



Fall 2011
NUTRI-HEALTH®
SUPPLEMENTS
Your Every Day Premium Health Source.

**Save
up to \$20**
— See order form for details

Advanced Relief for Your Biggest Digestive Worries!



**NEW &
IMPROVED!**

- ◆ **NEW *Bif Relief™* beat 2,000 other probiotic strains for effectiveness in clinical tests**
- ◆ **RELIEVES stubborn constipation and improves regularity**
- ◆ **EASES gas, bloating, and abdominal discomfort**

See Page 4



FREE SHIPPING on orders over \$50!

Much has changed in 22 years — but our commitment to your health is stronger than ever

Nutri-Health was launched back in 1989 with a single product — Flora Source Multi-Probiotic. At the time, the benefits of probiotics weren't widely known, and supplements containing these "friendly bacteria" were nearly impossible to find in stores. But with support for probiotics emerging from leading scientists around the world, we knew Flora Source could help people finally find real relief from digestive distress.



And help people it has! Flora Source remains a perennial customer favorite ... one we've just made even more powerful with the addition of our exclusive new *Bif Relief 24/7™* probiotic strain. *Bif Relief™* has been shown through extensive research to deliver even stronger, faster help for your common digestive problems like constipation, gas, and abdominal pain, just to name a few.

Driven by science and research

This is just one example of our sustained commitment to the same mission that was at the core of our humble beginnings: leveraging cutting-edge scientific research to give you access to the most effective, natural solutions for your most important health concerns ... whether it's healthy joints, a stronger cardiovascular system, a sharp, agile brain — or of course, smooth, comfortable digestion.

In fact, I'm proud to say that Nutri-Health and its partners are committed to investing millions of dollars in "gold standard" scientific studies on a variety of nutrients over the next five years, with plans to invest even more on your behalf as the science of nutrition continues to advance.

Quality and satisfaction guaranteed!

This means you can rest assured that every Nutri-Health product you use is truly premium quality, created with your best health in mind, and containing only research-based ingredients for truly effective formulas — ones we're proud to back with a 100% money-back guarantee of satisfaction, every time.

After all, nothing is worth taking unless it really works — especially when it comes to enhancing your health and improving your quality of life. That's why we promise you nothing short of the very best supplements, always.

Best of health to you,

A handwritten signature in black ink that reads "Tom Callahan". The signature is fluid and cursive.

Tom Callahan
Vice President, Nutri-Health Supplements

Check out these Top Sellers and New Arrivals!



IMPROVED
New probiotic
strain for better
digestive relief
page 4



TOP SELLER
Ease sinus
congestion and
pressure
page 6



NEW
Fast-acting
cholesterol
solution
page 16



TOP SELLER
Customer
favorite for
joint comfort
page 30



NEW
Sleep like
a baby the
first night!
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Our Money-Back Guarantee of Satisfaction

We want you to be completely happy with every supplement formula you purchase from Nutri-Health – that's why we offer our **60-day money-back guarantee**. If you're not 100% satisfied for any reason, simply return the unused portion of your product for a full refund of the purchase price (less shipping and handling). No hassles – ever!

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.



Faster, more powerful relief digestive worries—including



- New *Bif Relief*™ 24-7 beat 2,000 other probiotics for effectiveness in clinical tests
- Shown to improve bowel movement time by 20 hours
- 16 probiotics provide broad-spectrum digestive coverage

Flora Source® Multi-Probiotic® has just been improved with the new *Bif Relief* strain, giving you the most potent help available for the 7 most common, stubborn digestive worries.

Top global probiotic scientists screened more than 2,000 potential probiotics in vitro, and decided to move forward with research on *Bif Relief* only. The resulting clinical studies confirmed ***Bif Relief* was the most effective** at significantly improving these nagging sources of digestive discomfort. And it delivered big improvements in an average of two short weeks!

- | | |
|-----------------------------|----------------------|
| ■ Constipation | ■ Nausea |
| ■ Irregular bowel movements | ■ Gas and flatulence |
| ■ Abdominal pain | ■ Gurgling |
| | ■ Regurgitation |

*All significantly improved with **Bif Relief**™!*

The same scientists also learned that *Bif Relief* made an incredible difference in **speeding up bowel movements and improving regularity**. Their tests revealed that taking *Bif Relief* helped stool move through the bowel 20 hours faster — that's 33% better than the average "colon transit time" without *Bif Relief*. This means **Flora Source** now promotes even more regular bowel movements for a cleaner, healthier colon.

Flora Source still contains 16 probiotics working together to give you broad coverage for a variety of digestive concerns — significantly more than the 2 or 3 found in many other formulas. **You'll only find this exclusive**

combination of probiotics — including *Bif Relief* — in Flora Source. And each capsule contains **16 billion active cultures**, delivering a hefty 32 billion per daily serving.

Plus, the probiotics in **Flora Source** are composed of advanced cells that are resistant to stomach acid and bile, and the patented Matrix Encapsulation process protects them en route to your digestive tract — so **they remain**

Bring the foods you love back into your life...

"I took **Flora Source** like you said... Nothing came back on me. Ever since then I can eat anything. On my birthday we went out and had a BIG grilled steak for the first time in years. **Flora Source** is wonderful."



—Michelle W., Dallas, TX

for the 7 most common constipation

intact and ready to work where they're needed. And it has scFOS® prebiotic fiber to help **nourish and strengthen** the probiotics.



Available in vegetarian capsules or powder.

Flora Source® Multi-Probiotic® Two capsules or one teaspoon of powder per day contain:

Proprietary Synbiotic Blend560mg
Short Chain Fructooligosaccharide (NutraFlora® scFOS®),
Bifidobacterium bifidum, Bifidobacterium breve,
Bifidobacterium lactis (infantis), B. lactis Bif Relief 24-7™,
Bifidobacterium longum, Lactobacillus acidophilus, Lactobacillus brevis,
Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus gasseri,
Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus rhamnosus,
Lactobacillus salivarius, Lactococcus lactis, Streptococcus thermophilus

Suggested Use:

Capsules: Adults take 2 capsules daily, preferably in separate doses. Dosage can be doubled. For children 60 lbs. or more, take 1 to 2 capsules daily.
Powder: Adults take 1 teaspoon daily. May be increased to 2 teaspoons daily. Mix in unheated liquids or sprinkle on room-temperature food.

Flora Source Multi-Probiotic Capsules (60 vegetarian capsules – 30-day supply) Product ID 10400

Regular Price:\$39.95
Healthy Lifestyle Savings Auto-Ship Price:\$29.95
SAVE 25% + Free Shipping!

Flora Source Multi-Probiotic Powder (1.48 oz. – 30-day supply) Product ID 10401

Regular Price:\$39.95
Healthy Lifestyle Savings Auto-Ship Price:\$29.95
SAVE 25% + Free Shipping!

Bigger Relief and Better Savings!

Pair Flora Source with the 18 vegetarian digestive enzymes in ZymaZorb for maximum nutrient breakdown and absorption support, and even greater digestive ease. Save \$10 when you buy them together!

