BEST OF SUPPLEMENTS

8 Common Nutrient Deficiencies & How to Fix Them

PLUS! Meet the WINNERS of Our SUPPLEMENT AWARDS
Collagen made by myself

New BioSil® liquid capsules activate your body’s own natural collagen-generating enzymes, so the collagen you gain is made by you! Completely natural to you. Not sourced from animal or sea organisms.

New BioSil liquid capsules deliver the same original liquid BioSil in small, easy to swallow capsules. When you want to add collagen, make sure it’s not just any kind of collagen, but 100% your own!
NOW® is Constantly Enhancing Our Vitamin Formulas

For more than 50+ years, NOW has offered a plethora of high-quality vitamins that continue to evolve to meet the diverse needs of our customers. From sustained release and hypoallergenic capsules to soy-free and vegan options, our scientists and nutritionists are dedicated to making sure we provide supplements to cover your nutrition needs from A-Z.

nowfoods.com/vitamins
Even if you eat a balanced, whole-foods diet, you may still be missing vital nutrients. And even low-level vitamin deficiencies can sap energy, diminish immune function, and lead to mood swings and brain fog. Here’s a look at some of the most common deficiencies—and what you can do about them.

What causes nutrient deficiencies? It’s not always a matter of just failing to eat a balanced diet. Long-term use of proton-pump inhibitors (PPIs), cholesterol-lowering statins, diuretics, and other medications can interfere with the body’s ability to produce, absorb, or utilize crucial nutrients. Celiac disease, inflammatory bowel disease such as Crohn’s disease, and many other digestive problems can reduce absorption of nutrients and also lead to deficiencies. And other factors, such as chronic dieting, excessive coffee or alcohol intake, and stress, can deplete vitamins and minerals, fast.

If you’re eating right, but still not thriving, you may not be truly nourished. But the good news is that it’s easy to remedy these issues and get yourself back to vibrant. Here’s how:
Give your brain the extra boost it needs with Bluebonnet Nutrition’s Targeted Choice BrainPower™ Vegetable Capsules, a supplement specially formulated to enhance memory, improve concentration, and reduce mental fatigue.

Using the power of nootropic ingredients like sustainably sourced bacopa, lion’s mane, and wild blueberries, Targeted Choice BrainPower™ protects neuronal cells and supports overall cognitive function so you can unlock your brain’s full potential.

- Whole Food-Based
- Scientifically Substantiated Potencies
- Non-GMO
- Vegan/Vegetarian
- Free of Common Allergens (soy, gluten & milk)

Available at fine natural food stores

For additional information on Bluebonnet nutritional supplements, please visit www.bluebonnetnutrition.com, or write: Bluebonnet Nutrition Corporation, 12915 Dairy Ashford, Sugar Land, TX 77478 USA

*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.
1 **Vitamin D**

This fat-soluble vitamin is essential for bone strength, immune function, brain health, and mood. But unless you spend time outside sans sunscreen, you may be deficient. In addition, people with dark skin, those who live in northern climates, and people who are obese are more likely to be deficient in vitamin D. Deficiencies aren’t obvious, and symptoms may take years to manifest. Signs that you’re lacking in D include poor immune function, fatigue, muscle weakness, bone loss, and depression.

> **Food sources:** It’s hard to get significant vitamin D from food—cod liver and fatty fish such as salmon and sardines are the only good sources. If you suspect you may be lacking in D, get your levels tested. For more information on how to make sure you’re getting enough D, visit the Vitamin D Council at (vitamindcouncil.org).

> **Supplement facts:** Because vitamin D is hard to get from food, you’ll probably need to supplement if you’re low in it. Choose vitamin D3 (cholecalciferol), the form your body naturally makes when it’s exposed to sunlight.

2 **Magnesium**

Critical for bone and tooth health, this mineral is also involved in detoxifying heavy metals and other toxins from the body, and it plays a part in hundreds of enzymatic reactions. But because it’s depleted by antibiotics, cortisone, painkillers, stress, and excess sugar consumption, some 48 percent or more of Americans may be lacking this critical nutrient. Low levels are marked by irregular heartbeat, muscle cramps, restless leg syndrome, cravings for chocolate, and fatigue. Long-term deficiencies can lead to osteoporosis, heart disease, diabetes, high blood pressure, and stroke.

