



Nutritional Supplements Catalog

New Products Inside



Total Health Nutrients nutritional supplements are designed to optimize health and maintain wellness. A holistic approach for staying healthy is best supported by dietary supplementation, which offers a practical solution for remedying nutritional deficiencies.

Total Health Nutrients dietary supplements feature many unique formulations developed from years of clinical expertise by Eric Braverman, M.D.

Our products are the result of extensive research and clinical practice. They are manufactured in a certified cGMP facility and contain the highest quality ingredients available.

As consumers become more nutritionally-savvy, Total Health Nutrients can be an important part of a long-term health plan for wellness and longevity.

Dietary supplementation is most effective after obtaining a full assessment of your personal nutritional profile to discover what your body is missing.

To avoid making mistakes in your dietary supplement purchases, consult with your nutritionist.



Total Health Nutrients - Product Catalog

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Products by Category

ANTI-AGING

Age-Less Paks
A.M. Brain Energy Cream
Antioxidant Caps
Anytime Brain Mood Cream
Beauty Paks
DHEA
Mega Potency Resveratrol
Melatonin
Osteo Paks
P.M. Brain Calm Cream
Pregnenolone
Resveratrol Complex

ANTI-OXIDANTS

Age-Less Paks
Alpha-Lipoic Acid
Antioxidant Caps
C-500 Complex
CoQ10
Curcumin
E-400 w/Selenium
Green Tea
Lutein + Zeaxanthin
Lycopene
Mega Potency Resveratrol
Resveratrol Complex

BLOOD SUGAR METABOLISM

Alpha Lipoic Acid
Biotin
ChromeMate
GlucoSynergy
Vitamin D

BONE SUPPORT

Age-Less Paks
Beauty Paks

Calcium

Osteo Paks

Strontium

Vitamin D

BRAIN FORMULAS

A.M. Brain Energy Cream
Anytime Brain Mood Cream

Brain Calm

Brain Energy

Brain Memory

Brain Mood

P.M. Brain Calm Cream

CHOLESTEROL SUPPORT

Cholestene

Heart Formula

Niacin

Policosanol

Psyllium Husk Caps

Sytrinol plus Supportive Factors

Ultra Omega-3 (EPA & DHA)

DETOX / LIVER SUPPORT

Acidophilus & Bifidus

Alpha Lipoic Acid

Antioxidant Caps
N-Acetyl-L-Cysteine (NAC)
Phosphatidyl Choline
Psyllium Husk Caps
Silymarin

DIGESTIVE SUPPORT

Acidophilus & Bifidus
CeaseFire
Magnesium
Psyllium Husk Caps
Slim Fiber
Ultrazyme

ENERGY

Age-Less Paks
A.M. Brain Energy Cream
Brain Energy
CoQ10
Daily Four
Osteo Paks
Sport Paks
Wellness Paks

EYE HEALTH

Age-Less Paks
Antioxidant Caps
Daily Four
Lutein + Zeaxanthin
Osteo Paks
Wellness Paks

HAIR / SKIN / NAILS

Age-Less Paks
A.M. Brain Energy Cream
Anytime Brain Mood Cream
Beauty Paks
Biotin
Daily Four
Omega-6 (GLA)
Osteo Paks
P.M. Brain Calm Cream
Ultra Omega-3 (EPA & DHA)
Wellness Paks
Zinc Complex

HEART / CARDIOVASCULAR

A&P Support
Age-Less Paks
Antioxidant Caps
Cholestene
CoQ10
Curcumin
E-400 w/Selenium
Folic Acid
Garlic, Pure-Gar
Green Tea
Heart Formula
Homocysteine Protection
L-Arginine
L-Carnitine
Magnesium

Mega Potency Resveratrol
Niacin
Policosanol
Resveratrol Complex
Sytrinol plus Supportive Factors
Ultra Omega-3 (EPA & DHA)
Wellness Paks

HORMONAL SUPPORT

DHEA
DIM
Melatonin
Menopause Support
Pregnenolone
Tribulus

IMMUNE SUPPORT

A&P Support
C-500 Complex
DIM
Folic Acid
Garlic, Pure-Gar
Green Tea
Tasty Greens
Whey Protein, Vanilla
Zinc Complex

INFLAMMATION

A&P Support
Age-Less Paks
Air-Flo
Beauty Paks
Boswellin w/Curcumin
C-500 Complex
Curcumin
Glucosamine & Chondroitin
Omega-6 (GLA)
Osteo Paks
Ultra Omega-3 (EPA & DHA)
Wellness Paks

JOINT / CONNECTIVE TISSUE

A&P Support
Age-Less Paks
Beauty Paks
C-500 Complex
Curcumin
Daily Four
Glucosamine & Chondroitin
Omega-6 (GLA)
Osteo Paks
SAME
Ultra Omega-3 (EPA & DHA)
Vessel Max
Wellness Paks

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Products by Category, continued

MALE SEXUAL FITNESS

Brain Energy
Ginkgo Biloba
L-Arginine
Prostate Formula
Tribulus
Zinc Complex

MEMORY SUPPORT

Brain Memory
Ginkgo Biloba
Phosphatidyl Choline Powder
Phosphatidyl Serine
Sports Paks

MEN'S HEALTH

Lycopene
Prostate Formula
Selenium
Ultra Prostate Support
Zinc Complex

MINERALS

Calcium
ChromeMate
Iodine (Iodoral)
Iron Complex
Magnesium
Potassium Citrate
Selenium
Strontium
Zinc Complex

MOOD ENHANCEMENT

A.M. Brain Energy Cream
Anytime Brain Mood Cream
Brain Calm
Brain Energy
Brain Mood
Inositol
P.M. Brain Calm Cream
SAME
Sports Paks
Tryptophan

MULTIVITAMIN FORMULAS

Age-Less Paks
Beauty Paks
Daily Four
Osteo Paks
Wellness Paks

NEUROLOGICAL SUPPORT

A.M. Brain Energy Cream
Anytime Brain Mood Cream
Brain Calm
Brain Energy
Brain Memory
Brain Mood
Inositol
Migra-None

Phosphatidyl Choline Powder
Phosphatidyl Serine
P.M. Brain Calm Cream
SAME
Sleep Formula
Sports Paks
Tryptophan

PACK FORMULAS

Age-Less Paks
Beauty Paks
Osteo Paks
Slim Paks
Sport Paks
Wellness Paks

SLEEP AIDS

Anytime Brain Mood Cream
Brain Calm
Brain Mood
Inositol
Melatonin
P.M. Brain Calm Cream
Sleep Formula
Tryptophan

STRESS CONTROL

Anytime Brain Mood Cream
Brain Calm
Brain Mood
Inositol
Phosphatidyl Serine
P.M. Brain Calm Cream

VITAMINS

B-50 Caps
Biotin
C-500 Complex
E-400 w/Selenium
Folic Acid
Homocysteine Protection
Inositol
Niacin
Nutri-A-25 (vitamin A)
Phosphatidyl Choline
Vitamin D

WEIGHT MANAGEMENT

A.M. Brain Energy Cream
Brain Energy
Citrimax & Chromium
Conjugated Linoleic Acid
Green Tea
L-Carnitine
Phosphatidyl Serine
Psyllium Husk Caps
Slim Fiber
Slim Paks
Tryptophan
Whey Protein, Vanilla

WOMEN'S HEALTH

Beauty Paks
Calcium
Iron Complex
Menopause Support
Omega-6 (GLA)
Osteo Paks
Water Out

TEAS: PYRAMID BAGS

Cherry Green Tea
Earl Grey de la Crème
Green Rooibos w/Tropical Fruit
Irish Breakfast Blend
Jasmine Dragon Green Tea

SPICES: BLENDS

Achiote Adobo Seasoning
Caribbean Jerk Seasoning
Garam Masala
Great Herb Blend
Madras Curry
Orange Pepper
Peppercorn Blend
Ras al Hanout
Seasoned Pepper
Thai Spice

SPICES: RUBS

Balsamic Fish Rub
Coffee Rub
Teriyaki Ginger Rub
Tomato Basil Chipotle Rub

SPICES: SINGLES

Ancho Chile
Hungarian Sweet Paprika
Spanish Smoked Hot Paprika
Vietnamese Cinnamon

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A&P Support

90 vc / \$20

A&P Support is a synergistic blend of herbs that may reduce the occasional minor aches and pains resulting from over-exertion or stress. It also contains a potent combination of antioxidants that contribute to heart health and proper immune function.* **Suggested usage:** adults take 2 capsules daily, with meals.

Two vegetarian capsules (vc) contain:

Holy Basil Extract (2% ursolic acid).....	250 mg
Turmeric Extract (95% total curcuminoids).....	100 mg
Ginger Extract (5% gingerols).....	100 mg
Green Tea Extract (60% polyphenols).....	100 mg
Boswellin (Boswellia serrata resin extract).....	100 mg
Bromelain (2,400 GDU/g).....	100 mg
Baikal Skullcap (4:1 Concentrate).....	50 mg
Resveratrol (Polygonum cuspidatum extract).....	10 mg
Berberine (Berberis aristata extract).....	5 mg

Acidophilus & Bifidus

60 c / \$13

Lactobacilli and bifidobacteria are probiotics, beneficial bacteria that reside in the small and large intestines. They maintain a healthy intestinal environment by creating conditions that discourage the growth of pathogenic (harmful) bacteria.* **Suggested usage:** adults take 1 or more capsules, between meals.

One capsule (c) contains:

Lactobacillus acidophilus.....	4.0 billion
Bifidobacterium lactis.....	3.2 billion
Bifidobacterium longum.....	0.8 billion

Age-Less Paks

30 p / \$60

Our highest potency multi, containing 42 nutrients, including 18 vitamins, 12 minerals, essential fatty acids, herbal extracts, and digestive enzymes. Our most complete!* **Suggested usage:** adults take 1 pack with breakfast and 1 pack with dinner.

