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Got GERD?

Tips to Put Out the Fire

The Big Flake-Off

Are foods triggering your flaky skin?

Get Buff in Phases



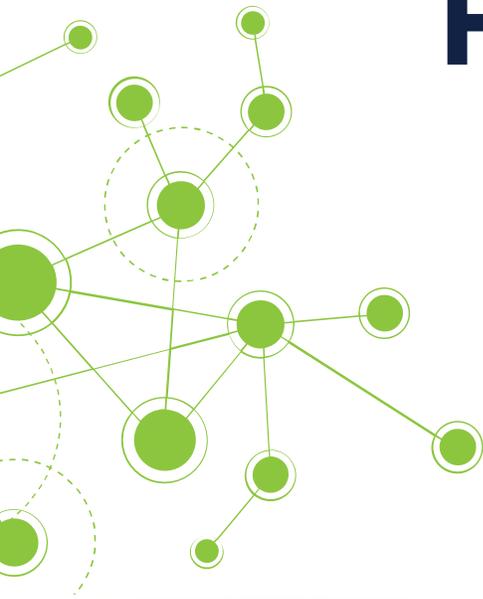
\$4.95

Vol. 2 Iss. 4



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SUPERIOR HISTAMINE SUPPORT[†]



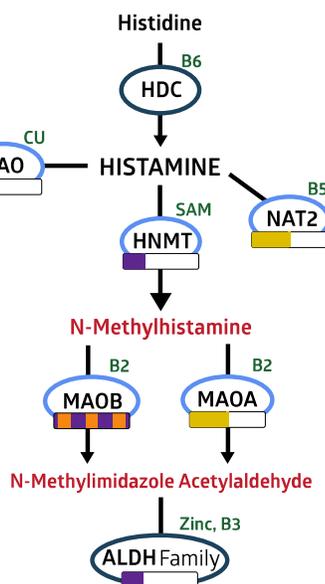
Who Needs Histamine Intolerance Support?

Histamine intolerance is not a food allergy, but it can present many of the same symptoms – itching, rashes, nausea, runny nose, sneezing, bloating, and more.[†] Common foods that contribute to histamine issues include avocados, fermented foods like wines and cheeses, cured meats, and citrus fruits.

BUT that doesn't mean you have to avoid high histamine foods!

Often symptoms arise when you don't have enough DAO enzyme, or cofactors for other enzymes, which help your body break down histamine.[†]

DAO & Cofactors in the Histamine Pathway



Copper

Cofactor for the DAO enzyme, which is the primary enzyme responsible for metabolizing histamine in the gut.[†]

Pantothenic Acid (B5)

Cofactor for the NAT2 enzyme, which helps balance histamine levels.[†]

SAM

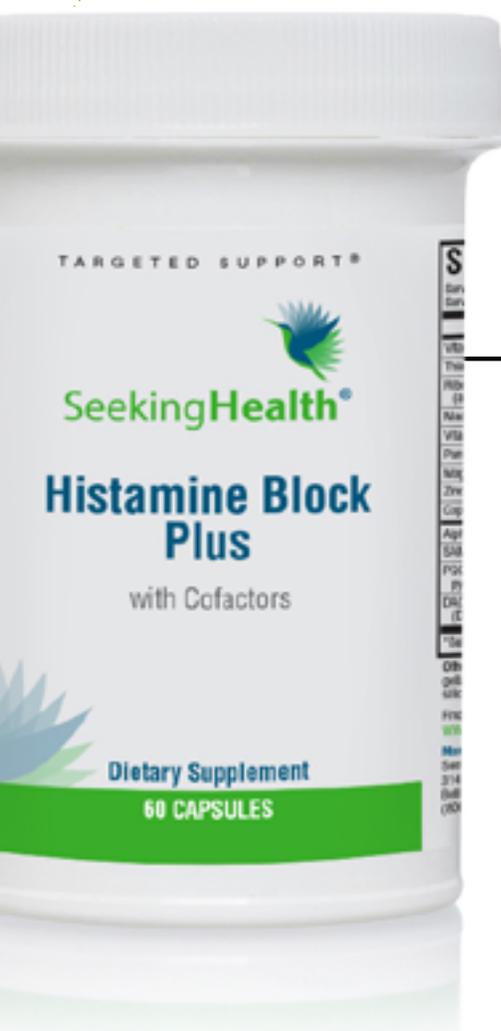
Cofactor for the HNMT enzyme, which is involved in histamine breakdown throughout the body.[†]

Riboflavin (B2)

Coenzyme needed for MAOA and MAOB, which help to prepare histamine byproducts for elimination.[†]

Zinc & Niacin (B3)

Cofactors for the ALDH enzyme family, which facilitates the reduction of acetaldehyde, a toxic byproduct of histamine metabolism.[†]



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NOW AVAILABLE AT WHOLESRIPTS



SeekingHealth®
Optimizing Life

SEEKING HEALTH HAS YOUR HISTAMINE SOLUTION[†]

Histamine intolerance support supplements can help your body have a healthy response to high levels of histamine.[†] Explore the options below to find the best formulations for you.

Seeking Health's Histamine Support[†] Line:

→ Histamine Block (30 & 90 count)

For those who are sensitive to histamine-rich meals.[†]

Contains a patented enzyme formula featuring diamine oxidase (DAO): the primary enzyme that metabolizes histamine in your body.[†]

→ Histamine Block Plus

For those who want to support a healthy total body histamine response, including histamine from meals.[†]

Includes cofactors that support the entire histamine pathway: DAO, riboflavin (B2), niacin (B3), pantothenic acid (B5), zinc, copper, and SAM.[†]

→ ProBiota HistaminX

For those who want to support a healthy gut response to histamine.[†]

This best-selling probiotic is formulated with histamine-friendly strains of microbes.[†]

→ HistaminX

For those who want to support a healthy inflammatory and histamine response to environmental triggers.[†]

Features herbal and plant-derived compounds that synergistically support healthy inflammatory responses.[†]



“This really seems to help with my histamine intolerance! I’m several months into a histamine lowering regimen that includes these probiotics and a very low histamine diet. These have really helped to ‘empty the bucket’ of histamines I’ve been dealing with and my symptoms are much more manageable.” ††

– SIERRA // PROBIOTA HISTAMINX CUSTOMER

^{††}This information is for educational purposes only. No product results are implied.

NOW AVAILABLE AT WHOLESRIPTS

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GONE TODAY HAIR TOMORROW

Learn the many ways we've tried to fix the problem of hair loss

Dear Readers,

We created this magazine specifically for you to learn, discover, and explore the benefits of integrative healthcare. Now you can download the latest issue of WholeScripts magazine as a PDF and share with others the valuable health and wellness information you read.

We know how attractive it is to do-it-yourself in today's culture, but our aim is that you use WholeScripts magazine as an educational resource to help you talk to your integrative healthcare professional about what's best for you. In fact, we support the patient-practitioner relationship to such a degree that XYMOGEN, our own high-quality brand, is only available through recommendations from a registered healthcare practitioner because no one knows and understands your health better than your practitioner.

We also partner with other brands that practitioners trust the most in order to



offer you the convenience of one-stop nutraceutical shopping.

Our number one priority is to help you meet your health goals. I hope that while you read this issue of WholeScripts magazine, you will find information you think is exciting enough to talk to your healthcare practitioner about so that together you can unlock more of your health potential.

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Sincerely,

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

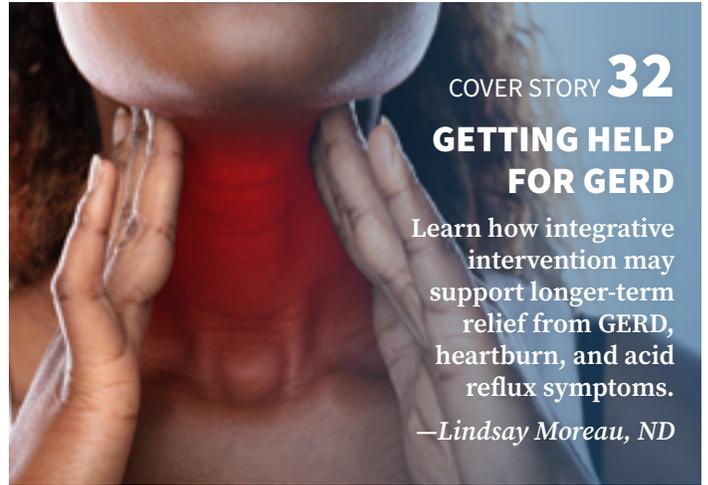
Brian Blackburn Sr
CEO and Founder, WholeScripts



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CONSIDER THE SOURCE

Why sustainable sourcing matters and how you can help the planet and your health.

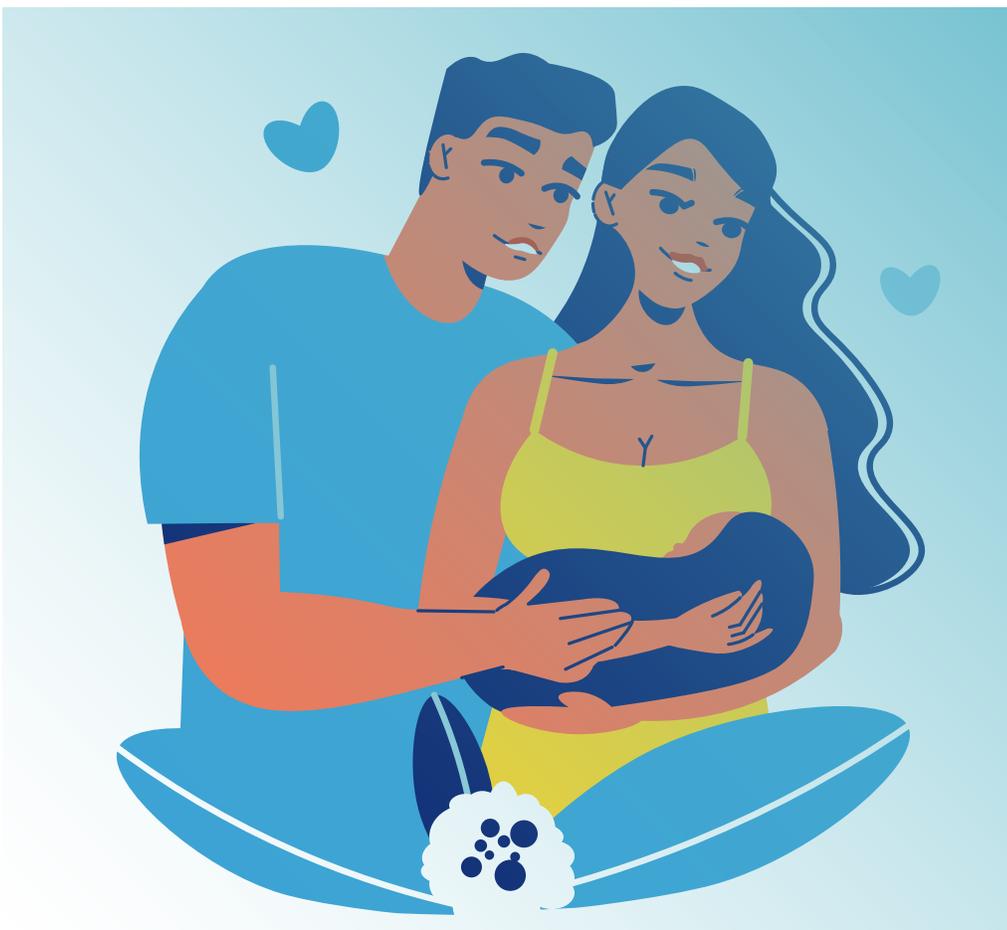
—Tarre Beach



COVER STORY **32**
GETTING HELP FOR GERD

Learn how integrative intervention may support longer-term relief from GERD, heartburn, and acid reflux symptoms.

—Lindsay Moreau, ND



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BUILDING YOUR BODY FOR BABY

Both Mom and Dad need to be in good health when preparing for pregnancy. Learn more about how to ready your bodies through nutrition and lifestyle choices.

—Alyssa Broadwater, MS, RD, LD, CSCS



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WHOLESRIPTS PRODUCT LIST

Check out our ever-growing list of supplements.

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Olivirex®

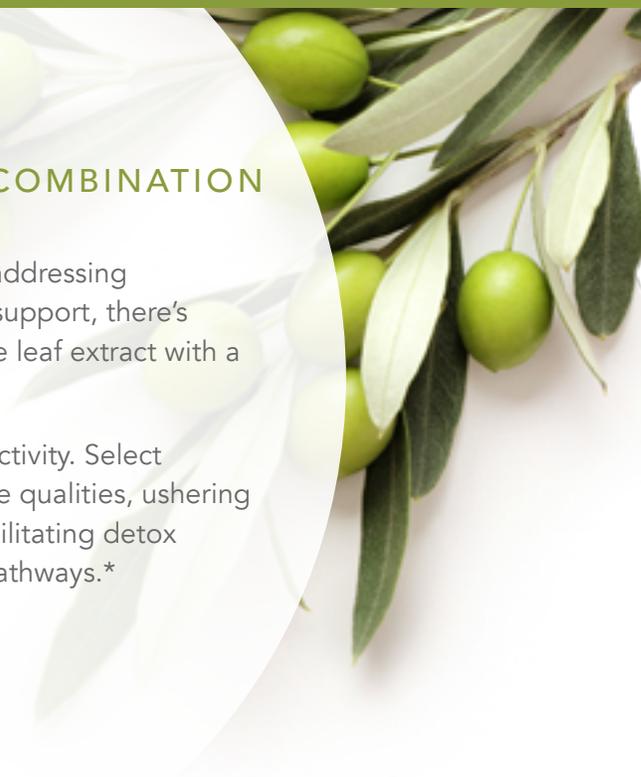
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-  Synergistic
-  GI Support*
-  Detox Support*

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Is What You Serve Actually Serving You?



