big Bold Health

Founder and President, Personalized Lifestyle Medicine Institute

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