One pack (p) contains:

Vitamin A (fish liver oil).....	5,000 IU
Natural Beta-Carotene (vitamin A activity).....	7,500 IU
Vitamin D3 (fish liver oil).....	200 IU
Vitamin E (d-alpha tocopheryl succinate).....	200 IU
Vitamin K1 (phytonadione).....	30 mcg
Vitamin C (L-ascorbate, corn-free).....	600 mg
Vitamin B1 (thiamine mononitrate).....	50 mg
Vitamin B2 (riboflavin).....	25 mg
Niacin.....	25 mg
Niacinamide.....	75 mg
Pantothenic acid (d-calcium pantothenate).....	200 mg
Vitamin B6 (pyridoxine HCl).....	25 mg
Folic acid (L-methylfolate).....	400 mcg
Vitamin B12 (on ion exchange resin).....	50 mcg
Biotin.....	150 mcg
Choline (bitartrate).....	75 mg
Calcium (citrate, ascorbate).....	250 mg
Magnesium (aspartate-ascorbate complex, AA chelate).....	250 mg
Potassium (aspartate-ascorbate complex).....	50 mg
Copper (amino acid chelate).....	1 mg
Manganese (amino acid chelate).....	10 mg
Zinc (amino acid chelate).....	10 mg
Iodine (kelp).....	75 mcg
Chromium (polynicotinate).....	100 mcg
Selenium (amino acid complex).....	100 mcg
Molybdenum (amino acid chelate).....	75 mcg
Vanadyl Sulfate (20 mcg elemental vanadium).....	100 mcg
Boron (aspartate-citrate).....	1 mg
PABA (para-amino benzoic acid).....	25 mg
Inositol.....	25 mg
Citrus bioflavonoids.....	50 mg
EPA (eicosapentaenoic acid).....	330 mg
DHA (docosahexaenoic acid).....	170 mg
GLA (gamma linolenic acid).....	40 mg

Pycnogenol Pine Bark extract (85% proanthocyanidins).....	5 mg
Grape Seed extract (92% proanthocyanidins).....	32 mg
Red Grape Skin extract (30% anthocyanins).....	50 mg
Bilberry extract (25% anthocyanosides).....	60 mg
Green Tea extract (decaffeinated, 20% polyphenols).....	450 mg
Ginkgo Biloba extract (24% ginkgoflavone glycosides).....	40 mg
Milk Thistle extract (80% silymarin).....	87 mg
Citrus Bioflavonoid complex(50% bioflavonoids).....	125 mg
Vegetarian Digestive Enzyme Concentrate.....	112 mg

Supplying:

Amylase (Alpha Amylase Dextrinizing Units).....	1,050 DU
Protease (Spectrophotometric Acid Protease Units).....	125 SAPU
Lipase (Lipase Units).....	600 LU
Cellulase (Cellulase Units).....	150 CU

Air-Flo

60 t / \$16

Air-Flo is a synergistic combination of key vitamins, minerals, and herbal extracts that nutritionally support healthy respiratory functions, especially during allergy season.* **Suggested usage:** adults take 3 tablets, 1 to 2 times daily, preferably 20-30 minutes before meals.

Three vegetarian tablets (t) contain:

Vitamin C (magnesium ascorbate).....	500 mg
Vitamin B-6 (Pyridoxine HCl).....	20 mg
Pantothenic Acid.....	100 mg
Magnesium (magnesium ascorbate).....	40 mg
Zinc (zinc monomethionine).....	10 mg
Quercetin.....	800 mg
Nettle Extract (standardized 30 ppm scopoletin).....	500 mg
Bromelain (2000 GDU).....	500 mg
Licorice Extract (4:1 extract).....	200 mg

Alpha-Lipoic Acid

60 vc / \$18

Alpha-Lipoic Acid (ALA) is a water- and fat-soluble antioxidant. It is recommended for diabetes, reducing some complications caused by elevated blood sugar levels. It also extends the action of vitamin E, CoQ10, and glutathione.* **Suggested usage:** adults take 1 or more capsules, with meals.

One vegetarian capsule (vc) contains:

Alpha-Lipoic Acid.....	250 mg
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Antioxidant Caps

60 c / \$14

These nutrients are helpful for individuals who are exposed to toxic chemicals (from smoke to alcohol), or who have liver damage or many chronic diseases.* **Suggested usage:** adults take 1 or 2 capsules, with meals.

One capsule (c) contains:

Beta-Carotene (pro-vitamin A, 7.5 mg).....	12,500 IU
Vitamin C (calcium ascorbate).....	250 mg
Vitamin E (natural d-alpha tocopheryl succinate).....	150 IU
Calcium (calcium ascorbate).....	25 mg
Zinc (zinc picolinate).....	2.5 mg
Selenium (L-selenomethionine).....	12.5 mcg
N-Acetyl Cysteine.....	50 mg
L-Glutathione (reduced form).....	12.5 mg
Alfalfa Juice Concentrate.....	125 mg
Wheat Sprout concentrate (enzyme active).....	50 mg

B-50 Caps

100 c / \$12

This is a combination of the various B-vitamins. These vitamins are primarily helpful with energy production. Some can also reduce homocysteine, an independent risk factor for heart disease. There are many other benefits, too.* **Suggested usage:** adults take 1 or 2 capsules per day, preferably with meals when a multi-vitamin is NOT taken.

One capsule (c) contains:

Thiamine (vitamin B-1).....	50 mg
Riboflavin (vitamin B-2).....	50 mg

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Niacin (niacinamide).....	50 mg
Vitamin B-6 (pyridoxine HCl).....	50 mg
Folate (folic acid).....	400 mcg
Vitamin B-12 (cyanocobalamin).....	50 mcg
Biotin.....	50 mcg
Pantothenic Acid.....	50 mg
PABA.....	50 mg
Choline (bitartrate).....	50 mg
Inositol.....	50 mg

Beauty Paks

30 p / \$35

Wake up beautiful! Beauty Paks is a unique product from Total Health Nutrients. Its scientifically proven ingredients are designed to enhance the health of hair, skin, and nails, as well as overall health. It is a special multi-nutrient supplement that combines vitamins and minerals, plus extra "beauty" ingredients: essential fatty acids and the sulfur-containing compound, MSM. These special ingredients help strengthen hair and nails, moisturize dry skin, and reduce inflammation that often contributes to skin flare-ups. We guarantee that this formula will improve your looks, but be patient; you should see results in a few weeks, however continue to take it to get the maximum effect.* **Suggested usage:** adults take two packs per day, divided over two meals.

One pak (p) contains:

VITAMINS

Vitamin A (fish liver oil).....	3,350 IU
Beta-Carotene (D. salina, vitamin A activity).....	5,025 IU
Vitamin D3 (fish liver oil).....	1,033 IU
Vitamin E (d-alpha tocopheryl succinate).....	133 IU
Vitamin K1 (phytonadione).....	20 mcg
Vitamin C (L-ascorbate, corn-free).....	402 mg
Vitamin B1 (thiamine mononitrate).....	33 mg
Vitamin B2 (riboflavin).....	17 mg
Vitamin B6 (pyridoxine HCl).....	17 mg
Vitamin B12 (on ion exchange resin).....	33 mcg
Niacin.....	17 mg
Niacinamide.....	50 mg
Pantothenic acid (d-calcium pantothenate).....	133 mg
Biotin.....	400 mcg
Choline (bitartrate).....	50 mg
Folic acid.....	667 mcg
Inositol.....	17 mg
PABA (para-amino benzoic acid).....	17 mg

MINERALS

Boron (aspartate-citrate).....	0.67 mg
Calcium (citrate, ascorbate).....	167 mg
Chromium (ChromeMate).....	67 mcg
Copper (amino acid chelate).....	0.67 mg
Iodine (kelp).....	50 mcg
Magnesium (aspartate-ascorbates, amino acid chelate).....	167 mg
Manganese (amino acid chelate).....	6.7 mg
Molybdenum (amino acid chelate).....	75 mcg
Potassium (aspartate-ascorbate complex).....	33 mg
Selenium (amino acid complex).....	67 mcg
Vanadium (as vanadyl sulfate).....	13 mcg
Zinc (amino acid chelate).....	6.7 mg

OTHER INGREDIENTS

Citrus bioflavonoids.....	33 mg
MSM (methylsulfonylmethane).....	500 mg
Omega-3 fatty acids (flax seed oil; alpha-linolenic acid).....	560 mg
Omega-6 fatty acids (borage seed oil; 210 mg GLA).....	540 mg

Biotin

60 vc / \$11

New research shows that high doses of biotin may help with blood sugar regulation and diabetes. Biotin can also help with brittle nails and hair.* **Suggested usage:** adults take 1 capsule per day.

One vegetarian capsule (vc) contains:

Biotin.....	5,000 mcg
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Boswellin w/Curcumin

60 c / \$11

Boswellin is an herb from the Middle East that has anti-inflammatory properties. The curcumin extract and turmeric powder have similar effects, and also have antioxidant properties.* **Suggested usage:** adults take 3 capsules daily.

One capsule (c) contains:

Boswellin (standardized to 65% boswellic acids).....	250 mg
Curcumin extract.....	100 mg
Turmeric powder.....	150 mg

Brain Calm (GABA)

60 vc / \$20

This formula may help symptoms related to loss of brain rhythm and GABA: anxiety, trembling, hyperventilation, palpitations, cold or clammy hands, ringing in the ear, lump in the throat, and butterflies in the stomach.* **Suggested usage:** adults take 1 or 2 capsules before dinner and/or at bedtime.

One vegetarian capsule (vc) contains:

Inositol.....	500 mg
GABA (gamma amino butyric acid).....	100 mg
L-Glycine.....	50 mg
Passionflower (6:1 extract).....	100 mg

Brain Energy (dopamine)

60 vc / \$20

This formula may help symptoms related to loss of brain energy and dopamine: fatigue, lightheadedness, weight gain, routine task difficulty, diminished libido, and sexual dysfunction.* **Suggested usage:** adults take 1 or 2 capsules before breakfast and 1 or 2 capsules before lunch.

One vegetarian capsule (vc) contains:

DL-Phenylalanine.....	300 mg
L-Tyrosine.....	200 mg
Rhodiola Rosea (standardized to 1% rosavins).....	75 mg
L-Methionine.....	60 mg
Octacosanol.....	2 mg

Brain Memory (acetylcholine)

60 vc / \$34

This formula may help symptoms related to loss of brain speed and acetylcholine: memory lapses, difficulty concentration, confused thinking, dry mouth.* **Suggested usage:** adults take 1 capsule before breakfast and 1 capsule before dinner.