There's an old saying: You are what you eat. In integrative healthcare, this adage is especially pertinent since some health issues may be linked to food sensitivities and/or nutrient deficiencies.

The Institute for Functional Medicine identifies the key lifestyle factors for health and wellness as sleep and rest, exercise and movement, stress and relationships, and nutrition. So, it's no wonder WholeScripts magazine articles continually offer education on food and the importance it plays in health.

For those of you who are new to integrative healthcare, it makes sense that a practitioner will want to take a closer look at your diet if you are experiencing chronic acid reflux (Getting Help for GERD p.32). If you eat ghost pepper chili, you can reasonably expect to experience some gastric disturbances. But, when dealing with something such as fertility, an investigation into your meals may seem a little less obvious (Building Your Body for Baby p.40).

And then there's skin and hair. Are you looking to answer the riddle of why your epidermis is constantly dry and flaky? Don't be surprised if your integrative healthcare practitioner asks you what you usually eat for lunch (Diet and Your Epidermis p.8). And from early Greco-Roman physicians to modern scientists, we continue to turn to foods to help fight against hair loss (Gone Today, Hair Tomorrow p.45).

So, belly up to the table, settle in for a nice serving of health and wellness information, and find out if what you are serving yourself is actually serving you.

To your health,

Tarre Beach

Editor

Diet and Your Epidermis

Need help with flaky skin?
You may want to take a look at what you eat.

By James Munro, ND

Q

Why do I have flaky skin? What can I do to help get rid of it?

A

Skin issues can be tricky to diagnose because vastly different medical conditions can result in skin lesions that look extremely similar. Something as simple-sounding as “flaky skin” can be caused by a plethora of potential underlying conditions. All the potential causes of flaky skin, however, could have a few things in common which can be addressed right away. Almost all skin conditions are impacted to some degree by what we eat and drink along with the health of our gastrointestinal (GI) tract and the GI microbiome. Here are a few things that might be worth considering.

Watch What You Eat

Eating foods that trigger an immune response can cause inflammation in the whole body. This is a common cause of various types of skin rashes. It’s not always easy to determine which foods are problematic because the symptoms can be subtle and cumulative. It is possible to test your blood for food triggers, but you can also experiment using an elimination diet.

In an elimination diet, you eliminate potential trigger foods from your diet for 30 days and then slowly reintroduce them one by one. If you’ve eliminated one or more of the foods that cause problems, your symptoms should at least partially resolve during the elimination phase. If the symptoms return upon the reintroduction of a particular food, you’ve found a trigger food, and it should be eliminated on a more permanent basis. Some of the more common trigger foods are dairy, corn, soy, eggs, wheat, and gluten, though it is possible for any food to be a trigger. Supplementing with diamine oxidase and/or hyperimmune egg immunoglobulins could prove helpful here.

Leave Out Processed Foods

Highly processed foods and sugars can cause detrimental changes to our GI microbiome by essentially starving the friendly microbes in our gut and feeding the not-so-friendly ones. This can impact our digestion, predispose us to allergies or sensitivities, cause blood sugar fluctuations, and cause inflammation—all of which could lead to skin and other health issues. In addition to eliminating these inflammatory foods, supplementing with probiotics and/or prebiotics may be of benefit.



Be in Balance

What we include in our diet is just as important as what we avoid. Ensuring that we are consuming enough of the nutrients our bodies need is vital for the health of our entire body and, of course, our skin. This includes fats, proteins, carbohydrates, the vast array of micronutrients, and water. The basic rule of thumb is to eat whole foods in all the colors of the rainbow that don't come from boxes and which you cook yourself. Supplementing with omega-3 fatty acids (fish oils), zinc, and vitamins A, E, D, or B complex may also be helpful.

While these ideas can help, it's still important to discuss stubborn skin issues with your doctor as they may require additional treatments or closer attention.



James Munro, ND, received his doctorate in naturopathic medicine from the National University of Natural Medicine, a four-year, nationally accredited doctoral program in Portland, OR. He worked at the prestigious Progressive Medical Center in Atlanta, GA, and is currently serving as medical director for XYMOGEN and WholeScripts.



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Beet Benefits

For heart health and athletic performance, beets deliver a powerful punch.

By Mary Gocke, RDN, CDN

You can't beat beets as a good source of antioxidants, fiber, and folate. Additionally, beets offer the benefit of cardiovascular support.

Beets contain nitrates—a chemical compound you may have heard is bad for you and is often found in cured processed meats such as bacon or hot dogs. While it's true that eating too much processed nitrates can increase your risk of heart disease, the nitrates in beets are naturally occurring, rather than chemically added, and are converted into nitric oxide (NO).

A potent cell-signaling molecule, NO is stored and produced inside your blood vessels. It has been shown that NO helps reduce blood pressure by relaxing and widening arteries, a process known as vasodilation. It can also thin the blood and decrease the formation of blood clots that may cause a stroke or a heart attack.

As a result of vasodilation, NO also increases oxygen and nutrient delivery to the entire body. Studies have shown that this upsurge of oxygen to tissues helped athletes increase their endurance and performance.

Beetroot's deep red-violet color comes from powerful antioxidants called betalains. These antioxidants can play a role in fighting cell damage and help reduce the risk of heart disease and inflammation. They may also help protect against some autoimmune illnesses.

To get the most out of beets, eat them raw or lightly steamed. Overcooking them can reduce their concentration of phytonutrients.

Also, keep in mind that eating too many beets could cause you to have pink urine (a condition called beeturia), may affect your kidneys, and could overload your system with fiber, resulting in diarrhea. As the saying goes: "Too much of a good thing can be bad."

Given that adding a serving of beets to your food plan now and then may have numerous health benefits, why not try a tasty fresh beet dish?





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Dr. Anthony Capasso, MD



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Beet and Carrot Salad with Pomegranate and Walnuts



Yield: 4 servings

Ingredients for Salad

- 1 large beet (preferably organic), scrubbed and shredded (keep skin on for more nutrients)
- 2 medium carrots (preferably organic), scrubbed and shredded
- 1 cup chopped organic fresh flat-leaf parsley
- ½ cup pomegranate arils
- ¼ cup chopped walnuts
- ½ tsp thyme

Ingredients for Dressing

- 1 small red onion, diced small
- 1½ tablespoons balsamic vinegar (or fresh lemon juice)
- 1½ tablespoons pomegranate molasses
- 1½ tablespoons extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Instructions

1. Mix together all ingredients for the dressing and set aside so the flavors can blend while you prep the veggies.
2. Stir the dressing into the beet, carrot, and parsley, and then transfer to a shallow bowl. Sprinkle with pomegranate arils and walnuts. Serve.

Nutrition Facts Per Serving:

Calories:	120	Carbohydrates:	17.6 g
Total fat:	5.6 g	Dietary fiber:	3.1 g
Protein:	1.7 g	Sodium:	230 mg

Sources: Recipe: An Edible Mosaic, Nutritional Analysis: VeryWellFit



Mary Gocke, RDN, CDN, is a registered dietician/nutritionist and a certified dietitian/nutritionist. She graduated from the University of Florida. She is the owner and founder of The Human Frame, which is an online and in-person nutritional counseling service. Mary@TheHumanFrame.com

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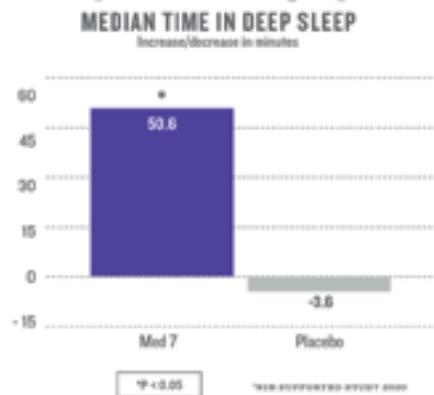
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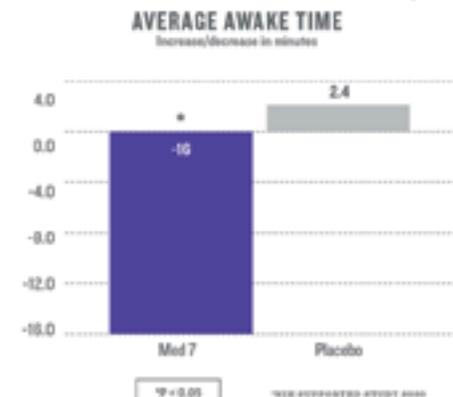


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54-minute increase in Deep Sleep over placebo in Med 7 group†



18-minute decrease in 'time to sleep' (time awake) over placebo in Med 7 group†



Never Stop Learning

Why patients should care about how their healthcare practitioners are continuing their medical education.



Most healthcare practitioners are required to complete a certain amount of continuing medical education (CME) hours throughout their medical career. We sit down with PersonaLogix Health Academy Founder and President Dr. Cheryl Burdette to learn about what your healthcare practitioner may or may not be learning.

Q: Why is CME important?

A: As you can imagine, your healthcare practitioner learned a lot when they were in medical school, perhaps almost an overwhelming amount. However, medicine and science haven't stood still since they graduated. Most practitioners need to earn 20-40 hours of CME credits every year. For example, I hold my license in Oregon and am required to complete 32 CME hours every year to

keep my license current. Every state is different. You can look online to find out what your state requires.

Q: Where do healthcare practitioners get their CME credits?

A: Practitioners can get their credits from a number of places. It is typical for healthcare practitioners to go to conferences or take online CME sessions. It is easy to find CME events that are directed toward the common standards and practice of medicine. However, it can be more difficult to find CME activities focused on integrative medicine. I recently founded PersonaLogix Health Academy as an educational venue dedicated to providing practitioners with quality educational opportunities in the areas of integrative and functional medicine.

“Fundamentally, helping people requires healthcare practitioners to continue to learn so that they may have as many tools as possible available to them to help each patient.”

Q: Do naturopaths, chiropractors, and osteopaths need to get CME credits, or is it just medical doctors that do?

A: All groups are required to complete ongoing CME credits. These rules are set by your practitioner's medical specialty and board. For example, medical doctors, osteopaths, and naturopaths can receive CME credits that are accredited by the Accreditation Council for Continuing Medical Education (ACCME). Chiropractors and dietitians have their own regulatory boards that decide which educational events fulfill their requirements. These vary from state to state. The CMEs at PersonaLogix are accredited by the ACCME and are valid for many medical specialists who treat patients.

Q: How do patients benefit from their healthcare practitioner completing CME credits?

A: Patients are ensured that their practitioner is abreast of the latest scientific discoveries and case studies. Unfortunately, there is less continuing medical education focused on nutritional and lifestyle practices. I believe the reason for this is that CME events are often sponsored by organizations that typically have a lot of funding and/or make a large amount of profits. Pharmaceutical companies tend to be highly profitable and so education that is centered around pharmaceutical approaches are more plentiful. In contrast, there isn't a direct profit line tied to teaching about the benefits of eating well, and so there is less access to education that embraces nutrition. PersonaLogix works to fill this gap by providing CME opportunities that are more relevant to the integrative and functional medicine practitioner.

Q: Does it matter where my healthcare practitioner gets their CME credits?

A: The content is of course the most important thing. There is great content available from many different organizations. However, if you are interested in working with a practitioner who takes an integrative medicine approach to treating you, asking what type of CME your

practitioner chooses is a valid question. Are they seeking out information that will tell them more about advances in botanicals and nutrients? Many times, you'll hear some doctors say, "These things are just not well researched," and while that may have been true 20 years ago, that isn't the case now. There is extensive research available in the area of diet and lifestyle medicine. It is just a matter of where doctors are looking and what resources they are embracing.

Q: What kind of CME topics does PersonaLogix offer?

A: PersonaLogix offers CME credits on a variety of different topics. There are seminars on cardiovascular disease, immune dysfunction, cancer care, depression, and even symptoms such as non-specific fatigue. Offerings of CME credits through PersonaLogix are constantly expanding.

Unique to PHA is something called "Dr. Burdette's Compendium." In this paid course, CME credits are earned through classroom learning, and students are also given one-on-one mentorship opportunities with me. The Compendium focuses on a gut-based approach to health care, which is at the heart of nutrition and lifestyle medicine. Detoxification, hormones, and neurologic health are also covered in depth. Students have regular meetups to discuss specific cases and approaches while moving through a dedicated curriculum. This multiple learning style provides individualized attention that goes above and beyond the standard CME format, allowing practitioners to better shape and hone their integrative medicine skills.

Q: Why does all of this matter?

A: Fundamentally, helping people requires healthcare practitioners to continue to learn so that they may have as many tools as possible available to them to help each patient. In my opinion, quality integrative medicine education is key to practitioners being able to help patients get well and stay well.