> **Food sources:** Nuts, seeds, leafy greens, dark chocolate, sea vegetables, beans, and whole grains are the best food sources. Because most foods today are lacking in magnesium and other minerals as a result of soil depletion, supplements can help.

> **Supplement facts:** The best choices are magnesium amino acid chelates, magnesium citrate, and magnesium threonate, all of which have high levels of absorption. Avoid magnesium oxide, a cheap form of the mineral that’s poorly absorbed. Soaking in Epsom salt baths—high in magnesium sulfate, which is absorbed in small amounts into the body via the skin—can also increase your body’s levels of magnesium.

3 **Omega-3 fats**

These healthy fats are critical for heart and brain health, and to protect against inflammation. But because they exist in a balance with omega-6 fats—prevalent in the processed American diet—most people tend to be deficient in omega-3s. Low levels manifest in dry, flaky skin; fatigue; reduced immune function; and mood disorders. Long-term deficiencies can lead to inflammation, depression, heart disease, Alzheimer’s disease, cancer, and other serious diseases.

> **Food sources:** Sardines, salmon, mackerel, and tuna are the best sources of EPA and DHA, the types of omega-3 fats used by the body. Vegetarian foods such as walnuts, flax, and chia seeds contain a type of omega-3 fats called ALA, which the body converts into usable forms. Unfortunately, the conversion rate is very low, so if you don’t eat fish, it’s wise to consider a supplement.

> **Supplement facts:** Because omega-3 fats are prone to oxidation—doing more harm than good if you take them—it’s critical to choose a high-quality oil. It should smell like the ocean, but not like old or rotten fish—a strong lemon or lime scent may be an attempt to mask fishy
This season, when it comes to your immune health:

“”

or trust Ester-C®

The only vitamin C with 24-hour immune support*

Don’t take chances.

Do all you can to support your immune health:* 

Eat healthy, get your rest—and take Ester-C® every day.* Taken just once a day, Ester-C® capsules, vegetarian tablets and effervescent powder packets absorb into your system and stay there longer than regular vitamin C to deliver 24-hour immune support and potent antioxidant activity.* 

So now more than ever, trust your immune health to Ester-C®... Nothing Else Works Like It.*

![Ester-C® product images]

One daily dose works for 24-hours.* Non-GMO. Gluten Free. Available at health, natural food and vitamin specialty stores.
odors. Krill oil contains astaxanthin, an antioxidant that prevents the fats from oxidizing, but is lower in total omega-3 fats compared to fish oil. Always choose a fish oil that meets international standards for toxins to be sure it’s free of heavy metals.

**Iron**

This essential mineral is responsible for transporting oxygen to cells and regulating cell growth and differentiation. Deficiencies are common, especially in preschool children, pregnant women, vegetarians, vegans, and women of child-bearing years. Low-grade iron deficiency leads to anemia, and manifests in weakness, fatigue, impaired immune response, and diminished brain function.

**Food sources:** There are actually two types of iron. Heme iron, found only in animal foods, is especially well-absorbed and utilized by the body—one reason vegans and vegetarians are more susceptible to iron deficiencies. The best sources of heme iron are red meat, dark-meat poultry, organ meats, mussels, oysters, clams, and sardines. Non-heme iron is found in both animal and plant foods. It’s more common, but harder for the body to absorb. You’ll find non-heme iron in beans, legumes, seeds, greens, and dried fruit. Eat them with bell peppers, strawberries, oranges, and other foods high in vitamin C, or with acids such as vinegars and tomatoes, to enhance the body’s ability to absorb non-heme iron.

**Supplement facts:** If you suspect that you’re anemic, be cautious with supplementing, as too much iron can be toxic. The body is limited in its ability to excrete iron, and when levels build up, it can damage cells and increase the risk of heart disease. Ask your health care provider to test your iron levels before supplementing.

**Iodine**

This vital mineral regulates thyroid function and the production of thyroid hormones, necessary for growth, metabolic rate, bone health, and brain development. Deficiencies are common, especially in people who avoid salt or use sea salt, and in vegans and vegetarians. Deficiencies can lead to goiter (enlarged thyroid gland), weight gain and obesity, cognitive impairment, psychiatric disorders, and fibromyalgia. Some newer research also links iodine deficiency to breast cancers and high rates of fibrocystic breast disease.