One vegetarian capsule (vc) contains:

Huperzia Serrata (standardized to 1% Huperzine A).....	5 mg
GPC Choline (yielding 62 mg glycerylphosphorylcholine).....	100 mg
Ginkgo Biloba (std. to 24% ginkgo flavone glycosides).....	25 mg
Acetyl-L-Carnitine.....	100 mg

Brain Mood (serotonin)

60 vc / \$36

This formula may help symptoms related to loss of brain symmetry /synchrony and serotonin: insomnia, sleep disorders, backache, headache, shortness of breath, PMS, and phobias.* **Suggested usage:** adults take 1 or 2 capsules before meals, or at bedtime.

One vegetarian capsule (vc) contains:

Thiamin (thiamin HCl).....	15 mg
Niacinamide.....	25 mg
Folic Acid.....	300 mcg
Vitamin B-12 (cyanocobalamin).....	250 mcg
Pantothenic Acid (calcium pantothenate).....	25 mg
5-Hydroxytryptophan.....	100 mg
St. John's Wort (standardized to 0.3% hypericin).....	300 mg

C-500 Complex

100 t / \$9

Vitamin C is a water-soluble, antioxidant vitamin. It is important for the immune system, wound healing, and connective tissue maintenance.* **Suggested usage:** adults take 1 or more tablets daily.

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One vegetarian tablet (t) contains:

Vitamin C.	500 mg
Citrus Bioflavonoids (37% as hesperidin).	100 mg
Acerola powder.	100 mg
Rose Hips powder.	100 mg
Rutin powder.	10 mg

Calcium 100 c / \$12

Used for treatment of osteoporosis, calcium also plays an important role in the prevention of colon cancer and in the treatment of high blood pressure. Manganese, vitamin D, boron, and strontium are added to improve absorption and metabolism of the calcium.* **Suggested usage:** adults take 1 to 4 capsules daily, with meals.

One capsule (c) contains:

Vitamin D-3.	200 IU
Calcium (citrate).	200 mg
Manganese (AA chelate).	1 mg
Strontium (carbonate).	30 mg
Boron (citrate).	0.5 mg

CeaseFire (Mastic Gum/DGL) 60 w / \$20

A combination of licorice and mastic gum, CeaseFire (Mastic Gum/DGL) may help with acid reflux.* **Suggested usage:** take as directed.

One wafer (w) contains:

Gum Mastic.	300 mg
Licorice (deglycyrrhizinated).	300 mg

Cholestene 120 c / \$22

A red yeast rice extract that may help to lower the body's production of cholesterol.* **Suggested usage:** adults take 1 or 2 capsules, twice per day, with meals.

One capsule (c) contains:

Red Yeast Rice Extract.	600 mg
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ChromeMate 90 c / \$8

Chromium is a trace mineral important for blood sugar regulation.* **Suggested usage:** adults take 1 or 2 capsules per day, with meals.

One capsule (c) contains:

Chromium (polynicotinate).	200 mcg
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Citrimax & Chromium 90 c / \$22

Citrin, an extract from the fruit Garcinia cambogia, contains HCA (hydroxycitric acid). HCA is useful for weight loss, making it harder for the body to convert calories from carbohydrates into fat. Chromium helps to stabilize blood sugar levels, reducing sugar cravings.* **Suggested usage:** adults take 1 capsule before breakfast and 1 before dinner.

One capsule (c) contains:

Chromium (polynicotinate).	100 mcg
Citrimax (Garcinia Cambogia extract; 450 mg HCA).	750 mg
Calcium (from Citrimax).	83 mg
Potassium.	120 mg
Iodine (kelp).	150 mcg
Panax Ginseng (root).	100 mg

Conjugated Linoleic Acid 90 sg / \$20

CLA is used for weight loss. It helps to reduce the size of fat cells, and at the same time, can increase lean body mass. It may also reduce appetite when taken before meals.* **Suggested usage:** adults take 1 capsule before breakfast and 1 before dinner.

One softgel (sg) contains:

CLA.	800 mg
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CoQ10, 100 mg w/Hawthorn 30 vc / \$18

Coenzyme Q10 is an antioxidant, and is essential in the production of ATP, which the body uses for energy. CoQ10 may be useful in heart disease, low energy, and periodontal disease. Research shows that hawthorn berry may also benefit the heart.* **Suggested usage:** adults take 1 one or more capsules per day, with meals.

One vegetarian capsule (vc) contains:

Coenzyme Q10.	100 mg
Hawthorn Berry powder.	400 mg

CoQ10, 200 mg, Chewable 30 w / \$28

A quick absorbing, high potency form of coenzyme Q10.* **Suggested usage:** adults chew 1 or more wafers per day, with meals.

One vegetarian wafer (w) contains:

Coenzyme Q10.	200 mg
Vitamin E (d-alpha tocopheryl succinate).	100 IU
Soy Lecithin.	50 mg

Curcumin 60 vc / \$24

Curcumin is found in turmeric. It may have antioxidant and antiinflammatory properties.* **Suggested usage:** adults take 2 to 3 capsules daily.

One vegetarian capsule (vc) contains:

Total Curcuminoids.	665 mg
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Daily Four 120 vc / \$22

Daily Four is a moderate potency, vegetarian multiple with green superfood concentrates and excellent antioxidant support.* **Suggested usage:** adults take 4 capsules per day, divided over several meals.

Four vegetarian capsules (vc) contain:

Beta-Carotene (pro-Vitamin A; 6 mg).	10,000 IU
Vitamin C (ascorbate and ascorbic acid).	500 mg
Vitamin D (ergocalciferol).	400 IU
Vitamin E (d-alpha tocopheryl succinate).	200 IU
Thiamine (thiamine HCl).	50 mg
Riboflavin.	50 mg
Niacin (niacinamide).	50 mg
Vitamin B-6 (pyridoxine HCl).	50 mg
Folic Acid.	400 mcg
Vitamin B-12 (cyanocobalamin).	100 mcg
Biotin.	100 mcg
Pantothenic Acid.	50 mg
Calcium (carbonate and ascorbate).	100 mg
Iron (amino acid chelate).	10 mg
Iodine (potassium iodide).	150 mcg
Magnesium (oxide & amino acid chelate).	50 mg
Zinc (amino acid chelate).	15 mg
Selenium (L-selenomethionine).	50 mcg
Copper (amino acid chelate).	1 mg
Manganese (amino acid chelate).	5 mg
Chromium (amino acid chelate).	100 mcg
Molybdenum (sodium molybdate).	50 mcg
Potassium (potassium chloride).	50 mg
Choline (choline bitartrate).	50 mg
Inositol.	50 mg
PABA.	30 mg
Boron (boron citrate).	1 mg
Vanadium (vanadyl sulfate).	50 mcg
Spirulina (algae).	250 mg
Chlorella (broken cell wall algae).	250 mg
Barley Grass (organic).	250 mg
Alfalfa Juice Concentrate.	100 mg
Octacosanol (wheat-free).	100 mcg
Green Tea Extract (less than 1 mg of caffeine).	50 mg
Milk Thistle Extract (80% silymarin).	50 mg
Lipase (400 USP/g).	10 mg
Rutin.	25 mg

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

Citrus Bioflavonoids (37% as hesperidin)	50 mg
Apple Pectin	25 mg
Papain (papaya; 140 MCU/g)	25 mg
Bromelain (2400 GDU/g)	20 mg
Amylase (5000 USP/g)	10 mg
Chlorophyll	9 mg
Lutein (marigold extract)	250 mcg
Lycopene (natural tomato extract)	250 mcg
Alpha Lipoic Acid	50 mg

DHEA-10 100 vc / \$13

A steroid hormone produced in the adrenal glands which the body may convert into estrogens and/or testosterone. DHEA levels decrease as we age.* **Suggested usage:** older adults take 1 capsule per day.

One vegetarian capsule (vc) contains:

Dehydroepiandrosterone	10 mg
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DHEA-25 100 vc / \$15

A steroid hormone produced in the adrenal glands which the body may convert into estrogens and/or testosterone. DHEA levels decrease as we age.* **Suggested usage:** older adults take 1 capsule per day.

One vegetarian capsule (vc) contains:

Dehydroepiandrosterone	25 mg
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DHEA-50 100 vc / \$20

A steroid hormone produced in the adrenal glands which the body may convert into estrogens and/or testosterone. DHEA levels decrease as we age.* **Suggested usage:** older adults take 1 capsule per day.

One vegetarian capsule (vc) contains:

Dehydroepiandrosterone	50 mg
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DIM 60 vc / \$37

DIM is a combination of diindolylmethane (DIM) and herbs that may support healthy hormone balance and immune health by improving hormone, alcohol, and toxic chemical detoxification.* **Suggested usage:** adults take 1 to 2 capsules per day.

One vegetarian capsule (vc) contains:

Curcumin extract (95% curcuminoids)	300 mg
Green Tea extract (95% polyphenols)	200 mg
Diindolylmethane	150 mg
Wasabia japonica	50 mg
Black Pepper extract	5 mg

E-400 w/Selenium 100 sg / \$16

Vitamin E is a fat-soluble antioxidant. It may help with heart disease, macular degeneration, and PMS, and slow the progression of Alzheimer's disease and osteoarthritis.* **Suggested usage:** adults take 1 or more capsules per day, with meals.

One softgel (sg) contains:

Vitamin E (d-alpha tocopherol)	400 IU
Selenium (yeast)	100 mcg
Mixed Tocopherols (d-beta, d-gamma, d-delta)	80 mg

Folic Acid 250 t / \$7

Folic acid may benefit the cardiovascular and immune systems.* **Suggested usage:** adults take 1 tablet daily, with meals.

One vegetarian tablet (t) contains:

Folic Acid	800 mcg
Vitamin B12	25 mcg

Garlic, Pure-Gar 90 t / \$14

Garlic's benefits may range from immune system support to helping with high cholesterol.* **Suggested usage:** adults take 1 tablet daily, with meals.

One vegetarian tablet (t) contains:

Pure-Gar Garlic extract	600 mg
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Ginkgo Biloba 50 vc / \$10

Ginkgo has antioxidant properties, and may be particularly helpful with circulatory problems. Many research studies show that it may help with memory loss.* **Suggested usage:** adults take 1 or 2 capsules daily.

One vegetarian capsule (vc) contains:

Ginkgo Biloba (50:1 standardized extract)	60 mg
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Glucosamine & Chondroitin 60 c / \$17

Recommended for osteoarthritis. Containing connective tissue components called glycosaminoglycans, this combination helps to repair and rebuild worn cartilage in the joints. They also help by reducing joint inflammation.* **Suggested usage:** adults take 2 to 4 capsules per day, with meals.