Digestive Ease Kit:

Flora Source® Multi-Probiotic® Capsules (60 vegetarian capsules)
and ZymaZorb® Digestive Enzymes (90 vegetarian capsules)
Product ID DIGIKIT1

Regular Price:\$79.90
Special Kit Price:\$69.95 **\$10 off the regular price**
Healthy Lifestyle Savings Auto-Ship Price: \$59.95 **SAVE additional \$10 + Free Shipping!**





Wake without congestion, and



- **Helps with seasonal sinus complaints**
- **Breaks up and thins sticky mucus for better drainage**
- **Relieves congestion for easier breathing**
- **Alleviates sinus pressure and “stuffy head” feeling**

Flora Sinus® Seasonal Support is our breakthrough formula for the relief of troublesome sinus congestion and pressure. It combines the power of four targeted probiotics with the specific sinus support of N-Acetyl Cysteine

(NAC) to deliver newfound nasal sinus and bronchial health. These clinically-studied ingredients go to work immediately to:

- **Support balanced nasal microflora for healthy sinuses**
- **Help break up mucus to flush out irritants**
- **Promote a healthy immune response**

Your nose is one of the first lines of your body's defense. Tiny hairs inside it trap incoming irritants and flowing nasal mucus helps move these irritants out of the nose and through the sinus drainage system. If nasal and sinus mucus becomes too thick or sticky, drainage becomes difficult and you're left with that familiar “stuffy head” feeling.

The positive functions of bacteria and mucus are often misunderstood. “Good” bacteria are absolutely crucial to your health. And guess where they live? In your mucus!

Flora Sinus works — and works fast!

“Very helpful!”

“Very helpful! Been taking this product for some time now. I will have to say it is all it is said to be and MORE.”

—L.B., Jackson, MS



“Can’t wait to order more...”



“I’m so amazed at how quick it works, and will be ordering more very soon. Please do not quit making this wonderful product!”

—Linda, Seattle, WA

Healthy mucus is populated by these friendly bacteria, functioning as part of the body's immune system. Taking a daily supplement containing carefully-selected flora will support healthy mucus and in turn, a balanced immune system.

The Science Behind Flora Sinus

In 2003, a landmark clinical study by Swiss researchers Ulrich Gluck and Jan-Olaf Gebbers found that four specific probiotics taken orally could support a healthy immune response in the nasal mucus.

The researchers concluded, “...the ingestion of probiotics may

breathe freely all day long!



enhance the immune barrier of the upper respiratory tract and therefore constitute a clinically preventive therapy.”

This Swiss study inspired Nutri-Health scientists to begin development of a probiotic supplement to support sinus health. Going one step better, our experts determined that an additional ingredient, **N-Acetyl Cysteine (NAC)**, would be the perfect complement to these four targeted probiotics.

NAC is a natural amino acid antioxidant that works to break up sticky, stagnant mucus, increasing the flow of healthy mucus and supporting nasal and upper respiratory health.

If you experience congestion, sinus pressure or other seasonal sinus complaints, join thousands of satisfied customers who rely on **Flora Sinus**, the best natural solution they’ve ever found!

Flora Sinus® Seasonal Support
Three capsules per day contain:
N-Acetyl-Cysteine (NAC)600mg
Proprietary Synbiotic Blend.....240mg
 Short Chain Fructooligosaccharide
 (NutraFlora® scFOS®),
 Bifidobacterium bifidum,
 Lactobacillus acidophilus,
 Lactobacillus rhamnosus,
 Streptococcus thermophilus
Suggested Use:
 Adults take 1 capsule 3 times daily.

Flora Sinus Seasonal Support
(90 vegetarian capsules – 30-day supply) Product ID 10404

Regular Price:\$39.95
Healthy Lifestyle Savings Auto-Ship Price:\$29.95
SAVE 25% + Free Shipping!

Enjoy FREE shipping today!
On all orders over \$50.

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.



Get advanced digestive health probiotic's perfect partners



- Make mealtime a pleasure again
- 18 specific digestive enzymes, for better breakdown of food and nutrient absorption
- Vegetarian enzyme blend that supports digestion in both the stomach and small intestine
- Greater digestive comfort during meals

Does the thought of spicy foods or a well-stocked buffet table fill you with anxiety? It's time to free yourself from digestive worries and start living again!

Why you need enzymes, and the difference the right ones can make

With each passing year, our digestive functions slow down; muscles in the colon fatigue; and the whole digestive process can become less efficient. As we age, we produce fewer digestive enzymes, which makes digestion even less efficient.

A daily digestive enzyme supplement can make a significant difference in how you feel after you eat, and how much nutritional value you get from your daily diet. **Our all-natural enzyme formulas** facilitate nutrient absorption and smooth digestion.

Some digestive enzyme formulas use animal *pancreatin* as their enzyme sources. We use only **100% vegetarian enzymes** for exceptional quality and natural support.

ZymaZorb® Digestive Enzymes offers relief by promoting normal metabolic digestion, nutrient absorption and even regularity.

18 specific digestive enzymes support the healthy breakdown of proteins, carbohydrates (sugars), and fats in the stomach ... PLUS enteric-coated enzymes continue their work in the small intestine.

ZymaZorb® Digestive Enzymes **One capsule contains:**

Proprietary Enzyme Blend 100mg
Amylase, Amylase EC, B-Glucanase,
Bromelain, Cellulase, Glucoamylase,
Hemicellulase, Invertase, Lactase,
Lipase, Lipase EC, Malt Diastase,
Papain, Phytase, Protease 3.0,
Protease 4.5, Protease 6.0,
Protease EC

Short Chain Fructooligosaccharide
(NutraFlora® scFOS®) 180mg

Suggested Use:

Adults take 1 capsule 3 times daily
with meals.

ZymaZorb Digestive Enzymes

(90 vegetarian capsules – 30-day supply) Product ID 10502

Regular Price:\$39.95

Healthy Lifestyle Savings Auto-Ship Price:\$29.95

SAVE 25% + Free Shipping!

support from your daily

- **Probiotics + Enzymes: A 2-in-1 solution for optimal digestion**
- **Promotes optimal digestion and lifelong GI health across your digestive system**
- **Also includes non-gas forming prebiotic fiber**



If you're looking for a simple, yet comprehensive solution to a wide range of digestion complaints, you've found it in **Flora Zyme® Digestive Aid**. This exclusive formula combines both powerful probiotics and a wide variety of specific digestive enzymes, all in one convenient capsule.

Together, these digestive partners support absorption of precious nutrients from the foods and supplements in your diet, alleviate digestive discomfort — especially just after mealtime — and promote the lifelong health of your digestive tract.

Flora Zyme® Digestive Aid

One capsule contains:

Proprietary Synbiotic Blend.....280mg

Short Chain Fructooligosaccharide (NutraFlora® scFOS®), Amylase, Amylase EC, B-Glucanase, Bromelain, Cellulase, Glucoamylase, Hemicellulase, Invertase, Lactase, Lipase, Lipase EC, Malt Diastase, Papain, Phytase, Protease 3.0, Protease 4.5, Protease 6.0, Protease 7.0 EC, Bifobacterium lactis, Lactobacillus acidophilus, Lactobacillus paracasei, Lactobacillus plantarum, Lactococcus lactis

Suggested Use: Adults take 1 capsule 3 times daily with meals.