Consider the Source

Why sustainable sourcing matters and how you can help the planet and your health

By Tarre Beach

Where does the lettuce in your salad come from? How about the fish oil in your supplement? Do you know how the things you are eating, drinking, and using everyday are sourced?

When people hear the words “sustainably sourced,” they often think of products that are made in small batches using natural methods. While this is one part of it, sustainable sourcing refers to the inclusion of not just environmental factors but social and economic ones too.

Soil, Air, and Water

While the industrialization of food production has helped increase food supply and reduced the price of food for consumers, it has also taken a toll on our soil, air, and water.

The Environmental Protection Agency reports that 10% of all greenhouse gas emissions in the United States can be attributed to animals raised for food production. And ammonia production from chemical fertilizers used in industrial agriculture accounts for about 1.5% of total global carbon dioxide emissions.

According to the United States Geological Survey, at least one pesticide was found in about 94% of water samples, in more than 90% of fish samples taken from streams

across the nation, and in nearly 60% of shallow wells sampled.

With about 500,000 tons of pesticides, 12 million tons of nitrogen, and four million tons of phosphorus fertilizer applied annually to crops, it’s no surprise that these chemicals are considered to be key pollutants of the environment.

And it’s not just the chemicals we put in the soil. A study published by the University of Washington found that tillage (the clearing and agitation of land) has a median soil erosion rate of 1.537 millimeters a year, which is one to two times higher than typically found in natural landscapes.

Supporting Sustainability

David Melton, director of business development for Fresh Harvest Georgia, a direct-to-consumer distributor of local, organic produce and groceries, says Fresh Harvest’s business model was born out of owner and founder Zac Harrison’s desire to embrace sustainability wholeheartedly.

Harrison says Fresh Harvest’s customers don’t just support the use of environmentally friendly farming methods, they also want to invest in the socio-economic benefits sustainable sourcing provides. According to the Department of Agriculture, the American farmer receives approximately



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Total Fat	1.5 g	2%†
Cholesterol	5 mg	2%†
Fish Oil Concentrate Blend ^{§†}	1,320 g	**
Total Omega-3 Fatty Acids	884 mg	**
EPA (eicosapentaenoic acid)	594 mg	**
DHA (docosahexaenoic acid)	264 mg	**
Broad Spectrum Hemp Extract (flowers and/or leaves)	78.58 mg	**
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† Percent Daily Values are based on a 2,000 calorie diet.

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only 7.8 cents of every dollar spent on the food they produce. By contrast, Fresh Harvest's farmer partners receive 53 cents of every dollar.

Does that increase the price of products the company sells? Yes, but Melton says it's still very affordable and that customers feel it's worth it. "Many of our customers say it's more cost-effective to spend their money on healthy food rather than on doctor visits," Melton says. With memberships and even donation opportunities, the business has clearly found there is a demand for sustainably sourced food.

In addition to providing more income to local farmers, 45% of the company's employees are former refugees. Melton says Fresh Harvest wants to be a partner to the Clarkston, GA, community, which is a refugee resettlement site often referred to as the "Ellis Island of the South." Hiring locals and former refugees is key to Fresh Harvest's social contribution to the community.

"We want to support our community. As much as possible, we hire local, sell local, and spend local," Melton says.

Farm Fresh To You, a Sacramento-based sustainably sourced produce company, also notes that small, organic farms are less dependent on fossil fuel. Their farmers often use labor-intensive farming practices rather than automation and therefore use less gasoline and diesel. Likewise, Farm Fresh To You co-owner Thaddeus Barsotti says that the local farm business model is organized to have shorter transportation routes to reduce fossil fuel use.

Healthy Planet, Healthy You

The Organic Trade Association (OTA) reports that U.S. organic food sales soared to new heights in 2020, jumping a record 12.4% to \$61.9 billion and reflecting a growth rate more than double that of the year before.

Recently, Laura Batcha, CEO and executive director of OTA, pointed out that good, healthy food is important and that during the pandemic, in particular, consumers have increasingly sought out the organic label to feed their families.

Melton says Fresh Harvest saw a marked increase during the pandemic too. He believes customers who were seeking healthful food, a way to support their local economy, and a way to have their produce delivered safely to their doors contributed to the uptick.

"Part of what makes organic so attractive is that shoppers know that when you rob the soil by using monoculture practices—that is, planting one type of crop over and over on the same land—the food grown in that soil has less nutrients in it," Melton says.

Fresh Harvest's partner farmers aren't just farming without the use of chemical pesticides, herbicides, or fertilizers. They also rest their land, rotate crops, and plant ground cover to limit soil erosion, a system Melton calls "restorative farming."

New data from the Rodale Institute's 2019 Farming Systems Trial found that organic wheat and no-till oats



had higher levels of essential amino acids than that of their non-organic and conventionally tilled counterparts. The Institute's Farming Systems Trial is the longest-running comparison of organic versus conventional farming practices in North America.

An Ocean of Support

One area where sustainability is making waves is in omega-3 fish oil supplements. According to the Food and Agriculture Organization of the United Nations (FAO), the world's authority on fisheries, 34.2% of Earth's fisheries are overfished. Sustainable sourcing can help provide relief. Sustainably sourced omega-3 fish oil began trending in approximately 2008 when Friend of the Sea (FOS), a major international sustainability certification program for seafood, aquaculture, and omega-3 fish oil, was founded.

Save our Seas, another non-profit that keeps watch over the health of our oceans, recommends that shoppers look for sustainably sourced omega-3 fish oil products. Another way to protect marine life and still get healthy omega-3 fatty acids is to buy vegan omega-3 supplements, which are often sourced from algae, seaweed, flaxseed, and hemp seeds, to name a few.

The Future of Food

Farm Fresh To You is owned by second-generation small farming families named Barsotti and Barnes. One of the company's main areas of focus is to teach organic farming to kids so that local, sustainably sourced food goes on for

future generations. Barsotti, the co-CEO of Farm Fresh to You referred to earlier in this article, is part of the community-supported agriculture (CSA) movement. He was named the Grower of the Year for 2018 by California Certified Organic Farmers and the Organic Product Network for his ongoing commitment and dedication to excellence in organic farming and for paving the way for future farmers.

"Sharing our knowledge about sustainable agriculture to new farmers is a rare privilege," Barsotti said at the time. "The best part about teaching is that we will end up learning from students' questions, and we look forward to training and collaborating with this next generation of farmers."

Melton says the pandemic woke up some shoppers to the need for change. "When people went to their grocery stores and found the shelves empty, it forced them to see the brokenness of our current system."

Now, nearly a year since COVID vaccinations have been available, Fresh Harvest has not seen a big drop-off of orders, prompting Melton to deduce that the interest in sustainably sourced food is sticking around.

"Sustainability is a solution that goes far beyond the issues the pandemic uncovered," Melton says. "Just like the bumper sticker says, the fact is we need to 'think globally and act locally.'"

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Build Yourself Up

Try this four-phase training approach to help you build muscle.

By Sarah Blackburn, PES, GPTS, FMCHC

Muscle growth, also known as hypertrophy (hyper = excess, trophy = development), is a common goal for many gym goers. However, as with training for any fitness goal, maximum gains in muscle can only be achieved with a proper program design. Grabbing a pair of heavy weights and seeing how heavy you can go each day is not necessarily what will lead you to bigger and stronger muscles. Instead, it is essential to go through four different training phases that vary in reps, sets, tempos, volume, and intensity to help you build yourself up.

For those new to exercise terms, let's break down a few of these. Reps are how many times you do an exercise. A set is how many groups of those reps you do. Tempo is the pace at which you do exercises. Volume is the amount of reps and sets you do. Intensity can be measured by your heart rate, but a simpler way is by rate of perceived exertion. Light intensity is easy, no sweating, no noticeable change in breathing pattern. Moderate intensity is somewhat hard, you may break a sweat, and breathing becomes deeper and more frequent. You can talk but not sing. High intensity is hard, you will sweat, and breathing is deep and rapid. You can only talk in short phrases.

The first phase is the stabilizing phase. For the first two weeks of training, focus on establishing proper movement patterns, reducing muscle imbalances, and incorporating unstable environments such as a balance trainer to increase stability. Do one to three sets of 12-20 reps using light weights at a slow tempo with moderate intensity.

The second phase is the strength endurance phase. For the next two weeks, you will add on to the stabilizing phase by incorporating endurance. You do this by moving quickly from one exercise to a separate exercise without taking a break (also called "supersets"). Do two to four sets of eight to 12 reps using light to medium weights at a medium tempo with moderate-to-high intensity.

The third phase is the muscular development phase. You will focus on high training volume (plenty of reps and sets) with modest rest between sets. Aim for three to five sets of six to 12 reps using moderate weights at medium tempo with high intensity.

The fourth phase is the maximal phase, and it's when the heavy weights come out, but stick with an amount of weight you can comfortably control. You should spend a few weeks in this high-intensity phase. The higher the intensity, the more you can build. You'll still do a good number of sets—about four to six, but you'll drop your reps to one to five using heavy weights at an explosive tempo with the highest intensity.

Remember, it's essential to build a foundation before going all out with heavy weight. You may think that to the max is the fastest way to build muscle, but it can often be the fastest way to injury. Don't forget to give your muscle groups at least 48 hours rest between workouts. A recommended workout schedule is four days a week, alternating between upper and lower body each day. Celebrate small wins and enjoy the journey!



Phase 1 exercise example: Romanian deadlifts (RDLs) on Bosu

Begin with feet shoulder-width apart on a Bosu (balance trainer), shoulders slightly pinched, and eyes looking forward. Place dumbbells in front of thighs and begin to hinge at hips. Hinge with a flat back and tight core until the back is almost parallel to the ground. Hinge hips back through and squeeze glutes at the top.



Phase 2 exercise example: Chest press with medicine ball chest slam supersets

Chest press: Start with back flat against bench and arms fully extended with dumbbells. Slowly descend dumbbells to 90 degrees and extend back up to starting position.

Medicine ball chest slams: Begin with feet shoulder-width apart, hips slightly hinged, and medicine ball at chest. Slam medicine ball on ground—maintaining stance—and catch in starting position.



Phase 3 exercise example: Reverse lunges

Begin with your feet shoulder-width apart, shoulders slightly pinched, and eyes looking forward. Place dumbbells at side and step one foot back while bending the knee until it is inches from the ground. Return back leg to feet shoulder-width apart and switch legs.



Phase 4 exercise example: Leg press

Begin with back and head supported on leg press machine, legs fully extended. Slowly bend knees a little past 90 degrees and bring back to full extension.

Please Note: Always consult your physician or other healthcare provider before starting any exercise program. These exercises are not intended to be used by anyone who is injured or otherwise physically limited.



Sarah Blackburn, 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

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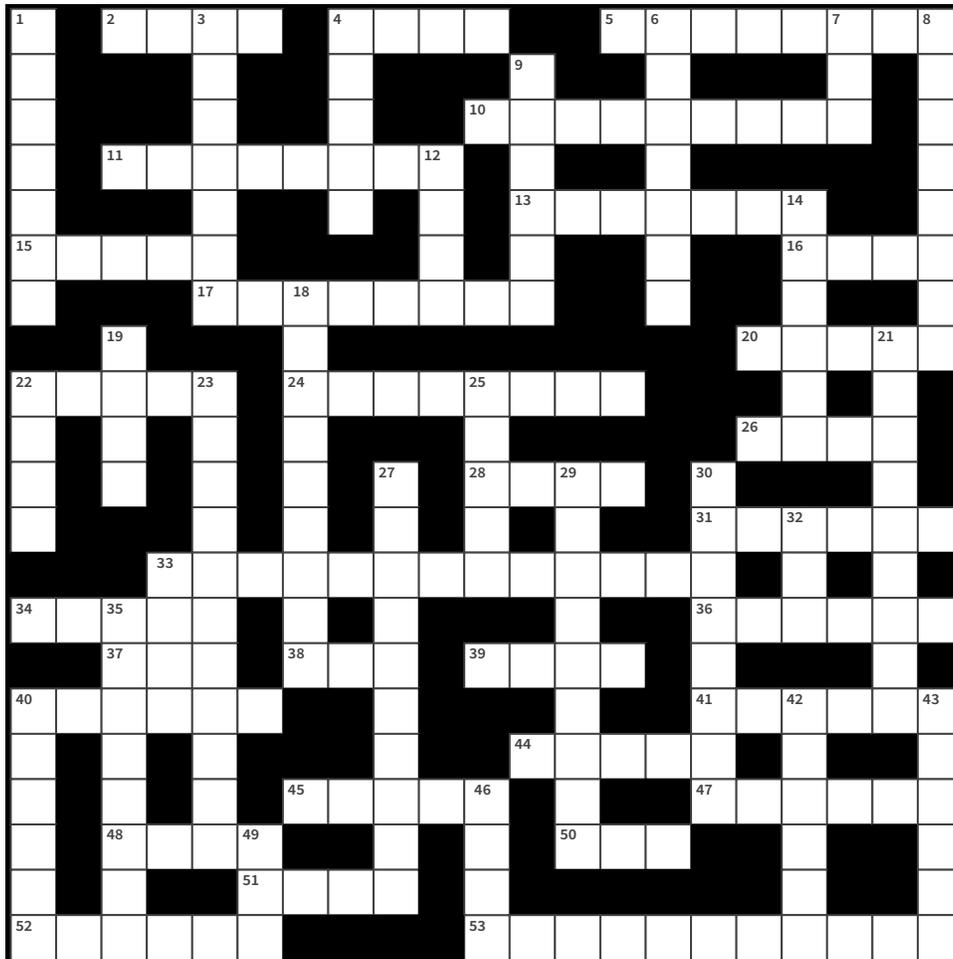