One capsule (c) contains:

Glucosamine HCl	375 mg
Chondroitin Sodium Sulfate	300 mg
Trace Minerals (with alfalfa)	200 mg

Glucosamine & MSM 120 vc / \$22

Glucosamine is essential for the formation of glycosaminoglycans and proteoglycans, the main components of cartilage tissue. They trap and hold water, forming a dense fluid cushion that provides lubrication and shock absorption. MSM is a natural source of organic sulfur, a mineral necessary for the production of proteoglycans. This formula is suitable for vegetarians because it comes from a vegetarian source, not shellfish.* **Suggested usage:** adults take 2 capsules daily, with meals or on an empty stomach.

Two vegetarian capsules (vc) contain:

Glucosamine HCl (vegetarian source)	1,000 mg
MSM (methylsulfonylmethane)	1,000 mg

Glucosynergy 45 vc / \$30

A combination of many ingredients that may help with blood sugar regulation and diabetes support.* **Suggested usage:** adults take 1 to 3 capsules per day, with meals.

One vegetarian capsule (vc) contains:

Chromium	200 mcg
Vanadyl Sulfate	5 mg
Gymnema Sylvestre leaf extract	200 mg
Cinnulin PF® (Cinnamon Extract)	125 mg
Alpha-Lipoic Acid	100 mg
Bitter Melon (Momordica Charantia) extract	80 mg
Lagestroemia Speciosa extract (Banaba leaf)	50 mg

Green Tea 100 c / \$11

Used for thousands of years, research shows that people who drink green tea regularly may have fewer problems related to cancer and heart disease.* **Suggested usage:** adults take 1 to 2 capsules daily.

One capsule (c) contains:

Green Tea (40% catechins, 60% polyphenols)	400 mg
Vitamin C	60 mg

Heart Formula 100 c / \$20

The nutrients in this formula may be useful in lowering blood pressure, thinning the blood, and reducing arteriosclerosis.* **Suggested usage:** adults take 1 capsule, twice per day, with meals.

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One capsule (c) contains:

Magnesium (oxide).....	50 mg
Selenium (Krebs).....	20 mcg
Chromium (chelate).....	50 mcg
L-Taurine.....	300 mg
Garlic Powder (odorless).....	200 mg
Resveratrol (from 50 mg polygonum cuspidatum).....	20 mg

Homocysteine Protection 90 vc / \$15

Homocysteine Protection is a combination of important B-vitamins that may aid the body's regulation of homocysteine, a potentially harmful by-product of protein metabolism that may contribute to coronary heart disease.* **Suggested usage:** adults take 1 or 2 capsules daily, with meals.

One vegetarian capsule (vc) contains:

Vitamin B6 (pyridoxal-5-phosphate).....	20 mg
Vitamin B12 (cyanocobalamin).....	250 mcg
Folic Acid.....	800 mcg
Trimethylglycine (betaine).....	400 mg

Inositol Caps 100 c / \$10

Often classified as a B-vitamin, inositol may increase levels of GABA, and thus may help with anxiety and panic disorder.* **Suggested usage:** adults take 1 or more capsules per day.

One capsule (c) contains:

Inositol.....	500 mg
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Inositol Powder 100 g / \$28

Often classified as a B-vitamin, inositol may increase levels of GABA, and thus may help with anxiety and panic disorder.* **Suggested usage:** adults take 500 mg to 10,000 mg per day.

One 1/4 tablespoon (700 mg) contains:

Inositol.....	700 mg
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Iodoral (Iodine) 90 t / \$26

A high potency iodide/iodine supplement.* **Suggested usage:** adults take 1 or more tablets per day. Only take under medical supervision.

One tablet (t) contains:

Iodide/Iodine (7.5mg/5mg).....	12.5 mg
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Iron Complex 100 t / \$10

An iron supplement that absorbs well, without causing stomach ache.* **Suggested usage:** adults take 1 or 2 tablets per day, with meals.

One vegetarian tablet (t) contains:

Vitamin C (ascorbic acid).....	50 mg
Folate.....	200 mcg
Vitamin B-12 (cyanocobalamin).....	50 mcg
Iron (bisglycinate).....	27 mg
Dong Quai.....	100 mg
Red Raspberry.....	100 mg

L-Arginine 100 c / \$12

Arginine is a conditionally essential amino acid. It may be helpful for ED (Erectile Dysfunction) by facilitating NO (Nitric Oxide) production. Arginine may also be helpful for a variety of heart problems.* **Suggested usage:** adults take 2 to 6 capsules per day, on an empty stomach.

One capsule (c) contains:

L-Arginine (free-form).....	500 mg
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L-Carnitine 60 c / \$26

A vitamin-like molecule derived from several amino acids, carnitine is necessary for the metabolism of long chain fatty acids (LCFA). Since the

heart gets most of its energy from fat, it may be helpful for a variety of heart problems. It may also be helpful for weight loss.* **Suggested usage:** adults take 1 or more capsules per day, on an empty stomach.

One capsule (c) contains:

L-Carnitine (tartrate).....	500 mg
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Lutein + Zeaxanthin 60 sg / \$15

Lutein is a member of the carotenoid family found in vegetables, including corn and spinach. It may help with cataracts and macular degeneration.*

Suggested usage: adults take 1 or 2 capsules per day, with meals.

One softgel (sg) contains:

Lutein (from lutein esters).....	20 mg
Zeaxanthin.....	1.2 mg

Lycopene 60 sg / \$22

Like beta-carotene, lycopene is a member of the carotenoid family. It forms the red pigment found in tomatoes, watermelon, and pink grapefruit. It has strong antioxidant properties, and may have protective effects against some cancers.* **Suggested usage:** adults take 1 or more capsules per day, with meals.

One softgel (sg) contains:

Lycopene (from tomato extract).....	10 mg
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Magnesium 100 c / \$12

This magnesium formula may be helpful for PMS, high blood pressure, osteoporosis, and constipation.* **Suggested usage:** adults take 1 or 2 capsules per day, with meals.

One capsule (c) contains:

Vitamin B-6.....	65 mg
Magnesium (oxide).....	470 mg
Zinc (zinc chelate).....	15 mg

Mega Potency Resveratrol 60 vc / \$30

Highest potency available. Resveratrol is a phytoalexin (polyphenol) produced by a plant's defense system against stress. Research shows that resveratrol may be helpful for the cardiovascular and immune systems.*

Suggested usage: adults take 1 or more capsules per day.

One vegetarian capsule (vc) contains:

Polygonum cuspidatum extract.....	400 mg
(50% natural trans-resveratrol - 200 mg)	
Red wine extract (alcohol-free).....	10 mg
(Vitis vinifera; 30% polyphenols)	

Melatonin, 1 mg, Sublingual 60 t / \$8

These fast-release, scored tablets can be dissolved in the mouth for quick action. Melatonin may be helpful for insomnia and reducing the effects of jet lag.* **Suggested usage:** adults take 1 tablet near bedtime.

One tablet (t) contains:

Melatonin (sublingual).....	1 mg
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Melatonin, 1 mg, Two-Stage 100 t / \$8

The two-stage release format is helpful for those who have trouble falling asleep and also wake up in the middle of the night.* **Suggested usage:** adults take 1 tablet near bedtime.

One vegetarian tablet (t) contains:

Niacin (niacinamide).....	100 mg
Vitamin B-6 (pyridoxine HCl).....	5 mg
Magnesium (citrate).....	40 mg
Melatonin (two-stage release).....	1 mg

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Melatonin, 3 mg

60 c / \$6

Melatonin is a hormone produced in the pineal gland by converting tryptophan to serotonin and then to melatonin. Exposure to full-spectrum light during the day, and sleeping in total darkness at night, increases its production and effectiveness. Melatonin may be helpful for insomnia and reducing the effects of jet lag.* **Suggested usage:** adults take 1 or more capsules near bedtime.

One capsule (c) contains:

Melatonin. 3 mg

Menopause Support

90 c / \$16

Menopause Support contains recommended potencies of key ingredients that have been shown to support normal hormonal levels during menopause. This synergistic blend includes standardized herbal extracts and other nutrients which form a well-balanced and effective product for women.* **Suggested usage:** adult women take 3 capsules with or between meals.

Three capsules (c) contain:

Dong Quai root powder. 200 mg
Soy Isoflavones (20% isoflavones). 100 mg
Red Raspberry leaf powder. 100 mg
Chasteberry Tree fruit extract (0.5% agnusides). 100 mg
Red Clover flower extract (4% isoflavones). 100 mg
Black Cohosh root extract (2.5% triterpene glycosides). 80 mg
Wild Yam root extract (6% diosgenin). 50 mg
Licorice root powder. 50 mg
Ginger root powder. 50 mg
5-HTP (5-hydroxytryptophan). 30 mg

Migra-None

60 c / \$20

This product contains two herbs that may help with headaches. Migra-None needs to be taken regularly, and may take one or two months to become most effective.* **Suggested usage:** adults take 1 to 2 capsules per day.

One capsule (c) contains:

Feverfew leaf extract (0.1-0.5% parthenolide). 250 mg
Ginger extract (5% pungent compounds). 125 mg

N-Acetyl-L-Cysteine (NAC)

100 c / \$20

NAC is an activated form of the amino acid, L-cysteine. NAC, and its metabolite, glutathione, are used by the liver to detoxify many chemicals, and are excellent antioxidants. NAC may also support lung function.* **Suggested usage:** adults take 1 or 2 capsules, with meals.

One capsule (c) contains:

Molybdenum (amino acid chelate). 50 mcg
Selenium (L-selenomethionine). 25 mcg
N-Acetyl Cysteine. 600 mg

Niacin CRT

60 t / \$18

Using Controlled Release Technology (CRT), this higher potency niacin is less likely to cause a strong flush, as compared to some niacin products. Niacin has been used for lowering cholesterol levels, mood stabilization, treatment of depression, and alcoholism. High doses of niacin should only be administered by a doctor.* **Suggested usage:** adults take 1 tablet, once or twice per day. To reduce flushing, take after medium-to-large meals, and not with hot fluids or spicy foods.

One tablet (t) contains:

Niacin. 500 mg
Sodium. 17 mg

Nutri-A-25 (vitamin A)

100 c / \$8

This product contains nutrients that may support the immune system, and may be especially helpful during the cold and flu season.* **Suggested usage:** adults take 1 capsule per day. **CAUTION:** due to the high vitamin

A dose, this product is not recommended for women who are pregnant, may become pregnant, or are of child bearing age.