Flora Zyme Digestive Aid

(90 vegetarian capsules – 30-day supply) Product ID 10450

Regular Price:\$39.95

Healthy Lifestyle Savings Auto-Ship Price:\$29.95

SAVE 25% + Free Shipping!

Save BIG and get FREE SHIPPING on every order!

With Nutri-Health's Healthy Lifestyle Savings Plan, you get:

- ✓ 25% off each bottle — our best savings!
- ✓ FREE shipping, handling and processing every time
- ✓ Never worry about running out
- ✓ Pick the schedule that's right for you!



See page 14 for details!



Designed specifically for women's balance and urinary comfort



- Promotes healthy vaginal flora
- Balances the urinary tract with six specific probiotics
- Supports normal low levels of yeast in the body

The power of probiotics stretches far beyond digestive health, and to support the targeted health needs of women, there's **Flora Source® Multi-Probiotic® Women**.

Much like the intestinal tract, the vagina also contains a uniquely balanced ecosystem. If your system is out of balance (often the result of medications), the right probiotic blend can restore the microflora to protect against common female urinary complaints.

This unique combination of 6 specific probiotics promotes healthy vaginal flora and urinary balance, to return you to comfort and control. The advanced Matrix Encapsulation process ensures these healthy flora survive stomach acid to deliver 30 billion cells in every serving.



Flora Source Women is formulated to address women's health needs, supporting normal low levels of yeast in the body, optimal vaginal health, and the health and support of your urinary tract.

Flora Source® Multi-Probiotic® Women Formula

Two capsules contain:

Proprietary Synbiotic Blend580mg
Short Chain Fructooligosaccharide (NutraFlora® scFOS®), Bifidobacterium lactis, Lactobacillus acidophilus, Lactobacillus bulgaricus, Lactobacillus casei, Lactobacillus rhamnosus, Streptococcus thermophilus

Suggested Use: Women take 2 capsules daily for the first week, then 1 capsule daily for the second week. Repeat pattern.

Flora Source Multi-Probiotic Women Formula Capsules

(60 vegetarian capsules – 30-day supply) Product ID 10402

Regular Price:\$39.95

Healthy Lifestyle Savings Auto-Ship Price:\$29.95

SAVE 25% + Free Shipping!

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.

Enjoy whiter teeth and fresh breath, and better oral health too!

- Supports stronger, healthier teeth
- Restores healthy gum tissues
- Delivers fresh, clean breath that lasts
- And noticeably whiter teeth—in just 30 days!

With the probiotic power of FloraBright Healthy Breath Mints™, you now can restore balance and health to your mouth in just seconds a day, and it couldn't be easier to do. This is no ordinary breath mint!

Simply let your refreshing FloraBright mint melt in your mouth, and unique oral flora — *s. oralis*, *s. uberis* and *s. rattus* — go to work fast to envelop your teeth and protect your gums in ways brushing and flossing simply can't. Plus, they naturally produce micro-levels of natural hydrogen peroxide, to beat back bad bacteria, freshen your breath, and actually whiten your teeth, just like conventional treatments do...but without the needless pain, discomfort or expense!

FloraBright means the confidence to smile...an end to the worries of bad breath...plus a chance to keep enjoying the foods you love.

Others may think your FloraBright is just a mint, but you'll know better — and you'll have the bright, white smile and healthy teeth and gums to prove it!



FloraBright Healthy Breath Mints™ One mint contains:

FloraBright Oral Probiotic Blend
(600 million CFU).....82mg
ProBiora3® Clinical Strength™
oral probiotic blend including:
Streptococcus oralis KJ3™,
Streptococcus rattus JH145™,
Streptococcus uberis KJ2™

Other Ingredients: Lactitol, inulin, glyceryl behenate, natural peppermint flavor, natural spearmint flavor, rebaudioside A (from stevia).

Suggested Use:

Adults take 1 mint daily. For best results, use after brushing teeth. Allow the FloraBright mint to completely melt in the mouth for optimal effect. Consult your health-care professional prior to use if you have or suspect a medical or dental condition.

FloraBright Healthy Breath Mints
(30 mints – 30-day supply) Product ID 11411

Regular Price:\$29.95

Healthy Lifestyle Savings Auto-Ship Price:\$22.46

SAVE 25% + Free Shipping!



Your clear choice for healthy vision as you age



- ◆ Eases eye fatigue and dryness
- ◆ Protects and promotes clear vision
- ◆ Supports macular and retinal health
- ◆ Reduces sensitivity to glare, and supports visual acuity and clarity

Your eyes are precious — and worth every bit of protection you can give them. While conventional medicine offers little to support the only two eyes you'll ever get, the world of nutritional science has much to offer, and you'll find only the most powerful eye health nutrients in **Bi-Optimum™ Eye Health**.

Our breakthrough eye health formula combines clinically-supported vision ingredients, including a vitamin B-C-E complex, the powerful antioxidants lutein, astaxanthin and zeaxanthin, plus essential minerals other formulas leave out.

This careful selection of ingredients delivers widespread support throughout your eyes and surrounding tissues, for comprehensive protection that covers not just macula and retinas — but every critical part of your eye, so nothing's left to chance.

You'll also get additional prebiotic digestive support, to help ensure you're getting full value and optimal absorption with every dose.

To keep your eyes comfortable and strong, the nutrients in our exclusive Bi-Optimum formula work together to support retinal and macular health as well as the strength of critical blood vessels and capillaries. For a lifetime of healthy vision, Bi-Optimum is a crystal clear choice.

Extra Support and Better Savings!

Adding Omega-3 essential fatty acids to your eye health regimen provides additional support for healthy maculas, and moist, comfortable eyes — both critical to good vision. Together, **Krill-D3** and **Bi-Optimum Eye Health** give you advanced support for healthy eyes. Save \$10 when you buy them together!

Advanced Eye Health Kit:

Bi-Optimum™ Eye Health (60 vegetarian capsules — 30-day supply)

Krill-D3 (90 softgels — 30-day supply)

Product ID EYEKIT1

Regular Price:\$64.90

Special Kit Price:\$54.90 \$10 off the regular price

Healthy Lifestyle Savings Auto-Ship Price: \$44.90 SAVE additional \$10 + Free Shipping!



Careful shoppers are welcome — your eyes deserve it!

Your eyes are a lifeline and a key to independence as you age. There's no room to leave their health to chance, and that means making sure any eye health formula you choose has not only the best ingredients, but enough to make a real difference in your health.

Maintaining clear focus requires healthy lenses and maculas. Your **lenses** make sure light reflected off the objects you look at appear in sharp focus. Your **macula**, the sensitive centers of the retina, are responsible for focusing vision, and are particularly vulnerable as you age.

While some other formulas may include lutein — the most widely supported macular health nutrient in the world — you need as much as 10mg daily to have a noticeable impact...and that's exactly what you get with Bi-Optium.

Other formulas stop there, but Bi-Optium also includes both astaxantin and zeaxanthin, to help maintain healthy lens density, and offer even more antioxidant protection. The astaxantin in Bi-Optium has a unique chemical structure, allowing it to span and protect cell membranes by quickly neutralizing free radicals...in ways other nutrients can't match.

