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—James Munro, ND



Dear Reader,

Recently, XYMOGEN, WholeScripts' premier brand, launched a new website.

The redesigned XYMOGEN.com now includes direct-to-consumer purchasing capabilities. With this new access, we hope to open the world of integrative medicine to new customers by educating them on the benefits of a practitioner-guided wellness journey. Also, we will be introducing new comprehensive consumer education on the site very soon, which will further support this initiative.



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Our continued connection with our healthcare practitioners is a core value of our business—we are in the business of relationships, and that remains unchanged. I look forward to continuing our reinvention journey with all of you.

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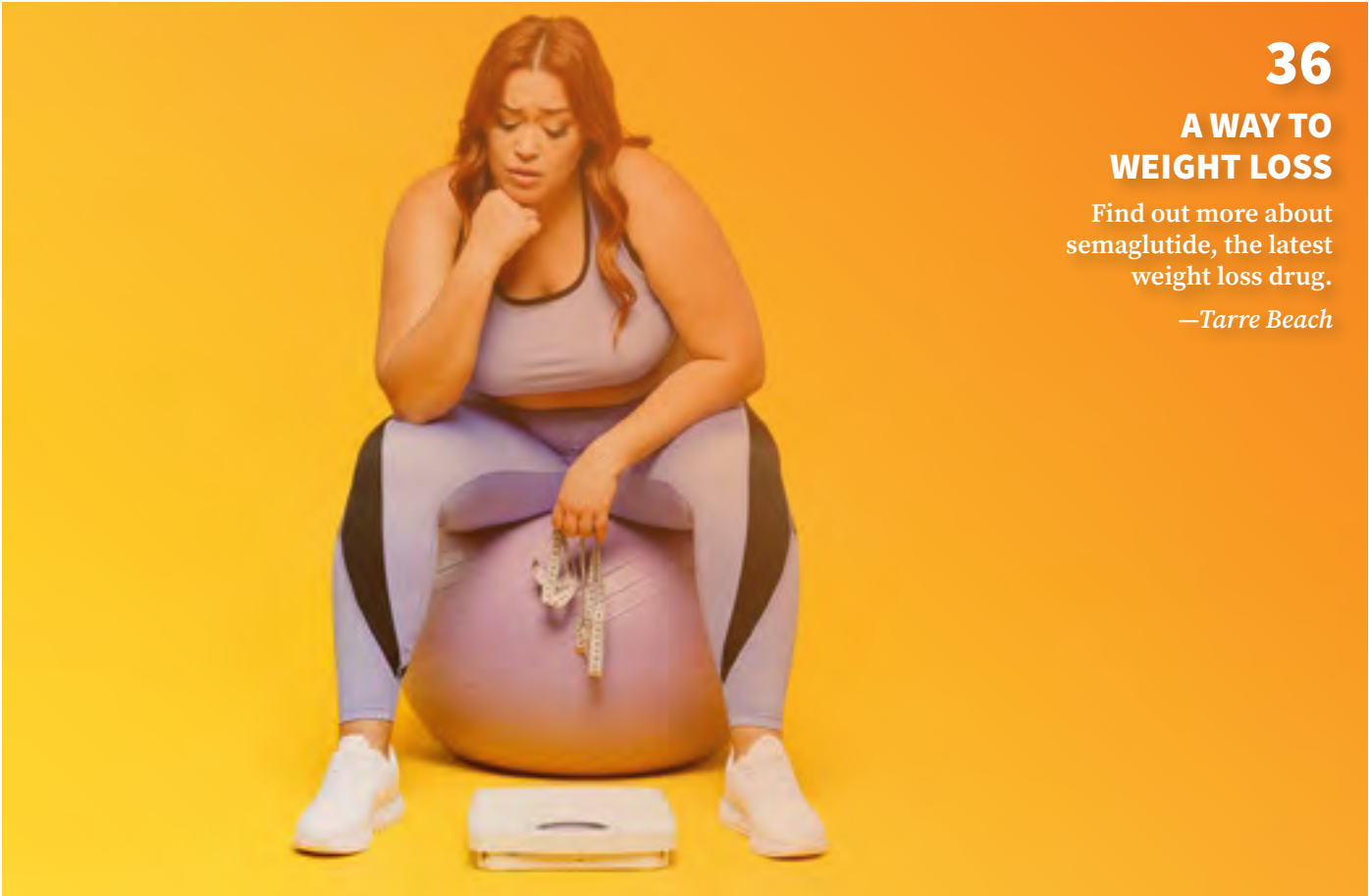
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SMALL CHANGES CAN MAKE A BIG DIFFERENCE

Like many people, I'm not crazy about change. But working in the integrative health space, I've found I've become more open to trying small changes for a little while and then reassessing if staying with that change or maybe even committing to a bigger change is worth it.

Many years ago, I was offered the opportunity to have a standing/sitting desk. It took me a while to get used to it, but now I love it. I found that standing and moving at my desk a few times each day re-energized me, helped my creativity, and increased my productivity. No more stiff back or legs that fall asleep and feel frozen throughout the day.

While I know not every desk worker can take advantage of this equipment, most have the ability to implement a small change, such as stretching at their desk or using wearable technology to help them avoid being sedentary. Read *Stop Sitting and Start Moving* page 25 to learn ways to make every workday an active day no matter how sedentary your job is. Studies indicate that more daily activity can help you live a longer, more healthy life.

Speaking of living a long life, taking good care of your gut and lymphatic system (as outlined in *Trusting Your Gut* page 16 and *Loving Your Lymphatic System* page 30) are great



ways to maintain homeostasis and possibly extend your life span. Why not give Dr. Michael Ruscio's eight-step plan for digestive balance a try? Or start helping out your lymphatic system by dry brushing your skin and staying well hydrated. Sometimes, it just takes a simple commitment to reap big rewards.

While you're at it, how about eating more "superfoods" in the morning? I, for one, never thought of quinoa for breakfast, but after reading *Keen on Quinoa* page 11, I'm ready to give it a whirl. Who knows, I might just enjoy the small change and help my body in the process.

To your health,

Tarre Beach

Editor

Breaking the Sweat

Do you sweat a lot? Any number of factors can cause excessive sweating (also known as hyperhidrosis). Check out different strategies for addressing it.

By James Munro, ND

Q “I sweat way too much. Not just my armpits, either. My feet, hands, and brow are always sweating. What different options are there to treat this condition?”

A Excessive sweating in amounts greater than is physiologically needed for temperature regulation is known as hyperhidrosis. Around 15 million Americans are affected and may experience significant social, emotional, and/or professional consequences. If excessive sweating occurs both while awake and while sleeping, this suggests an underlying cause that should be investigated further. While it’s important to rule out secondary causes, hyperhidrosis is not commonly caused by a significant underlying disease. The exact cause of primary hyperhidrosis is not well-established, but it appears to be an abnormal, exaggerated response to normal emotional stress.

Hyperhidrosis most commonly affects the axillae (armpits), palms, and soles but can also affect other areas of the body, such as the face, scalp, inguinal (groin), and inframammary crease (below the breast). Symptoms often develop in childhood or adolescence but may persist throughout life and are very often associated with a family history of hyperhidrosis, suggesting a potential genetic component to the disorder.

There is no cure for hyperhidrosis, but there are many treatments that can provide some relief from symptoms.

Exacerbating Factors

The first step to controlling the symptoms is to address anything that may trigger or further exacerbate hyperhidrosis. Some simple triggers include eating or drinking too much sugar or ingesting spicy foods, chocolate, monosodium glutamate (MSG), alcohol, or caffeine. Triggers can be different for everyone, and it can be helpful to further investigate your diet to determine if you are consuming something that is making your situation worse.

There are also more complicated exacerbating factors to address. These include obesity or excess body weight, social anxiety, hormonal abnormalities, or certain medications. For these more complicated situations, working with your healthcare provider to ensure they are being addressed appropriately is important.

The Stress Response

Because an exaggerated response to normal stress can often be the cause of hyperhidrosis, supporting the body’s stress response can be helpful. With a naturopathic approach, a whole range of strategies can be explored.

For example, some basic stress-management tools you can immediately try on your own include yoga, meditation, journaling, or pursuing activities that connect you with friends and loved ones and help boost confidence. The next level of stress management could include cognitive behavioral therapy or other forms of mental health counseling, biofeedback, acupuncture, or hypnosis. Additionally, potentially helpful herbs



and supplements include ashwagandha, L-theanine, valerian root, magnesium, passionflower, rhodiola, maca, holy basil, and many more. The mechanism of action for each of these is different but many are considered adaptogenic (stress response supportive) and commonly used to naturally support the body's stress response.

Antiperspirants & Current Technology

There are both over-the-counter and prescription antiperspirants that can further help control excessive sweating.

Another available therapy is iontophoresis. This involves using a device that emits a gentle current through a wet sponge or a small bath for your feet or hands. The current can cause the sweat glands to reduce their output. Iontophoresis can be very helpful but requires multiple, regular treatments to be effective and must be done routinely to maintain the desired results.

More Aggressive Interventions

Botulinum toxin (Botox®) injections may reduce sweating for up to six months at a time. It is a temporary solution that many patients find effective. However, it may not be appropriate for some people, particularly those with chronic or autoimmune illnesses.

Various prescription oral medications can be used to treat hyperhidrosis. In extreme cases, some patients have opted for surgery to treat their hyperhidrosis. Surgical treatments can include a doctor cutting the sympathetic nerves that signal the sweat glands or removal of the sweat glands. Of course, all treatments discussed here come with potential side effects or other risks.

From changing your diet and adding adaptogenic supplements to prescription medications and surgery, there are many ways to deal with hyperhidrosis.

The important thing is to know that you have several options available, and you are not alone. Talk to your healthcare practitioner today about your preferred method of addressing this important health issue.



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

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Keen on Quinoa

Find out what makes this South American seed a nutritional super star.

By Mary Gocke, RD, CDN

Quinoa (pronounced keen-wah) is a grain-like seed that is naturally gluten free. It is often referred to as a “superfood” because of its impressive nutritional profile. It comes in several different varieties, including black, white, and red. White is the least bitter; red and black have a chewier texture, so they are often used for cold dishes such as salads. Whatever color quinoa you choose, they are all rich in protein, fiber, and minerals.

Most impressive is quinoa’s protein content. It is considered a complete protein because it has all nine essential amino acids. It’s also an excellent substitute for animal-based proteins, making it a smart choice if following a vegan or vegetarian food plan.

Because quinoa is gluten free, people with celiac disease or those who are gluten sensitive can enjoy quinoa. It is more nutritious than other gluten-free replacements, such as rice, and provides a good source of zinc, iron, and fiber, which are nutrients that people who follow gluten-free diets can lack.

A Fiber Fiesta

The fiber in quinoa benefits digestive health by promoting both regular bowel movements and healthy bacteria. Fiber also improves blood sugar regulation and benefits cholesterol levels. A one-cup serving of cooked quinoa provides more than five grams of fiber. It’s a smart way to reach your daily fiber needs, which average about 25 to 35 grams per day for adults. The combination of protein and fiber in quinoa can help promote a feeling of fullness, potentially aiding in weight management by reducing overall calorie intake.

Iron and Zinc

Quinoa is rich in both iron and zinc. Iron and zinc are minerals that the body does not produce in adequate amounts, making them essential to get from food. Both are needed for DNA synthesis.

Iron transports oxygen throughout the body, helps make energy, and is involved with red blood cell formation. Quinoa typically provides 2.8 milligrams of iron (varieties of quinoa vary), significantly contributing to one’s iron needs. To enhance iron absorption from quinoa, pair it with a food high in vitamin C, such as tomatoes, citrus fruits, or bell peppers.

Zinc has many roles in the body, including immune function, wound healing, and cellular division. It is great for maintaining healthy skin, nails, and hair. One cup of quinoa provides 2 milligrams of zinc, meeting the daily requirement of most adults.

History of Quinoa

Quinoa has been a staple food for indigenous peoples, such as the Inca in the Andes, who consider it a sacred crop. In recent decades, quinoa has gained global popularity because of its nutritional benefits and versatility. As a result, it is now cultivated in various parts of the world. Most of the world’s quinoa production still comes from South America.

Quinoa is easy and quick to prepare and can be used in various recipes, including salads, porridge, soups, baked goods, and desserts. Here are a few ways to incorporate quinoa into your diet.

- Use quinoa in place of oatmeal to create a warming, nutritious breakfast (see the below recipe)
- Buy quinoa flour to make gluten-free baked goods like muffins and breads
- Add quinoa to salads, soups, and stews
- Instead of pasta, top quinoa with tomato sauce
- Make quinoa pudding for a high-protein and -fiber dessert

Story Continued on **page 13**



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—James Munro, ND
Medical Director, XYMOGEN



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Warm Quinoa Cereal With Nuts

Ingredients

1 cup quinoa (red, white, or black, or a mixture of all 3)
2 cups water
1 cup milk or nondairy milk
¾ tbsp maple syrup
¼ tsp ground cinnamon
¼ cup chopped walnuts
sea salt to taste
fresh fruit

Instructions

1. Rinse the quinoa with cold water in a fine mesh strainer and drain.
2. Put the water and milk in a pot and bring to a boil. Stir in the quinoa, turn down the heat to medium, cover the pot, and simmer gently for 15 minutes.
3. Stir occasionally and add more milk, if needed.
4. The cereal is done when the quinoa is soft and has the consistency of oatmeal.
5. Remove from heat and stir in the maple syrup and cinnamon.
6. Transfer to bowls and serve warm with chopped walnuts and fresh berries, if desired.