One capsule (c) contains:

Vitamin A (acetate). 25,000 IU
Zinc (chelate). 20 mg
Vitamin C (calcium ascorbate). 60 mg
Vitamin E (acetate). 30 IU

Omega-6 (GLA)

60 sg / \$16

Found in Borage Oil, GLA has anti-inflammatory properties. It may help with diabetes, eczema, PMS, osteoporosis, and rheumatoid arthritis.* **Suggested usage:** adults take 1 or 2 capsules per day, with meals.

One softgel (sg) contains:

Gamma Linolenic Acid (GLA). 240 mg

Osteo Paks

30 p / \$35

Similar to our Wellness Paks, this formula has additional calcium, magnesium, boron, and vitamin D, for extra bone support.* **Suggested usage:** adults take 1 pack with breakfast and 1 pack with dinner.

One pack (p) contains:

Vitamin A (palmitate). 2,500 IU
Beta-Carotene (vitamin A activity). 3,750 IU
Vitamin C (ascorbic acid; calcium/magnesium ascorbate). 350 mg
Vitamin D-3 (cholecalciferol). 1,275 IU
Vitamin E (d-alpha tocopherol succinate). 100 IU
Thiamin (thiamin HCl). 25 mg
Riboflavin. 13 mg
Niacin. 10 mg
Niacinamide. 38 mg
Vitamin B-6 (pyridoxine HCl). 25 mg
Folic Acid (L-methylfolate). 200 mcg
Vitamin B-12 (cyanocobalamin). 25 mcg
Biotin. 75 mcg
Pantothenic Acid (calcium pantothenate). 125 mg
Choline (citrate/bitrate). 15 mg
Inositol. 25 mg
PABA (para-aminobenzoic acid). 13 mg
Boron (aspartate/citrate complex). 1.38 mg
Calcium (citrate/carbonate/ascorbate complex). 375 mg
Chromium (organically bound with GTF activity). 50 mcg
Iodine (kelp). 50 mcg
Magnesium (aspartate/ascorbate complex). 250 mg
Manganese (aspartate complex). 5 mg
Molybdenum (Krebs chelates). 25 mcg
Potassium (aspartate complex). 25 mg
Selenium (Krebs chelates). 50 mcg
Vanadium (Krebs chelates). 13 mcg
Zinc (amino acid chelate). 6 mg
DHA (docosahexaenoic acid). 225 mg
EPA (eicosapentaenoic acid). 75 mg
GLA (gamma linolenic acid). 40 mg
Linoleic Acid. 350 mg
Betaine HCl. 29 mg
Citrus Bioflavonoids. 25 mg
Glutamic Acid HCl. 45 mg
L-Cysteine/N-Acetyl-L-Cysteine. 50 mg
L-Methionine. 3 mg
Trace Elements (from sea vegetation). 25 mcg

Phosphatidyl Choline pdr

300 g / \$34

This product is a more bioactive form of choline. It may help to increase levels of the excitatory neurotransmitter, acetylcholine.* **Suggested usage:** adults take several thousand milligrams per day, with meals.

One tablespoon (10,000 mg of soy lecithin) contains:

Phosphatidylcholine. 4,000 mg

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Phosphatidyl Serine 60 vc / \$35

PS is a phospholipid that helps to stabilize cellular membranes in the brain, and it may help with memory problems. It may also reduce cortisol, a stress hormone.* **Suggested usage:** adults take 1 or 2 capsules, with meals.

One vegetarian capsule (vc) contains:

Phosphatidyl Serine.	100 mg
Choline.	100 mg
Inositol.	50 mg

Policosanol 90 vc / \$16

Policosanol is a group of long-chain fatty alcohols. They may be beneficial to the cardiovascular system, affecting cholesterol levels.* **Suggested usage:** adults take 1 capsule, twice per day, with meals.

One vegetarian capsule (vc) contains:

Policosanol.	10 mg
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Potassium Citrate 180 c / \$10

Potassium is an important factor in the maintenance of the body's acid-base balance and nerve conduction, as well as the transfer of nutrients through cell membranes. Potassium Citrate is a well absorbed and highly bioavailable form of potassium.* **Suggested usage:** Adults take 1 capsule, 1 to 5 times daily, preferably with meals.

One capsule (c) contains:

Potassium (citrate).	99 mg
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Pregnenolone, 25 mg 60 t / \$20

Pregnenolone is converted from cholesterol into steroid hormones, including DHEA, testosterone, and estrogen. It is a GABA (inhibitory neurotransmitter) receptor antagonist, and may increase acetylcholine (excitatory neurotransmitter) levels. Pregnenolone production decreases as we age.* **Suggested usage:** adults take 1 or more tablets per day.

One tablet (t) contains:

Pregnenolone.	25 mg
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Pregnenolone, 100 mg 60 vc / \$22

A higher potency pregnenolone. See description above for more information.* **Suggested usage:** adults take 1 capsule per day.

One vegetarian capsule (vc) contains:

Pregnenolone.	100 mg
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Prostate Formula 90 sg / \$17

Research shows these ingredients may be helpful for the prostate.* **Suggested usage:** adult males take 1 to 4 capsules per day, with meals.

One softgel (sg) contains:

Zinc (gluconate).	15 mg
Saw Palmetto Berry extract (serenoa repens).	80 mg
Pumpkin Seed Oil.	500 mg

Psyllium Husk Caps 200 c / \$10

Psyllium is a soluble fiber that may lower cholesterol, reduce obesity, and help with diabetes through insulin regulation.* **Suggested usage:** adults take 1 or 2 capsules with water, before meals, twice a day.

One capsule (c) contains:

Psyllium Husk powder (plantago asiatica).	500 mg
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Resveratrol Complex 60 vc / \$20

Resveratrol is a phytoalexin (polyphenol) produced by a plant's defense system against stress. Research shows that resveratrol may be helpful for the cardiovascular and immune systems.* **Suggested usage:** adults take

1 capsule, twice daily.

One vegetarian capsule (vc) contains:

Red Wine extract (30% polyphenols).	100 mg
Natural Trans-Resveratrol (Polygonum cuspidatum root).	50 mg
Green Tea extract (98% total polyphenols).	100 mg
Grape Seed extract (95% polyphenols).	50 mg

SAMe 30 t / \$40

SAMe is needed in biochemical reactions that affect brain biochemistry and joint health. It may help to alleviate minor joint discomfort due to overexertion or stress. SAMe is also necessary for the synthesis of neurotransmitters, and it plays an important role in mood support.* **Suggested usage:** adults take 1 tablet daily, preferably on an empty stomach. Refrigeration recommended after opening.

One vegetarian tablet (t) contains:

SAMe (S-Adenosyl-L-Methionine).	400 mg
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Selenium 90 vc / \$10

Selenium is a trace mineral found in Brazil nuts, organ meats, seafood, and whole grains. It has antioxidant properties, as a part of the enzyme, glutathione peroxidase. It may protect against some forms of cancer.* **Suggested usage:** adults take 1 capsule daily, with food.

One vegetarian capsule (vc) contains:

Selenium (L-selenomethionine).	200 mcg
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Silymarin 50 vc / \$13

Also known as Milk Thistle, silymarin has shown benefits in supporting healthy liver function.* **Suggested usage:** adults take 1 to 3 capsules daily.

One vegetarian capsule (vc) contains:

Milk Thistle (standardized to 80% silymarin).	300 mg
Dandelion root (4:1 extract).	100 mg
Artichoke extract.	50 mg

Sleep Formula 90 c / \$20

By increasing GABA levels, this formula may relax the mind to facilitate sleep. It is similar to Brain Calm, but has melatonin instead of passionflower. It may also be helpful for jet lag.* **Suggested usage:** adults take 1 or 2 capsules, 30 minutes before bedtime.

One capsule (c) contains:

Inositol.	450 mg
GABA (gamma amino butyric acid).	50 mg
Melatonin.	500 mcg

Slim Fiber 11 oz (318 g) / \$39

Slim Fiber is a combination of fibers derived from fruits, vegetables, roots, seeds, and tree extracts, with added friendly bacteria and prebiotics. Start with 1 teaspoon in water, with lunch or dinner. Increase slowly to 1 or more tablespoons per day.

One and one half tablespoons (tbsp) contain:

Fiber (60% soluble, 40% insoluble).	10.6 grams
(Fibergum tan acacia gum, CreaFibe Cellulose, guar gum, cranberry seed extract, carrot fiber, inulin, citrus fiber, apple pectin, glucomannan, psyllium husk, flax, prune, lactobacillus acidophilus La-14, bifidobacteria longum BB536, natural berry flavor, stevia, and talin.)	

Slim Paks 30 p / \$30

Slim Paks contain natural supplements that may reduce appetite and make it harder for the body to obtain calories from fat and carbohydrates.*

Suggested usage: adults take 1 pack with at least 8 oz. of water, twice per day, 30-60 min. before meals.

One pack (p) contains:

CLA (Conjugated Linoleic Acid).	340 mg
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Polyphenon 60 (green tea catechins) 0.25 mg
 Garcinia Cambogia (Citrimax; 250 mg of hydroxycitric acid) 500 mg
 Chromium GTF (polynicotinate) 100 mcg
 Fiber (grain-free dietary fiber) 470 mg
 Fiber sources: glucomannan, citrus pectin, carrot, apple pectin, celery, slippery elm, sodium alginate.

Sports Paks **30 p / \$50**

New from THN, Sports Paks is a great way to increase energy and concentration for any kind of physical or mental activity. Acetyl-L-Carnitine (ALC) is an amino acid-like molecule that increases energy production by helping fat metabolism. It also increases acetylcholine, an excitatory neurotransmitter, and therefore is crucial for normal brain and nerve function. L-Tyrosine is a precursor of important excitatory neurotransmitters, including dopamine. Tyrosine can elevate mood and increase energy levels. It may also be helpful with memory function by increasing alertness and concentration. Ashwaganda, a traditional herb used in Ayurvedic medicine, is used as a general tonic, to support energy production, and improve mental and physical performance. The active ingredients, withanolides, are thought to have calming properties that can support the body during times of emotional and physical stress. Vitamin C reduces the effects of stress by supporting the adrenal glands and immune system. Magnesium and potassium are important intracellular electrolytes, and also support muscle function.* **Suggested usage:** adults take 1 pack on an empty stomach, at least 30 minutes before activity, with at least 8 oz of water (do not take with protein).