**Food sources:** The best dietary source of iodine is seaweed; as little as 1/4 tsp. of most types of kelp powder will more than meet the RDI. Other good sources include seaweed, fish, shellfish, milk, and eggs. Table salt has varying levels of added iodine, so don’t count on it for your iodine content.

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**Vitamin E**

This powerful antioxidant prevents free radical damage, protects the heart, reduces the risk for Alzheimer’s disease, and prevents cancer. In one landmark study, vitamin E (alpha tocopherol) levels were associated with a significant reduction in overall mortality, as well as a 21–42 percent reduced risk of prostate cancer, stroke, lung cancer, and respiratory disease. Even so, as many as 93 percent of American men and 96 percent of American women don’t consume the recommended dietary allowance of vitamin E.

**Food sources:** Wheat germ and wheat germ oil, sunflower seeds, almonds, spinach, Swiss chard, and avocado are the best food sources.

**Supplement facts:** Vitamin E is actually a group of eight primary antioxidant compounds, made up of four groups of tocopherols and four groups of tocotrienols. The best supplements are full-spectrum compounds that combine a mixture of tocopherols and tocotrienols. Look for “d” forms, such as d-alpha tocopherol, rather than “dl” forms.
What's in Your Probiotic?

The Only 3 Year Fermented Food Probiotic

Prebiotics
Whole food ingredients that nurture the probiotics, including your own gut bacteria.

Probiotics
Only the Dr. Ohhira 3-year fermented formula builds synergy by cultivating 12 diverse strains together.

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Organic acids, chelated minerals, enzymes, and other health-promoting nutrients created by the live, active probiotics.

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100% Vegetarian  Gluten Free  Non DAIRY  Non GMO

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Vitamin K

This fat-soluble vitamin is critical in building strong bones, protecting the heart, and ensuring proper brain function. Vitamin K is produced in the intestines, and the amount of vitamin K the body can absorb from the diet is directly related to gut health and probiotics—so if you suffer from chronic digestive difficulties or bowel problems, you may be at risk. Cholesterol-lowering statins and extended periods of antibiotics also compromise the gut and make it difficult for the body to absorb adequate amounts of vitamin K. Low levels of vitamin K can manifest as bleeding and bruising easily, tooth decay, and weakened bones. Long-term deficiencies can lead to osteoporosis, cardiovascular disease, and cancer, as well as a shorter life span. In one recent study, people with the highest intake of vitamin K were 36 percent less likely to die from any cause, compared to those with the lowest intake.

Food sources: There are two main types of vitamin K: K1, found in spinach, cabbage, leafy greens, eggs, and fish, and K2, found in grass-fed animal products, fermented foods such as sauerkraut or natto, and certain cheeses, including Brie.

Supplement facts: The body needs both K1 and K2, although K2 appears to have the most pronounced effects. MK7, or menaquinone-7, is an especially bioavailable type of K2.

Vitamin B12

B12 is an essential vitamin that is used to convert carbohydrates into fuel, maintain healthy nerve cells, make red blood cells, maintain the body’s genetic material, utilize iron, and produce compounds that affect the immune system and neurological function.

Symptoms of a shortfall can include fatigue, weakness, weight loss, loss of appetite, numbness or tingling in the hands or feet, a sore mouth or tongue, and neurological symptoms such as poor balance, depression, poor memory, confusion, and dementia. In infants, B12 deficiency can delay development and cause movement disorders. In both children and adults, a deficiency can underlie megaloblastic anemia, a blood disorder.

“You can die of a B12 deficiency,” says Sally Pacholok, RN, the lead author of Could It Be B12?: An Epidemic of Misdiagnoses. Pacholok’s experience as a nurse has demonstrated that many serious B12 deficiencies are undiagnosed, leading to unnecessary drug prescriptions and suffering. To help right these wrongs, she cofounded an educational website, B12 Awareness (b12awareness.org).

Food sources: The best food sources of B12 come from fish and shellfish, meat, poultry, eggs, milk, yogurt, and cheese. Fortified breakfast cereals are also a source.