As a free radical-fighting agent, astaxanthin has been shown in clinical studies to be 550 times more powerful than Vitamin E and 40 times more powerful than beta carotene! That's powerful eye health protection, and bonus support for healthy aging throughout your entire body.



Bi-Optium™ Eye Health

One capsule contains:

Vitamin C (as ascorbic acid)	90mg
Vitamin E (as dl-alpha-tocopheryl acetate)	22.5IU
Vitamin B6 (as pyridoxine)	25mg
Folic acid.....	400mcg
Vitamin B12 (as cyanocobalamin)	500mcg
Zinc(as zinc glycinate chelate)	11.3mg
Copper (as copper glycinate chelate).....	500mcg
Short Chain Fructooligosaccharide (NutraFlora®scFOS®).....	100mg
Lutein (FloraGLO®)	5mg
Astaxanthin(Zanthin®).....	938mcg
Astaxanthin (AstaReal® P2AF).....	250mcg
Zeaxanthin (ZeaGold™)	1mg

Suggested Use:

Adults take 2 capsules per day. Take 1 capsule with breakfast and 1 capsule with lunch.

Bi-Optium™ Eye Health

(60 vegetarian capsules – 30-day supply) Product ID 11805

Regular Price:\$39.95

Healthy Lifestyle Savings Auto-Ship Price:\$29.95

SAVE 25% + Free Shipping!

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Healthy Lifestyle Savings

Enjoy the ultimate in savings and convenience with Nutri-Health's Healthy Lifestyle Savings Plan



Save 25% and get FREE shipping with EVERY ORDER!

- ◆ **25% off each bottle—our best savings!**
- ◆ **FREE shipping, handling and processing every time**
- ◆ **Never worry about running out**
- ◆ **Pick the schedule that's right for you!**

You've already discovered the difference taking the right high-performance supplements can make for your digestion, sinus health, joint discomfort and more. But to get the best results from any healthy habit, the most important thing you can do is...stick with it!

And we make it easy to get — and *stay* — healthy with the **Healthy Lifestyle Savings Plan!**

Here's all you need to do. Simply select the supplements that are right for you, and choose Healthy Lifestyle Savings on the enclosed order form. Or mention that you'd like Healthy Lifestyle Savings to the customer service representative when you place your order by phone.

On the majority of products, **you'll receive an instant 25% savings on your order, and your shipping is FREE for every order** as long as you remain on the program! There's no limit to your savings, or the number of products you can add to each shipment. It's a great way to try our new arrivals, or make sure your favorite supplements are always on hand.

Just look for the Healthy Lifestyle Savings Auto-Ship price with every product listing in this catalog:

Flora Source Multi-Probiotic Capsules

(60 vegetarian capsules – 30-day supply) Product ID 10400

Regular Price:\$39.95

Healthy Lifestyle Savings Auto-Ship Price:\$29.95

SAVE 25% + Free Shipping!

Plus, maintaining your healthy regimen has never been more convenient, because each order comes automatically, right to your door. If you ever need to adjust the frequency of your shipments, just let us know and we'll send your next order whenever you need it!

Your savings are guaranteed and you'll know the supplements you rely on will always be on hand. It's why so many of our customers take advantage of Healthy Lifestyle Savings...because the combination of savings and convenience simply can't be beat!

Enroll today at 1-800-914-6311!

Instant savings and FREE shipping!



Target the “big three” health concerns men face after 50—all with a single formula

- Target prostate concerns, support regular urine flow, and sleep well at night
- Support a healthy sex life
- Gain needed energy and a healthy boost to your mood

Many men find age becomes more than a number once they pass age 50 and beyond. Often, they need additional support to maintain a healthy prostate and naturally boost waning testosterone, a key catalyst for mood, energy and sexual function.

To help men avoid the common complaints their neighbors are facing, and enjoy newfound freedom from prostate symptoms and concerns, there's **Prostaleve™ RX9**, an all-in-one formula specifically designed for men over 50.

This powerful breakthrough gets to the root of many of the problems typically associated with age-related prostate concerns, including:

- Weak urine stream
- Frequent urges to urinate
- Poor energy
- Diminished sexual stamina
- Low mood

Prostaleve RX9 meets your natural health needs with a blend of nine minerals, vitamins and herbs to directly support prostate and urinary health.

Prostaleve RX9 also targets testosterone production, so you not only leave prostate worries behind, you gain strength, stamina and energy too!



Prostaleve™ RX9 Prostate Support **Three capsules contain:**

Vitamin D ₃ (as cholecalciferol).....	1,000IU
Vitamin K ₂ (from soy).....	34.7mcg
(as Mk-7 MenaQ7™ Menaquinone)	
Zinc (as zinc glycinate chelate)	15mg
Selenium (as selenium amino	
acid complex).....	100mcg
Copper (as copper glycinate	
chelate).....	2mg
Red Ginseng Root.....	500mg
Saw Palmetto Berries	320mg
Nettle Root.....	300mg
Rye Pollen Extract.....	63mg

Other Ingredients: Magnesium stearate, cellulose.

Suggested Use:

Men: Take 3 capsules daily, preferably in separate doses. If you are currently taking blood thinning medication, consult your doctor before starting this product.

Prostaleve RX9 Prostate Support Capsules
(90 vegetarian capsules – 30-day supply) Product ID 10801

Regular Price:\$39.95

Healthy Lifestyle Savings Auto-Ship Price:\$29.95

SAVE 25% + Free Shipping!



New Italian breakthrough attacks cholesterol from 3 critical angles (and helps balance blood sugar, too!)

Dramatic results in just 30 days!



- ◆ **Powerful new ingredient promotes healthy, balanced cholesterol levels by addressing LDL, HDL, and triglycerides**
- ◆ **Supports healthy blood glucose levels**
- ◆ **Results in just 30 days**

Most natural solutions use a “single barrel” approach to maintaining healthy cholesterol levels — typically, they’re targeted at lowering LDL, commonly known as “bad” cholesterol. While LDL is important, it’s only part of the story.

Many researchers now believe that a three-pronged, combination approach that balances LDL, raises HDL (aka “good” cholesterol), and keeps triglycerides in check is the optimal synergistic solution for promoting healthy, balanced cholesterol levels.

New **BG-Cor™ Advanced Heart Health™** is one of the first supplement formulas to provide this kind of “triple barrel,” synergistic support. Not only has it been shown in studies to balance LDL cholesterol levels, it also increases levels of beneficial HDL cholesterol, and significantly improves triglycerides. By attacking the problem from all three of these critical angles, **BG-Cor is a true breakthrough in natural cholesterol formulas.**

According to a human clinical study, the 500mg dose of Bergamonte™ in BG-Cor has been shown to produce these amazing results in just 30 days:

- **Lowers LDL cholesterol 24%**
- **Raises “good” HDL cholesterol 23%**
- **Reduces triglycerides by nearly 30%**

BG-Cor also helped **lower blood glucose levels by 18%** over the same time period — an incredible bonus benefit if you’re trying to maintain healthy blood sugar!