One pack (p) contains:
 Vitamin C (ascorbic acid) 500 mg
 Acetyl-L-Carnitine 500 mg
 L-Tyrosine 500 mg
 Ashwaganda (*Withania somnifera*) 300 mg
 Citrus Bioflavonoids 100 mg
 Magnesium (aspartate complex) 90 mg
 Potassium (aspartate complex) 90 mg
 Rutin 50 mg
 Hesperidin Complex 25 mg
 Acerola 1 mg

Strontium **60 vc / \$20**

Strontium is a naturally occurring mineral important for maintaining strong bones, particularly in postmenopausal women. Solid bone health involves building bone mass while preventing bone loss, and research shows that strontium may actively help with both.* **Suggested usage:** adults take 1 or 2 capsules per day, on an empty stomach.

One vegetarian capsule (vc) contains:
 Strontium (strontium carbonate) 340 mg

Sytrinol Plus **60 vc / \$25**

Sytrinol plus Supportive Factors is a proprietary formula consisting of polymethoxylated flavones (PMFs) from citrus, palm tocotrienols, and other proprietary constituents. Studies have shown that Sytrinol may help maintain cholesterol and triglyceride levels already within the healthy range. Our special formula also contains Policosanol, a blend of long-chain fatty alcohols (LCFA) derived from sugar cane for its synergistic effect. In addition, Milk Thistle and Alpha-Lipoic Acid have been included for their antioxidant effects, as well as to support liver health.* **Suggested usage:** adults take 1 capsule, twice daily, with meals.

One vegetarian capsule (vc) contains:
 Chromium (chromium amino acid chelate) 60 mcg
 Sytrinol® (natural citrus and palm fruit extracts) 150 mg
 Milk Thistle Extract (80% silymarin) 50 mg
 Alpha-Lipoic Acid 50 mg
 Policosanol (from sugar cane) 10 mg

Tasty Greens **10 oz / \$36**

We now have Tasty Greens, an organic green foods product densely packed with healthy vegetables, cleansing and alkalizing grass juices, and

a proprietary blend of fruits and berries. Tasty Greens also tastes great, with a delicious cranberry-orange flavor.* **Suggested usage:** 9.5 grams (about 1 tablespoon) mixed in cool water (30 servings/container).

One tablespoon (tbsp) contains:
 Calories - 24; Total Fat - 0 g; Sodium - 30 mg; Total Carbohydrate - 5 g;
 Dietary Fiber - 1 g; Sugars - 1 g; Protein - 1 g.

Fruit Proprietary Blend 2,000 mg
 Organic apple, organic mountain cranberry, organic blueberry powder, organic raspberry powder, camu camu berry extract.

Greens Proprietary Blend 1,500 mg
 Organic spirulina, organic barley grass juice powder, organic wheat grass juice powder, chlorella, organic stinging nettle (leaves).

Vegetable Proprietary Blend 750 mg
 Organic carrot powder, organic beet powder, organic tomato powder, organic kale powder, organic parsley powder, organic collard powder, organic spinach powder, organic broccoli sprouts, organic cauliflower sprouts, organic kale sprouts.

ORAC Proprietary Blend 103 mg
 Grape seed extract, grape skin extract.

Enzyme/Prebiotic Proprietary Blend 59 mg
 Enzymes (amylase; cellulose; lipase; protease)/Organic burdock root.

Other Ingredients: Inulin, tapioca dextrin, natural flavors, organic manioc starch, organic rice flour, lecithin, stevia extract.

Tribulus **60 vc / \$10**

Tribulus Terrestris, or puncture vine, is traditionally used for its ability to stimulate libido and treat infertility in both men and women. Studies have shown that tribulus may indirectly stimulate testosterone production, and may help boost both sexual and athletic performance.* **Suggested usage:** adults take 2 capsules per day.

One vegetarian capsule (vc) contains:
 Tribulus fruit extract (40% saponins) 250 mg

Tryptophan **120 vc / \$40**

Tryptophan is an essential amino acid that increases levels of serotonin (an inhibitory neurotransmitter) and melatonin. Tryptophan may be helpful with insomnia.* **Suggested usage:** adults take 1 or 2 capsules 30 min. to 45 min. before bedtime, with a simple carbohydrate, such as fruit juice.

One vegetarian capsule (vc) contains:
 L-Tryptophan 500 mg

Ultra Omega-3 (EPA/DHA) **90 sg / \$22**

Derived from cold-water fish, these omega-3 fatty acids support the cardiovascular system and reduce inflammation. DHA may also be good for the brain. We use purified, molecularly distilled fish oil that is free of mercury and other harmful contaminants.* **Suggested usage:** adults take 1 to 4 capsules per day, with meals.

One softgel (sg) contains:
 Vitamin E (as d-alpha tocopherol) 2 IU
 Omega-3 Fatty Acids 750 mg
 yielding:
 EPA (Eicosapentaenoic Acid) 500 mg
 DHA (Docosahexaenoic Acid) 250 mg

Ultrazyme **60 t / \$14**

Ultrazyme is a natural dietary supplement specifically formulated with bile and active digestive enzymes that act synergistically to assist in the healthy functioning of fat, protein, and carbohydrate digestion.* **Suggested usage:** adults take 1 or 2 tablets daily, with meals.

One tablet (t) contains:
 Each Tablet Contains:
 Pancreatin (4x) USP 500 mg
 Supplying:
 Amylase 12,500 USP Units
 Protease 12,500 USP Units

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

Lipase.....	1,000 USP Units
Bromelain.....	150 mcu
Ox Bile extract.....	50 mg
L-Lysine Hydrochloride.....	50 mg
Pepsin.....	33 mg

Ultra Prostate Support 90 sg / \$35

Ultra Prostate Support is a synergistic combination of botanicals and nutrients that support a healthy prostate. It contains herbal extracts, including meaningful potencies of beta-sitosterol, pumpkin seed oil, saw palmetto, and stinging nettle. Ultra Prostate Support provides additional nutritional support with lycopene, quercetin, selenium, vitamin D-3, and zinc, which are known to play important roles in optimal prostate function. Other helpful herbal extracts are also contained in this comprehensive formula.* **Suggested Usage:** adult males take 3 softgels daily, with meals.

Three softgels (sg) contain:

Vitamin D-3 (cholecalciferol).....	400 IU
Zinc (glycinate).....	15 mg
Selenium (amino acid complex).....	70 mcg
Saw Palmetto (min. 85% fatty acids).....	320 mg
Beta-Sitosterol.....	850 mg
Stinging Nettle min. (30 ppm scopoletin).....	240 mg
Quercetin.....	250 mg
Turmeric Root (min. 95% curcuminoids).....	100 mg
Pumpkin Seed Oil.....	1,000 mg
Lycopene (natural tomato extract).....	10 mg
Green Tea (min. 50% EGCG).....	100 mg
Pomegranate (min. 40% ellagic acid).....	100 mg
Resveratrol (<i>trans</i> -resveratrol; <i>polygona</i> <i>cuspidatum</i>).....	10 mg
Flax Seed Lignans (min. 4% SDG).....	25 mg

Vessel Max 90 vc / \$37

A combination of ingredients that may help strengthen capillaries. It may also reduce varicose veins and bruising.* **Suggested usage:** adults take 1 to 3 capsules per day.

One vegetarian capsule (vc) contains:

Troxeutin.....	200 mg
Horsechestnut Seed extract (standardized to 20% aescin).....	167 mg
Butchers Broom (4:1 extract).....	67 mg
Gotu Kola Leaf Extract (standardized to 10% asiaticoside).....	116 mg

Vitamin D 120 sg / \$14

Vitamin D is a fat-soluble vitamin that is necessary for calcium absorption and metabolism, and is required for maintaining and increasing bone density. Also, new benefits are coming out for this versatile vitamin. Vitamin D may also be helpful for the cardiovascular and immune systems.* **Suggested usage:** adults take 1 capsule per day, with a meal.

One softgel (sg) contains:

Vitamin D-3 (cholecalciferol).....	5,000 IU
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Water Out 100 vc / \$15

Water Out is a synergistic herbal blend that supports urinary tract health. Uva Ursi, Dandelion, Goldenrod, and Juniper are herbs that can help to relieve minor, temporary water retention while supporting healthy kidney function. These and other ingredients are known to act in a gentle manner to maintain water equilibrium, as well as essential electrolytes. **Suggested usage:** adults take 2 capsules, twice daily, with food or a glass of water.

Two vegetarian capsules (vc) contain:

Vitamin B-6 (Pyridoxine HCl).....	25 mg
Potassium (Potassium Chloride).....	99 mg
Uva Ursi leaf extract (20% Arbutin).....	200 mg
Dandelion leaf.....	120 mg
Goldenrod herb.....	120 mg
Juniper berries.....	100 mg
Buchu leaf.....	100 mg
Bladderwrack.....	50 mg

Wellness Paks

30 p / \$30

A high potency multi containing 35 nutrients, including 17 vitamins, 11 minerals, essential fatty acids, and many other supportive factors.* **Suggested usage:** adults take 1 pack with breakfast and 1 pack with dinner.