**Yield: 3 Servings
(with whole milk)**

Nutritional information (approximate):

Calories:	310
Protein:	9.7 g
Carbohydrates:	49.4 g
Fiber:	7.3 g
Fat:	7.8 g
Iron:	3 mg
Zinc:	1 mg

Sources: Verywellfit.com and nutritionvalue.org



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



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TRUSTING YOUR GUT

Discover the importance of gut health, how to heal your gut, and ways to maintain gut health for optimal wellness.

By Heather Flint

We've all felt that feeling in the pit of our stomach when we're worried or those little butterflies when we're excited, but can we really trust our gut? The answer is that your gut can tell you a lot more than just validating your anxiety or joy, and the old adage, "Always trust your gut," means a lot more than just following your intuition.

The Second Brain

The gut refers to the body's gastrointestinal (GI) tract, which is the pathway of the whole digestive system that runs from the mouth to the anus. When thinking of the digestive system, we immediately think of breaking down food to fuel and energize our bodies; however, the gut is also responsible for regulating your immune system and produces more than 90% of the serotonin needed throughout the central nervous system.

Your gut helps regulate your entire body, which is why it is often referred to as "the second brain." Scientists call this second brain the enteric nervous system (ENS), which is two thin layers of more than 100 million nerve cells that line the entire GI tract. While this second brain won't help you write the next great American novel, it will help keep your body functioning at optimal levels, so your "first" brain is free to let the creativity flow.

ENS Crosstalk

While they don't share a phone plan, the gut and brain are in constant communication. Braden Kuo, assistant professor of medicine at Harvard Medical School, says, "There is immense crosstalk between these two large nerve centers. This crosstalk affects how we feel and perceive GI symptoms and impacts our quality of life."

This crosstalk can be observed when we see and smell appealing foods and our brain signals to our gut that we will eat. This is actually when the first phase—the cephalic phase—of digestion begins. Our body prepares to break down food even before we start eating.

Considering the brain-gut connection is so strong that digestion starts before we even begin eating, it stands to reason that crosstalk can also profoundly impact other bodily functions. As your body's main serotonin producer, the gut can trigger large emotional shifts for people with diseases like irritable bowel syndrome or functional bowel issues like constipation or upset stomach.

Although stress and anxiety can contribute to GI symptoms, they aren't necessarily the underlying cause; in fact, the reverse may be true. This is why supporting your gut health is essential to maintaining your quality of life.



You Are What You Eat

While our first instinct is to associate GI symptoms with something we ate that caused heartburn, nausea, changes in bowel movements, etc., the root of the problem can stretch far beyond bad sushi from the gas station. The types of foods you consume directly impact how they are digested and, in turn, impact your gut health.

Think of your gut as a delicate ecosystem of diverse microorganisms that work together to drive your bodily functions. This is known as the gut microbiome. When the microbiome is imbalanced, your body may function at lower levels and decrease your quality of life.

One of the main causes of this imbalance comes from the foods you consume and how they respond to digestion. When your diet consists of fiber-rich and whole foods, you help regulate the microorganisms and aid in proper digestion. Alternatively, when your diet is high in complex sugars and processed foods, you help feed harmful bacteria that disrupt the balance of the gut.

You can also irritate your gut with long-term use of certain over-the-counter medications, like ibuprofen, smoking, heavy alcohol consumption, and environmental toxins. So, paying attention to not only your diet but also all the other things you consume regularly can go a long way to help keep your gut microbiome functioning optimally.

Healing the Gut

According to a survey done by Dr. Andrea Klemes, chief medical officer of MDVIP, 73% of adults aged 18 to 44 have symptoms of digestive health issues. If you are a part of that 73%, the good news is that you can heal your gut, and you can heal it naturally. But the road to wellness will depend on how committed you are to helping your gut regain balance.

“Many people are looking for a magic pill, but the best way to a healthier gut is through the food you eat,” Dr. Klemes says. “Start with

the dynamic duo of probiotics and prebiotics, which work together in promoting the good bacteria in your gut. Examples are yogurt, vegetables, and whole grains. Avoid highly processed foods, which compromise the gut microbiome. With simple dietary changes, a little can go a long way.”

There are many different clinical approaches to healing the gut, and you should always check with your healthcare practitioner first. As an example, Michael Ruscio, DC, naturopathic practitioner, clinical researcher, author, and adjunct professor at the University of Bridgeport, has put together an eight-step plan to help individuals with digestive issues regain balance and maintain a happy, healthy gut microbiome.

8 Steps to Digestive Balance

Step 1: Reset

Unplug your system and plug it back in again. Start with a modified two- to four-day liquid fast, like bone broth, to let the gut rest. Then, begin an anti-inflammatory diet to reduce allergens and irritants. During this time, you should minimize alcohol, introduce light exercise, and identify stressors you can remove from your daily life.

Step 2: Support

Help support and protect your gut with nutritional supplements. Incorporate a probiotic, digestive enzyme, or hydrochloric acid to help restore the “seal” to your gut lining and offer support as your body breaks down foods that can cause stress on your system. Work with your healthcare practitioner to identify which supplements will offer the most support.

Step 3: Remove

If steps 1 and 2 are not providing the relief you need, you can try to add antimicrobial herbs to target and eliminate harmful gut microbes that could be causing your discomfort. If you are feeling better after steps 1 and 2, this step is unnecessary. Working with a healthcare practitioner to choose the correct herbs is encouraged.



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Step 4: Rebalance

If your digestive system is still sluggish, causing constipation, you can introduce prokinetic supplements, like peppermint oil, to support the healthy microorganisms in your microbiome.

Step 5: Reintroduce

Slowly bring back eliminated foods to identify which foods fit best within your unique gut ecosystem. Once you identify the foods that cause flare-ups, you can avoid them.

Step 6: Feed

Eat prebiotic foods, like legumes, onions, and whole grains, to help feed the good microorganisms in your gut. This should be done slowly so as not to overstress your system.

Step 7: Wean

Cut back on your supportive supplements and focus more on a healthy diet and lifestyle. You can remove supplements from your diet one at a time. If you notice a significant difference after cutting a particular supplement and discomfort reoccurs, resume taking it. Your body may need the extra support of one or some supplements to feel its best.

Step 8: Maintenance

Focus on what worked during this process and create a routine. Adopt and maintain a regular diet that is low

in processed foods and sugars and high in whole foods, fruits, and vegetables. Eat probiotic and prebiotic foods in moderation or take a broad-spectrum probiotic supplement. Exercise, drink plenty of water, get quality sleep, and manage your stress to continue to keep your gut and you happy and healthy.

Remember that there is no one-size-fits-all method for healing the gut, so working with your trusted healthcare team will allow you to explore all the options and find which works best for your unique microbiome.

Trust Yourself

It's always a good idea to listen to your body, and your gut is no different. While every flap of a butterfly wing you feel in your stomach may not indicate a digestive issue, you know your body well enough to understand when there is a problem.

Armed with the knowledge that your gut and brain share a powerful connection, work with your healthcare practitioner to identify the root cause of your digestive issues and how to best manage them without just masking the symptoms. Knowing that gut health can impact your quality of life, including your mental health, using the expertise of your trusted health team to heal your gut is the next best step to regain your balance.



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Stop Sitting and Start Moving

A sedentary lifestyle can hurt your health. Learn about how to adopt a few small changes to stay healthy.

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

We all know exercise and movement is important for our overall health. According to the National Institutes of Health, up to 80% of American workers have a mostly sedentary job, meaning their jobs don't require them to move or use their bodies very much. So, most people are sitting for 8 to 12 hours a day. The problem is that prolonged sitting is linked to diabetes, poor heart health, weight gain, depression, dementia, and even different kinds of cancer.

Created to Move

Our bodies need to move. When we are sedentary, we may experience stiffness in our joints and weaken our muscles. Data analysis of the National Health and Nutrition Examination Survey (NHANES) found a negative association between sedentary activity and bone mineral density. Likewise, a Korean study found that sedentary behavior can lead to overproduction of the parathyroid hormone, which may disrupt the calcium metabolism required for bone formation.

Another Korean study reported that a sedentary lifestyle may lead to hormonal responses, which can alter the circulation levels of sex hormones and possibly increase the risk of hormone-related cancers.

Less Movement, Shorter Life

According to the World Health Organization (WHO), physical inactivity constitutes the fourth leading cause of death globally, causing an estimated 3.2 million deaths worldwide.

The good news is that many studies have found that regular exercise can support healthy blood pressure, cholesterol, weight, and cardiovascular health over time and possibly prevent diabetes, heart disease, and other deadly illnesses.

If you are part of the majority of Americans who have a sedentary job, below are some tips to bring more movement into your life, keeping you healthy.

Wearable Devices

Investing in a wearable device, such as a smartwatch, a step tracker, or another fitness tracker, can help you stay mindful of how much movement you're doing on an hourly and daily basis. Some wearables nudge you after a certain amount of time to get up and move for at least one minute. These serve as great reminders to get up and get your body moving.

Stretching

Got a desk job that keeps you from moving around a lot? There are a variety of stretches you can do while seated. In fact, you can stretch every major muscle group right at your desk. This will help get blood flowing to those inactive areas to reduce stiffness and prohibit atrophy. A simple Google or YouTube search will provide you with an array of desk-friendly stretches.

Scheduling Your Movement

Just like you schedule your nail appointments, hair appointments, dinner reservations, etc., it's a great idea to do the same for movement or exercise. Set an alarm on your phone or write down on your desk calendar the times you want to get up and move or do some stretching.

Accountability Partner

Find an exercise buddy at work to take quick walks or do a midday stretch with during your breaks. Barring that, you can even plan to do stretches at the same time during the day and report back to each other. If you work alone, ask a friend or family member if they'll be your accountability partner. You can text or call your partner about your commitment to movement each day and/or they can check in with you to hold you accountable.



Your chances of completing a task are much higher if someone reminds you to do it.

Never let sitting get the best of you. Get up and get moving, even if just for a minute here and there. Staying active could just save your life.

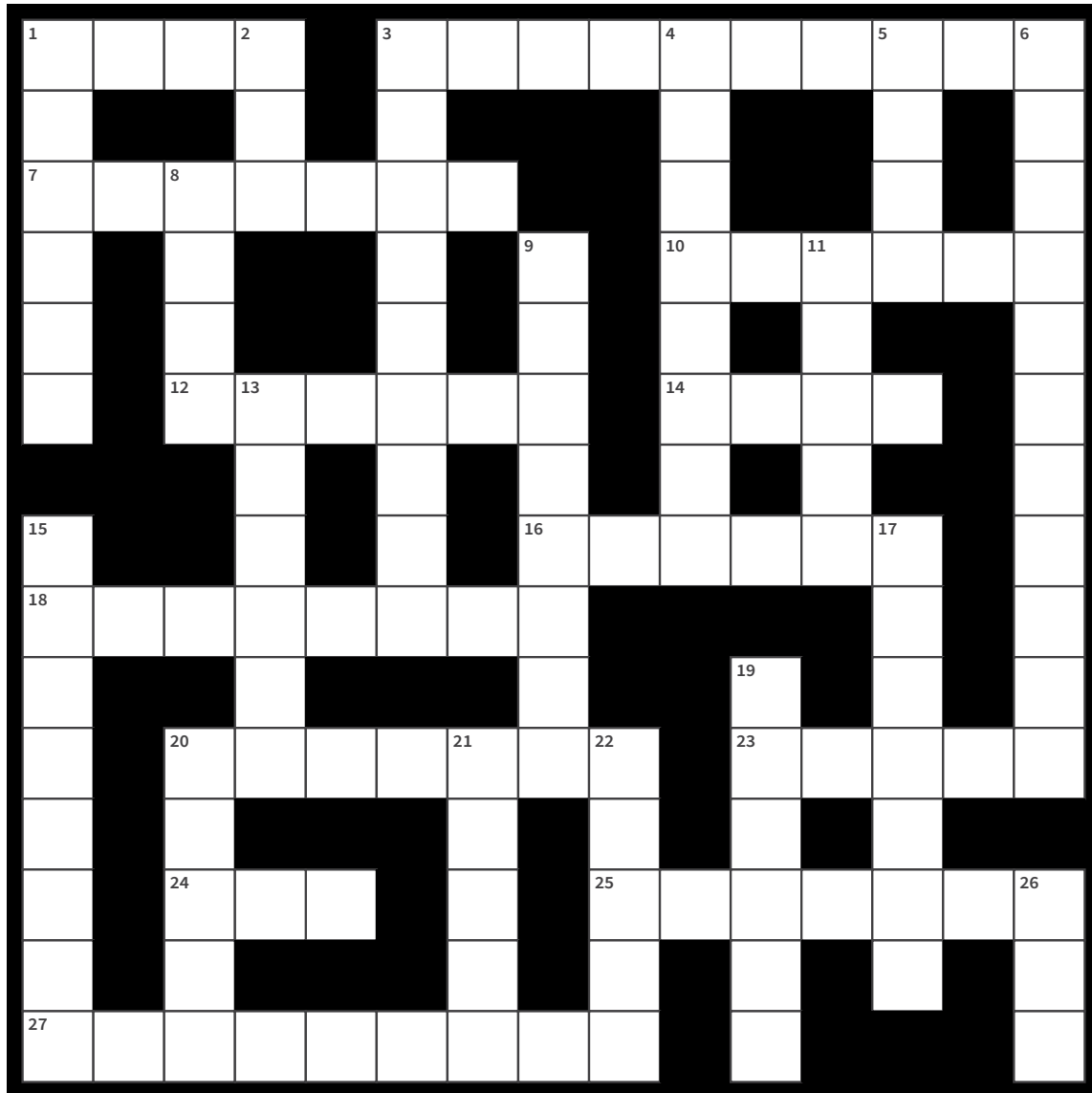


Sarah Blackburn King, PES, GPTS, FMCHC, is a performance enhancement specialist and group personal training specialist certified by the National Academy of Sports Medicine as well as a health coach certified by the Functional Medicine

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. Checked, validated
2. Welcoming greeting
3. Immune system gland with white cell fluid (two words)
4. Advice, assistance
5. Black and white ocean predator
6. Medicinal drawbacks (two words)
8. Its capital is Baghdad
9. Person suffering from insulin deficiency
11. Blood, ____, and tears
13. End result
15. Immortal flower, also a cereal
17. Fulfill desire
19. Stripy stones
20. Glucose
21. Rwandan minority to Hutu
22. Bush boundary
26. "Bad" cholesterol (abrev.)