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Buff and Hairy

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

Down

1. Reasons not to
3. Involving the tummy
4. Extremely muscular (slang)
6. High praise
7. Not even
8. Natal celebration
9. Origin or cause
12. Job you are expected to do
14. Atopic dermatitis
18. Outer layer of skin
19. Number of times for a single exercise
21. Leafy, root, and cruciferous
22. Gain muscle, ___ up
23. Long-lived Florida tree
25. Photo collection on Facebook
27. Itchy skin's annoyance
29. Reproductiveness
30. Citrus fruit benefit
32. A way to eliminate
33. "Old Glory"
35. Naturally produced foodstuffs
40. Great judgement
42. Muscle that bends a joint
43. Like soil (smell or taste)
46. Nomad's tent
49. Just released

Across

2. Not itty bitty
4. Your body's covering
5. Subterranean burial chamber
10. Mom-to-be's important dietary supplement
11. Nameless
13. Hair raising stuff
15. Text icon that shows emotion
16. Mild winter illness
17. Compound helping a protein to do its work
20. Very weighty
22. Dark red root veggie
24. Stirred up, hot, swollen
26. Strands found in brushes
28. Well-muscled enthusiast
31. Bothersome skin sensations
33. Local place Old MacDonald sells fruits and veggies
34. Lives under a bridge or frequents the internet
36. Accomplish, reach a goal
37. Ewe's Mr.
38. Group of exercises at the gym
39. Crop rotation concern
40. Sporting a rug on head
41. Mix into
44. Food that's become mature
45. Place where milk products are produced
47. Laurel-wreathed leader
48. Mineral essential to blood
50. Strong urge
51. God's garden
52. Home of Red Square
53. For the time being

Answers found on **P.45**

Getting Help for GERD

Learn how integrative intervention may support longer-term relief from GERD, heartburn, and acid reflux symptoms.

By Lindsay Moreau, ND

Acid reflux, colloquially called “heartburn” or “indigestion,” is pretty easy to recognize and hard to ignore. However, it is also one of those pesky problems that tends to linger, and if not treated properly, it can cause many secondary issues.

Acid reflux happens when the contents of the stomach are not properly contained and are allowed to travel back up the esophagus. In a healthy stomach, the pH is very low; that is, the stomach and its contents are very acidic. The stomach makes a thick mucus to protect itself from the acid. In contrast, the esophagus maintains a fairly neutral pH and does not have a thick protective lining; so when reflux of stomach contents enter into the esophagus, it damages the esophagus. This is what creates the burning sensation of acid reflux.

Beyond the immediate discomfort, chronic acid reflux can trigger the cells of the esophagus to change into cells that look much more like stomach cells than esophagus cells. This condition is called Barrett’s esophagus. Eventually, these cells can become cancerous. Therefore, it is important to treat acid reflux when it happens, particularly if it is a chronic or recurring issue.

More Than OTC

The vast majority of people use over-the-counter (OTC) medications when they experience acid reflux. These medications all work to neutralize the acid in the stomach and thereby alleviate the burning sensation. Likewise, medications such as omeprazole, pantoprazole, and ranitidine block the body’s ability to make acid and thereby lower stomach acid.

Raising the pH of the stomach alleviates the burning sensation associated with acid reflux, but it does not address the reflux component. This is why it is common for someone to be on acid blockers and still have what is called “silent reflux.” This condition typically includes sinus congestion, throat clearing, post nasal drip, globus sensations (lump in the throat), hypersalivation, sore throat, bad breath, tonsil stones, and frequent colds.

Long-term use of acid-blocking medications can lead to side effects such as nutritional deficiencies in magnesium, B vitamins, and iron, increased risk for osteoporosis, and increased risk for digestive issues. These medications were developed as short-term fixes, not for long-term use. Proper treatment of acid reflux needs to move beyond simply lowering acid levels indefinitely to working on other aspects of digestive health, like the lower esophageal sphincter.

Reflux Factors

The lower esophageal sphincter (LES) separates the stomach from the esophagus, and if it does not close properly, the stomach contents can reflux into the esophagus. Proper LES function is dependent on proper muscle function, nervous system input, and sufficient stomach acid levels. Too little stomach acid, called hypochlorhydria, can manifest as heartburn, nausea, burping, and bloating, which just so happen to be the same symptoms as too much stomach acid, called hyperchlorhydria.





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Alternative Support

Supporting stomach acid levels and addressing hypochlorhydria can be done in many different ways. One of the more popular options is simply drinking apple cider vinegar, which introduces more acid into the digestive tract to prevent acid backflow and increase healthy levels of stomach acid. Betaine HCl capsules work similarly in that they replace the acid levels in the stomach.

Bitter herbs like gentian, artichoke, and dandelion also work well to address hypochlorhydria, but rather than replacing acid that the body is not making, they signal the body to make its own acid by interacting with bitter receptors. Bitter receptors as a rule are in the mouth and are responsible for sensing bitter flavors, but they can also be found throughout the digestive tract, in the lungs and reproductive organs, and even on white blood cells. Because of the widespread presence of bitter receptors in the body, bitter herbs work to normalize appetite, improve intestinal motility, and stimulate digestive healing. They can also have positive impacts on the immune system, lung function, and blood sugar levels.

Tinctures are the easiest form of bitter herbs to use to support stomach acid and are usually just called “bitters.” Just like what might be added to a cocktail, bitters are more gentle than apple cider vinegar or betaine HCl, so they work very well for more frail individuals, sensitive stomachs, and even children.

Hiatal Hernia Help

Another physical issue often implicated in acid reflux is a hiatal hernia, when the stomach slides up through the diaphragm. Normally, the LES is encircled by the diaphragm, which helps it close tightly. If there is a hiatal hernia, food can struggle to make it past the diaphragm, and the LES doesn't close tightly. The result feels like acid reflux and feeling full.

There are several ways to reduce a hiatal hernia. If it is very bad, a doctor may suggest surgery to reduce the hiatal hernia and prevent recurrence. However, many chiropractors, naturopathic doctors, and even some massage therapists are trained in visceral manipulation and can manually reduce the hiatal hernia. Some integrative healthcare practitioners have suggested doing exercises called “heel drops” may help reduce the symptoms associated with hiatal hernia. Heel drops involve drinking a glass of water on an empty stomach, standing on a step riser, and then repeatedly dropping one heel to tap the ground.

Diet Matters

The last major cause of acid reflux is diet. Most people are aware that acidic foods like tomatoes, coffee, and citrus fruit can be triggers for reflux; however, fatty foods and alcohol can weaken the muscle tone of the LES and also be triggers, along with chocolate, garlic, onions, spicy foods, and even carbonated beverages.

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For some people, it is very difficult to track down the food triggers for reflux. None of the “classic” acid reflux trigger foods listed above may actually cause reflux for that individual. In this situation, it is often helpful to do food allergy and sensitivity tests to determine which foods the body is reacting to. For instance, while cow’s milk is often recommended as a treatment for acid reflux, cow milk protein allergy symptoms can mimic those of reflux in children and babies.

Stress Less

It is also worth mentioning that stress can have a major impact on acid reflux. In order for the digestive tract to function properly, there needs to be a balance in the nervous input from the sympathetic and the parasympathetic branches of the nervous system. The sympathetic nervous system regulates the stress response and is dominant when there are high-stress or high-activity levels, like during exercise. The parasympathetic nervous system regulates sleep, digestion, and reproduction.

If stress levels are high, then the body shifts toward sympathetic dominance, and all non-essential functions, like digestion, are downregulated so that resources can be shunted to essential systems like brain

function and muscle activity. As part of this, stomach acid levels decrease and intestinal motility is slowed, both of which can contribute to acid reflux.

While acid blockers may work in the short term for some people, there are many other ways to address the underlying cause of acid reflux. There are also many more factors for acid reflux than just high stomach acid levels that can be considered to get rid of acid reflux for good.

Lindsay Moreau, ND, is a board-certified naturopathic physician. She completed her degree at the National



University of Natural Medicine in Portland, OR. During her four years of naturopathic medical training, she completed rotations in environmental medicine, women’s health, and physical medicine. She is a co-founder of

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Building Your Body for Baby

Both Mom and Dad need to be in good health when preparing for pregnancy. Learn more about how to ready your bodies through nutrition and lifestyle choices.

By Alyssa Broadwater, MS, RD, LD, CSCS

Ask any couple trying to get pregnant what they hope for, and they'll likely say that all they want is a healthy baby. Unfortunately, about 9% of men and 11% of women of reproductive age in the United States have experienced fertility problems. And while there are fertility treatment plans that span a wide array of reproductive issues, there is also an often-overlooked area that may help—nutritional support and awareness of environmental toxins.

Before Trying

It's ideal for couples wanting to conceive to take some time to prepare for conception, a time frame often referred to as preconception. A minimum of three months is a good head start as it correlates with the approximate amount of time needed for sperm to form.

In some cases, a year of preconception preparation may be necessary for couples who need to make major lifestyle changes. Even for couples who don't need to make major changes, it is also helpful to stop hormonal contraceptives and use non-hormonal methods of contraception, such as a diaphragm, condoms, or natural family planning a year prior to trying to conceive. This allows adequate time to address any hormonal imbalances that might have been present prior to starting hormonal contraceptives, that have developed since, or that might have been masked by hormonal contraceptives.

Additionally, hormonal contraceptives deplete many of the nutrients vital to fertility in the female body, including folate, magnesium, selenium, vitamin B2, vitamin B6, vitamin C, and vitamin E. Women with



thyroid or endocrine conditions may consider taking a longer time period to prepare for optimal fertility and the health of their future child.

Daddy Duty

For men, the most common causes of infertility are low sperm production, poor sperm motility, and abnormal morphology.

When a couple hasn't successfully conceived after some time, a semen analysis is usually conducted as the easiest first step to determine the cause of infertility. Male factor infertility is involved in approximately 30% of infertility cases.

Before and while trying to conceive, Dad should eat a nutrient-dense diet that includes adequate zinc, selenium, vitamin A, vitamin E, vitamin C, vitamin D, folate, and omega-3 fatty acids.

Some examples of good foods for Dad to eat include shellfish, fish (especially salmon, sardines, anchovies, and herring), seaweed, eggs, grass-fed full-fat dairy, organic beef, organ meats, nuts and seeds, beans and lentils, citrus, kiwi fruit, bell peppers, leafy greens, asparagus, beets, brussels sprouts, broccoli, and avocado.

A 2019 study found that men deficient in vitamin D had significantly lower sperm motility and total sperm count. So, it's important for Dad to get adequate sunlight exposure to get optimal vitamin D synthesis.



Mommy Matters

The most common impediment to pregnancy for women is dysfunctional ovulation. The reason many women under 35 years old have ovulatory infertility is often attributed to polycystic ovarian syndrome (PCOS).

Researchers estimate that 5 to 10% of women in the United States have PCOS. The exact cause of PCOS is unknown, but current research suggests that a combination of genetics and environmental or lifestyle factors leads to the disorder.

While a woman should be focused on improving her overall health during preconception, there are certain areas that require a bit more attention. It is very helpful to have a comprehensive thyroid screening prior to conception because suboptimal thyroid function can increase miscarriage risk. During pregnancy, the thyroid increases hormone production more than 50% to provide enough for the developing baby. Until weeks 16-20, the baby's thyroid gland isn't mature enough to produce its own hormones, so it relies on the mother's production. Maternal thyroid hormones continue to be transferred across the placenta throughout the entire pregnancy.

It is estimated that half of American women have insufficient iodine intake, which is needed for thyroid hormone production. Women who are deficient in iodine are half as likely to conceive in any given cycle.

Other areas of concern include a woman's microbiome. The baby's microbiome is seeded by the mother's microbiome via delivery and breastfeeding. Disruptions

in the normal population of an infant's gut microbiome are associated with increased risk of allergies, eczema, asthma, childhood obesity, type 1 diabetes mellitus, and celiac disease. Eating fermented foods regularly and maintaining a healthy fiber intake of 25-30 grams daily can support Mom's healthy microbiome.