Supplement facts: Holly Lucille, ND, RN, a naturopathic doctor in Los Angeles (drhollylucille.com) recommends methylcobalamin, the “active” form of B12. Cyanocobalamin, the most common type of B12, must be converted into the active form in your body, and not everyone does this efficiently. Doses range from 500 to 5,000 mcg daily, or at least three times per week, with the higher dose after age 50.
Those you love most, deserve the best. Our award-winning essential nutrients help your family achieve active, healthy lives by addressing everyday nutritional gaps that can occur in even the best of diets. As the brand leader in premium omega-3 fish oils, we set a new standard for safety, quality, taste, and results with each one of our supplements.

Proven Pure • Outrageously Fresh • Sustainably Sourced • Backed by Science

NORDIC NATURALS®
Finally, the next generation in joint comfort, mobility, flexibility, and range of motion.* Solgar® NO. 7 brings together bio-active nutrients that work to create a fast-acting approach for occasional “tweaks” and joint stresses brought on by exercise, sports, or physical activity.¹ Start to get back on track fast — when stiff joints occasionally say no... Solgar® NO. 7 says YES!*  

¹Based on two human studies with 5-LOXIN Advanced® where subjects rated their joint health over time, subjects’ joint health improved within 7 days and continued to improve throughout the duration of the studies. 5-LOXIN ADVANCED® is a registered trademark of PL Thomas-Lala Nutra, LLC U.S. Patent #8,551,496 and patents pending.
The votes are in! Here's our annual look at the best in natural products, including vitamins, herbs, and everyone's favorite trendsetter, CBD.

By the Editors of Better Nutrition
**ANTI-AGING**

**Arts & Science**
**Neprinol AFD**
This unique enzyme formula targets the damaging effects of fibrin, which can accumulate within the bloodstream and impair circulation. More energy, less inflammation and joint pain, and stronger immune health are just a few of the reported benefits.

**Jarrow Formulas**
**QH-absorb + PQQ**
Here’s a winning combination for heart health and cognitive function: the active form of CoQ10 and PQQ, which helps promote the production of new mitochondria.

**Enzymedica**
**Aqua Biome Fish Oil + Meriva Curcumin**
This sustainably sourced fish oil, featuring wild-caught Peruvian anchoveta, helps support joint health, cognitive function, and microbiome diversity thanks to a blend of fatty acids (EPA, DHA, and DPA) and Meriva Curcumin.

**Organic India**
**Tulsi-Holy Basil**
Revered in India as “The Queen of Herbs,” tulsi (also known as holy basil) has traditionally been used to support immunity, stress response, and the body’s natural detoxification process.

**Terry Naturally**
**Be Mobile**
Five powerful nutrients—including type 2 collagen, boswellia, and hyaluronic acid—help support cartilage and collagen, the “shock absorbers” of your knees, ankles, lower back, and hips.

**BRAIN HEALTH**

**Gaia Herbs**
**Nootropic Focus**
Designed for mental focus and energy, this smart blend contains saffron, ginkgo, lemon balm, and spearmint.

**Garden of Life**
**Dr. Formulated Memory & Focus for Adults 40+**
Developed by noted neurologist David Perlmutter, MD, this supplement features organic grape and wild blueberry for memory and focus, as well as coffee fruit for brain support.

**Quality of Life**
**Serenelle**
With L-theanine, lemon balm, PharmaGABA, and Sensoril ashwagandha, Serenelle helps you de-stress while increasing your energy and focus.

**Diamond Formulas**
**Diamond Eye Health**
Advanced Ocular Support Slow the effects of age-related eye degeneration with key nutrients shown to promote eye health, including beta carotene, zinc, and lutein.

**Coromega**
**Be Bright Superfood Oil**
A creamy combination of chia, coconut, avocado, hemp, and black cumin oils makes this plant-based oil blend a superfood superstar.

**Vegetarian**

**Vegan**

**BEST OF SUPPLEMENTS AWARDS**
Be Pro-Active

TAKE CHARGE OF YOUR GUT HEALTH SO YOU CAN GET OUT AND ENJOY LIFE!