Across

1. Trail, track
3. Court figures
7. Paper folding art
10. Portion of medicine to be taken
12. A "keen" South American supergrain
14. A friend in ____
16. Expels, throws out
18. Sentimental to the max
20. Reach, extend
23. Creamy Southern side dish
24. Instinct, feeling
25. Willingly obedient
27. Unite, sing as one

Answers found on **page 41**



INTRODUCING CARDIO ELITE


Cardio Elite is a blend of modern nutraceuticals and time-honored botanicals designed to help support healthy blood pressure, nitric oxide (NO) production, vascular integrity, and micro and macrocirculation.

Well-regulated blood pressure, NO sufficiency, a resilient vasculature, and robust blood circulation helps improve the delivery of nutrients to cells and tissues, enhance tissue oxygenation, and may support cognition, sexual function, and exercise performance.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Information provided by this website or this company is not a substitute for individual medical advice. †IMD (Proprietary thiol-functionalized silica)

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PEAK PERFORMANCE

Learn more about some exciting formulas and their supportive properties.

If you're looking for high-quality formulas that target muscle recovery, body composition, detox process support, and blood sugar balance, look no further. XYMOGEN has just what the doctor ordered to help you meet your peak performance goals.

Body Composition + Collagen

You've probably noticed that supplements with collagen are getting a lot of attention right now. That's because collagen is a helpful tool in supporting healthy body composition, the skin's appearance, and muscle recovery after exercise.

XYMOGEN's **FitFood® Lean Collagen** is an evidence-based formula featuring bovine collagen peptides complemented with beta-hydroxy-beta-methylbutyrate (HMB) and vitamin D3. This combination supports collagen production, the integrity of connective tissues, and muscle health. This versatile powdered formula rapidly disperses in water and is ideal for athletes or anyone looking for an easily digested protein source.*

Them Bones (and Muscles)

Studies indicate that HMB, a natural metabolite of leucine, supports body composition. XYMOGEN's **HMB PRO** combines HMB and vitamin D to support muscle recovery as well as skeletal muscle health and function.*

Blood Sugar Support

Berberine has also been in the spotlight recently. XYMOGEN's **Berberine ES-5** features dihydroberberine (DHB). Some studies have found that this form of berberine can help with blood glucose metabolism. Also, being five times more bioavailable than regular berberine, DHB may have comparable beneficial effects at much lower doses.*



A Little Means a Lot

Last but not least, **OptiCleanse® GHI Lite** will offer all the things you love about OptiCleanse® GHI—support for the body's detoxification processes and gastrointestinal health—in a lower-dose, more cost-effective size. These go-anywhere stick packs can be used for smaller, more frequent dosing, which may better fit your unique supplement regimen.

OptiCleanse GHI Lite will feature all the same high-quality ingredients of OptiCleanse GHI, such as VegaPro™, a vegan-friendly, highly digestible protein; Aminogen®, which supports protein absorption; and Quatrefolic®, which provides a more bioavailable form of folate.*

Whether you're a competitive athlete or a weekend warrior, an office worker or a stay-at-home parent, or a practitioner looking to support the health goals of your patients, XYMOGEN's FitFood Lean Collagen, HMB Pro, Berberine ES-5, and the upcoming OptiCleanse GHI Lite are great supplements to include.

KICK YOUR PERFORMANCE INTO HIGH GEAR BY ORDERING THESE SUPPLEMENTS TODAY!

Loving Your Lymphatic System

Learn what the lymphatic system does and what you can do to keep it healthy and strong.

By Christina Frank

While it may not have the fame of the heart or the glamour of the brain, your lymphatic system is a silent superstar working tirelessly behind the scenes to keep you healthy and vibrant. In this article, we'll take a look at this unsung hero, from its role in removing toxins and waste from your body to its role in defending against germs. So, let's dig in and learn about how it works, common issues that can develop, and strategies for taking good care of it so that it can take good care of you.

Lymph System 101

Your lymphatic system is like a body-cleaning drainage system composed of vessels, nodes, and lymph (a watery substance). When your body needs to eliminate stuff, like cellular debris, germs, toxins, or excess fluid, the lymphatic system jumps into action and draws all that “stuff” in through its vessel walls into the lymph. As lymph travels through the lymphatic system, it passes through lymph nodes.

Lymph nodes are small, bean-shaped glands that act as checkpoints, monitoring and cleansing the lymph as it filters through them. Lymphocytes and other immune system cells in the lymph nodes work to destroy harmful substances, such as damaged cells, cancer cells, and germs. This critical process aids your body in defending itself against infections and diseases. Your body has approximately 600 lymph nodes distributed throughout various regions, with some being grouped closely together.

After harmful substances are “treated” in the lymph nodes, the resulting waste is shuttled via the lymph to one of two major ducts in your upper chest. Here, the lymphatic vessels join, like a freeway onramp, with the bloodstream; this joining-up serves to return fluid to your bloodstream to maintain fluid balance and deliver the waste to your bloodstream so it can be filtered and removed from your body. This process is continual and looped.

Now that we've established what the lymphatic system is and how it works, let's take a look at common issues.

Swollen Nodes—What Gives?

Lymph nodes can swell for a variety of reasons, not the least of which is infection. When you experience an infection, your lymph nodes may become large and tender—a signal that they are fighting invaders. An infected tooth, ear infections, strep throat, mononucleosis, and skin or wound infections are common causes. Swollen nodes caused by infection usually resolve within two weeks. However, more serious conditions, such as HIV, immune system disorders, and cancer, can also cause nodes to swell. Other things that can cause swollen nodes might include certain medications, hormonal changes, and excessive toxin exposure.



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Blocking the Flow

Secondary lymphedema is a blockage resulting from damage to lymph vessels or nodes, which will cause the lymph to build up, resulting in swelling, discomfort, and sometimes pain in the affected area. Risk factors can include obesity, older age, lymph node biopsy or dissection, radiation therapy, infection, peripheral vascular surgery, certain cosmetic surgeries, and some pharmaceuticals. Lymphedema most commonly occurs in the arms, hands, legs, and feet. But it can also develop closer to the body's center, such as in the face, shoulder, breast, chest, pelvis, groin, and genitals. Severity can range from mild to painful and disabling, and serious skin infections are a risk. (Primary lymphedema is caused by a genetic mutation and is rare.)

Lymphatic System Hacks

Whether you are young and healthy or older and prone to illness, there are things you can do each day to help your lymphatic system function optimally. Let's take a look at some things you can begin doing today.

Consuming a balanced, colorful, fiber-rich diet and steering clear of artificial additives and ultra-processed foods that can trigger low-grade inflammation and swelling is always smart. These dietary suggestions also potentially reduce the lymphatic system's workload.

Maintaining a healthy weight is obviously important to overall wellness. When supporting your lymphatic system, weight also matters. Having too much body fat as compared with lean mass (muscle, bone, organs) has been correlated with lymphedema onset, and healthy dietary patterns resulting in weight loss have been proven to reduce some forms of secondary lymphedema.

The body is more prone to hold onto excess liquid when it's dehydrated. For that reason, good hydration is critical for optimal lymphatic system function. The Institute of Medicine of the National Academies recommends drinking 91 ounces or 11 cups per day for adult women and 125 ounces or 15 cups per day for men.

Muscular contraction is like a pump that helps fluid get around your body. Exercise can help the lymphatic system flow effectively and could potentially help prevent infections. Your exercise routine doesn't have to be anything extreme; simple walking or gentle yoga can do the trick.

Chronic stress may make your lymphatic system less effective at "clearing" harmful substances. Stress management techniques, including regular exercise and deep breathing, can help mitigate the effects of stress. Also, limiting exposure to pollutants and toxins will make it easier for your lymphatic system to filter waste. Aside from these general lifestyle recommendations, there are more targeted practices you can implement to maintain lymphatic health.

Brush What?

Dry brushing has been around for centuries and recently gained popularity in Western countries. It involves using a stiff-bristled brush for the body and face and brushing along the skin in long, delicate strokes toward the heart. Proponents of dry brushing for lymphatic drainage maintain that brushing your skin with consistency activates the lymphatic system. Look for a reputable dry brushing technique resource to ensure you do it correctly and safely. Individuals with any broken skin or skin conditions, including skin compromised by lymphedema, should get clearance from their healthcare practitioner before starting.

Flow-Boosting Breathing

Adie Mackenzie, a certified lymphedema therapist with 40 years of experience, recommends deep breathing for good lymphatic health. Inhale slowly and deeply through your nose; belly out. Exhale slowly and thoroughly through your mouth; belly in. Repeat. This deep breathing helps to manually stimulate lymph nodes in your abdomen to empty their contents.

Mackenzie describes deep breathing to support those with lymphedema this way: "This is the same kind of action we might notice with a vacuum cleaner. When the bag or canister of a vacuum cleaner is full, the amount of suction generated is reduced, and the vacuum is not efficient," she says. "In this same way, when the lymphatic fluid filling our system is mobilized and returned back to the bloodstream, the lymph system has increased ability to pull more fluid from tissues of the limbs, head, and gut, areas that may be feeling or looking bloated."

If you want or need to take maintaining lymphatic health a step further, there are options that either require training or monitoring by a qualified health professional or are performed by a specialist.



Calling in the Pros

There are a variety of supplements that are used for lymphatic system health. Common recommendations include selenium and other antioxidant nutrients, which help to reduce oxidative stress; polyphenols to exert anti-inflammatory and anti-swelling actions; and herbs, such as marigold, cleavers, echinacea, and burdock root, which are thought to support lymphatic drainage. Oftentimes, these ingredients will be combined into a lymphatic formula. These nutritional compounds may help to reduce exacerbating processes that might be going on in your body, and they should be used under the supervision of a licensed healthcare professional.

Gentle lymphatic massage involves a series of gentle and sweeping hand movements. Your neck, armpits, groin, and back of knees are good areas to focus on because of their number of lymph nodes. While you can do this on your own at home, it's important to learn the correct technique from a professional. According to Laurie Green, MPT, lymphedema specialist and owner of Mobility In-Home Physical Therapy, studies have shown that when performing lymphatic massage,

using too much pressure could collapse the superficial lymphatic ducts.

“It’s important that patients be taught by a professional how best to massage an affected limb,” she says. “The large molecules in lymphedema cannot be ‘pushed’ into the system, but instead, the system needs to be stimulated to absorb the molecules.”

For people who are experiencing more severe lymphatic system issues, your healthcare practitioner may want you to enlist the help of a trained professional to implement more aggressive forms of therapy. These might include specific exercises to promote fluid drainage; manual lymphatic drainage; use of compression in the form of bandages, sleeves, garments, and devices; and complete decongestive therapy, which combines several modalities.

It’s clear that the lymphatic system is critical to your health, and there’s a lot you can do to keep it flowing. Daily lifestyle practices, as well as more targeted techniques, can help maintain healthy lymph flow. Your lymphatic system is your unsung hero, working hard in the background to keep you healthy from germs, toxins, and other harmful substances. Give it some love today.



What Is WholeScripts?

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

Why WholeScripts?

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

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A Way to Weight Loss

Learn more about semaglutide, the latest weight loss drug.