Nutrition Is Important

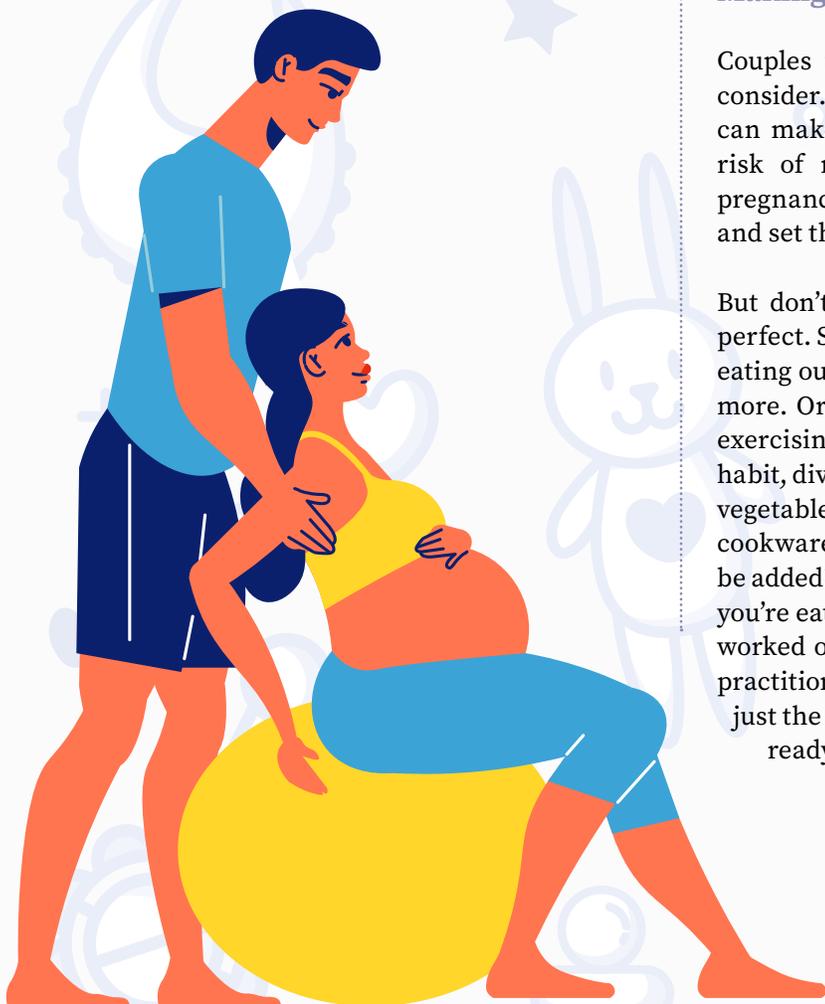
Scores of scientific studies make it clear that parents' health and nutritional profiles during preconception can have an impact on the child's growth, metabolism, and predisposition to various diseases into adulthood. Paternal nutrition status and environment have been linked to predisposing offspring to cancers, pancreas dysfunction, obesity, and sperm alterations. Maternal nutrition status and the environment have been linked to predisposing offspring to cardiovascular disease, kidney disease, pancreas dysfunction, obesity, and endocrine changes.

What Gets in the Way

There are plenty of environmental issues that can hinder conception. Endocrine-disrupting chemicals (EDCs) can affect fertility in both men and women. Unfortunately, these substances are everywhere in our environment and nearly impossible to avoid completely, but limiting exposure to them is important and supporting the body's natural detoxification pathways is helpful. EDCs can be naturally occurring or synthetically derived chemicals. Some examples of EDCs and in what products they are often found include polychlorinated biphenyls

(PCBs) found in industrial solvents or lubricants; phthalates found in everything from food and beverage containers to vinyl flooring, detergent, nail polish, and perfume; bisphenol A (BPA) found in food and beverage containers (but no longer used in the production of baby bottles and sippy cups in the United States); parabens found in cosmetics, skincare products, shampoos, and conditioners; pesticide and herbicide residue found on conventionally grown produce; and fluoropolymers found in non-stick cookware.

Genetic and metabolic changes can be induced by EDC toxins and can impact the lifelong health of the baby. For example, babies exposed to triclosan, a once-common ingredient in antibacterial soaps, may be at increased risk of sexual differentiation and development problems. Thankfully, triclosan has since been banned by the Food and Drug Administration in the United States. Exposure to BPA can increase miscarriage risk, and glyphosate, an herbicide, can impair female reproductive development in utero.



Making the Change

Couples thinking about having a baby have a lot to consider. Even three months of simple lifestyle changes can make a significant impact on fertility, reduce the risk of miscarriage, improve the enjoyment of the pregnancy, reduce complications during pregnancy, and set the child up for a healthier life into adulthood.

But don't get too overwhelmed. Things will never be perfect. Start with something simple. Maybe cut back on eating out as often and focus on preparing food at home more. Or limit how much alcohol you drink. And start exercising more regularly. Once these things become a habit, dive deeper. Do you need to increase the amount of vegetables you eat? Do you need to trade out some of your cookware or your cosmetics? Does a supplement need to be added? Could the choice of which fruit and vegetables you're eating be improved? All of these questions can be worked on with the help of your integrative healthcare practitioner. An experienced fertility dietitian could be just the extra boost you need to get both of your bodies ready for your baby.



Dad Preconception Do's and Don'ts



Do

- Keep testicles cool
- Eat organic when possible
- Eat antioxidant-rich foods
- Maintain healthy weight
- Aim for 5 cups of fruits and veggies daily
- Limit alcohol
- Limit trans fats
- Exercise regularly
- Sleep 7-8 hours nightly
- Limit exposure to endocrine disrupting chemicals (EDCs)

Don't

- Take long, hot baths or use hot tubs
- Smoke

Mom Preconception Do's and Don'ts



Do

- Eat organic when possible
- Eat antioxidant-rich foods
- Maintain healthy weight
- Aim for 5 cups of fruits and veggies daily
- Limit alcohol
- Limit trans fats
- Safely exercise regularly
- Sleep 7-8 hours nightly
- Limit exposure to endocrine disrupting chemicals (EDCs)
- Start taking a good prenatal multivitamin
- Eat fermented foods such as yogurt, sauerkraut, kefir, kombucha, natto, and kimchi

Don't

- Consume too much caffeine
- Over exercise
- Smoke

Please Note: These comments are in no way intended to be used as medical advice. Always consult your physician or other healthcare professional before embarking on changes intended to support healthy fertility.



Alyssa Broadwater, MS, RD, LD, CSCS, holds a master of science degree in dietetics from North Dakota State University and bachelor's degree in human nutrition from Ohio State University. She is a registered, licensed dietitian, and a certified strength and conditioning specialist focused on improving the fertility, prenatal experience, and postpartum period of parents and the long-term health of babies through real food nutrition. She owns a private practice. alyssabroadwaterrd.com



Paving the Path to Optimal Health

NFH Inc. is a Canadian nutraceutical company that manufactures evidence-based products exclusively for health-care professionals with a commitment to the highest standards of excellence in quality assurance and good manufacturing practices. NFH's nutraceuticals are selected through a process of careful screening, guided by two advisory panels of world-class researchers constituting the Scientific Advisory Panel (SAP) and primary-care physicians forming the Medical Consultancy Group (MCG).

NFH's "Tripod of Excellence" policy ensures research-based, content guaranteed, and contaminant-free products with every lot number. NFH products lead the natural health product industry by exceeding the strict GMP standards established by Health Canada's Natural and Non-prescription Health Products Directorate (NNHPD) regulations and the US Food and Drug Administration (FDA).

NFH's innovative, evidence-based approach and thoughtfulness in product formulations help support optimal health.



Gone Today, Hair Tomorrow

Learn the many ways we've tried to fix the problem of hair loss.



4000 BC — Egyptians rubbed their bald heads with a mixture of ground dates, dog paws, and donkey hooves cooked in oil in an attempt to stop hair loss.

1550 BC — Ebers Papyrus, one of oldest medical texts, recommends an oral medicine of iron oxide, red lead, onions, alabaster, honey, and animal fat to help regrow hair.

420 BC — After seeing that the Persian army's eunuchs never experienced hair loss, Hippocrates, himself balding, suggested castration as a possible solution for baldness.

46–44 BC — Roman emperor Julius Caesar was thought to wear a crown of laurel to show he was powerful and to disguise his thinning hair.

1674 — King Louis XIV of France began wearing a wig to cover his thinning hair, making it extremely popular, albeit too expensive for most commoners.

1900s — Popular health and physical fitness advocate Bernarr MacFadden recommended scalp massage, hair pulling, and vigorous brushing to support circulation and stop hair loss.

1960s — Dr. Endre Mester found that the use of low-level light therapy increased adenosine triphosphatase (ATP) and blood flow, among other reactions and induced hair growth.

1978 — Minoxidil, a pill to treat high blood pressure, was cleared by FDA to treat hair loss. Rogaine, a foam made of Minoxidil was prescribed to reduce hair loss.

2006 — The lipidosterolic extract of *Serenoa repens* (saw palmetto) was found to be a useful treatment of androgenetic alopecia (male pattern baldness).

2015 — A marine complex (mollusk and shark powder) combined with herbs and supplements showed improvement in quantity and density of hair.

Wellness Words Answers

Down

- | | |
|-------------|------------------|
| 1. Excuses | 18. Epidermis |
| 3. Gastric | 19. Reps |
| 4. Swole | 21. Varieties |
| 6. Acclaim | 22. Bulk |
| 7. Odd | 23. Saw palmetto |
| 8. Birthday | 25. Album |
| 9. Source | 27. Irritation |
| 12. Duty | 29. Fertility |
| 14. Eczema | 30. Vitamin C |

- | |
|--------------|
| 32. Cut |
| 33. Flag |
| 35. Organics |
| 40. Wisdom |
| 42. Flexor |
| 43. Earthy |
| 46. Yurt |
| 49. New |

Across

- | | | |
|----------------|--------------------|-----------------|
| 2. Huge | 24. Inflamed | 41. Infuse |
| 4. Skin | 26. Hair | 44. Ripen |
| 5. Catacomb | 28. Buff | 45. Dairy |
| 10. Folic Acid | 31. Itches | 47. Caesar |
| 11. Untitled | 33. Farmers Market | 48. Iron |
| 13. Rogaine | 34. Troll | 50. Yen |
| 15. Emoji | 36. Attain | 51. Eden |
| 16. Cold | 37. Ram | 52. Moscow |
| 17. Coenzyme | 38. Set | 53. Temporarily |
| 20. Heavy | 39. Soil | |
| 22. Beets | 40. Wiggled | |

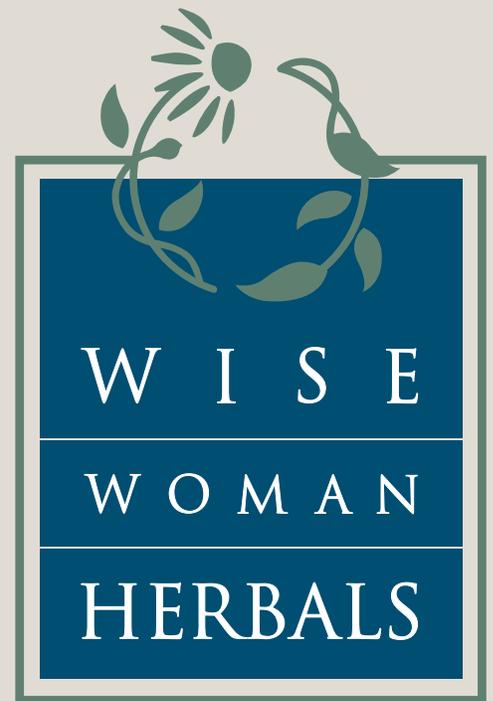
Reclaim Your

A strong and healthy immune sys



Immunity

System begins with nature.



NON-GMO

WHOLE HERB EXTRACTS

ALL-NATURAL ORGANIC INGREDIENTS

WholeScripts Product List

AC Grace

Product Name

Blood Pressure 60 Capsules
Sleep 60 Capsules
UNIQUE E High Delta Select Tocotrienols 90 Softgels
UNIQUE E High Gamma Mixed Tocopherol 180 Softgels
UNIQUE E High Gamma Mixed Tocopherol 90 Softgels
UNIQUE E High Gamma Mixed Tocopherol Oil 1 fl oz
UNIQUE E Natural Moisturizing Cream Coconut 2 fl oz
UNIQUE K2 60 Capsules

Allergy Research Group

Product Name

200 mg of Zen 120 Capsules
Adrenal Cortex 100 Capsules
Artemisia 100 Capsules
Artemisinin 300 Capsules
Artemisinin 90 Capsules
B12 Adenosylcobalamin 60 Lozenges
ButyrEn 100 Capsules
Cat's Claw 60 Capsules
Eldermune™ Chewables 60 Tablets
GLA Borage Oil 30 Softgels
HiBiotin 90 Capsules
KingChlorella™ 600 Tablets
L-Arginine 250 Capsules
Lumbrokinase 30 Capsules
Magnolia Extract 120 Capsules
Mastica® 120 Capsules
N-Acetyl Glucosamine 90 Capsules
NTFactor® EnergyLipids 120 Servings
NTFactor® EnergyLipids Chewables 60 Tablet
Oregano Oil 90 Capsules
Osteo-Vi-Min® 180 Tablets
Ox Bile 500 mg 100 Capsules
Pancreas 60 Capsules
Pantothenic Acid 90 Capsules
Pregnenalone 50 mg 60 Tablets

Quercetin Bioflavonoids 100 Capsules
Stabilium® 200 Garum 30 Capsules
Taurine 500 mg 100 Capsules
Thymus Natural Glandular 75 Capsules
Thyroid 100 Capsules
Thyroid Nutrition with Iodoral® 60 Tablets
TMG Trimethylglycine 100 Capsules
Tocomin SupraBio® Tocotrienols 100 mg 60 Softgels
VascuStatin Formula 120 Capsules
Vitamin E Succinate 100 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