Kyo-Dophilus Fifty+ is formulated just for you, with a higher dosage to help restore your naturally diminishing microflora and boost immunity and colon health.

Balance your microbiome to feel rejuvenated to take on the day with Kyo-Dophilus Probiotics!

Busting The Billions Myth...

Don’t just count CFUs! It’s not only about how many probiotic bacteria you’re getting—it’s about getting the right ones. Our strains are diverse, compatible and able to survive and thrive in your gut.

Choose Kyo-Dophilus: A probiotic you can count on.

MEET THE FRIENDLY TRIO®
Our clinically studied proprietary blend of three bio-compatible probiotic strains.

L. gasseri • KS-13 supports GI function & immune health
B. bifidum • G9-1 regulates healthy gut flora & enhances immunity
B. lomung • MM-2 normalizes bowel movements

Buy Kyo-Dophilus at fine health food stores or online.
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**ENERGY**

**Health Direct**
Amino Sculpt Collagen Energy
Get a dose of medical-grade collagen protein with eight energy-boosting vitamins, minerals, amino acids, and antioxidants, including methyl B12, amla, and pomegranate.

**Amino Sculpt**
Collagen Energy
A blend of three fruits (amla, belleric myrobalan, and chebulic myrobalan), this certified organic triphala is designed to support gentle colon cleansing, detox, and regularity.

**VegLife**
Organic Chocolate MCT Powder
This versatile powder (in chocolate flavor) contains NuMCT, energizing MCT oil from organic young coconuts. Prebiotic fiber is added for superior mixability.

**Zhou Nutrition**
Thyroid Support
Support energy, focus, and metabolism with a blend of thyroid-nourishing ingredients, including iodine, L-tyrosine, bladder-wrack, and ashwagandha.

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**DIGESTIVE HEALTH & DETOX**

**Colorado Hemp Honey**
Double Strength Raw Relief
Sweet and complex, this small-batch artisan honey contains twice the amount of full-spectrum hemp extract (2,000 mg per jar) as the company’s Raw Relief Honey.

**A. Vogel**
Liver Gallbladder Drops
Milk thistle, globe artichoke, dandelion, boldo, and peppermint support liver and gallbladder health. A special extraction process guarantees the herbs’ fresh elements stay intact.

**Natural Factors**
Organic Low FODMAP Relieffiber Powder
– Unflavored and Tropical
Improve gut health with this easy-to-digest powder, featuring 5 gm of clinically studied Monash University Low-FODMAP Certified fiber.

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**CBD**

**LifeSeasons**
Neuro-T
Promote creativity and focus with this mix of yerba mate, bacopa, huperzine A, ginkgo, and L-theanine.

**Bluebird Botanicals**
Hemp CBD Companion Oil
Treat your furbabies to wellness with this CBD oil for dogs, cats, and horses. Colorado farmers organically grow the hemp in pristine soil.

**Sunsoil**
CBD Oil 20 mg Softgels
These full-spectrum CBD softgels contain organically grown hemp that’s extracted with coconut oil for enhanced bioavailability. The hemp is grown on the company’s farm in Vermont.

**Colorado Hemp Honey**
Double Strength Raw Relief
Sweet and complex, this small-batch artisan honey contains twice the amount of full-spectrum hemp extract (2,000 mg per jar) as the company’s Raw Relief Honey.

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**VEG**

**VegLife**
Organic Chocolate MCT Powder
This versatile powder (in chocolate flavor) contains NuMCT, energizing MCT oil from organic young coconuts. Prebiotic fiber is added for superior mixability.

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**BEST OF SUPPLEMENTS AWARDS**
WHAT WE DO MAKES A DIFFERENCE.
CREATING CHANGE AROUND HEMP IN THE MINDS OF MILLIONS WASN’T AN EASY TASK BUT, COLLECTIVELY, WE DID IT.

In the new and emerging hemp CBD market, many companies claim to be the best or most trusted, and it can be hard to know who to believe or what brand to choose. Being industry experts, we know it’s more than just the products that matter. That’s why, at PlusCBD™ Oil, what we do is truly different.