By Tarre Beach

There was a big splash in blood sugar management for diabetics with the addition of the drug semaglutide. Not too long after, semaglutide was approved by the Food and Drug Administration (FDA) to also be used for “overweight” individuals 12 years and older to help them lose weight. According to the drug company SingleCare, semaglutide was so popular from 2021 to 2022 that prescriptions for one brand name of it tripled.

How it Works

In technical terms, semaglutide is a glucagon-like peptide-1 (GLP-1) receptor agonist and occupies the GLP-1 receptor in the brain that regulates appetite. Basically, it mimics a natural hormone in the body called incretin, which is made primarily in your digestive tract, to help you eat less, reduce your hunger and cravings, and feel fuller for longer.

The issue for many integrative healthcare practitioners is that semaglutide also slows gastric emptying and can have a multitude of side effects. These may include nausea, fatigue, headaches, constipation, diarrhea, belching, passing gas, vomiting, hair loss, recurrent fever, stomach paralysis, kidney

damage, pancreatitis, gallbladder disease, and thyroid tumors.

Cost Conscious

Then there’s the financial cost of semaglutide. According to Peterson KFF Health System Tracker, a not-for-profit online monitoring hub for healthcare cost and quality, a one-month supply of the four brand-name semaglutide drugs costs between \$936 and \$1,349. When being used for weight loss in patients who are not significantly overweight, insurance may not cover this cost. Semaglutide is a long-term treatment for obesity, and most patients will stay on it for a year or more and then slowly wean off. However, *Diabetes, Obesity and Metabolism* reports that two-thirds of people regain the weight they lost one year after they stop taking semaglutide.

So, is taking semaglutide just to shed a few pounds a good idea? Who shouldn’t take it? What kind of diet should you follow while taking semaglutide? What do we know about the long-term effects of the drug? Are there natural alternatives to semaglutide? Read on to find out how different healthcare practitioners answer these questions.

The Good, the Bad, and the Old

Cara Phillipio, ND, at Natural Path Medicine in Portland, says semaglutide can be a useful tool for both obese and overweight patients trying to lose weight but that patients should also be prepared to change their diets while on semaglutide. She states that patients using semaglutide should avoid fatty, sugary, spicy, and fried foods. She recommends eating a bland whole-food diet and drinking plenty of water to help reduce any of semaglutide's adverse side effects, particularly nausea, vomiting, bloating, constipation, and abdominal pain. Dr. Phillipio reminds patients that semaglutide is a long-term treatment, and this diet should be followed for the duration of its use.

Nicole Sundene, ND, of Scottsdale Naturopathic Clinic, says that semaglutide stimulates receptors in the hormone system and can negatively impact your hormone balance.

“Is it worth risking thyroid and hormone health? Not yet, in my humble biochemistry opinion,” she says. “Also, we don’t know the long-term consequences beyond a few years.”

Dr. Sundene is correct. Most peer-reviewed, published studies of semaglutide are approximately two years long; most of these studies also report that once a patient stops taking semaglutide, the weight often returns.

NHD Regenerative Medicine's Sara Jo Walton, ND, discusses an overlooked issue regarding using semaglutide for weight loss. She calls it “semaglutide face,” where people lose weight so quickly that their facial skin begins to sag, wrinkle, and they appear older-looking. Dr. Walton says that patients with this problem may then turn to plastic surgery to help rejuvenate their appearance, which comes with a whole slew of other risks.

Who Should Use It?

Diana Thiara, MD, the medical director of the University of California, San Francisco (UCSF) Weight Management program and the program director of UCSF Obesity Medicine Fellowship, makes it clear that semaglutide should only be used by people with diabetes, those who are obese or dealing with comorbidities associated with a high BMI.

“It’s not about how people look; it’s about their health. If you’re a [healthy] weight or even in an overweight category but not showing signs of the risk of having elevated cardiometabolic disease, you don’t need to be taking this medication for weight loss. That’s not the goal, and it’s not safe,” Dr. Thiara says.

In a 2023 California Institute of Behavioral Neurosciences and Psychology review, both bariatric surgery and semaglutide treatment were found to be useful for those with a BMI of 30 or greater. The review suggested that bariatric surgery had a higher efficacy but carried more risk of complications over semaglutide treatment, which offered notable weight reduction benefits with a lower risk profile but also required continued treatment in order to maintain that weight loss.

Reproductive Risks

With known side effects ranging from nausea to possible thyroid cancer, semaglutide has another hidden risk that may not be top of mind for some patients.

According to the Centers for Disease Control and Prevention, nearly 45% of pregnancies in the US are unplanned. That’s why some doctors recommend that women of child-bearing age taking semaglutide also use birth control. There are no data on the effects of semaglutide on human fetuses. However, animal studies suggest the possibility of harm to offspring. Owing to its long half-life, manufacturers of semaglutide include a warning that semaglutide should not be taken by pregnant or nursing women and should be discontinued at least two months before a planned pregnancy.

Other Alternatives

Because semaglutide is a synthetic version of incretin, no natural sources are an exact reproduction. With that in mind, Videhi Patel, MD, an internist in Pensacola, mentions a few alternative supplements and/or herbs that may support healthy blood sugar and glucose metabolism, which may promote weight loss.

Berberine is a natural compound found in different plant species. Dr. Patel says that clinical research studies have demonstrated the role of berberine in supporting healthy blood glucose and lipid metabolism.





Although the mechanisms underlying these beneficial effects are not entirely clear, it has been hypothesized that the modulation of gut microbes may be one mechanism by which berberine affects blood glucose metabolism.

Dr. Patel says that people with type 2 diabetes tend to have lower magnesium levels in their blood compared with other people. Because magnesium participates in metabolizing blood glucose, magnesium supplementation may support healthy blood glucose in such individuals.

Dr. Patel also suggests that aloe vera gel complex may support weight loss by boosting metabolism, lowering blood sugar levels, and reducing insulin resistance in prediabetic and obese patients.

Dr. Patel warns that magnesium and aloe vera can have a laxative effect, so patients should consult their healthcare practitioner before taking any natural product for weight loss.

Finally, studies have found that cinnamon's insulin-mimicking effect may support weight loss and healthy cholesterol and glucose levels.

Patient Beware

As with many weight loss trends, there are scores of healthcare providers, websites, and other sources

available for people to get semaglutide. Dr. Sundene says patients should be cautious of getting a new drug they've never taken before without an in-person medical visit and be especially wary of getting it without a prescription.

Because Ozempic®, Wegovy®, and Reybelsus® are patented medicines only available by prescription and there are no generic versions of these drugs available yet, what some websites or clinics are offering customers may not be semaglutide at all. They could be selling the salt forms of it, which are usually only used for research purposes, may not be safe, and may not provide the desired effects.

Another possibility is that what is labeled “generic” semaglutide may actually be a compounded version. While regulated and licensed compounding pharmacies are able to produce semaglutide-compounded drugs under certain instances, they don't go through the same rigorous testing and approval process as patented semaglutide drugs. The FDA has stated that it has received reports of safety problems in people using compounded semaglutide.

Dr. Sundene suggests the safer, most cost-effective alternative to semaglutide: thorough health testing and evaluation by a licensed healthcare practitioner, healthy eating, exercise, herbal and nutritional supplements as needed, and, in some cases, hormone balancing.

Surface Beauty

1500 BCE

Ancient Egyptians use sandpaper to exfoliate skin and smooth scars.

Circa 2100-2000 BCE

The Sumerians use honey for the treatment of skin abrasions. The therapeutic properties of honey for wound healing remain popular today.



221-206 BCE

A Chinese empress's skincare routine includes facial massages and cleansers made from seaweed and jellyfish. Seaweed treatment is still used for skin care today.

Skincare treatments to eliminate acne and/or reduce the signs of aging are not new. Take a look at just how far humans have gone to keep their skin youthful.

Circa 753 BCE

Ancient Romans bathe in sulfur and hot water to help clear acne.



320 CE

The Empress Wu Ze Tian uses pearl powder on her skin as well as ingesting it. The medical book *Ben Cao Gangmu* claims that pearl powder can stimulate healing, aid new skin growth, release toxins, and remove sun damage and age spots.

7th Century CE

The jade roller or *yushi gunlun* is used by Chinese royalty to help reduce puffiness and smooth skin.



1800s

Ground blister beetles or cantharidin are applied to skin or even taken internally resulting in irritating skin, which will eventually blister and heal.

1962

Swiss chemist and sunscreen producer Franz Greiter invents the sun protection factor (SPF) rating.

1891

Friedrich Hammer, a German doctor, creates the first sunscreen, made with quinine and prepared in a lotion.

1980s

Widespread use of laser skin treatments helps to minimize the appearances of fine lines, tone skin, and reduce dyspigmentation.

Wellness Words Answers

Down

- | | | |
|---------------------------|-----------------------------|--------------|
| 1. Proven | 6. Side Effects (two words) | 15. Amaranth |
| 2. Hug | 8. Iraq | 17. Satisfy |
| 3. Lymph Node (two words) | 9. Diabetic | 19. Agates |
| 4. Guidance | 11. Sweat | 20. Sugar |
| 5. Orca | 13. Upshot | 21. Tutsi |
| | | 22. Hedge |
| | | 26. LDL |

Across

- | | | |
|---------------|--------------|---------------|
| 1. Path | 14. Need | 24. Gut |
| 3. Litigators | 16. Ejects | 25. Dutiful |
| 7. Origami | 18. Mushiest | 27. Harmonize |
| 10. Dosage | 20. Stretch | |
| 12. Quinoa | 23. Grits | |

WholeScripts Product List

AC Grace

Product Name

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

Allergy Research Group

Product Name

200 mg of Zen 120 Capsules
Adrenal Cortex 100 Capsules
ALA Release 60 Tablets
Artemisia 100 Capsules
Artemisinin 300 Capsules
Artemisinin 90 Capsules
B12 Adenosylcobalamin 60 Lozenges
Biofilm Neutralizer 60 Capsules
ButyrEn 100 Capsules
Cat's Claw 60 Capsules
Eldermune™ Chewables 60 Tablets
GLA Borage Oil 30 Softgels
HiBiotin 90 Capsules
Humic-Monolaurin Complex 120 Capsules
Lumbrokinase 30 Capsules
Magnolia Extract 120 Capsules
Mastica® 120 Capsules
Melatonin 20 mg 60 Capsules
Micro Liposomal C 4 fl oz
N-Acetyl Glucosamine 90 Capsules
Ox Bile 500 mg 100 Capsules
Pancreas 60 Capsules
Pantothenic Acid 90 Capsules
Pregnenolone 50 mg 60 Tablets
ProGreens® 30 Servings
Quercetin Bioflavonoids 100 Capsules
Stabilium® 200 Garum 30 Capsules
Taurine 1000 mg 250 Capsules

Taurine 500 mg 100 Capsules

Thymus Natural Glandular 75 Capsules

Thyroid 100 Capsules

Thyroid Nutrition with Iodoral® 60 Tablets

TMG Trimethylglycine 100 Capsules

Tricycline® 90 Capsules

VascuStatin Formula 120 Capsules

Vitamin E Succinate 100 Capsules

Zen Adapt with Sensoril® 60 Capsules

Zen Sleep with P5P and 5-HTP 60 Capsules

Zinc Citrate 25 mg 60 Capsules

Zinc Picolinate 60 Capsules

American BioSciences

Product Name

CholestSolve 24/7® 120 Tablets
ImmPower ER® 60 Capsules
Metatrol PRO® 60 Capsules

AMG Naturally

Product Name

Better Body Butter 2.8 oz
Dead Sea Mud Mask 2 oz

Anna Cabeca

Product Name

Julva® Pro 1 oz
Mighty Maca® Plus 60 Servings

AOR

Product Name

Andrographis 120 Capsules
benaGene™ 30 Capsules
Hydroxy B12 - 1 mg 60 Lozenges
Ortho Sleep™ 60 Capsules
P.E.A.k. Endocannabinoid Support 90 Capsules
Peak K2 90 Capsules
Probiotic 3 90 Capsules
R-Lipoic Acid 300 mg 60 Capsules