Bedtime Beauty Repair 1.7 oz
Better Body Butter 2.8 oz
Dead Sea Mud Mask 2 oz
Mineral MistToner 1.7 oz
Miracle Elixir Oil 1 oz

AOR

Product Name

Advanced B Complex™ 90 Capsules
Andrographis 120 Capsules
benaGene™ 30 Capsules
Hydroxy B12 - 1mg 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

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 Travel Size Vertical Spray 1 fl oz
Pro Bio-Active Silver Hydrosol 23 ppm Vertical Spray 2 fl oz
Professional Silver First Aid Gel 1 fl oz

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

Adult Ashwagandha Drops 2 fl oz
Adult Trifal Drops 2 fl oz
Amla Plex 30 Servings
Arjuna Heart 90 Capsules
Ashwagandha 60 Capsules
Ayu-Dep 60 Capsules
AyuPhos 60 Capsules
Bacopa Plus 60 Capsules
Boswelya Plus 90 Caplets
BronchoTone 90 Capsules
Carditone 60 Caplets
CoCurcumin 30 Servings
Flucomune 90 Capsules
High Omega-3 Fish Oil 60 Softgels
Kids Ashwagandha Drops 2 fl oz
Kids Trifal Drops 2 fl oz
Kuff Soothe 8 fl oz
Macuna Plus 60 Capsules
Neem Plus 90 Capsules

Probiotic 100B 60 Capsules

Rentone 90 Caplets

Trifal 90 Capsules

Barlean's

Product Name

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
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

B. Biome Complete Gut Health 60 Capsules
B. Fueled Bee Pollen 150 g
B. Immune Throat Spray Propolis 1.06 fl oz
B. Powered Superfood Honey 125 g
B. Powered Superfood Honey 330 g
B. Smart Brain Fuel 3 Pack
B. Soothed Honey Lozenges 14 Drops
Kids Propolis Throat Spray 1.06 fl oz

BergaMet

Product Name

Clinical Immune Citrus Bergamot 60 Tablets

Bio-Tech Pharmacal

Product Name

D3-50 100 Capsules
Lith-Oro 20 mg 100 Capsules

Biocidin

Product Name

Biocidin® 1 fl oz

Biocidin® 90 Capsules

Biocidin® LSF 1.7 fl oz

Biocidin® Throat Spray 1 fl oz

Biotonic 2 fl oz

Dentalcidin LS 1 fl oz

G.I. Detox+ 60 Capsules

Olivirex® 60 Capsules

Proflora® 4R 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

E-Lyte 16 oz

Liquid Mineral Iodine 2 fl oz

Liquid Mineral Zinc 2 fl oz

Liquid Minerals 8 oz

PC 100 Softgels

PC 8 oz

Bodylogix

Product Name

Bodylogix Fermented BCAA Unflavored 60 Servings

Bodylogix Micronized Creatine Unflavored 60 Servings

Bodylogix Natural Pre-Workout Green Apple 30 Servings

Bodylogix Vegan Protein Decadent Chocolate 20 Servings

Bodylogix Vegan Protein Vanilla Bean 21 Servings

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 Selenomethione 90 Capsules

Brain Omega 180 Softgels

Brain ResQ 60 Capsules

Buddha Teas

Product Name

Chaga Tea 18 Bags

Detox Dharma Blend 18 Bags

Matcha Green Tea 18 Bags

Mushroom Wellness Blend 18 Bags

Reishi Mushroom Blend 18 Bags

Carlson Labs

Product Name

ACES 50 Softgels

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

ACES+Zn 60 Softgels

Acetyl L-Carnitine 60 Capsules

Baby's DHA 2 fl oz

Cal-600 100 Softgels

Chewable Calcium Citrate 120 Tablets

Cod Liver Oil Gems 100 Softgels

Cod Liver Oil Lemon Flavor 8.4 oz

Cod Liver Oil Minis 100 Softgels

Cod Liver Oil Natural Flavor 8.4 oz

DL-Phenylalanine 60 Capsules

Ginger ALL 60 Softgels

Hi.Fiber 100 Capsules

Key.E Hand & Body Cream Lemongrass 4 oz

Key.E Hand & Body Cream Unscented 2 oz

Kid's Vitamin C Gummies 60 Gummies

Kid's Vitamin D3 Gummies 60 Gummies

L-Glutamine Powder 33 Servings

M.S.M Sulfur 90 Capsules

Taurine Powder 31 Servings

Vitamin D3 Gummies 60 Gummies

Clinical Synergy

Product Name

ArteMax 60 Capsules

Mycocutics Immune Max 180 Capsules

Mycocutics Tick Defense 90 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

Cognitive Clarity

Product Name

Percepta Professional 60 Capsules

CuraLife USA

Product Name

CuraLin 180 Capsules

CuraLin Starter Bottle 42 Capsules

Diamond Formulations

Product Name

Sleep Balance Herbal 60 Capsules

Doctor's Advantage

Product Name

EyeRelief 90 Softgels

Macular Shield Plus Complete Multivitamin 120 Capsules

Omega Shield 60 Softgels

Dr. Anna Cabeca

Product Name

Mighty Maca[®] Plus 60 Servings

Dr. Capasso

Product Name

Keto Complete 20 Servings

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

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 for Kids 30 Capsules

Magnesium L-Threonate 270 Capsules

Organic Astaxanthin 12mg 90 Capsules

Organic Collagen from Grass Fed Beef Bone Broth 270 Tablets

Whole-Food Multivitamin Plus Vital Minerals 240 Tablets

Zinc Plus Selenium 30 Capsules

Zinc Plus Selenium 90 Capsules

Dr. Phillips Formulations

Product Name

Full-Spectrum Hemp Oil Cherry Bomb 1 oz

Full-Spectrum Hemp Oil Cool Mint 1 oz

Full-Spectrum Hemp Oil Orange Dreamsicle 1 oz

Drs Nutrition Bar

Product Name

Drs Nutrition Bar Almond Chocolate Coconut 12 Bars

Encore Life

Product Name

HEMP OneThirteen 30 Softgels

HEMP OneThirteen 60 Softgels

HEMP OneThirteen Immune Sour Gummies Orange Cream 60 Gummies

HEMP OneThirteen PRO 1500 1 oz

HEMP OneThirteen PRO 3000 1 oz

HEMP OneThirteen PRO 750 0.5 oz

HEMP OneThirteen Relax Sour Gummies Blueberry Pomegranate 60 Gummies

HEMP OneThirteen Sleep Sour Gummies Blackberry Vanilla 60 Gummies

HEMP OneThirteen Soothe 600 60gm

HEMP OneThirteen Sour Gummies Watermelon Cherry 60 Gummies

Endurance Products Company

Product Name

Dihydroberberine SR 150mg 180 Tablets

Dihydroberberine SR 150mg 60 Tablets

ENDUR-ACIN ER 750mg 60 Tablets

ENDUR-ACIN ER NIACIN 250mg 100 Tablets

ENDUR-ACIN ER NIACIN 500mg 100 Tablets

ENDUR-AMIDE SR 500mg 90 Tablets

ENDUR-C SR 1000mg 60 Tablets

ENDUR-C SR 500mg 90 Tablets
Pantethine SR 300mg 90 Tablets
Phytosterols IR 450mg 60 Tablets
Taxifolin Complex SR 60 Tablets

Energenx

Product Name

Chemtox 2 fl oz
Hydrex 30 Servings
Organic Moringa Leaf Powder 44 Servings

Enzyme Science™

Product Name

(PEA)+ 120 Capsules
Complete Digestion 90 Capsules
Critical Digestion® 90 Capsules
Enzyme Defense Pro 60 Capsules
Intolerance Complex 90 Capsules
Lypo Optimize 90 Capsules
MyoMend® 120 Capsules
Stem XCell® Pro 60 Capsules
Telomere Pro 30 Capsules

Even Health

Product Name

Even for Antidepressants 60 Capsules
Even for Birth Control 60 Capsules
Even for Statins 60 Capsules

Everidis Health Sciences

Product Name

BioGaia Gastrus 30 Chewable Tablets
BioGaia Osofortis 60 Capsules
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

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

Golden Flower Chinese Herbs

Product Name

Andrographis 60 Tablets
Astragalus & Ligustrum 60 Tablets
Bupleurum & Tang Kuei 60 Tablets
Corydalis 60 Tablets
Ease Digestion 60 Tablets
Eleuthero 60 Tablets
Five Mushroom 2 oz
Free & Easy Wanderer Plus 60 Tablets
Gan Mao Ling 60 Tablets
Ginseng & Astragalus 60 Tablets
Jade Screen & Xanthium 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 Flam Relief 1 fl oz
Guna Flu 0.21 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

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
 BLOOD PRESSURE SUPPORT 1 fl oz
 CALENDULA OIL 1 fl oz
 CINNAMON BREATH REFRESHER 0.47 fl oz
 DANDELION ALCOHOL FREE 1 fl oz
 ECHINACEA ALCOHOL FREE 1 fl oz
 FUNGUS FIGHTER 1 fl oz
 GINGER 1 fl oz
 HERB PHARM ORIGINAL SALVE 24 gm
 KAVA 1 fl oz
 KIDS BLACK ELDERBERRY ALCOHOL FREE 1 fl oz
 KIDS COUGH CRUSADER 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 BREATH REFRESHER 1 fl oz
 PEPPERMINT SPIRITS 1 fl oz
 RAPID IMMUNE BOOST 1 fl oz
 RELAXING SLEEP 1 fl oz
 SOOTHING THROAT SPRAY 1 fl oz
 ST. JOHN'S WORT OIL 1 fl oz
 STONE BREAKER 1 fl oz
 SUPER ECHINACEA 1 fl oz
 TEA TREE ESSENTIAL OIL 1 fl oz
 TURMERIC 1 fl oz
 URINARY SYSTEM SUPPORT 1 fl oz
 VALERIAN 1 fl oz
 VALERIAN ALCOHOL FREE 1 fl oz
 VIRATTACK 1 fl oz

Herbalist & Alchemist

Product Name

Burdock / Red Root Compound 4 oz
 Calm Adapt 4 oz
 Daily Adapt 4 oz
 Fit Adapt 4 oz
 Immune Adapt 4 oz
 Kidney Support Compound 4 oz
 Men's Adapt 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

HumanN

Product Name

BeetElite Black Cherry 20 Servings
 BeetElite On-the-Go Black Cherry 10 Servings
 Neo40 Professional 60 Tablets
 SuperBeets Black Cherry 30 Servings
 SuperBeets Collagen Cherry Berry 30 Servings
 SuperBeets Energy Plus Natural Berry 30 Servings
 SuperBeets Immune Cranberry Cherry 30 Servings
 SuperBeets Memory + Focus 30 Chews
 SuperBeets Original Apple 30 Servings
 SuperBeets Soft Chews Pomegranate Berry 60 Chews
 SuperGrapes Chews Grape 60 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 Biotin Hair & Scalp Spray 4 fl oz
 Hyaluronic Acid Collagen Peptides 30 Servings
 Hyaluronic Acid Dry Mouth 60 Mint Lozenges
 Hyaluronic Acid Joint, Skin & Eyes 10 oz
 Hyaluronic Acid Joint, Skin & Eyes 30 Capsules
 Synthovial Seven 1 fl oz

Innate Response

Product Name

Adrenal Response 90 Tablets
 Adrenal Response Complete Care 90 Tablets
 Baby & Me Multivitamin 120 Tablets
 C Complete Powder 2.9 oz
 GI Response 8.4 oz
 GTF Chromium 90 Tablets
 Inflama-Complete 90 Capsules
 Iron Response 90 Tablets
 Men's One Daily Iron Free 60 Tablets
 Selenium 90 Tablets
 Thyroid Response Complete Care 90 Tablets
 Women's One Daily 60 Tablets

Jarrow Formulas

Product Name

Arginine 100 Tablets
 Citicoline CDP Choline 60 Capsules
 Fem-Dophilus® 60 Capsules
 Fem-Dophilus® 60 Capsules (Shelf Stable)
 Milk Thistle 200 Capsules
 Organic MCT Oil 16 fl oz
 Pantethine 60 Softgels
 PS100 100 mg 60 Softgels
 Red Yeast Rice + CoQ10 120 Capsules
 Theanine 200 60 Capsules

Jigsaw Health

Product Name

Adrenal Cocktail + Wholefood Vitamin C 60 Servings
 Electrolyte Supreme Berry-Licious 60 Servings
 Electrolyte Supreme Lemon-Lime 60 Servings
 MagSoothe Raspberry Lemonade 60 Servings
 MagSRT® 240 Tablets
 Pickleball Cocktail Orange 60 Servings

Kuli Kuli

Product Name

GREEN TEA ENERGY PLUS WELL CITRUS C 12 Servings
 HERBAL MORINGA TEA ORIGINAL 15 Bags
 MORINGA ENERGY BAR DARK CHOCOLATE 12 Bars
 PURE MORINGA 20 Packets