BG-Cor™ Advanced Heart Health

Four tablets per day contain:

Vitamin C (as ascorbic acid).....	25mg
CardioAid™ SWD esterified phytosterols	1.3g
Bergamonte™ Citrus Bergamia Risso Polyphenolic Extract (25% Flavanone)	500mg

Suggested Use:

Adults take 2 capsules twice daily with meals.

Bergamonte™ is a trademark of HP Ingredients.

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.

The Ancient Italian Secret Behind This Cholesterol-Busting Powerhouse

The secret to **BG-Cor** lies in the fragrant *bergamot* fruit. Bergamot is an ancient citrus fruit that flourishes only in the remote, rocky hills of Italy. For hundreds of years, the essence made from the fruit's rind was revered by local residents as a home remedy for a variety of ailments. In fact, the traditional name for the bergamot fruit was "The Lord's Pear."

When the cultivation of these precious trees was threatened, Italian doctors began studying the juice and pulp that was being thrown away after the rind was used — and discovered three unique, powerhouse flavonoids. Eventually, scientists learned that these particular flavonoids had the amazing ability to promote healthy cholesterol and triglyceride levels — and healthy blood glucose, too.

Realizing the tremendous potential of bergamot, they soon got to work finding a way to powder and encapsulate the "undrinkable" bitter juice so people could take it as a supplement — and the result was the highly-refined *Bergamonte*™ extract used in BG-Cor Advanced Heart Health. BG-Cor contains 500 mg of Bergamonte™, which produced the impressive results in the Italian study.

Nutri-Health is proud to be one of the first companies to bring this incredible advance to America — and you can be among the first to benefit!



Each daily serving of BG-Cor also supplies 1.3 grams of vegetable oil sterol esters. Research shows that foods or supplements containing at least 1.3 grams of vegetable sterol esters (as part of a diet low in saturated fat and cholesterol) may reduce the risk of heart disease.

This combination makes BG-Cor Advanced Heart Health one of the most comprehensive natural solutions available anywhere for balanced cholesterol and peak cardiovascular health.

BG-Cor™ Advanced Heart Health

(120 capsules – 30-day supply) Product ID 11902

Regular Price:\$39.95

Healthy Lifestyle Savings Auto-Ship Price:\$29.95

SAVE 25% + Free Shipping!

Enjoy FREE shipping today!

On all orders over \$50.





Give your body its preferred Omega-3s — enhanced with



- **Pure, phospholipid-based Antarctic krill oil for better absorption of essential fatty acids in your body**
- **Rich source of the potent antioxidant Astaxanthin**
- **Fortified with Vitamin D3 for head-to-toe nutritional support**
- **Sustainably harvested — from the most abundant sea creatures on the planet!**

By now it's no secret that Omega-3 essential fatty acids (DHA and EPA) should be a part of your heart-healthy regimen. But if you're like most Americans, you simply don't get enough in your diet alone — you need to add a supplement.

Now there's a new source of Omega-3s that's **far superior** to regular fish



Powerful, Versatile Astaxanthin

Astaxanthin is a potent antioxidant and anti-inflammatory agent found in fish and sea creatures like microalgae, salmon, trout, shrimp, crayfish, and other crustaceans. It's what gives salmon and lobster their vibrant pink-red color. Flamingoes, who feed on algae, can also thank astaxanthin for their flamboyant feathers.

But beyond its color-enhancing properties, astaxanthin packs a powerful punch when it comes to your health. Scientists have found that astaxanthin can provide help for a wide variety of important health concerns. Astaxanthin has been shown to:

- **Support healthy maculas in the eyes — critical to good vision**
- **Promote healthy immune and cellular function**
- **Enhance joint comfort**
- **Promote a healthy digestive environment**
- **Support several aspects of cardiac health, including healthy arteries and cholesterol.**

In fact, the science behind this nutritional “superstar” is so impressive, it's featured in three Nutri-Health formulas: Krill D3™ Antioxidant Formula, AstaCor® Heart Health, and BiOptium™ Eye Health, our newly-improved eye health solution (featured on page 12). If you're looking for a huge bang for your antioxidant buck, look no further than astaxanthin.

form of heart-healthy powerful antioxidant support

oil. **Krill D3™ Antioxidant Formula** is made from Antarctic krill, which are tiny shrimp-like crustaceans eaten by large fish and sea mammals like whales. Like fish oil, krill oil is rich in Omega-3s. But it's unique and better than fish oil because it's phospholipid-based. Since phospholipids are found naturally in our cells, krill oil can cross cellular barriers more easily — so it's better absorbed throughout your body than triglyceride-based fish oil. This means more DHA and EPA can be used by your cells for incredible cardiovascular support and a host of head-to-toe benefits.

Krill oil is also rich in astaxanthin, recently hailed as a “super-antioxidant” because of its exceptional ability to seek out and destroy free radicals. Astaxanthin has been extensively studied by researchers, and it's been shown to support healthy circulation and energy levels, glowing skin, muscle endurance and recovery, healthy eyes and vision, and immune system health. Better yet, Krill D3 Antioxidant Formula contains 3 times more astaxanthin than regular fish oil.

Plus, Krill D3 Antioxidant Formula has been fortified with a robust serving of vitamin D3, a critical antioxidant for a healthy heart, not to mention strong bones and healthy immune function.

Krill D3 Antioxidant Formula is **friendly to our planet**, too. Krill are believed to be the most abundant animal species on the planet, so there's no danger of over-fishing. And because they're at the bottom of the food chain, Krill don't have the opportunity to become contaminated with toxins like mercury — so **Krill oil is incredibly pure**.

You get all of these vital nutrients in a tiny gelcap that's less than half the size of a standard fish oil “horse pill,” so it's easy to take — and stick with — every day!



Krill D3™ Antioxidant Formula
3 Softgels per day contain:
Vitamin D3(as cholecalciferol)900IU
Krill Oil.....900mg
 Omega-3171mg
 Eicosapentaenoic Acid(EPA)81mg
 Docosahexaenoic Acid(DHA) ..45mg
 Phospholipids360mg
 Astaxanthin180mcg
Other Ingredients: Gelatin, glycerin,
purified water, vanillin.
Contains crustacean shellfish (krill).
Suggested Use:
Adults take 3 softgels per day with meals.

Krill D3™ Antioxidant Formula
(90 softgels – 30-day supply) Product ID 11704
Regular Price:\$24.95
Healthy Lifestyle Savings Auto-Ship Price:\$18.72
SAVE 25% + Free Shipping!



Maintain healthy homocysteine and balance inflammation for total heart health



In recent years, scientists have recognized homocysteine levels as one of the most important indicators of heart health. Normal homocysteine is now known to be critical to maintaining open, relaxed arteries, good circulation, and a strong heart.

Research has also revealed that homocysteine levels tend to naturally rise as we age — and they can be especially-high in people who eat a protein-rich diet including red meat and dairy. There are also strong signs that higher homocysteine levels are linked to deficiencies in the B vitamins.

Fortunately, numerous studies have also shown that replenishing B vitamins and supplementing with other potent antioxidants can help **keep homocysteine levels in the normal range**, strengthen arteries, and provide total heart

protection. Even better, these same nutrients also help **maintain healthy cholesterol** — another critical contributor to overall cardiovascular health.