Strontium Support II 60 Capsules

Argentyn 23

Product Name

Bio-Active Copper Hydrosol 16 fl oz

Bio-Active Copper Hydrosol 8 fl oz

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

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

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

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

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

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

Professional First Aid Gel 1 fl oz

Sinus Relief 1 fl oz

Sinus Relief 2 fl oz

Atrantil

Product Name

Atrantil 90 Capsules

Atrantil PRO 90 Capsules

AVEMAR

Product Name

AVEMAR™ 300 Tablets

AVEMAR™ AWGE 30 Sachets

AVEMAR™ Stevia Natural Plant Based 30 Sachets

Avior

Product Name

Myetin 60 Chewable Tablets

Real NAD+ 60 EZ Melt Tablets

Ayush Herbs

Product Name

AdrenOm 90 Capsules

Adult Ashwagandha Drops 2 fl oz

Adult Trifal Drops 2 fl oz

Amla Plex 30 Servings

Arjuna Heart 90 Capsules

Ayu-Dep 60 Capsules

AyuPhos 90 Capsules

Bacopa Plus 90 Capsules

Bacopa Plus Kids Drops 2 fl oz

Boswelya Plus 90 Caplets

BronchoTone 90 Capsules

Carditone 60 Caplets

CoCurcumin 30 Servings

Flucomune 90 Capsules

High Omega-3 Fish Oil 60 Softgels

Kids Ashwagandha Drops 2 fl oz

Kids Trifal Drops 2 fl oz

KuffSoothe 8 fl oz

Macuna Plus 90 Capsules

Neem Plus 90 Capsules

Probiotic 100B 60 Capsules

Rentone 90 Caplets

Barlean's

Product Name

Evening Primrose Oil 60 Softgels

Fresh Catch Fish Oil Orange Flavor 250 Softgels

Fresh Flax Oil 16 oz

Fresh Flax Oil 32 oz

Lignan Flax Oil 16 oz

Lignan Flax Oil 250 Softgels

Lignan Omega Twin 12 fl oz

Omega-3 Vegan Strawberry Banana Smoothie 16 oz

Seriously Delicious CLA Fresh Apple 16 oz

Seriously Delicious High Potency Omega-3 Citrus Sorbet 16 oz

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

Seriously Delicious MCT Oil Coconut 16 oz

Seriously Delicious Omega-3 Fish Oil Lemon Creme 16 oz

Seriously Delicious Omega-3 Mango Peach Smoothie 16 oz

Seriously Delicious Plant Based Total Omega Pomegranate Blueberry Smoothie 16 oz

Seriously Delicious Total Omega Orange Creme 16 oz

Seriously Delicious Total Omega Orange Creme 8 oz

BeeKeeper's Naturals

Product Name

Bee Pollen 150 g

Kid's Throat Soothing 15 Lollipops

Kids Propolis Immune Support* 1.06 fl oz

Propolis + Vitamin C 12 Packets

Propolis Complete Gut Health 60 Capsules

Propolis Immune Support* 1.06 fl oz

Propolis Nasal Spray 1 fl oz

Propolis Sinus Support 60 Capsules

Propolis Soothing Lozenges Honey 14 Drops

Royal Jelly Brain Fuel 6 Pack

Superfood Honey 125 g

Superfood Honey 330 g

Bio-Tech Pharmacal

Product Name

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

Dentalflora™ 30 Tablets

G.I. Detox+ 60 Capsules

G.I. InnerCalm Lemon Ginger 30 Stick Packs

Olivirex® 60 Capsules

Proflora 4R 30 Capsules

Biogena

Product Name

7-Salt Magnesium 60 Capsules

Chlorella Plus C 120 Capsules

Omega 3 Vegan DHA & EPA 450 GOLD 90 Capsules

Pycnogenol Superior 100 GOLD 30 Capsules

BioMatrix

Product Name

Candid-X 90 Capsules

Est-Adapt 15 mL

Licorice Root Extract 2 fl oz

Paracid-X 90 Capsules

Pregnenolone 30 mL

Pro-Adapt 15 mL

Pylori-X 120 Capsules

BodyBio

Product Name

Balance Oil 16 oz

Balance Oil 60 Softgels

Calcium / Magnesium Butyrate 100 Capsules

Calcium / Magnesium Butyrate 250 Capsules

E-Lyte 16 oz

Gut + Prebiotic + Postbiotic 30 Capsules

Liposomal Vitamin C 60 Capsules

Liquid Mineral Iodine 2 fl oz

Liquid Mineral Manganese 2 fl oz

Liquid Mineral Zinc 2 fl oz

Liquid Minerals 8 oz

PC 100 Softgels

PC 60 Softgels

PC Liquid 4 fl oz

PC Liquid 8 fl oz

Sodium Butyrate 60 Capsules

TUDCA 60 Capsules

Brain Bean

Product Name

Brain Basics Opti Zinc Plus 60 Tablets

Brain Basics Ultra Alpha GPC 90 Capsules

Brain Basics Ultra Iodine Complex 90 Tablets

Brain Basics Ultra Pure Astaxanthin 60 Softgels

Brain Basics Ultra Pure Selenomethionine 90 Capsules

Brain Omega 180 Softgels

Brain ResQ 60 Capsules

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

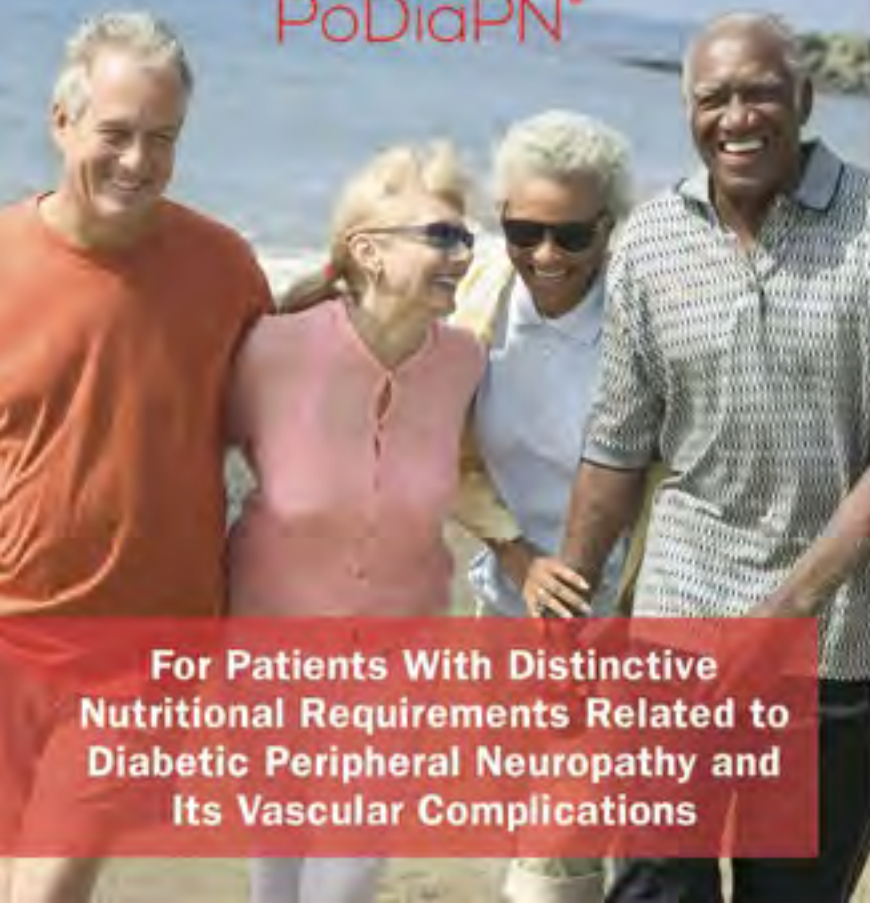
Mushroom Wellness Blend 18 Bags

Reishi Mushroom Blend 18 Bags

Throat Bliss Blend 18 Bags

Get Back Into Circulation!

PoDiaPN[®]



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

PharmaceutiX[®]



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

**Tap to learn more on
WholeScripts.com**

Carlson Labs

Product Name

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

ACES+Zn 60 Softgels

Acetyl L-Carnitine 60 Capsules

Cal-600 100 Softgels

Chewable Calcium Citrate 120 Tablets

Cod Liver Oil Gems 100 Softgels

Cod Liver Oil Lemon Flavor 8.4 oz

Cod Liver Oil Minis 100 Softgels

Cod Liver Oil Natural Flavor 8.4 oz

DL-Phenylalanine 60 Capsules

Hi-Fiber 100 Capsules

Key-E Hand & Body Cream Unscented 2 oz

Kid's Vitamin C Gummies 60 Gummies

Kid's Vitamin D3 Gummies 60 Gummies

M-S-M Sulfur 90 Capsules

Taurine Powder 31 Servings

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

Mycocutics Immune Max 180 Capsules

PADMA Basic Professional 180 Capsules

PectaSol Metal Detox 180 Capsules

PectaSol-C Professional 270 Capsules

PectaSol-C Professional 90 Servings

PectaSol-C Professional Chewable Tangerine Flavor 120 Tablets

PectaSol-C Professional Lime Flavor 30 Servings

PectaSol-C Professional Lime Flavor 90 Servings

RegeneRest 60 Capsules

Cognitive Clarity

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

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

Fizzy Mag 75 Servings

Focus Chewable Orange 90 Tablets

GLUCONIC[®] DMG 500 mg 60 Tablets

Glutathione 30 Capsules

GRAPEFRUIT SEED EXTRACT 400 mg 60 Capsules

HEALTHY EYES 90 Capsules

KiddOmega-3 Cherry Orange 40 Servings

LIPOSOMAL C 10.15 fl oz

LIPOSOMAL CITICOLINE 2 fl oz

LIPOSOMAL MELATONIN SPRAY 1 fl oz

MEGA PROBIOTIC ND 120 Capsules

Metabolic Multi 180 Capsules

Mightiest Vite[®] Fruit Punch 30 Servings

MILK THISTLE 90 Capsules

PROSTATE HEALTH 60 Capsules

Sleep Tight Citrus 1 fl oz

Sync Up Berry 2 fl oz

TRI-MAG 300 120 Capsules

Dr. Advantage

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 Saw Palmetto 2 fl oz

Vitamin C-PAK[®] Orange Flavor 30 Servings

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

Whole-Food Complex with added multivitamin 240caps

Zinc Plus Selenium 30 Capsules

Zinc Plus Selenium 90 Capsules

Drink LMNT

Product Name

LMNT Recharge – Citrus Salt 30 Servings

LMNT Recharge – Grapefruit Salt 30 Servings

LMNT Recharge – Orange Salt 30 Servings

LMNT Recharge – Raspberry Salt 30 Servings

LMNT Recharge – Raw Unflavored 30 Servings

LMNT Recharge – Variety Pack 12 Servings

LMNT Recharge – Watermelon Salt 30 Servings

Drs Nutrition Bar

Product Name

Drs Nutrition Bar Almond Chocolate Coconut 12 Bars

Encore Life

Product Name

HEMP OneThirteen 30 Softgels

HEMP OneThirteen 60 Softgels

HEMP OneThirteen Immune Sour Gummies Orange Cream 60 Gummies

HEMP OneThirteen PRO 1500 1 oz

HEMP OneThirteen 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

Fringe

Product Name

Red Light Therapy Panel

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 Formula 120 Capsules

Daytime HPA 120 Capsules

Daytime HPA 60 Capsules

GaiaKids Black Elderberry Kids Daily Gummies 40 Gummies

Holy Basil 60 Capsules

Nighttime HPA 120 Capsules

Oil of Oregano 60 Capsules

Plant Force Liquid Iron 16 fl oz

Revive HPA 60 Capsules

Rhodiola 60 Capsules

Sleep Formula 60 Capsules

Thyroid Formula 120 Capsules

Vitex 60 Capsules

Genexa

Product Name

Allergy Care 60 Tablets

Arnica Pain 100 Tablets

Cold Crush 60 Tablets

Flu Fix 60 Tablets

Kids' Allergy Care 60 Tablets

Sleepology 60 Tablets

Stress 60 Tablets

Guna Inc.

Product Name

Guna Allergy 1 fl oz

Guna Cough 5.07 fl oz

Guna Deep Cleanse 1 fl oz

Guna Defense 0.28 oz

Guna Female Balance 1 fl oz

Guna Flam Relief 1 fl oz

Guna Flu 0.21 oz

Guna Healthy Brain 1 fl oz

Guna Kidney Plus 1 fl oz

Guna Lympho Detox 1 fl oz

Guna Matrix Detox 1 fl oz

Guna Mood Support 1 fl oz

Guna Pain Management 1 fl oz

Haelan

Product Name

Haelan 951 8 fl oz

Sweet Mint Flavoring 40 Serv

Haylie Pomroy Group

Product Name

Fast Metabolism 10-Day Cleanse Kit

Fast Metabolism 5-Day Cleanse Kit

Fast Metabolism Diet Quick Start Kit

Metabolism Shake 14 Servings

Herb Pharm

Product Name

ADRENAL SUPPORT 1 fl oz

ANXIETY SOOTHER 1 fl oz

ARNICA OIL 1 fl oz

ASHWAGANDHA 1 fl oz

ASHWAGANDHA ALCOHOL FREE 1 fl oz

BETTER BITTERS CLASSIC 1 fl oz

BLACK ELDERBERRY ALCOHOL FREE 1 fl oz

CALENDULA OIL 1 fl oz

DANDELION ALCOHOL FREE 1 fl oz

ECHINACEA ALCOHOL FREE 1 fl oz

FUNG FREEDOM 1 fl oz

GINGER 1 fl oz

KAVA 1 fl oz

KIDS BLACK ELDERBERRY ALCOHOL FREE 1 fl oz

KIDS FAST ASLEEP 1 fl oz

KIDS IMMUNE AVENGER 1 fl oz

KIDS IMMUNE FORTIFIER 1 fl oz

KIDS LEMON BALM CALM ALCOHOL FREE 1 fl oz

KIDS MULLEIN GARLIC OIL 1 fl oz

KIDS ORANGE-FLAVORED ECHINACEA ALCOHOL FREE 1 fl oz

LEMON BALM 1 fl oz

LEMON BALM ALCOHOL FREE 1 fl oz

LUNG EXPECTORANT 1 fl oz

MILK THISTLE 1 fl oz

MULLEIN GARLIC OIL 1 fl oz

NERVOUS SYSTEM TONIC 1 fl oz

PASSIONFLOWER 1 fl oz

PEPPERMINT SPIRITS 1 fl oz

RAPID IMMUNE BOOST 1 fl oz

RELAXING SLEEP 1 fl oz

SOOTHING THROAT SPRAY 1 fl oz

ST. JOHN'S WORT OIL 1 fl oz

STONE BREAKER 1 fl oz
 SUPER ECHINACEA 1 fl oz
 TEA TREE ESSENTIAL OIL 1 fl oz
 TURMERIC 1 fl oz
 URINARY SYSTEM SUPPORT 1 fl oz
 VALERIAN 1 fl oz
 VALERIAN ALCOHOL FREE 1 fl oz
 VI-BE-GONE 1 fl oz