One pack (p) contains:

Vitamin A (palmitate).....	2,500 IU
Beta-Carotene (vitamin A activity).....	3,750 IU
Vitamin C (calcium/magnesium ascorbate).....	300 mg
Vitamin D-3 (cholecalciferol).....	250 IU
Vitamin E (d-alpha tocopherol succinate).....	100 IU
Thiamin (thiamin HCl).....	25 mg
Riboflavin.....	12 mg
Niacin.....	10 mg
Niacinamide.....	37 mg
Vitamin B-6 (pyridoxine HCl).....	25 mg
Folate (L-methylfolate).....	200 mcg
Vitamin B-12 (cyanocobalamin).....	25 mcg
Biotin.....	75 mcg
Pantothenic Acid (calcium pantothenate).....	125 mg
Choline (citrate/bitartrate).....	15 mg
Inositol.....	25 mg
PABA (para-aminobenzoic acid).....	12.5 mg
Boron (aspartate/citrate complex).....	0.38 mg
Calcium (citrate/ascorbate complex).....	125 mg
Chromium (organically bound with GTF activity).....	50 mcg
Iodine (kelp).....	50 mcg
Magnesium (aspartate/ascorbate complex).....	125 mg
Manganese (aspartate complex).....	5 mg
Molybdenum (Krebs chelates).....	25 mcg
Potassium (aspartate complex).....	24 mg
Selenium (Krebs chelates).....	50 mcg
Vanadium (Krebs chelates).....	12.5 mcg
Zinc (amino acid chelate).....	6.3 mg
DHA (docosahexaenoic acid; fish oil).....	225 mg
EPA (eicosapentaenoic acid; fish oil).....	75 mg
GLA (gamma linolenic acid; evening primrose oil).....	40 mg
Linoleic Acid.....	350 mg
Betaine HCl.....	28 mg
Citrus Bioflavonoids.....	25 mg
Glutamic Acid HCl.....	5 mg
L-Cysteine/N-Acetyl-L-Cysteine.....	50 mg
L-Methionine.....	3 mg
Trace Elements (from sea vegetation).....	25 mcg

Whey Protein, Vanilla

2 lb / \$30

Whey Protein is considered to be the most complete protein available. It absorbs quickly, and is rich in immune-supporting lactoglobulins, and muscle-supporting branched chain amino acids. Our whey protein is naturally flavored, and slightly sweetened with fructose and stevia.* **Suggested usage:** adults take ½ cup daily.

One half cup contains:

Protein.....	26 g
Calories.....	165
Dietary Fiber.....	3 g
Sugars.....	5 g
Calcium.....	173 mg
Potassium.....	137 mg
Stevia.....	84 mg

Zinc Complex

100 c / \$12

Zinc supports the immune system, facilitates wound healing, and helps with bone density.* **Suggested usage:** adults take 1 or 2 capsules per day, with meals.

One capsule (c) contains:

Iodine (kelp).....	30 mcg
Zinc (gluconate).....	20 mg
Manganese (amino acid chelate).....	1 mg

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Boron (calcium borogluconate).....	130 mcg
Molybdenum (amino acid chelate).....	130 mcg
Vanadium (amino acid chelate).....	30 mcg
Rubidium (chloride).....	30 mcg

— PERSONAL CARE PRODUCTS —

A.M. Brain Energy Cream 1.7 fl. oz. / \$40

A.M. BRAIN ENERGY CREAM is a new kind of multi-purposed skin care product for all skin types—it helps both the mind and the body. It gives you extra energy in the morning by increasing dopamine levels, and it's great for the skin, restoring elasticity and diminishing the appearance of wrinkles, leaving the skin smooth to the touch. Also, antioxidants protect the skin from harmful pollutants.* **Suggested usage:** Every morning, apply 5-6 pumps of lotion to the clean, dry skin of your face and neck area, using an upward circular motion.

INGREDIENTS: Deionized water, caprylic/capric triglyceride, simugel, L-phenylalanine, L-tyrosine, lecithin, alcohol, glycerin, sepigel, sodium hydroxymethylglycinate, potassium sorbate, natural fragrance, ascorbyl palmitate, tocopheryl acetate, citric acid, coenzyme Q10, DMAE bitartrate, retinyl palmitate, cholecalciferol.

P.M. Brain Calm Cream 1.7 fl. oz. / \$40

P.M. BRAIN CALM CREAM is a new kind of multi-purposed skin care product for all skin types—it helps both the mind and the body. It calms you down in the evening by increasing GABA levels, and it's great for the skin, restoring elasticity and diminishing the appearance of wrinkles, leaving the skin smooth to the touch. Also, antioxidants protect the skin from harmful pollutants.* **Suggested usage:** Every evening, apply 5-6 pumps of lotion to the clean, dry skin of your face and neck area, using an upward circular motion.

INGREDIENTS: Deionized water, caprylic/capric triglyceride, simugel, inositol, sepigel, lecithin, alcohol, glycerin, gamma-aminobutyric acid (GABA), sodium hydroxymethylglycinate, passion flower extract, potassium sorbate, citric acid, ascorbyl palmitate, tocopheryl acetate, coenzyme Q10, dmae bitartrate, natural fragrance, retinyl palmitate, cholecalciferol.

Anytime Brain Mood Cream 1.7 fl. oz. / \$40

Anytime Brain Mood Cream is a new kind of multi-purposed skin care product for all skin types—it helps both the mind and the body. It gives your mood a gentle lift by increasing serotonin levels, and it's great for the skin, restoring elasticity and diminishing the appearance of wrinkles, leaving the skin smooth to the touch. Also, antioxidants protect the skin from harmful pollutants.* **Suggested usage:** As needed, apply 5-6 pumps of lotion to the clean, dry skin of your face and neck area, using an upward circular motion.

INGREDIENTS: Deionized water, caprylic/capric triglyceride, simugel 600, lecithin, alcohol, glycerin, sepigel 305, citric acid, sodium hydroxymethylglycinate, tryptophan, disodium EDTA, potassium sorbate, vanilla essential oil, ascorbyl palmitate, tocopheryl acetate, coenzyme Q 10, DMAE bitartrate, pyridoxine hcl, retinyl palmitate, cholecalciferol.

— BOOKS —

Male Sexual Fitness \$4

Male Sexual Fitness. An integrative approach to male sexual fitness that includes knowledge about the various elements that affect erectile function and what to do if dysfunction occurs.

Amazing Way to Reverse Heart Dz \$14

The Amazing Way to Reverse Heart Disease Naturally. Includes: the 30 to 90-day no-more hypertension and heart disease program; foods that raise blood pressure and lower it; stress-control strategies; customized diet plans; hidden hypertension and heart disease facts; recipes.

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The Edge Effect \$12

The Edge Effect. Achieve total health and longevity with the balanced brain advantage. Reverse or prevent Alzheimer's disease, aging, memory loss, weight gain, sexual dysfunction, and more, by balancing the four major neurotransmitters. Includes questionnaires for determining your own unique biochemical nature.

The Healing Nutrients Within \$19

The Healing Nutrients Within. Find out how amino acids can be a key to restoring optimal health. Twenty-nine pre-proteins are essential to neurotransmission, brain function, immune response, hormone release, stabilization of blood pressure and blood sugar, detoxification, and wound healing, among many other functions.

PATH Wellness Manual \$95

PATH Wellness Manual. A user's guide for the body, covering ailments from A to Z, and alternatives to drug approaches for many health problems. This comprehensive medical encyclopedia should be part of every household's and medical professional's reference library.

Younger You \$16

Younger You. Unlock the hidden power of your brain to look and feel 15 years younger. This recent book by Eric Braverman, MD, made *The New York Times* best seller list!

Younger (sexier) You \$20

Younger (sexier) You. Dr. Braverman's latest book uses the most up-to-date research to explain how great sex contributes to great health, helping us stay young and fit, improving cognitive function, boosting the immune system, and more. Chapters are devoted to the unique concerns of men and women, as well as health issues affecting both. This book will help every couple achieve greater pleasure and intimacy, showing them that the most effective way to remain young and sexy might just be the most enjoyable.

Younger (Thinner) You Diet \$15

Younger (Thinner) You Diet. Unlock the hidden power of your brain to lose weight, and look and feel 15 years younger. This book by Eric Braverman, MD, expands on *The New York Times* best seller list by offering tips and techniques on losing weight. Also included are many healthy and tasty recipes.

Younger You Rainbow Diet Recipes \$4

Younger You Rainbow Diet Recipes. Dozens of recipes for: Beautiful Skin; Keeping the Heart Young; A Younger, Sexier You; A Stronger You; Total Regulatory Control; and Increasing Brain Activity.

— NUTRITION BARS —

Our nutrition bar are delicious, fructose-free snack bars that boast nutritious whey (rich in immunoglobulins and lactoferrin), omega-3 fatty acids, fiber, glutamine, phosphatidyl choline and antioxidants, for immune support and quick, satisfying nutrition. They are formulated with beneficial fats from almonds, almond butter, and coconut oil. These food bars are the high quality, health promoting snack/meal replacement that can be very beneficial in the implementation of a successful eating plan.

Balanced Meal Bar 1 bar / \$3

Ingredients: organic tapioca syrup, sugar free milk chocolate flavored coating (maltitol, cocoa butter, unsweetened chocolate, calcium caseinate, milkfat, soy lecithin, vanilla), protein blend (whey protein isolate, whey crisps, rice protein concentrate, whey protein concentrate, milk protein

concentrate), natural peanut butter, glycerine, peanut flour, digestion resistant fiber, natural flavor, sea salt, stevia, natural mixed tocopherols, natural rosemary extract, sunflower oil.

Calories..... 230
Total Fat..... 9 g
Total Carbohydrates..... 27 g
Protein..... 13 g

Chocolate 1 bar / \$3

Ingredients: sugar free dark chocolate coating (maltitol, unsweetened chocolate, cocoa butter, butter oil, soy lecithin, vanilla), protein (whey, whey crisps [whey protein isolate, rice flour], rice protein), maltitol syrup, glycerine, almond butter, almonds, unsweetened chocolate, fructooligosaccharides, xylitol, lecithin, digestion resistant fiber, cocoa butter, cocoa powder, omega 3 concentrate, glutamine, coconut oil, sea salt, green tea, elderberry, rosemary extract.

Calories..... 160
Total Fat..... 9 g
Total Carbohydrates..... 19 g
Protein..... 9 g

Coconut Chocolate 1 bar / \$3

Ingredients: maltitol syrup, sugar free dark chocolate flavored coating (maltitol, unsweetened chocolate, cocoa butter, butter oil, lecithin, vanilla), coconut, erythritol, glycerine, gum arabic, coconut oil, Tegriceal (colostrum derived peptide), natural flavor, kosher gelatin, salt.

Calories..... 160
Total Fat..... 11 g
Total Carbohydrates..... 23 g
Protein..... 2 g

Mixed Berry 1 bar / \$3

Ingredients: coating (maltitol, cocoa butter, nonfat milk powder, whole milk powder, lecithin, natural vanilla), protein blend (whey protein isolate, whey protein concentrate, rice protein concentrate, whey crisps [whey protein isolate, rice flour]), maltitol syrup, almond butter, glycerine, coconut oil, strawberry extract, natural flavor, digestion resistant fiber, blueberries, strawberries, sea salt, citric acid, white tea extract, apple extract.