+ US Hemp Authority Certified
+ Products Studied in Randomized Controlled Trials
+ Generally Recognized as Safe (GRAS) Self-Determination
+ Full Traceability - From Seed to Shelf™
+ Independent Third-Party and DNA Testing
+ Unparalleled Quality Control
+ QR Codes on Every Label for Increased Transparency
+ Widest Product Selection Available
**HAIR, SKIN, & NAILS**

**Health Logics**

Biocell Collagen +C with Biotin

Collagen is combined with hyaluronic acid (HA), chondroitin sulfate (from clinically studied BioCell Collagen), vitamin C, and biotin. Collagen and HA are vital components of skin that decline with age.

**Doctor’s Best**

Biotin Gummies — Strawberry Delight

These delicious gummies have 5,000 mg of biotin for healthy skin, hair, and nails. Biotin also helps convert fatty acids and carbs into energy.

**Vital Proteins**

Collagen Water — Strawberry Lemon

Boost your beauty with this revitalizing and refreshing water, featuring 10 mg of collagen and 3 gm of sugar from strawberry and lemon juice. Also available in other flavors, including Lemon Ginger and Peach White Tea. Perfect for on-the-go.

**Reservage Nutrition**

Collagen Replenish Powder — Strawberry Hibiscus

Clinically studied Versil collagen is mixed with vitamin C and hyaluronic acid in this easy-to-dissolve flavored powder. There’s no sugar, making it Paleo- and keto-friendly.

**Herbs**

**Bio Nutrition**

Fermented Black Garlic

These non-GMO capsules feature aged fermented black garlic bulb extract, rich in health-promoting s-allyl cysteine. The fermentation process enhances absorption.

*IMMUNITY*

**Rainbow Light**

Counter Attack

Promote a healthy immune system response with this advanced blend of defense bolstering herbs and nutrients, including berberine, andrographis, elderberry, and zinc.

**Paradise Herbs**

Camu Camu

Camu camu is a fruit that contains more food-nutrient vitamin C than any other known source. This formula is a potent 4:1 concentration. Its full-spectrum extraction ensures all active and synergistic constituents are retained.

**Wishgarden Herbs**

Kick-Ass Allergy

Support a healthy immune response to seasonal allergies and ease symptoms such as watery eyes, cough, and congestion. The formula includes yerba santa, echinacea, and nettles.

**Xlear**

Nasal Spray

The secret to this patented natural saline spray is xylitol—a natural ingredient that cleanses, moisturizes, and soothes sinus and nasal passages.

**HAIR, SKIN, & NAILS**

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Nasal Spray

The secret to this patented natural saline spray is xylitol—a natural ingredient that cleanses, moisturizes, and soothes sinus and nasal passages.
My formula for a better life.

“I take Immune Everyday - it keeps me healthy and running strong!” - MEREDITH V.

Does your formula add up to 955?
- Dan, Founder

Immune Everyday features Sensoril®, a powerful extract of the adaptogen Ashwagandha, along with rose hips and a blend of traditional mushrooms to boost and support the immune system and reduce stress.* Ashwagandha, Maitake and Shiitake mushrooms support the liver, the body’s largest organ, which removes toxins from the body.* And every ingredient has antioxidant properties.*

Visit ReddRemedies.com/955 to learn more.

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Feel Better. Live Better.”
Bio-Kult Migréa Probiotic
Probiotics are combined with magnesium and vitamin B12 for a multi-pronged approach to gut balance, nervous system health, and head discomfort.

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Maximum Omega 2000
One serving provides 2,000 mg of omega-3s, including 1,250 mg of EPA and 500 mg of DHA to promote heart, brain, vision, and joint health.

Green Roads
CBD-Infused Muscle & Joint Heat Relief
This CBD topical combines soothing ingredients that enhance the supportive properties of CBD to provide fast-acting relief. The CBD in the roll-on comes from U.S.-grown hemp.

Essential Formulas
Dr. Ohhira’s Probiotics
Synergistic strains of probiotics are coupled with prebiotics from fiber-rich foods. No refrigeration required.

Quantum Health
TheraZinc Organic Lozenges – Elderberry Raspberry
One serving provides 7 mg of zinc in a targeted, bioavailable form for effective immune support.