Herbalist & Alchemist

Product Name

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

Host Defense

Product Name

Cordyceps 120 Capsules
 CordyChi® 66 Servings
 Lion's Mane 120 Capsules
 Lion's Mane 30 Capsules
 Lion's Mane 60 Capsules
 Lion's Mane Extract 2 fl oz
 Maitake 60 Capsules
 MycoBotanicals® Brain* 60 Capsules
 MyCommunity® 120 Capsules
 MyCommunity® 66 Servings
 MyCommunity® Extract 2 fl oz
 Reishi 30 Capsules
 Stamets 7® 60 Capsules
 Stamets 7® Mushroom Mycelium Powder 66 Servings
 Turkey Tail 120 Capsules
 Turkey Tail 60 Capsules

HumanN

Product Name

HeartGreens Green Apple 30 Servings
 Neo40 Daily 30 Tablets
 Neo40 Professional 60 Tablets
 Nitric Oxide Indicator Strips 25 Strips
 SuperBeets 1000 mg 90 Capsules
 SuperBeets Black Cherry 30 Servings
 SuperBeets Collagen Cherry Berry 30 Servings
 SuperBeets Energy Plus Natural Berry 30 Servings
 SuperBeets Heart Chews Pomegranate Berry 60 Chews
 SuperBeets Immune Cranberry Cherry 30 Servings
 SuperBeets Memory + Focus 30 Chews
 SuperBeets Original Apple 30 Servings
 SuperBeets® Sport 20 Servings
 SuperGrapes Heart Chews 60 Chews
 Tart Cherry Gummies 60 Gummies
 Turmeric Chews Orange Citrus 30 Chews
 Uric Acid Balance 120 Capsules
 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 Complete Care 90 Tablets
 GI Response 8.4 oz

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

Pantethine 60 Softgels

PS100 100 mg 60 Softgels

QH-absorb® + PQQ 30 Softgels

QH-absorb® 200 mg 60 Softgels

Quercetin 500 mg 100 Capsules

Red Yeast Rice + CoQ10 120 Capsules

Theanine 200 60 Capsules

Jigsaw Health

Product Name

Activated B w/SRT 120 Tablets

Adrenal Cocktail + Wholefood Vitamin C 60 Servings

Adrenal Cocktail™ + Wholefood Vitamin C 60 Packets

Electrolyte Supreme Berry-Licious 60 Packets

Electrolyte Supreme Berry-Licious 60 Servings

Electrolyte Supreme Lemon-Lime 60 Packets

Electrolyte Supreme Lemon-Lime 60 Servings

MagSoothe Raspberry Lemonade 60 packets

MagSoothe Raspberry Lemonade 60 Servings

MagSRT® 240 Tablets

Pickleball Cocktail Orange 60 Servings

Kuli Kuli

Product Name

MORINGA ENERGY BAR DARK CHOCOLATE 12 Bars

PURE MORINGA 20 Packets

Life Extension

Product Name

5-LOX Inhibitor with AprèsFlex® 60 Capsules

7-Keto® DHEA Metabolite 60 Capsules

AMPK Metabolic Activator 30 Tablets

ArthroMax® Elite 30 Tablets

Bio-Fisetin 30 Capsules

Black Cumin Seed Oil 60 Softgels

Brain Fog Relief 30 Softgels

Cognitex® Elite Pregnenolone 60 Tablets

Curcumin Elite™ Turmeric Extract 60 Capsules

Echinacea Elite 60 Capsules

Extend-Release Magnesium 60 Capsules

Fast-Acting Liquid Melatonin Citrus-Vanilla 2 fl oz

FLORASSIST® GI with Phage Technology 30 Capsules

FLORASSIST® Probiotic Women's Health 30 Capsules

Glucosamine/ Chondroitin 100 Capsules

Healthy Lungs 30 Capsules

Herbal Sleep PM 30 Capsules

Male Vascular Sexual Support 30 Capsules

Mediterranean Weight Management 60 Gummies

Mega Benfotiamine 250 mg 120 Capsules

Mega Lycopene 90 Softgels

Melatonin 60 Capsules

Memory Protect 36 Day Supply

Menopause 731™ 30 Tablets

Neuro-Mag® 90 Capsules

Optimized Folate L-Methylfolate 100 Tablets

Optimized Saffron 60 Capsules

Pomegranate Complete 30 Softgels

Potassium with Extend-Release Magnesium 60 Capsules

PQQ 20 mg 30 Capsules

Senolytic Activator® 36 Capsules

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
Immunoxym 62 Capsules
SunFiber 31 Servings
TheralacPRO 31 Capsules
THERAXYM 93 Capsules
TruBifidoPRO 31 Capsules
TruFiber 50 Servings

Megafood

Product Name

Blood Builder 90 Tablets
Magnesium 90 Tablets
Multi for Women 55+ 120 Tablets
One Daily 180 Tablets
Zinc 60 Tablets

Metabolic Maintenance

Product Name

Alpha Lipoic Acid 90 Capsules
Ashwagandha Plus 60 Capsules
B-Complex 90 Capsules
BioMaintenance Probiotic 60 Capsules
Buffered Vitamin C 90 Capsules
CoQ10 200 mg 60 Capsules
DIM Complex 60 Capsules
Happy Belly 90 Capsules
L-Methylfolate 10 mg 90 Capsules
L-Methylfolate 15 mg 60 Capsules
L-Methylfolate 5 mg 90 Capsules

L-Theanine 120 Capsules
Magnesium Citrate 240 Capsules
Magnesium Glycinate 180 Capsules
NAC 60 Capsules
Red Yeast Rice with CoQ10 120 Capsules
SAmE 60 Capsules
Stress Maintenance 90 Capsules
The Big One® Plus without Iron 90 Capsules
The Big One® with Iron 90 Capsules
The Big One® without Iron 90 Capsules
Vitamin D-3 25,000 IU 60 Capsules

MethylPro

Product Name

B-Complex + 5 mg L-Methylfolate 30 Capsules
L-Methylfolate 15 mg + Cofactors 30 Capsules
L-Methylfolate 15 mg 30 Capsules
L-Methylfolate 7.5 mg 30 Capsules
Multivitamin + 15 mg L-Methylfolate 30 Capsules

Microvascular Health Solutions

Product Name

EndocalyxPro 120 Capsules

Motherlove

Product Name

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

MRM

Product Name

Acetyl L-Carnitine 60 Capsules
Cardio Chelate 180 Capsules
Complete E 60 Softgels
Cordyceps CS-4 Strain 60 Capsules
DHEA 50 mg 90 Capsules
Digest-ALL 100 Capsules
Digest-ALL IC 60 Tablets

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

Mushroom Wisdom

Product Name

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

MYCO Clinic

Product Name

Pain Relief Cream Moderate Strength 1.7 oz
Pain Relief Oil Extra Strength 3.4 fl oz
Pain Relief Ointment Maximum Strength 1.7 oz
Pain Relief Stick Maximum Strength 1.7 oz

Nature's Sources

Product Name

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

Neurohacker

Product Name

Qualia Mind 105 Capsules
Qualia Mind 35 Capsules
Qualia Night 20 Capsules
Qualia Night 60 Capsules
Qualia Senolytic 12 Capsules
Qualia Synbiotic 15 Servings

NFH

Product Name

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

Nordic Naturals

Product Name

Algae Omega 120 Softgels
Arctic Cod Liver Oil 180 Softgels
Arctic Cod Liver Oil Orange 8 fl oz
Arctic Omega 180 Softgels
Arctic Omega 8 fl oz
Baby's Vitamin D3 Liquid 0.76 fl oz
Children's Eye Health Strawberry Lemonade 30 Gummy Chews
Cognition Mushroom Complex 60 Capsules
CoQ10 Gummies 60 Gummies
DHA Infant 2 fl oz
DHA Junior 180 Softgels

Increases the Bioavailability and Conversion of Sulforaphane.



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



TrueBroc® / Brassica Protection Products is a proud sponsor of the XYMOGEN XPERIENCE

DHA Junior 4 fl oz

Focus Support 60 Softgels

Immune Mushroom Complex 60 Capsules

Kids Calm 60 Gummies

Kids Nordic Flora Probiotic Gummies Merry Berry Punch 60 Gummies

Kids Nordic Flora Probiotic Pixies Berry 30 Packets

Men's Multivitamin Mixed Berry 60 Gummies

Nordic Beauty Borage Oil 4 fl oz

Nordic Berries Cherry Berry 120 Gummy Berries

Nordic Berries Original Flavor 120 Gummy Berries

Nordic CoQ10 Ubiquinol Sport 60 Softgels

Nordic Flora Probiotic Immune Health 30 Capsules

Nordic Flora Probiotic Maximum Care 30 Capsules

Nordic Immune® Elderberry 40 Gummies

Nordic Omega-3 Fishies 36 Fishies

Nordic Omega-3 Gummies 120 Gummies

Omega Focus Jr 120 Softgels

Prenatal DHA 90 Softgels

ProDHA 1000 120 Softgels

ProDHA 120 Softgels

ProDHA Eye 60 Softgels

ProEPA 120 Softgels

ProEPA with Concentrated GLA 60 Softgels

ProOmega 120 Softgels

ProOmega 180 Softgels

ProOmega 2000 120 Softgels

ProOmega 2000 60 Softgels

ProOmega 2000 Jr. 60 Softgels

ProOmega 2000-D 120 Softgels

ProOmega 60 Softgels

ProOmega Curcumin 90 Softgels

ProOmega Junior 90 Softgels

ProOmega-D 120 Softgels

ProOmega-D 180 Softgels

ProOmega-D 60 Softgels

ProOmega® Joint Xtra 90 Softgels

ProOmega® LDL 180 Softgels

ProOmega® Lemon 8 fl oz

ProOmega® Tropical Fruit 54 Gummy Chews

Ultimate Omega 2X Sport 60 Softgels

Ultimate Omega-D3 Sport 60 Softgels

Vitamin C Gummies Tart Tangerine 120 Gummies

Vitamin D3 5000 Gummies 30 Gummies

Vitamin D3 Gummies 60 Gummies

Vitamin D3 Kids Gummies Wild Watermelon Splash 60 Gummies

Vitamin D3+K2 Gummies Pomegranate 60 Gummies

Women's Multivitamin Mixed Berry 60 Gummies

Zero Sugar Curcumin Gummies 60 Gummies

Zero Sugar Hair & Skin Strawberry Lemonade 27 Gummy Chews

Zero Sugar Kids Multi Gummies 120 Gummies

Zero Sugar Melatonin Gummies 60 Gummies

Zero Sugar Prenatal DHA Strawberry Orange 27 Gummy Chews

Zero Sugar Vitamin D3 Gummies 60 Gummies

NuGo Nutrition

Product Name

Fiber d'Lish Cinnamon Raisin 16 Bars

NuGo Vanilla Yogurt Protein 15 Bars

PROMAX Protein Bar Chocolate Chip Cookie Dough 12 Bars

Smarte Carb Peanut Butter Crunch 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

Liposomal Melatonin 2 fl oz

Oregano Oil 120 Softgel

ParaBiotic Plus 90 Capsules

Pulmonary Factors 90 Capsules

Sleep Factors 60 Capsules

Sterol 117 60 Capsules

Stress Factors 60 Capsules

Tri Zinc 90 Capsules

Tri-Magnesium 120 Capsules

UT Max Protect 60 Capsules

Nutrasal

Product Name

Cerebra GPC 2 fl oz

LipoZome-B 2 fl oz

PPC Kids Orange Cream 8 oz

NutriCology

Product Name

Laktoferrin 90 Capsules

Magnesium Chloride Liquid 8 fl oz

Mastic Gum 120 Capsules

Mucolyxir® 0.4 fl oz

OcuDyne II 200 Capsules

Organo-Germanium Ge-132 50 Capsules

Nutritional Therapeutics

Product Name

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

NTFactor® Healthy Aging 120 Tablets

NTFactor® Patented Energy Chewable Wafer Mixed Berry 30 Wafers

NTFactor® with CoQ10 Chewable Wafer Chocolate 30 Wafers

NTFactor® with D3/K2 Chewable Wafer Vanilla 30 Wafers

Optimox

Product Name

ATP Cofactors 90 Tablets

Iodoral IOD-50 30 Tablets

Iodoral® IOD-12.5 90 Tablets

Optivite PMT 180 Tablets

Orgain

Product Name

Clean Protein Grass Fed Protein Shake Creamy Chocolate Fudge 4 Pack

Kids Protein Organic Nutrition Shake Chocolate Single Serving Pack

Kids Protein Organic Nutrition Shake Vanilla Single Serving Pack

Organic Nutrition Shake Creamy Chocolate Fudge 4 Pack

Organic Nutrition Shake Creamy Chocolate Fudge Single Serving Pack

Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

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

Organic Protein Powder Plant Based Peanut Butter 20 Servings

Organic Protein Snack Bar Peanut Butter Chocolate Chunk 12 Bars
 Vegan Organic Nutrition Shake Smooth Chocolate 4 Pack
 Vegan Organic Nutrition Shake Smooth Chocolate Single Serving Pack
 Vegan Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Organic India