AstaCor® Heart Health includes:

■ **B Vitamins (including Thiamine - Vitamin B1, Niacin - Vitamin B3, and Folic Acid - Vitamin B9)**, to help naturally promote normal homocysteine and cholesterol levels

AstaCor® Heart Health **Two capsules per day contain:**

Thiamine (as thiamin HCl)	1.5mg
Niacin	20mg
Vitamin B6 (pyridoxine HCl)	2mg
Folic Acid	400mcg
Vitamin B12 (as cyanocobalamin)	6mcg
N-Acetyl Cysteine (NAC)	500mg
Short Chain Fructooligosaccharide (NutraFlora® scFOS®)	370mg
Astaxanthin (from algae) (AstaREAL® P2AF)	4mg

Suggested Use:

Adults take 2 capsules daily.

■ **N-Acetyl Cysteine (NAC)**, a powerful amino acid that helps maintain normal lipoprotein(a) levels and has been shown to reduce the “stickiness” of blood in vitro, which may support healthy blood flow.

■ **Astaxanthin**—a super-potent antioxidant from the sea that can help **maintain healthy levels of inflammation**, which has been shown maintain healthy cholesterol levels and overall heart health.

Adding AstaCor® Heart Health to your daily regimen is an easy, convenient way to make sure you’re covered when it comes to these vital heart health markers.

AstaCor® Heart Health

(60 vegetarian capsules – 30-day supply)

Product ID 10601

Regular Price:\$39.95

Healthy Lifestyle Savings Auto-Ship Price:\$29.95

SAVE 25% + Free Shipping!

Power up your heart and unleash total-body energy

Your heart, muscles, and every other cell in your body require substantial amounts of energy to keep going strong. One of the critical components of energy production is ATP (adenosine triphosphate), which acts as the major “current” of energy in the body.

But aging, strenuous exercise, over-exertion, and other conditions can drain ATP from your tissue and cells, and affect how well your body makes and uses energy.

Corvalen® Muscle & Energy Support contains pure D-ribose, a safe and clinically-proven carbohydrate that actually **helps your body make more ATP in order to spark energy production.** This means improved cardiac function and more all-day, total-body stamina so you can stay active, and keep doing the things you love.

Caution: Diabetics and pregnant women should consult with a physician before use.



Corvalen® Muscle & Energy Support
Each 2-teaspoon scoop contains:

Calories.....	20
Total Carbohydrate.....	6g
Sugars.....	5g
D-Ribose	5g

Suggested Use:

Take 2 teaspoons (1 scoop) 2 times a day, with morning and evening meals, or as directed by a physician. Product may be mixed into a beverage.

Corvalen Muscle & Energy Support
(280g Powder, 56 servings) Product ID 11505

Regular Price:\$43.95

Healthy Lifestyle Savings Auto-Ship Price:\$37.95

SAVE \$6 + Free Shipping!

Extra support for hard-working muscles

CorvalenM® adds the mineral magnesium and malate to the same pure D-ribose in Corvalen to provide extra support for aching muscles.



CorvalenM® Muscle & Energy Support
Each 2-teaspoon scoop contains:

Calories.....	25
Total Carbohydrate	6g
Sugars.....	5g
Magnesium	40mg
(from magnesium gluconate)	
D-Ribose	5g
Malate	240mg

Suggested Use:

Take 2 teaspoons (1 scoop) 2 times a day, with morning and evening meals, or as directed by a physician. Product may be mixed into a beverage.

Caution: Diabetics and pregnant women should consult with a physician before use.

CorvalenM Muscle & Energy Support
(280g Powder, 56 servings) Product ID 11506

Regular Price:\$55.95

Healthy Lifestyle Savings Auto-Ship Price:\$49.95

SAVE \$6 + Free Shipping!



Give Your Body the



- Promotes relaxation before sleep
- Helps you fall asleep fast
- Supports delta wave deep sleep
- Calms anxious “brain-spinning” and mind chatter
- Wake up feeling rested, energized and ready to start the day!

If you have difficulty sleeping, you may find yourself dreading bedtime. But poor sleep quality isn't just an inconvenience. According to the National Sleep Foundation, getting enough continuous quality sleep not only contributes to how we feel and perform the next day ... but also has a huge impact on the overall quality of our lives.

All-new **Sleep Wave™ Rest & Relax** contains a targeted blend of herbs, vitamins and nutrients to finally deliver blessed rest and relief, so you're soon drifting effortlessly into deep, restorative sleep — the first night you take it!

Sleep Wave Rest & Relax is designed to work in two ways to deliver real results:

- Synergistic blend of valerian, lemon balm and other herbs, as well as essential melatonin, works to promote sound sleep and improve sleep quality.
- GABA, L-theanine, chamomile and passionflower promote relaxation and help calm that awful “brain-spinning” mind chatter that keeps you from falling asleep in the first place.

With SleepWave, you're able to get to sleep fast, stay asleep throughout the night, and wake up feeling rested and restored. And if you find yourself awoken in the middle of the night, you'll now discover it's easier to get back to sleep again — what a relief!



Sleep: A Powerful Anti-Aging Solution

You have plenty of company in your quest for a good night's rest. The Centers for Disease Control say that as many as 70 million Americans have problems with sleep. The National Sleep Foundation found that only half of us slept well on most nights, and a whopping 75% said they had some kind of sleep problem!

Many sleep experts believe that maintaining consistent, high-quality sleep is essential to any anti-aging health regimen. In a 1999 article in *The Lancet*, researchers shared their opinion that chronic sleep loss may hasten the onset of age-related ailments, as well as increase their severity.

Restful Nights It Needs!

What makes Sleep Wave more effective than other sleep supplements?

Studies have shown that certain sleep-promoting botanicals are more effective when taken together. This synergy, as well as advances in nutritional research and technology, allow nutrients to provide support for healthy sleep cycles at the lowest (and safest) possible doses. So with the combination of nutrients in Sleep Wave, you're able to gently rediscover your natural "sleep waves," not experience the blow of an artificial "knockout punch."



Can healthy sleep really be the key to well-being so many of us are searching for?

It's not just fatigue that plagues us when we don't get our needed rest. Improving the quality of your sleep will help:

- **Support memory function**
- **Increase mental alertness**
- **Maintain your weight**
- **Support a healthy heart**
- **Support healthy levels of blood sugar**
- **Maintain healthy blood pressure levels**
- **Support healthy mood**

*Not to be taken by pregnant or lactating women. May have sedating effects and is for bedtime use only. Consult your physician before use.

Sleep Wave™ Rest & Relax
One serving (2 capsules) contains:
Vitamin C (as ascorbyl palmitate)17mg
Vitamin B6 (as pyridoxyl-5-phosphate)..5mg
Valerian root extract
 (deodorized, 0.8% valerenic acid) ..400mg
GABA (gamma-aminobutyric acid)300mg
Lemon balm extract
 (leaf, 5% rosmarinic acid)150mg
Hops (aerial parts)150mg
Passion flower
 (aerial parts, 3.5% vitexin)100mg
Chamomile extract (flower)100mg
L-theanine50mg
Melatonin1mg
Suggested Use:
Adults take 2 capsules in the evening with food.