Life Extension

Product Name

AMPK Metabolic Activator 30 Tablets
 BioActive Complete B-Complex 60 Capsules
 Black Cumin Seed Oil 60 Softgels
 Cognitex® Elite Pregnenolone 60 Tablets
 Curcumin Elite™ Turmeric Extract 60 Capsules
 FLORASSIST® GI with Phage Technology 30 Capsules
 FLORASSIST® Throat Health 30 Lozenges
 Glucosamine/ Chondroitin 100 Capsules
 Herbal Sleep PM 30 Capsules
 Male Vascular Sexual Support 30 Capsules
 Mega Lycopene 90 Softgels
 Memory Protect 36 Day Supply
 Optimized Quercetin 60 Capsules
 Pomegranate Complete 30 Softgels
 Potassium with Extend-Release Magnesium 60 Capsules
 Super K 90 Softgels
 Super K Elite 30 Softgels
 Super Omega-3 EPA/DHA Fish Oil 60 Softgels
 Tart Cherry with CherryPURE® 60 Capsules
 Vitamin C and Bio-Quercetin Phytosome 250 Tablets
 Water-Soluble Pumpkin Seed Extract 60 Capsules
 Zinc Lozenges Citrus-Orange Flavor 60 Lozenges

Linpharma

Product Name

Dolovent 120 Capsules
 Petadolex 50mg 50 Softgels
 Petadolex 75mg 60 Softgels

LMNT Elemental Labs

Product Name

LMNT Recharge – Citrus Salt 30 Servings
 LMNT Recharge – Orange Salt 30 Servings
 LMNT Recharge – Raspberry Salt 30 Servings
 LMNT Recharge – Raw Unflavored 30 Servings
 LMNT Recharge – Variety Pack 12 Servings

Master Supplements

Product Name

DIGESTXYM+ 93 Capsules
 HCL-XYM 93 Capsules

Immunoxym 62 Capsules

SEAXYM 93 Capsules

SunFiber 31 Servings

TheralacPRO 40 Capsules

THERAXYM 93 Capsules

TruBifidoPRO 40 Capsules

TruFiber 50 Servings

Med7

Product Name

MED 7 HEMP OIL CINNAMON .5 OZ

MED 7 HEMP OIL MOCHA .5 OZ

MED 7 HEMP OIL WILD BERRY .5 OZ

MED 7 METABOLIC SUPPORT CINNAMON .5 OZ

MED 7 PM HEMP CBD OIL CINNAMON .5 OZ

MED 7 RELIEF ROLL-ON .34 OZ

Megafood

Product Name

Baby & Me 2 120 Tablets

Balanced Minerals 90 Tablets

Blood Builder 180 Tablets

Blood Builder 90 Tablets

C Defense 70 Gummies

Elderberry Immune Support 54 Gummies

Kid's One Daily Multivitamin Grape Flavor 30 Soft Chews

Kids One Daily 60 Tablets

Magnesium 90 Tablets

Melatonin Berry Good Sleep 54 Gummies

Methyl B12 60 Tablets

Multi for Women 40+ 120 Tablets

Multi for Women 55+ 120 Tablets

Multi for Women 60 Tablets

One Daily 180 Tablets

Pure Cranberry 60 Capsules

Relax + Calm Magnesium Grape Flavor 30 Soft Chews

Selenium 60 Tablets

Zinc 60 Tablets

Microbiome Labs

Product Name

Gut-Specific Fish Oil Supplement 60 Softgels

Mega IgG2000 120 Capsules

MegaGuard 60 Capsules

MegaMucosa Raspberry Lemonade Flavored 30 Servings

MegaPre 180 Capsules

MegaPre Mango Flavored 30 Servings

MegaSporeBiotic 180 Capsules

MegaSporeBiotic 60 Capsules

SereneSkin 30 Capsules

WheatRescue 60 Capsules

Zenbiome Cope 60 Capsules

Zenbiome Sleep 30 Capsules

Microvascular Health Solutions

Product Name

EndocalyxPro 120 Capsules

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

Gainer Chocolate 18 Servings

Glucosamine Chondroitin 90 Capsules

L-Glutamine 1,000 Servings

Matcha Green Tea Powder 42 Servings

Organic Moringa Leaf Powder 60 Servings

Organic Red Beet Powder 24 Servings

Quercetin 60 Capsules

Relax-ALL 60 Capsules

TribuPlex 750 60 Capsules

Vegan Vitamin D3 5,000 IU 60 Capsules

Whey Protein Chocolate 18 Servings

Whey Protein Vanilla 18 Servings

Whole Food Organic Fiber 32 Servings

Mushroom Wisdom

Product Name

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

Nature's Sources

Product Name

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

Neurohacker

Product Name

Qualia Mind 105 Capsules
 Qualia Mind 35 Capsules
 Qualia Mind Essentials 25 Capsules
 Qualia Mind Essentials 75 Capsules
 Qualia Night 20 Capsules
 Qualia Night 60 Capsules
 Qualia Nootropic Energy 2 oz Shot 6-Pack

Neuropathy Factor

Product Name

Neuro H2 Berry Splash 60 Tablets
 Neuro H2 Natural Flavor 60 Tablets

NFH

Product Name

Arabino SAP 50 Servings
 Berberine SAP 90 Capsules
 Coriolus Versicolor SAP 60 Capsules
 D-Ribose SAP 50 Servings
 Grape Seed SAP 60 Capsules
 Maitake SAP 60 Capsules

Mushroom Complex SAP 90 Capsules

Ox Bile SAP 90 Capsules
 Reishi SAP 60 Capsules
 Shiitake SAP 60 Capsules
 Trident SAP 66:33 120 Softgels
 Zinc SAP 60 Softgels

Nordic Naturals

Product Name

Algae Omega 120 Softgels
 Arctic Omega 180 Softgels
 Arctic Omega 8 fl oz
 Baby's Vitamin D3 0.37 fl oz
 Children's Eye Health Gummies Strawberry Lemonade 30 Gummies
 DHA Infant 2 fl oz
 DHA Junior 180 Softgels
 Kid's Nordic Flora™ Probiotic Pixies Berry 30 Packets
 Kids Nordic Flora Probiotic Gummies Merry Berry Punch 60 Gummies
 Nordic Beauty Borage Oil 4 fl oz
 Nordic Berries Cherry Berry 120 Gummy Berries
 Nordic Berries Original Flavor 120 Gummy Berries
 Nordic Omega-3 Fishies 36 Fishies
 Nordic Omega-3 Gummies 120 Gummies
 ProDHA 1000 120 Softgels
 ProDHA 120 Softgels
 ProEPA 120 Softgels
 ProEPA with Concentrated GLA 60 Softgels
 ProOmega 120 Softgels
 ProOmega 180 Softgels
 ProOmega 2000 120 Softgels
 ProOmega 2000 60 Softgels
 ProOmega 2000 Jr. 60 Softgels
 ProOmega 2000-D 120 Softgels
 ProOmega 60 Softgels
 ProOmega CRP 90 Softgels
 ProOmega Junior 90 Softgels
 ProOmega-D 120 Softgels
 ProOmega-D 180 Softgels
 ProOmega-D 60 Softgels
 Vitamin C Gummies Tart Tangerine 120 Gummies
 Vitamin D3 Kids Gummies Wild Watermelon Splash 60 Gummies

Vitamin D3+K2 Gummies Pomegranate 60 Gummies

Zero Sugar Curcumin Gummies 60 Gummies

Zero Sugar Kids Multi Gummies 120 Gummies

Zero Sugar Melatonin Gummies 60 Gummies

Zero Sugar Vitamin D3 Gummies 60 Gummies

NuGo Nutrition

Product Name

Fiber d'Lish Cinnamon Raisin 16 Bars

Fiber d'Lish Banana Walnut 16 Bars

NuGo Vanilla Yogurt Protein 15 Bars

PROMAX Protein Bar Chocolate Chip Cookie Dough 12 Bars

Smarte Carb Peanut Butter Crunch 12 Bars

Stronger Caramel Pretzel 12 Bars

Stronger Peanut Cluster 12 Bars

Nutrasal

Product Name

Cerebra GPC 2 fl oz

LipoZome-B 2 fl oz

LipoZome-C 8 fl oz

PPC Kids Orange Cream 8 oz

NutriCology

Product Name

Laktoferrin 90 Capsules

Mastic Gum 120 Capsules

Mucolyxir[®] 0.4 fl oz

OcuDyne II 200 Capsules

Organo-Germanium Ge-132 50 Capsules

NutriDyn

Product Name

Fruits & Greens Berry 30 Servings

Fruits & Greens Chocolate 27 Servings

Fruits & Greens Chocolate Peppermint 27 Servings

Fruits & Greens Espresso 27 Servings

Fruits & Greens Grape 30 Servings

Fruits & Greens Green Tea Melon 30 Servings

Fruits & Greens Monk Fruit Blackberry Tangerine 30 Servings

Fruits & Greens Monk Fruit Chocolate 27 Servings

Fruits & Greens Original Mint 27 Servings

Fruits & Greens Pink Lemonade 30 Servings

Fruits & Greens Strawberry Kiwi 30 Servings

Fruits & Greens TO GO Starter Kit 11 Servings

Nutritional Therapeutics

Product Name

NTFactor[®] Advanced Physician's Formula with B-Vitamins 150 Tablets

NTFactor[®] 90 Tablets

NTFactor[®] Healthy Aging 120 Tablets

NTFactor[®] Lipids Powder 120 Servings

NTFactor[®] Patented Energy Chewable Wafer Mixed Berry 30 Wafers

NTFactor[®] with CoQ10 Chewable Wafer Chocolate 30 Wafers

NTFactor[®] with D3/K2 Chewable Wafer Vanilla 30 Wafers

Optimox

Product Name

ATP Cofactors 90 Tablets

Iodoral IOD-50 30 Tablets

Iodoral[®] IOD-12.5 90 Tablets

Optivite PMT 180 Tablets

Orgain

Product Name

Clean Protein Grass Fed Protein Shake Creamy Chocolate Fudge 4 Pack

Kids Protein Organic Nutrition Shake Chocolate Single Serving Pack

Kids Protein Organic Nutrition Shake Vanilla Single Serving Pack

Organic Nutrition Shake Creamy Chocolate Fudge 4 Pack

Organic Nutrition Shake Creamy Chocolate Fudge Single Serving Pack

Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

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

Organic Protein Powder Plant Based Peanut Butter 20 Servings

Organic Protein Snack Bar Peanut Butter Chocolate Chunk 12 Bars

Vegan Organic Nutrition Shake Smooth Chocolate 4 Pack

Vegan Organic Nutrition Shake Smooth Chocolate Single Serving Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean 4 Pack

Vegan Organic Nutrition Shake Sweet Vanilla Bean Single Serving Pack

Organic India

Product Name

Ashwagandha 90 Capsules

Ceylon Cinnamon 90 Capsules

Joy! 90 Capsules

Liver Kidney 90 Capsules

Memory 90 Capsules

- Moringa 90 Capsules
- Moringa Powder 113 Servings
- Neem 90 Capsules
- Peaceful Sleep 90 Capsules
- Triphala 90 Capsules
- Tulsi - Holy Basil 90 Capsules
- Tulsi Ashwagandha 18 Bags
- Tulsi Cleanse 18 Bags
- Tulsi Green 18 Bags
- Tulsi Hibiscus 18 Bags
- Tulsi Honey Chamomile 18 Bags
- Tulsi Lemon Ginger 18 Bags
- Tulsi Masala Chai 18 Bags
- Tulsi Moringa 18 Bags
- Tulsi Original 18 Bags
- Tulsi Peppermint 18 Bags
- Tulsi Sleep 18 Bags
- Tulsi Sweet Rose 18 Bags
- Tulsi Turmeric Ginger 18 Bags
- Turmeric Formula 90 Capsules

Passport to Organics

Product Name

- Avocado Eye Cream 0.5 oz
- Charcoal Cleanser 4 oz
- Hyaluronic Acid Serum 2 oz
- Pumpkin Peel Mask 3 oz
- Turmeric Serum 1 oz
- Vitamin C Cream 1.7 oz
- Vitamin C Toner 4 oz

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
- Keto Resilience[®] 15 Servings
- Probiotic Broad Spectrum 30 Caplets
- Prosta Glan 120 Capsules
- TestosterZone 180 Capsules

- U-Tract[®] 26 Servings

ProHealth

Product Name

- FibroSleep 60 Capsules
- Super Immune Boost Pro 30 Capsules

Prolon Professional

Product Name

- ProLon[®] Original Kit

QOL Labs

Product Name

- Bifilon 60 Capsules
- ImmunoKinoko 500 90 Capsules
- Metasol 30 Capsules

Quicksilver

Product Name

- Artemisinin Emulsion 4 oz
- Bitters No.9 1.7 fl oz
- BitterX 1.7 fl oz
- D3K2 1.7 fl oz
- GABA with L-Theanine 1.7 fl oz
- Liver Sauce 3.38 fl oz
- Longevity Elite 3.38 fl oz
- Melatonin Professional Dose 1 fl oz
- Methyl B Complex 1.7 fl oz
- Methyl B-12 1 fl oz
- Nanoemulsified Cat's Claw Elite[®] 1.7 oz
- Nanoemulsified Milk Thistle 1.7 oz
- Push Catch Liver Detox Kit
- Quinton Hypertonic 30 Servings
- Quinton Isotonic 30 Servings
- Ultra Binder[®] Sensitive Formula 30 Servings
- Ultra Binder[®] Stick Packs 20 Servings
- Ultra Vitamin 3.38 fl oz
- Vitamin C 4 fl oz