Product Name

Ceylon Cinnamon 90 Capsules
 Joy! 90 Capsules
 Liver Kidney 90 Capsules
 Memory 90 Capsules
 Moringa 90 Capsules
 Moringa Powder 113 Servings
 Neem 90 Capsules
 Organic Psyllium Fiber 180 Capsules
 Peaceful Sleep 90 Capsules
 Psyllium Organic Whole Husk Fiber 68 Servings
 Psyllium Pre & Probiotic Fiber 56 Servings
 Triphala 90 Capsules
 Tulsi - Holy Basil 90 Capsules
 Tulsi Cleanse 18 Bags
 Tulsi Green 18 Bags
 Tulsi Hibiscus 18 Bags
 Tulsi Honey Chamomile 18 Bags
 Tulsi Lemon Ginger 18 Bags
 Tulsi Masala Chai 18 Bags
 Tulsi Moringa 18 Bags
 Tulsi Original 18 Bags
 Tulsi Peppermint 18 Bags
 Tulsi Sleep 18 Bags
 Tulsi Sweet Rose 18 Bags
 Tulsi Turmeric Ginger 18 Bags
 Turmeric Formula 90 Capsules

Organoleaf

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

Pumpkin Peel Mask 3 oz
 Vitamin C Toner 4 oz

PharmaceutiX

Product Name

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

Premier Research Labs

Product Name

Adaptogen-R3 90 Capsules
 AdrenaVen 60 Capsules
 Allicidin 60 Capsules
 BiliVen 60 Capsules
 D3 Serum 0.43 fl oz
 Liquid Zinc Ultra 8 fl oz
 Max B-ND 2 fl oz
 Max B-ND 8 fl oz
 Medi-Clay-FX 90 Capsules
 Melatonin-ND 2 fl oz
 OcuVen 60 Capsules
 Premier Digest 60 Capsules
 Premier Pink Salt 12 oz
 Premier Turmeric 60 Capsules
 Premier Vitamin D3+K2 30 Capsules
 RenaVen 60 Capsules
 Progressive Professional
 Product Name
 Allergy Modulator[®] 120 Capsules
 Brilliant Vision with Seanol-P 90 Capsules
 Daily Resilience[®] 180 Capsules
 Digestin 60 Capsules
 GC-MSM 3550[®] 120 Capsules
 Probiotic Broad Spectrum 30 Caplets
 Prosta Glan 120 Capsules

TestosterZone 180 Capsules

U-Tract® 26 Servings

Prolon Professional

Product Name

Fasting Bar Nuts & Honey 12 Bars

ProLon® Original Kit

Prolong ReSet 1-Day Fasting 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

Cardio Elite 3.38 fl oz

Estradiol+ 1 fl oz

Estriol 1 fl oz

GABA with L-Theanine 1.7 fl oz

H2 Elite 30 Tablets

IMD 30 Servings

Immune Charge+ 3.38 fl oz

Kidney Care 3.38 fl oz

Lipcalm 1.7 fl oz

Liposomal EDTA with RLA 4 fl oz

Liposomal Glutathione 1.7 fl oz

Liposomal Vitamin C with RLA 1.7 fl oz

Liver Sauce 3.38 fl oz

Longevity Elite 3.38 fl oz

Longevity Phyto Caps 60 Capsules

Methyl B Complex 1.7 fl oz

Methyl B-12 1 fl oz

Methyl Charge+ 1.7 fl oz

Micellized Membrane Mend 3.38 fl oz

Micellized Pure PC 4 fl oz

NAD+ Gold 1.7 fl oz

NAD+ Platinum 3.38 fl oz

Nanoemulsified Cat's Claw Elite® 1.7 oz

Nanoemulsified CoQ10 1.7 fl oz

Nanoemulsified D3K2 1.7 fl oz

Nanoemulsified Melatonin 1 fl oz

Nanoemulsified Milk Thistle 1.7 oz

Nanoformulated DHEA+ 3.38 fl oz

Nanoformulated Progesterone+ 1 fl oz

NanoFuel 3.38 fl oz

Nanomojo 1.7 fl oz

Performance Cardio+ 3.38 fl oz

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 + Elderberry 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

**TIME TO GO
EXPLORE**



HISTDAO™ SUPPORTS

**HEALTHY
DEGRADATION OF
FOOD-DERIVED
HISTAMINE &
THE DIGESTIVE
TRACT'S DIAMINE
OXIDASE LEVELS***

**Tap to learn more on
WholeScripts.com**

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

Glucose Balance Px 120 Capsules

HTN 180 PX Original 60 Capsules

HTN 180 Px-Extra Strength 60 Capsules

Kava Calm Px 30 Capsules

Metabolic Nutrition 60 Capsules

Mitochondria Nutrition PQQ 60 Capsules

Neuro Px Extra Strength 60 Capsules

Osteo Px 60 Capsules

Ox-LDL Px 60 Capsules

PCO Px 75 Capsules

Respiratory EZ 60 Capsules

Sleep 60 Capsules

StressCalm Px 75 Capsules

T-Cell Balance Px 60 Capsules

ThyroCare 75 Capsules

Thyroid Px 75 Capsules

RLC Labs

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

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

Acetyl-L-Carnitine 90 Capsules

Active B12 1000 60 Lozenges

B-Minus 100 Capsules

DIM + I3C 60 Capsules

Folinic Acid 60 Lozenges

Gallbladder Nutrients 120 Capsules

Homocysteine Nutrients 60 Capsules

Hydroxo B12 60 Lozenges

Iron Chewable 60 Tablets

Liposomal Glutathione Plus 3 fl oz

Lithium Orotate 100 Capsules

Molybdenum 90 Capsules

Multivitamin One 45 Capsules

Multivitamin One MF 45 Capsules

Optimal Electrolyte Berry 30 Servings

Optimal Electrolyte Lemonade 30 Servings

Optimal Focus* 90 Capsules

Optimal Liposomal Glutathione Tropical 4 fl oz

Optimal Liposomal Vitamin C 5 fl oz

Optimal Liposomal Vitamin C Plus 5 fl oz

Optimal Magnesium 100 Capsules
 Optimal PC 100 Softgels
 Optimal Prenatal 240 Capsules
 P-5-P 100 Capsules
 PQQ Lozenges 20 mg 30 Lozenges
 Prenatal Essentials Chewable 60 Tablets
 ProBiota HistaminX 60 Capsules
 R-Lipoic Acid 60 Capsules
 Riboflavin 400 mg 60 Capsules
 Saccharomyces Boulardii 60 Capsules
 Trace Minerals Complex 30 Capsules
 Trace Minerals Complex II 30 Capsules
 Vitamin D3 + K2 Drops 1 fl oz
 Zinc Lozenge 60 Lozenges

Spermidinelife

Product Name

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

Symphony Natural Health

Product Name

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

T.A. Sciences

Product Name

TA-65MD 100 units 30 Capsules

Tesseract Medical Research

Product Name

AuRx 68 Servings
 BerberActiv QR 90 Capsules
 CoQ10 Pro 60 Capsules

HepatiSafe 60 Capsules
 MuSolve SR 90 Capsules
 NOX Flo SR 120 Capsules
 ProButyrate 120 Capsules
 ProstaSorb 60 Capsules
 QuerciSorb QR 90 Capsules
 QuerciSorb SR 90 Capsules
 RLA Pro SR 60 Capsules
 SafeCell 60 Capsules
 TetraCumin QR 120 Capsules
 TetraCumin SR 120 Capsules

Trace Minerals

Product Name

40,000 VOLTS! 8 fl oz
 Apple Cider Vinegar Gummies 60 Gummies
 Ashwagandha Gummies Passion Fruit Orange 60 Gummies
 Beef Liver 500 mg 180 Capsules
 Beef Organs 500 mg 180 Capsules
 Bone & Marrow 180 Capsules
 Colloidal Silver 30ppm 8 fl oz
 Colloidal Silver Spray 30ppm 4 fl oz
 ConcenTrace® Trace Mineral Drops 2 fl oz
 ConcenTrace® Trace Mineral Drops 8 fl oz
 Electrolyte Gummies Watermelon 90 Gummies
 Electrolyte Stamina Gummies Lemon Lime 90 Gummies
 Electrolyte Stamina Power Pak Acai Berry 30 Servings
 Electrolyte Stamina Power Pak Concord Grape 30 Servings
 Electrolyte Stamina Power Pak Lemon Lime 30 Servings
 Electrolyte Stamina Power Pak Mixed Berry 30 Servings
 Electrolyte Stamina Power Pak Orange Blast 30 Servings
 Electrolyte Stamina Power Pak Pomegranate Blueberry 30 Servings
 Electrolyte Stamina Power Pak Raspberry 30 Servings
 Electrolyte Stamina Power Pak+ Lemon Berry 30 Servings
 Electrolyte Stamina Tablets 90 Tablets
 Ionic Boron 2 fl oz
 Ionic Zinc 50mg 2 fl oz
 Liquid Zinc + Quercetin Orange Mango 16 fl oz
 Magnesium Gummies Peach 120 Gummies
 Mega-Mag 400mg 4 fl oz
 NAC Powder Watermelon 30 Servings

- Quercetin + Zinc Powder Orange Cream 30 Servings
- Vitamin D3+K2 Gummies Strawberry 60 Gummies
- ZEROLyte Citrus 30 Servings
- Zinc + Vitamin C Chewable Raspberry Flavor 60 Chewable Wafers
- Zinc Gummies Elderberry 60 Gummies

Transformation Enzyme

Product Name

- Carbo-G* 90 Capsules
- Digest* 90 Capsules
- 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

Vitanica

Product Name

- Adrenal Assist 180 Capsules
- Adrenal Assist™ 90 Capsules
- Bitters Extra 90 Capsules
- Bitters Tonic 4 fl oz
- Bladder Ease 180 Capsules
- BreastBlend 90 Capsules
- Butterbur Extra 120 Capsules
- CandidaStat™ 120 Capsules
- CandidaStat™ 60 Capsules
- CardioBlend 120 Capsules
- CCDG Blend 90 Capsules
- Chaste Tree Berry 60 Capsules
- CholestBlend 90 Capsules
- Colon Motility Blend 90 Capsules
- Cortisol Relief 60 Capsules
- Cramp Bark Extract 60 Capsules
- CranStat Extra® 60 Capsules
- Fem Ecology 30 Capsules
- Fem Rebalance™ 60 Capsules
- Fem Vitality 60 Capsules
- Fibro Formula 60 Capsules
- GABA Ease™ 60 Capsules
- Immune Tonic 4 oz
- Iron Extra™ 60 Capsules
- Luminous 60 Capsules
- Lysine Extra 60 Capsules
- Maternal Symmetry 180 Capsules
- Mid-Life Symmetry 180 Capsules
- Nausea Ease 60 Capsules
- Opti-Recovery 60 Capsules
- Optinositol 30 Servings
- OvaBlend 180 Capsules
- Ovulation Assist 60 Capsules
- PhytoEstrogen Herbal 25 Servings
- Pregnancy Prep 60 Capsules
- Rauwolfia Extra™ 90 Capsules
- Rhodiola Extract Plus 60 Capsules
- Skin Assist™ 180 Capsules

Slow Flow™ 60 Capsules
 St. John's Wort 90 Capsules
 V-Fresh 6 Suppository Tablets
 VasoBlend 90 Capsules
 VeinoBlend 90 Capsules
 Women's Phase II® 180 Capsules
 Women's Phase I™ 60 Capsules
 Yeast Arrest 14 Suppositories
 Yeast Arrest 28 Suppositories

Wellena

Product Name

Happy Sisters Cream 1.7 oz
 Happy Sisters Kit

WholeScripts

Product Name

WholeScripts Shaker Bottle 20 oz
 WholeScripts Shaker Bottle 25 oz
 Condition Specific MedPax - Beauty
 Condition Specific MedPax - Energy
 Condition Specific MedPax - Gut
 Condition Specific MedPax - Immune
 Condition Specific MedPax - Sleep

Wise Woman Herbals

Product Name

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

Throat Mist 2 fl oz
 Urinary Tract Formula 2 fl oz
 Women's Menocaps 120 Capsules