Sleep Wave Rest & Relax
(60 vegetarian capsules – 30-day supply)
Regular Price:\$24.95
Healthy Lifestyle Savings Auto-Ship Price:\$18.71
SAVE 25% + Free Shipping!

Product ID 11406

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.



Boost Your Brain Power in One Hour!



- Provides the critical building blocks of cognitive nutrition
- Supports working memory and immediate recall
- Helps increase blood and nutrient flow to the brain
- Enhances the ability to concentrate
- Improves mood and reduces the effects of stress on mental function

Your memory is priceless ... as is the ability to focus on everyday tasks and maintain a balanced, healthy mood. That's why we're so excited about the growing body of research suggesting there are specific steps we can take to preserve cognitive function as we age! One of those steps is to make sure the brain is getting the nutrients it needs to support memory, focus and clarity.

Memoril™ Memory & Mood is a unique cognitive support formula designed to increase working memory and immediate recall, boost a healthy mood, and nourish your brain to increase mental sharpness. The combination of Cereboost® ginseng extract, Sensoril® ashwagandha and vinpocetine increases nutritional support for your brain, and boosts memory and mood.

It is estimated that up to one third of adults will experience a gradual decline in cognitive function, known as *mild cognitive impairment* as they age. Mild cognitive impairment doesn't interfere with daily living, but may include slower thinking, a reduced ability to learn, and impaired memory. While many view these defects as an inevitable consequence of aging, newer research has uncovered possible reasons for mild cognitive impairment ... and has identified steps people can take to battle age-related mental decline

Cereboost: The "One Hour Wonder"



Memoril features a unique, powerful American ginseng extract called Cereboost®. In a recent double-blind, placebo-controlled, cross-over clinical study, subjects taking 200 mg daily of Cereboost showed improved ability to focus, faster reaction time, and more accurate recall. And these dramatic improvements occurred in less than an hour and lasted up to six hours!

more effectively than ever before.

One of the most critical physical factors in maintaining cognitive function is healthy blood flow to the brain. Blood delivers the oxygen and nutrients necessary for normal functioning. Unfortunately, even during normal aging, blood flow to the brain may decrease by an average of 20 percent.

Decreased blood flow can cause nerve cells in the brain to be lost prematurely. This loss may contribute to the decline of cognitive function.

The active ingredients in Memoril have been clinically studied and shown to increase blood flow to the brain.

Recent research also reveals a strong link between your ability to deal with stress, and mental clarity and alertness. Memoril includes a special, highly-potent form of Ashwagandha extract called Sensoril®, which helps the body better deal with stress and tension, so you maintain a relaxed, focus mood. This naturally promotes better concentration, recall, and mental sharpness.

Consult your doctor prior to use if pregnant, lactating or taking medication.



Memoril™ Memory & Mood

One serving (2 capsules) contains:

Ashwagandha extract (root & leaf) (Sensoril®)	250mg
American ginseng extract (root) (Cereboost®)	200mg
Vinpocetine	30mg

Sensoril® is protected under U.S. Patent 6,713,092 and is a trademark of Natreon Inc

cereboost™ Sharpen your mind

is a trademark of Naturex Inc.

Suggested Use: Take 2 capsules with food.

Advanced Usage: Take 2 capsules up to three times a day with food.

Memoril Memory & Mood

(60 capsules – 30-day supply) Product ID 11601

Regular Price:\$39.95

Healthy Lifestyle Savings Auto-Ship Price:\$29.95

SAVE \$10 + Free Shipping!



*Also available
for brain &
memory support:*
**Focus Force
Active Memory**

Focus Force™ Active Memory

1 capsule contains:

Vitamin D3 (as cholecalciferol).....	1,000IU
GABA (gamma amino butyric acid) ..	100mg
ALA (alpha-lipoic acid)	50mg
Huperzine A	100mg

Suggested Use:

Adults take 1 capsule daily on an empty stomach.

Focus Force™ Active Memory

(30 vegetarian capsules – 30-day supply)

Product ID 10805

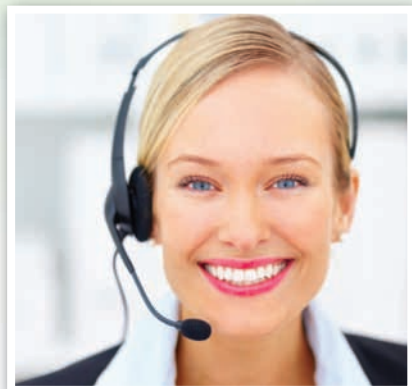
Regular Price:\$39.95

Healthy Lifestyle Savings Auto-Ship Price:\$29.95

SAVE 25% + Free Shipping!



Enjoy exclusive savings, web-only pressing health questions...You'll



- ◆ **Convenient, secure ordering, 24 hours a day, 7 days a week**
- ◆ **Internet-only specials**
- ◆ **Representatives on call to help you with nutriLive online chat**
- ◆ **Exclusive content and health information on the Nutri-Health blogs**
- ◆ **Easy, FREE signup for the Nutri-News e-newsletter**
- ◆ **Ask a question, research our products, and read customer reviews**

The convenience of your own exclusive supplement store, complete with knowledgeable staff to answer your questions, daily specials, even FREE shipping with orders over \$50... and it's available wherever and whenever you use the web!

The new Nutri-Health.com gives you everything Nutri-Health has to offer, all in one place.

Whether your interest is...

- **Digestive Health**
- **Joint & Muscle Support**
- **Cardiovascular Support**
- **Sinus Health**
- **Men's or Women's Health**
- **Energy, Eye Health, and more**

It's all here, plus internet-only features you're sure to love including:

- **Our Blog:** Find answers to your health concerns, stay up-to-date on the latest nutritional research, even step behind-the-scenes to see how our exclusive formulas are created
- **Live Chat:** Having trouble finding what you want? Not sure which formula is right for you? Help is just a click away!
- **30% off on Super Saturdays:** In



specials and answers to your most find it all at Nutri-Health.com

addition to our regular web specials, every Saturday brings even greater deals, with **30% savings** on select items. The specials change all the time, so don't let this Saturday go by without seeing these bargains for yourself!

- **Personal account history:** Register and securely save your account information for quick and easy ordering, see your order history at a glance, create a personal Wishlist for future shopping and more!
- **Exclusive e-newsletter:** Your FREE Nutri-News subscription brings you the latest breaking news and keeps you informed as only Nutri-Health can — an email address is all it takes.

Plus, when you do sign up, you'll also get email-only specials, personal order tracking and timely shipment confirmations...all delivered right to your inbox!

Easy and secure to use, packed with information, and available right when you need it. Be sure to visit the new Nutri-Health.com today!



Save on these Vitamin D favorites!

Adequate vitamin D is needed for strong bones, cellular health, heart health, immune health and more — and too many Americans are sorely deficient. Nutri-Health has two great ways to help you get your daily dose.

Monster D-5000™

Swiss-sourced Vitamin D3 (cholecalciferol) for optimal absorption, and includes scFOS® prebiotics for additional digestive support. A two-capsule serving provides a whopping 5,000 IU of D3, to support cellular health, immune function, mood, and the health of your heart, joints, bones and muscles.