Range Essentials

Product Name

- FLOW BLEND (Roller Bottle 1mL)
- FLOW BLEND (Roller Bottle 30mL)
- FLOW BLEND (Roller Bottle 5mL)
- FLOW BLEND Kit 2 in 1 (10ML + Roller Bottle 1mL)

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
HTN 180 Px-Extra Strength 60 Capsules
Kava Calm Px 30 Capsules
Metabolic Nutrition 60 Capsules
Mitochondria Nutrition PQQ 60 Capsules
PCO Px 75 Capsules
ThyroCare 75 Capsules
Thyroid Px 75 Capsules

RLC Labs

Product Name

a-Drenal 120 Capsules
i-Throid 12.5mg 90 Capsules
i-Throid 6.25mg 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

Sanesco

Product Name

Adaptacin™ 60 Tablets
Contegra™ 60 Capsules
Lentra™ 30 Capsules
Lentra™ 60 Capsules
MethylMax™ 60 Capsules

Procite-D™ 60 Capsules

Prolent™ 60 Capsules

Somni-TR™ 30 Tablets

Tranquilent™ 30 Tablets

Seeking Health

Product Name

Active B12 with L-5-MTHF 60 Lozenges
Alpha R Lipoic Acid 60 Capsules
B Complex Plus 100 Capsules
B-Minus 100 Capsules
DIM + I3C 60 Capsules
Histamine Block 30 Capsules
Histamine Block 90 Capsules
HomocysteX Plus 60 Capsules
Hydrox-Adeno B12 60 Lozenges
Hydroxo B12 60 Lozenges
Optimal Electrolyte Berry 30 Servings
Optimal Electrolyte Lemonade 30 Servings
Optimal Magnesium 100 Capsules
Optimal Multivitamin Minus One 45 Capsules
Optimal Prenatal 240 Capsules
Optimal Vitamin D3 + K2 Drops 1 fl oz
Optimal Zinc Lozenge 60 Lozenges
Ox Bile 500mg 100 Capsules
Saccharomyces Boulardii 60 Capsules
Vitamin D3 + K2 60 Capsules

Symphony Natural Health

Product Name

FemmenessencePRO Harmony 90 Capsules
FemmenessencePRO Peri Menopause 180 Capsules
FemmenessencePRO Post Menopause 180 Capsules
HerbatoninPRO 0.3mg 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

Trace Minerals

Product Name

40,000 VOLTS! 8 fl oz
Apple Cider Vinegar Gummies 60 Gummies
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
Elderberry Immunity Powder Lemon Berry 50 Servings
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
Mega-Mag 400mg 4 fl oz
Zinc + Vitamin C Chewable Raspberry Flavor 60 Chewable Wafers
Zinc Gummies Elderberry 60 Gummies

Transformation Enzyme

Product Name

Carbo-G* 90 Capsules
Digest* 90 Capsules
DigestZyme* 120 Capsules
LypoZyme 60 Capsules
Protease 60 Capsules

TruGen3

Product Name

CurcuVES 60 Softgels
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
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 Stick Pack Box 20 Servings
Marine Collagen 18 Servings
Vitality Immune Booster** Clementine 14 Servings
Vitality Immune Booster** Grape Citrus 14 Servings

Vitanica

Product Name

Adrenal Assist™ 90 Capsules
Bladder Ease 180 Capsules
BreastBlend 90 Capsules
Butterbur Extra 120 Capsules
CandidaStat™ 120 Capsules
Chaste Tree Berry 60 Capsules
CholestBlend 90 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
Lysine Extra 60 Capsules
Maternal Symmetry 180 Capsules
Mid-Life Symmetry 180 Capsules
MindBlend 60 Capsules
Opti-Recovery 60 Capsules
OvaBlend 180 Capsules
Ovulation Assist 60 Capsules
PhytoEstrogen Herbal 25 Servings
Pregnancy Prep 60 Capsules

Rauwolfia Extra™ 90 Capsules
 Skin Assist™ 180 Capsules
 Slow Flow™ 60 Capsules
 VeinoBlend 90 Capsules
 Women's Phase II® 180 Capsules
 Women's Phase I™ 60 Capsules
 Yeast Arrest 14 Suppositories

WholeScripts

Product Name

WholeScripts Magazine Vol 2 Iss 1

Wise Woman Herbals

Product Name

Adrenal Tonic 2 fl oz
 Bitter Tonic 2 fl oz
 Bittersweet Elixir 2 fl oz
 Bottom's Up Balm 1 oz
 Bottom's Up Capsules 90 Capsules
 Elderberry Syrup 2 fl oz
 Fiber Flow Capsules 120 Capsules
 Gentian & Skullcap Capsules 90 Capsules
 Hawthorn Solid Extract 2 fl oz
 Hepacaps 90 Capsules
 Hoxsey-Like Formula 2 fl oz
 Kalmerite Glycerite 2 fl oz
 Licorice Solid Extract 2 fl oz
 Liquid Serenity 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® 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
 Berberine 120 Capsules
 Berberine with InSea2® 60 Capsules

BergaCor 30 Tablets

BergaCor 60 Tablets

BergaCor Plus 60 Tablets

Bio C 1:1™ 90 Capsules

BrainSustain™ Creamy Chocolate 10 Servings

BrainSustain™ for Kids Vanilla Delight 15 Servings

BrainSustain™ Vanilla Delight 10 Servings

Buffered C Powder Fruit Punch 20 Servings

Calcium D-Glucarate 90 Capsules

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

Cortisolv® 120 Capsules

Cortisolv® 60 Capsules

Curcumin 3.9 oz.

CurcuPlex CR™ 120 Tablets

CurcuPlex CR™ 60 Tablets

CurcuPlex-95™ 120 Capsules

CurcuPlex-95™ 60 Capsules

D3 2000 120 Softgels

D3 2000 240 Softgels

D3 5000 180 Softgels

D3 5000 60 Softgels

D3 5000 90 Softgels

D3 Liquid 1 oz.

D3 Liquid 2.03 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 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

Folafy® ER 30 Tablets

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 Capsules

Hormone Protect® 120 Capsules

Hormone Protect® 60 Capsules

I-Sight™ 60 Capsules

i5™ Creamy Chocolate 10 Servings

i5™ Energize Vanilla Latte 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

ImmunotiX 250™ 30 Capsules

ImmunotiX 500™ 20 Capsules

ImmunotiX 500™ 60 Capsules

Iron Glycinate 120 Capsules

K-Mg Citrate™ 60 Capsules

K2 Liquid 1 oz.

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

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

MaX Hypothalamus/Pituitary 60 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

Mood Food™ 60 Capsules

Mood Food™ ES 120 Capsules

Mood Food™ ES 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

NeurophX DPN® 60 Capsules

New Zealand Whey Protein Isolate 30 Servings

NiaVasc™ 120 Tablets

NiaVasc™ 360 Tablets

NiaVasc™ 750 120 Tablets

NiaVasc™ 750 60 Tablets

Nrf2 Activator™ 30 Capsules

Nrf2 Activator™ 60 Capsules

OlivDefense® 20 Capsules

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

OncoPLEX ES™ 60 Capsules

OncoPLEX™ 120 Capsules

OncoPLEX™ 30 Capsules

OptiCleanse® GHI Chai 10 Servings

OptiCleanse® GHI Creamy Chocolate 10 Servings

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

OptiCleanse® GHI Vanilla Delight 10 Servings

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

OptiCleanse® Plus Creamy Chocolate 10 Servings

OptiCleanse® Plus Vanilla Delight 10 Servings

OptiFiber® Lean 180 Capsules

OptiFiber® Lean 30 Servings

OptiMag® 125 120 Capsules

OptiMag® 125 240 Capsules

OptiMag® Neuro 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

OSAples MK-7™ 60 Packets

OSAples™ 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

Prostate FLO™ 60 Softgels

ProteoXyme™ 100 Capsules

Red Yeast Rice 30 Capsules

Red Yeast Rice 60 Capsules

RegeneMax® Liquid 1 oz.

RegeneMax® Plus 120 Capsules

RegeneMax® Plus 60 Capsules

RelaxMax™ Cherry 60 Servings

RelaxMax™ Unflavored 60 Servings

Resveratin™ Plus 60 Capsules

S-Acetyl Glutathione 120 Capsules

S-Acetyl Glutathione 60 Capsules

Saccharomycin® DF 120 Capsules

Saccharomycin® DF 20 Capsules

Saccharomycin® DF 60 Capsules

Saloxicin™ 120 Capsules

SAM-e & TMG Lemon 30 Servings

SAM-e 30 Capsules

SynovX® Calm 60 Capsules

SynovX® DJD 120 Capsules

SynovX® Metabolic 30 Capsules

SynovX® Metabolic 60 Capsules

SynovX® Performance 60 Capsules

SynovX® Recovery 120 Capsules

SynovX® Tendon & Ligament 60 Capsules

T-150 120 Capsules

T-150 60 Capsules

TestoPlex™ Plus 120 Capsules

TestoPlex™ Plus 60 Capsules

UritraX™ 50 Servings

VegaPro™ 14 Servings

Vinpocetine 60 Capsules

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

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
 Hyaluronic Acid Plus 1 oz
 Neck Firming Cream 2 oz
 Pure Hyaluronic Acid 1 oz
 Retinol Eye Cream 1 oz
 Retinol Serum 1 oz
 Vitamin C&E Serum 1 oz

Zahler

Product Name

Biotin Gummies for Kids 60 Gummies
 Bone Gummies for Kids 60 Gummies
 Chapter One Magnesium Apple 60 Gummies
 Chapter One Magnesium Peach 60 Gummies
 Chapter One Magnesium Raseberry 60 Gummies
 ChildCalm 60 Chewable Tablets
 DMG 90 Tablets
 Fiber Gummies for Kids 60 Gummies
 Immunikids Liquid 8 fl oz
 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
 ParaGuard 4 fl oz
 ParaGuard 90 Softgels

Prenatal+DHA 60 softgels

ProstAid+ 60 Softgels

StressMaster 120 Capsules

Vitamin D3 120 Capsules

Zinc Lozenges Elderberry Flavor 90 Lozenges

Zhang Health

Product Name

Allicin 60 Capsules
 Circulation P 45 Capsules
 Coptis 90 Capsules
 HH-M Maximum STR 45 Capsules
 ZyCal Bioceuticals
 Chondrinol® Advanced 300 30 Capsules
 Chondrinol® Advanced 400 30 Capsules
 Chondrinol® Extra Strength 90 Tablets
 Gastrotene® 60 Capsules
 Ostinol® Advanced 185 30 Capsules
 Ostinol® Advanced 250 30 Capsules
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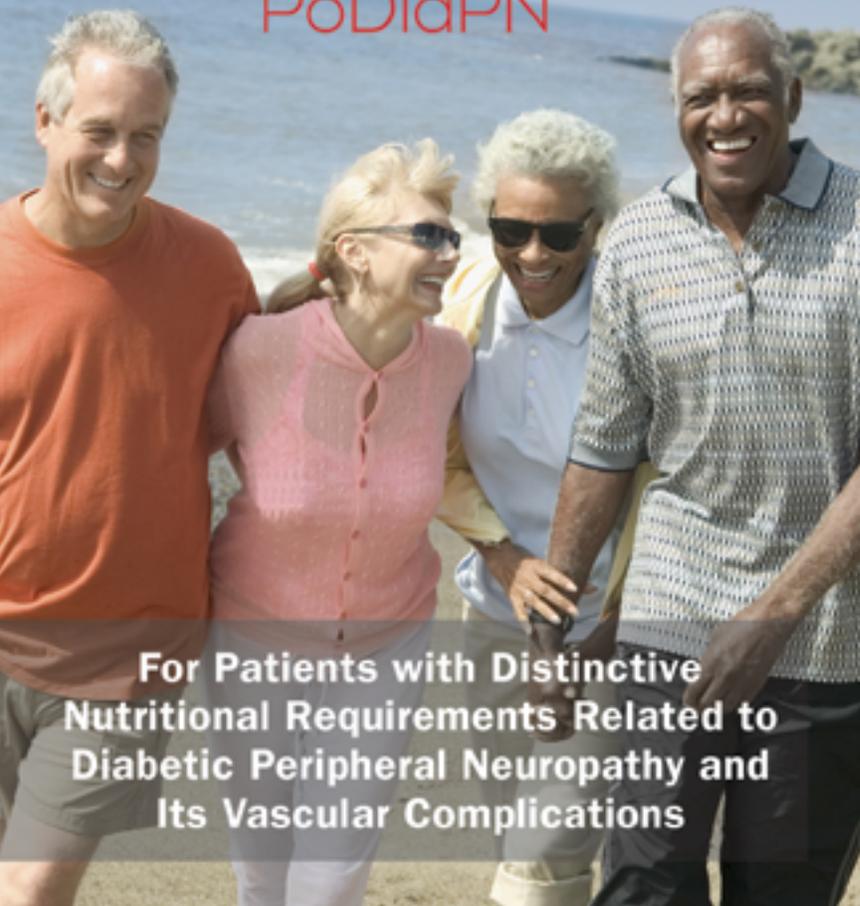
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