XYMOGEN

Product Name

5-HTP CR 60 Tablets
 5-MTHF 60 Capsules
 5-MTHF ES 60 Capsules
 5-MTHF Plus B12 Cherry 30 Tablets
 5-MTHF Plus B12 Cherry 60 Tablets
 6 Day Detox Micro Kit
 ActivEssentials™ 60 Packets
 ActivEssentials™ for Women 60 Packets
 ActivEssentials™ with Calcium 60 Packets
 ActivEssentials™ with OncoPLEX™ & D3 60 Packets

ActivNutrients® 120 Capsules
 ActivNutrients® 240 Capsules
 ActivNutrients® Chewable Mixed Berry 120 Tablets
 ActivNutrients® Chewable Mixed Berry 60 Tablets

ActivNutrients® Performance 120 Capsules
 ActivNutrients® Phyto 90 Capsules

ActivNutrients® without Copper & Iron 120 Capsules

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

ActivNutrients® without Iron 120 Capsules
 ActivNutrients® without Iron 240 Capsules

ActivNutrients® without Iron 60 Capsules

Adeno+Hydroxo B12 Natural Fruit Punch Flavor 60 Tablets

Adrenal Essence® 120 Capsules
 Adrenal Essence® 60 Capsules
 Adrenal Manager™ 120 Capsules
 Adrenal Manager™ 60 Capsules

Adrenaliv® 120 Capsules
 Adrenaliv® 60 Capsules

AdrenaMax™ 120 Capsules

ALAMax™ CR 120 Tablets
 ALAMax™ CR 60 Tablets

ALAMax™ Protect 120 Capsules

AllerDHQ™ 120 Capsules
 AllerDHQ™ 60 Capsules

AngiNOX™ Orange 30 Servings

AngiNOX™ Orange 60 Servings

Appe-Curb™ 120 Capsules

Appe-Curb™ 240 Capsules

Ashwagandha 35 60 Capsules

ATP Ignite™ Citrus 30 Servings

ATP Ignite™ Mixed Berry 30 Servings

ATP Ignite™ Workout Mixed Berry 30 Servings

B Activ® 180 Capsules

B Activ® 90 Capsules

Benfotiamine 120 Capsules

Berbemycin 120 Capsules

Berberine 120 Capsules

Berberine ES-5 60 Capsules

Berberine with InSea2® 60 Capsules

BergaCor® Plus 60 Tablets

Bio C 1:1™ 90 Capsules

BrainSustain™ Creamy Chocolate 10 Servings

BrainSustain™ for Kids Vanilla Delight 15 Servings

BrainSustain™ Vanilla Delight 10 Servings

Buffered C Powder Fruit Punch 20 Servings

Calcium D-Glucarate 90 Capsules

Candidal™ 60 Capsules

CarniteX™ 60 Capsules

CheleX™ 120 Capsules

CholeRex™ 60 Capsules

CinnDromeX™ 120 Capsules

Cogniquil® 60 Capsules

ColonX™ 120 Capsules

ColonX™ 60 Capsules

CoQmax™ Omega 100 mg 60 Softgels

CoQmax™ Omega 50 mg 120 Softgels

CoQmax™ Omega 50 mg 30 Softgels

CoQmax™ Ubiquinol 200 mg 30 Softgels

CoQmax™ Ubiquinol 60 Softgels

Corticare B™ 120 Capsules

Corticare B™ 240 Capsules

Cortisol® 120 Capsules

Cortisol® 60 Capsules

CurcuPlex-95™ 120 Capsules

CurcuPlex-95™ 60 Capsules

Cytokine Balance 30 Capsules

Cytokine Balance 60 Capsules

D3 2000 120 Softgels

D3 2000 240 Softgels

D3 50,000 30 Capsules

D3 5000 180 Softgels

D3 5000 60 Softgels

D3 5000 90 Softgels

D3 Liquid 1 fl oz

D3 Liquid 2.03 fl oz

DHA from Algae 60 Softgels

DHEA Micronized 10mg 60 Tablets

DHEA Micronized 25mg 60 Tablets

DIMension 3® 120 Capsules

DIMension 3® 240 Capsules

DioVasc™ 60 Capsules

Drainage 1 oz

Femquil® 120 Capsules

FIT Food® Lean Collagen Mocha Latte 14 Servings

FIT Food® Lean Collagen Vanilla 14 Servings

FIT Food® Lean Complete Dutch Chocolate 10 Servings

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

FIT Food® Lean Complete French Vanilla 10 Servings

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

FIT Food® Lean Creamy Chocolate 10 Servings

FIT Food® Lean Vanilla Delight 10 Servings

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

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

FlashArrest® 60 Capsules

Foundation Essentials 30 Packets

GarliX™ 90 Capsules

GastrAcid™ 180 Capsules

GastrAcid™ 90 Capsules

GI Balance 150 Capsules

GI Balance Powder Chai 14 Servings

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

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

GlutAloeMine[®] 30 Servings

GlutAloeMine[®] 60 Servings

Green Tea 600™ 60 Capsules

Hemp MonoPure[®] 30 Softgels

Hemp MonoPure[®] 60 Softgels

HistDAO™ 60 Tablets

HMB PRO 150 Capsules

Hormone Protect[®] 120 Capsules

Hormone Protect[®] 60 Capsules

I-Sight™ 60 Capsules

i5™ Creamy Chocolate 10 Servings

i5™ Vanilla Delight 10 Servings

IG 26 DF 120 Capsules

IG 26 DF 67.5 Servings

IG 26 Plus DF Vanilla 30 Servings

IgG 2000 CWP™ 120 Capsules

IgG 2000 CWP™ 25 Servings

IgG 2000 CWP™ 75 Servings

IgG Pure™ 15 Servings

Immune Essentials™ 45 Capsules

Immune Essentials™ Daily 120 Capsules

ImmunotiX 250™ 30 Capsules

ImmunotiX 500™ 20 Capsules

ImmunotiX 500™ 60 Capsules

Iron Glycinate 120 Capsules

K-Mg Citrate™ 60 Capsules

K2-45 60 Capsules

K2-D3 10,000 120 Capsules

K2-D3 10,000 60 Capsules

K2-D3 5000 120 Capsules

K2-D3 5000 60 Capsules

K2-D3 Max 60 Capsules

L-Glutamine 85 Servings

L-Lysine 90 Capsules

L-Theanine 120 Capsules

L-Theanine 60 Capsules

Leptin Manager™ 30 Capsules

LipotropiX™ 120 Capsules

Liver Protect™ 120 Capsules

Liver Protect™ 60 Capsules

Magnesium Citrate 120 Capsules

MedCaps DPO™ 120 Capsules

MedCaps GI™ 120 Capsules

MedCaps IS™ 60 Capsules

MedCaps Menopause™ 120 Capsules

MedCaps T3™ 120 Capsules

Melatonin CR 180 Tablets

Melatonin CR 90 Tablets

Melatonin Peppermint 120 Tablets

Melatonin Peppermint 60 Tablets

MemorAll™ 60 Capsules

MenoFem™ 90 Capsules

Methyl Protect[®] 120 Capsules

Methyl Protect[®] 60 Capsules

Methylcobalamin 120 Tablets

Methylcobalamin 60 Tablets

MinRex[®] 120 Capsules

Mitochondrial Renewal Kit 60 Packets

MitoPrime[®] 30 Capsules

Mood Food™ 60 Capsules

Mood Food™ ES 120 Capsules

Mood Food™ ES 60 Capsules

Myrosinase 60 Capsules

N.O.max™ ER 180 Tablets

NAC 120 Capsules

NAC 60 Capsules

Nattokinase 120 Capsules

Nattokinase 60 Capsules

NeuroActives™ BrainSustain™ 120 Capsules

NeuroActives™ BrainSustain™ 240 Capsules

New Zealand Whey Protein Isolate 30 Servings

NiaVasc™ 120 Tablets

NiaVasc™ 360 Tablets

NiaVasc™ 750 120 Tablets

NiaVasc™ 750 60 Tablets

Omega MonoPure[®] 1300 EC 120 Softgels

Omega MonoPure[®] 1300 EC 60 Softgels

Omega MonoPure[®] 650 EC 120 Softgels

Omega MonoPure[®] 650 EC 60 Softgels

Omega MonoPure[®] Curcumin EC 30 Softgels

Omega MonoPure® DHA EC 30 Softgels

Omega MonoPure® EPA EC 30 Softgels

Omega MonoPure® EPA EC 60 Softgels

OmegaPure 600 EC™ 120 Softgels

OmegaPure 600 EC™ 60 Softgels

OmegaPure 780 EC™ 120 Softgels

OmegaPure 820™ 120 Softgels

OmegaPure 900 EC™ 120 Softgels

OmegaPure 900 EC™ 90 Softgels

OmegaPure 900-TG™ 120 Softgels

OmegaPure PRM 30 Softgels

OmegaPure PRM 60 Softgels

OncoPLEX ES™ 60 Capsules

OncoPLEX™ 120 Capsules

OncoPLEX™ 30 Capsules

OncoPLEX™ Plus Myrosinase 30 Capsules

OptiCleanse® GHI Chai 10 Servings

OptiCleanse® GHI Creamy Chocolate 10 Servings

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

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

OptiCleanse® GHI Vanilla Delight 10 Servings

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

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

OptiCleanse® PLUS Creamy Chocolate No Added Sugar, No Stevia 10 Servings

OptiCleanse® PLUS Vanilla Delight No Added Sugar, No Stevia 10 Servings

OptiFiber® Lean 180 Capsules

OptiFiber® Lean 30 Servings

OptiMag® 125 120 Capsules

OptiMag® 125 240 Capsules

OptiMag® Neuro 90 Capsules

OptiMag® Neuro Lemon-Lime 60 Servings

OptiMag® Neuro Mixed Berry 30 Servings

OptiMag® Neuro Mixed Berry 60 Servings

OptiMag® Neuro Unflavored 60 Servings

OptiMag® Plus Calcium Pear 30 Servings

OptiMetaboliX™ 2:1 Vanilla Delight 10 Servings

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

Oraxinol™ 60 Capsules

OrganiX™ PhytoFood™ 30 Servings

OSApdex MK-7™ 60 Packets

OSApdex™ 60 Packets

Ossopan 1100™ 120 Capsules

Ossopan MD™ 120 Capsules

Ossopan MD™ 240 Capsules

PanXyme pH™ 180 Capsules

PanXyme pH™ 90 Capsules

PepciX™ 60 Tablets

PhosphaLine™ 100 Softgels

PhosphaLine™ Liquid 8 oz

PMS Soothe™ 60 Capsules

PrebioMax® Natural Sour Apple 60 Tablets

Prenatal Essentials 150 Capsules

Probio Defense™ 84 Capsules

ProbioMax® 350 DF 15 Servings

ProbioMax® Complete DF 30 Capsules

ProbioMax® Daily DF 30 Capsules

ProbioMax® Daily DF 60 Capsules

ProbioMax® DF 30 Capsules

ProbioMax® IG 26 DF 120 Capsules

ProbioMax® Lean DF 30 Capsules

ProbioMax® Plus DF 30 Servings

ProbioMax® Sb DF 30 Capsules

ProbioMax® Sb DF 60 Capsules

ProbioMax® Serenity 30 Capsules

Prostate FLO™ 60 Softgels

ProteoXyme™ 100 Capsules

Red Yeast Rice 30 Capsules

Red Yeast Rice 60 Capsules

RegeneMax® Liquid 1 oz

RegeneMax® Plus 120 Capsules

RegeneMax® Plus 60 Capsules

RelaxMax® Cherry 60 Servings

RelaxMax® Unflavored 60 Servings

Resveratin™ Plus 60 Capsules

S-Acetyl Glutathione 120 Capsules

S-Acetyl Glutathione 60 Capsules

Saccharomycin® DF 20 Capsules

Saccharomycin® DF 30 Capsules

Saccharomycin® DF 60 Capsules

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

Yeouth

Product Name

Anti-Aging System Forties+ 8 Pack
 Complete Anti-Aging System 5 Pack
 Day/Night Cream 2 oz
 Glycolic Acid 30% Gel Peel 1 oz
 Neck Firming Cream 2 oz
 Pure Hyaluronic Acid 1 oz

Retinol Eye Cream 1 oz
 Retinol Serum 1 oz
 Vitamin C&E Serum 1 oz

Zahler

Product Name

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

Zhang Health

Product Name

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

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YOUR
GUT**



GASTRACID™

**PROVIDES
HYDROCHLORIC
ACID TO HELP
MAINTAIN
GASTRIC PH***

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sunny side
OF LIFE



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SUPPORTS

**NEUROLOGIC
& COGNITIVE
HEALTH AND
VITAMIN D
REPLETION***

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Naturally
Mint-Coated
Tablets Providing a
Therapeutic Dose

Over 40
Researched &
Highly Bioavailable
Ingredients

Custom Phytonutrient Blend
Over 300+ mg per Serving

- Strawberry
- Resveratrol
- Lutein
- Lycopene
- Zeaxanthin
- Astaxanthin
- Elderberry
- Pomegranate
- Spinach
- Inositol
- Blueberry



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