Pacific Resources
International
Nectar Ease Manuka Honey with Bee Venom
Sweet Manuka honey is paired with bee venom for natural anti-inflammatory and antibacterial support.
FAST RESULTS THAT LAST*

EXPERIENCE THE EMERALD DIFFERENCE

POWERFUL SUPPORT FOR YOUR ENDOCANNABINOID SYSTEM

Introducing a revolutionary new series of endocannabinoid support supplements. Bring balance, vitality and wellness to your body with our award-winning physician formulated products.

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<table>
<thead>
<tr>
<th><strong>NEW PRODUCTS</strong></th>
<th><strong>SLEEP</strong></th>
<th><strong>SINGLE VITAMINS &amp; MINERALS</strong></th>
<th><strong>PROBIOTICS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Only Natural</strong></td>
<td><strong>Endo Sleep</strong></td>
<td><strong>Ester-C 1000 mg with Citrus Bioflavonoids</strong></td>
<td><strong>Ancient Nutrition</strong></td>
</tr>
<tr>
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</tr>
<tr>
<td><strong>Redd Remedies</strong></td>
<td><strong>HempFusion Sleep</strong></td>
<td><strong>Vitamin D3 250 mcg (10,000 IU) Softgels</strong></td>
<td><strong>Vital Flora Ultra Daily Probiotic</strong> Formulated by probiotic expert Brenda Watson, this high-potency formula has 60 billion live cultures and 60 vital probiotic strains for high diversity. No refrigeration required.</td>
</tr>
<tr>
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<td><strong>Melatonin 5 mg Sustained Release</strong></td>
<td><strong>Trace Minerals Magnesium Gummies – Watermelon</strong> This delicious way to supplement with magnesium, one of the most important minerals in the body. One gummy provides 84 mg of magnesium.</td>
<td><strong>Wakunaga Kyo-Dophilus Fifty+ Probiotic</strong> This helps restore good bacteria and elevate immune system effectiveness. It’s designed with older people in mind and contains three biocompatible human strains.</td>
</tr>
<tr>
<td><strong>Country Life</strong> Gut Connection Cognitive Balance</td>
<td><strong>NOW Melatonin 5 mg Sustained Release</strong> Enhance your sleep cycle naturally. These non-GMO tablets allow for a steady release of melatonin, as well as more gradual, sustained utilization.</td>
<td><strong>Flora Apple Cider Vinegar Wellness Tonic – Ginger &amp; Lemon</strong> Organic herbs are blended with organic apple cider vinegar, lemon essence, and organic ginger to support healthy digestion.</td>
<td><strong>Vital Planet Vital Flora</strong></td>
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<td><strong>Renew Life</strong> 3-Day Liver Cleanse</td>
<td><strong>Nature’s Answer Marine Collagen Liquid</strong> Certified sustainably wild-caught from the clear waters of the North Atlantic Ocean, this liquid provides pure marine fish collagen peptides derived from Norwegian wild cod.</td>
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<td><strong>Trace Minerals Magnesium Gummies – Watermelon</strong> This delicious way to supplement with magnesium, one of the most important minerals in the body. One gummy provides 84 mg of magnesium.</td>
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<td><strong>NOW</strong> Melatonin 5 mg</td>
<td><strong>HempFusion Sleep</strong> This blend features a whole-food hemp complex and PharmaGABA to ease stress and promote relaxation. A Hemp One-Pass Extraction process delivers an oil with CBD plus a wider array of cannabinoids.</td>
<td><strong>Flora Apple Cider Vinegar Wellness Tonic – Ginger &amp; Lemon</strong> Organic herbs are blended with organic apple cider vinegar, lemon essence, and organic ginger to support healthy digestion.</td>
<td><strong>Solgar Vitamin D3 250 mcg (10,000 IU) Softgels</strong> This formulation offers advanced vitamin D3 support in oil-based softgels to promote optimal absorption and assimilation.</td>
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Softgel 750mg

= Up to 500
Capsules of
TURMERIC®

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✓ Up to 500 times stronger than turmeric^ 
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✓ Absorption up to 700%
  (greater than standard curcumin)

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^ Based on enhanced absorption of CuraMed curcumin versus equivalent weight capsule of unstandardized turmeric containing 2% curcumin.
*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.

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• Support skin & joint collagens (type I, II & III)*
• Significantly reduces facial lines*
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