Calories..... 180
Total Fat..... 8 g
Total Carbohydrates..... 21 g
Protein..... 10 g

Vanilla Almond 1 bar / \$3

Ingredients: coating (maltitol, cocoa butter, nonfat milk powder, whole milk powder, lecithin, vanilla), protein blend (whey isolate, whey concentrate, rice protein), whey crisps (whey protein isolate, rice flour), maltitol syrup, almond butter, glycerine, dry roasted almonds, digestion resistant fiber, coconut oil, fructooligosaccharides, lecithin, natural flavor, omega 3 concentrate complex, xylitol, covalent bonded glutamine, sea salt, green tea, elderberry, rosemary extract.

Calories..... 180
Total Fat..... 9 g
Total Carbohydrates..... 20 g
Protein..... 10 g

— TEAS —

Cherry Green Tea 10 bags / \$9

Reminiscent of the gorgeous and sweet aroma of spring cherry blossoms, this Japanese sencha green tea is fresh, smooth, and delicious.

Ingredients: Japanese sencha green tea flavored with wild cherry.

Earl Grey de la Crème 10 bags / \$9

A full-bodied and fragrant blend: A classic, smooth, and aromatic black tea blend that satisfies the palate all year round.

Ingredients: Premium black tea, flavoring, and blue cornflower petals.

Green Rooibos with Fruit 10 bags / \$9

A caffeine-free botanical blend: Refreshingly delicious, beautiful, and flavorful herbal tea to be enjoyed either hot or chilled.

Ingredients: South African green rooibos, papaya bits and mango bits (with sugar), peach bits (rice flour), flavoring, citrus peels, rose petals, and marigold petals.

Irish Breakfast Blend 10 bags / \$9

A premium blend that is stronger than most English teas, our Irish Breakfast Blend makes a very satisfying, smooth, full-bodied, and flavorful cup. A perfect pick-me-up for beginning the day.

Ingredients: Assam, Nilgiri, and China black teas.

Jasmine Dragon Green Tea 10 bags / \$9

A sweet and fragrant green tea: These hand-rolled green tea leaves are naturally infused multiple times with fresh jasmine blossoms. Enjoy the smooth and elegant flavor any time of day, and delight in watching the pearls unfurl when steeped.

Ingredients: Premium green tea with jasmine flowers.

— SPICES: BLENDS —

Achiote Adobo Seasoning 4.2 oz / \$10

A delicious, authentic, and flavorful, but not hot, Mexican seasoning blend, that can be used either as a rub on chicken, ribs, and pork, or as an extraordinary enhancement to spice up salsa, fish tacos, and guacamole.

Ingredients: Spices, maltodextrin, tomato, salt, cilantro, and garlic.

Caribbean Jerk Seasoning 3.2 oz / \$10

Transcend your everyday meats, seafood, tofu, and salad dressings with this distinctive and tropical blend which embodies the savory and fragrant flavors of the Caribbean.

Ingredients: Salt, sugar, spices, garlic, cumin, corn starch, allspice, onion, celery, paprika, basil, soy oil, ginger, clove, cinnamon, and nutmeg.

Garam Masala 2.5 oz / \$10

Garam Masala enhances sauces, as well as chutneys, to be used on meats and poultry. Best enjoyed when added toward the end of cooking and sprinkled on food just before serving, to enjoy its full aroma and taste.

Ingredients: Cinnamon, cumin, nutmeg, black pepper, coriander, bay leaf, cardamom, and cloves.

Great Herb Blend 3.0 oz / \$10

This no-salt blend is great for everything. Wonderful on steaks and vegetables, as well as in soups and sauces. With the right combination of ingredients, the possibilities are amazing.

Ingredients: Onion, bell pepper, corn syrup solids, garlic, black pepper, tomato powder, parsley flakes, lemon juice powder, vegetable oil, turmeric, and citric acid.

Madras Curry 2.0 oz / \$10

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This enticing and aromatic curry blend has a balanced, full-bodied flavor, and is neither too hot nor too mild. It is an extremely versatile blend to be used on meats, vegetables, in soups, sauces, and added to rice.

Ingredients: Turmeric, coriander, cumin, garlic, cinnamon, ginger, allspice, nutmeg, and spices.

Orange Pepper 3.3 oz / \$10

A fabulous citrus blend with black pepper. Try it to sauté vegetables, sprinkle on meats and fish, and add it to marinades, sauces, and dressings.

Ingredients: Kosher salt, orange peel, black pepper, citric acid, onion, sugar, dextrose, garlic, celery seed, and orange oil.

Peppercorn Blend 2.2 oz / \$10

This favorite combination is perfect for your grinder.

Ingredients: Black peppercorns, white peppercorns, pink peppercorns, and green peppercorns.

Ras al Hanout 2.5 oz / \$10

This beautifully aromatic and sophisticated blend is used extensively in Moroccan cooking, and literally translates to "Top of the Shop". Excellent on grilled chicken, lamb, and tuna, or added to a tagine, couscous, and rice.

Ingredients: Nutmeg, cinnamon, spices, ginger, mace, turmeric, cardamom, allspice, anise, and cloves.

Seasoned Pepper 3.4 oz / \$10

A salt-free mix of black and red pepper, and other spices to spice up your fare. Use it wherever you would use pepper.

Ingredients: Premium black pepper, sugar, sweet red pepper, and spice extractives of black pepper.

Thai Spice 2.7 oz / \$10

Excellent for any Thai seafood or meat dish. Spicy hot with a lime contrast. Thai Spice can be used in coconut milk curries (both red and green) for developing a wonderful Thai flavor.

Ingredients: Spices, chile pepper, salt, sugar, garlic, and lime powder.

— SPICES: RUBS —

Balsamic Fish Rub 3.0 oz / \$10

This remarkable rub creates a savory sensation to be used on a wide variety of ocean and freshwater fish. Add it to extra virgin olive oil to produce a superb marinade, or simply use as a dry rub.

Ingredients: Balsamic vinegar, garlic, onion, salt, spices, thyme, and oregano.

Coffee Rub 4.0 oz / \$10

This aromatic dry rub is made with organic Mexican coffee crystals, and tastes extraordinary on anything grilled. With a unique, balanced blend of ingredients, you will astonish your dinner guests with its sweet and savory flavor.

Ingredients: Demerara sugar, sea salt, Mexican coffee granules, garlic, onion, chile pepper, and other spices.

Teriyaki Ginger Rub 3.3 oz / \$10

Pleasantly sweet and flavorful, our Teriyaki Ginger Rub is an extraordinary and savory blend of spices that complements steak, poultry, and fish. It will

add an unexpected tang and flare to any meal. Mix with honey and use in a stir-fry as a glaze, or brush onto chicken skewers while grilling.

Ingredients: Garlic, onion, ginger, spices, tamari powder, and salt.

Tomato Basil Chipotle Rub 2.6 oz / \$10

This flavorful, but not too hot, rub is perfect for adding a spicy, south-of-the-border taste to your dishes. When grilling, it adds a rich, distinctive flavor, and subtly sweet smokiness to chicken, pork, and burgers. Try sprinkling it in soups and on pizza for an exotic flavor kick.

Ingredients: Tomato, garlic, balsamic vinegar, honey, and other spices.

— SPICES: SINGLES —

Ancho Chile 3.1 oz / \$10

This pure Ancho Chile powder has a deep, rich flavor, and a mild to medium heat; preferred by most gourmet chefs. Ancho creates a complex, yet sweet flavor with fruity undertones. Use it on pasta, in sauces, salsa, baked potatoes, vegetables, soups, stir fry, or before baking or grilling. Also try it to season chicken, and, of course, Mexican dishes.

Ingredients: Ancho chile powder.

Hungarian Sweet Paprika 3.3 oz / \$10

This brilliant red powder is made from grinding dried, sweet Hungarian red peppers. Use as a garnish and seasoning for potatoes, rice, noodle dishes, and vegetables. When heated, this sweet paprika will release its color and delicate, yet pronounced, flavor.

Ingredients: Hungarian sweet paprika.

Spanish Smoked Hot Paprika 2.8 oz / \$10

Spanish Smoked Hot Paprika is also known as Pimentón de la Vera, Picante. It is a popular ingredient in many Mediterranean recipes. The hot, smoky flavor is the result of peppers that are dried slowly over an oak burning fire for several weeks. Try it in soups or chorizo. Add it with garlic to mayonnaise, which can then be used as a spread for grilling chicken or fish. Use it on deviled eggs.

Ingredients: Spanish smoked hot paprika.

Vietnamese Cinnamon 2.5 oz / \$10

Vietnamese "Saigon" Cinnamon is considered to be the finest quality and most flavorful cinnamon in the world, due to its high oil content and rich, dark, distinctly sweet flavor and complex aroma. Use in baking, meat dishes, soups, and add a pinch to hot drinks and cereals.

Ingredients: Vietnamese cinnamon.

**Prices and formulations
for all products
are subject to change
without prior notice.**

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Pictures of THN's retail store in Manhattan



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THN's Products & Services

Nutritional Supplements

THN products were developed to contain the right proportions of vitamins, minerals and essential fatty acids, without danger of toxic build-up and without dangerous side effects.

Each ingredient is selected for its absorbability, competitive relationship with other nutrients, allergic potential, and long-term safety. Our supplements are manufactured in a cGMP (current good manufacturing practices) facility, ensuring you a pure product that meets label potency.

As an added service, we offer Personalized Vitamin Organizers. These compartmentalized containers are filled with your supplement regimen, and each section is labeled for easy identification. For people who are rushed in the morning or who travel frequently, this makes life a bit less complicated.

Dietary Analysis

To give you an accurate nutritional assessment, we use the most reliable computerized nutritional analysis program available. Our computer program, analyzing a person's usual dietary intake, accesses more than 29,000 foods from all food groups. The resulting report displays your information in tabular and graphical formats.

TSFL Weight Loss Program

We proudly feature the Take Shape for Life TSFL Weight Loss Program for patients that need to lose weight as quickly and safely as possible. Clinically proven by Johns Hopkins University, TSFL will help you reach your weight goal with Medifast Meals that are low calorie, low fat, and nutritionally balanced. There is no counting calories, carbs or points. It is all done for you. Along the way, we will provide the care and support you need to succeed in maintaining your weight loss and health program for life. More info is available at www.rainbowdiet.tsfl.com

Wholesale Account Information

For qualified health professionals, inquire about setting up a wholesale account. You will get high quality products, great prices, and product support. www.totalhealthnutrients.com



TOTAL HEALTH NUTRIENTS
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New York, NY 10010
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