Monster D-5000 Capsules

(120 vegetarian capsules – 30-day supply)

Product ID 10711

Regular Price:~~\$14.95~~ **\$5.00 SAVE 67%!**

Nutri-Bears™ Grown-up D3 Gummies

Why should kids have all the fun? There's no reason getting your daily dose of D3 has to be boring, not anymore! Nutri-Bears D3 Gummies provide a powerful 1,000 IU dose of the "sunshine vitamin" in cholecalciferol form, tucked inside each delicious, naturally fruit-flavored gummy bear. No artificial flavors, colors, additives or sugar. Sweetened with stevia.



Nutri-Bears™ Grown-up D3 Gummies

(90 gummy bears – 90-day supply)

Product ID 10400

Regular Price:~~\$8.95~~ **EVERYDAY LOW PRICE!**



Exclusive savings, closeouts and more

Take advantage of only while supplies

Detoxicor® Natural Cleanse

Detoxicor combines seven powerful herbs for digestive health support and relaxed elimination, plus the antioxidant N-Acetyl-Cysteine (NAC) to support natural whole-body detoxification.



Caution: This product contains senna and rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna and rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition. Do not take for more than 10 consecutive days.

Detoxicor® Natural Cleanse One capsule contains:

Proprietary Colon Cleanse Blend500mg
N-Acetyl Cysteine (NAC), senna leaf,
Korean red ginseng root, magnolia bark,
ashwaganda root, rhubarb root,
turmeric root, ginger root

Suggested Use:

Adults take 1-4 capsules daily for no more than 10 consecutive days. Start with 1 capsule per day and increase as needed for optimal cleansing.

Detoxicor Natural Cleanse

(40 vegetarian capsules – 30-day supply)

Product ID 10804

Regular Price:~~\$39.95~~ **\$29.95 SAVE 33%!**

Healthy Lifestyle Savings Auto-Ship Price:**\$29.95**

SAVE 25% off regular price + Free Shipping!

ResForce D3™ Resveratrol PLUS Vitamin D3

- Excellent support for healthy aging
- Supports cellular health, muscle strength, heart health and more!

Resveratrol is the cornerstone of **ResForce D3**, a super-antioxidant and vitamin formula that promotes heart health, muscle strength, mental clarity, and strong bones. **ResForce** combines resveratrol with clinically researched Powergrape®, a potent Bordeaux grape extract, to promote muscular stamina and strength. Vitamin D3 completes this power-packed formula to promote long-term vital tissue, bone, and joint health.



ResForce D3 One serving (2 capsules) contains:

Vitamin D3
(as cholecalciferol)1000IU
Grape Extract (Powergrape®)
(standardized to 90%
total polyphenols)400mg
Resveratrol (from Japanese
Knotweed root extract)50mg

Other Ingredients: Magnesium stearate, cellulose.

POWERGRAPE® is a trademark of Naturex®, Inc.

Suggested Use:

Take 2 capsules daily.

ResForce D3 Capsules

(60 vegetarian capsules – 30-day supply)

Product ID 10812

Regular Price:~~\$39.95~~ **\$31.95 SAVE 20%!**

Healthy Lifestyle Savings Auto-Ship Price:**\$29.95**

SAVE 25% off regular price + Free Shipping!

unbelievable deals— last, so don't wait!

Physician's Comfort Formula™ — Joint Support

- Exclusive blend of joint-supporting natural enzymes, antioxidants & plant extracts
- Supports complete joint mobility & comfort
- Provides a natural energy boost



Physician's Comfort Formula™ supports daily joint health and relief from everyday aches and pains, healthy mobility and a normal inflammation response. This unique formula features doctor-recommended ingredients including Sensoril™ ashwagandha to help boost natural energy without stimulants, and ApresFLEX™ boswellia, to support joint health and reduce discomfort.

Physician's Comfort Formula One serving (3 capsules) contains:

Zinc	
(as zinc glycinate chelate).....	25mg
Copper (as copper glycinate chelate)	2.5mg
Bromelain (from pineapple).....	400mg
Ashwagandha Root and Leaf Extract (Sensoril®)	250mg
Ginger Root (5% total gingerols and shogaols)	225mg
Turmeric Rhizome and Root Extract (Curcumin C3 Complex®)	200mg
Boswellia Gum Resin Extract (AprésFLEX™)	100mg
Black Pepper Fruit Extract (Bioperine®)	5mg
Astaxanthin (from algae) (AstaREAL® P2AF).....	1mg

Suggested Use:

Take 1 capsule 3 times daily.

Physician's Comfort Formula

(90 vegetarian capsules – 30-day supply)

Product ID 10504

Regular Price:~~\$39.95~~ **\$29.95 SAVE \$10!**

Healthy Lifestyle Savings Auto-Ship Price:**\$29.95**

SAVE 25% off regular price + Free Shipping!

100% New Zealand Colostrum

This nutrient-rich formula contains a wide range of health boosters, including *growth factors, lipid and glucidic factors, cytokines and immunoglobulins*, proteins that naturally support immune function. Laboratory analysis shows that bovine colostrum is almost exactly the same as human colostrum in regard to immune and growth factors, and New Zealand is known as the premier source for purity and effectiveness. Studies show colostrum supports:

- Intestinal and digestive health
- Healthy immune response
- Healthy metabolic response



100% New Zealand Colostrum

(120 vegetarian capsules – 30-day supply)

Product ID 10311

Regular Price:~~\$39.95~~ **\$29.95 SAVE \$10!**

Healthy Lifestyle Savings Auto-Ship Price:**\$29.95**

SAVE 25% off regular price + Free Shipping!



Clear harmful debris from your joints and move freely again



- Soothes and comforts joints
- Removes fibrin build-up that can cause joint stiffness
- Helps restore healthy inflammation response

When the body experiences injury, various helper cells and compounds rush to the site of injury to speed healing. Cellular debris, or fibrin, is one of these compounds. However, if the body's natural "clean-up crew" fails to completely remove it, it can remain and collect at the injury site.

The excess fibrin left behind can harden tissue, which can restrict movement, heightening joint inflammation and discomfort.

Nutri-Health scientists formulated **ArthroZyme® Joint & Muscle** to attack fibrin build-up head-on. The key ingredient in ArthroZyme is serratiopeptidase (or "SP" for short), a unique systemic enzyme originally (and only) found in the intestine of the silkworm. Now synthesized into a natural supplement form, SP uses the same proteolytic, or "protein-eating" action the silkworm uses in breaking down its cocoon as it enters the silk moth stage. In a similar fashion, SP helps **break up fibrin throughout the**

body so it can be safely ushered away, restoring your body's healthy inflammation response and bringing soothing comfort to your aching joints.

The SP in ArthroZyme is independently tested for purity and potency. Plus, each tablet is enteric coated to resist stomach acid. This helps ArthroZyme travel safely to the small intestine for maximum absorption!

ArthroZyme® Joint & Muscle

1 tablet contains:

Serratiopeptidase 10mg

Suggested Use:

Adults take up to 3 tablets daily on an empty stomach. Do not exceed a dose of 30 mg of serratiopeptidase per day unless directed by a health care professional. If you are currently taking blood thinning medication, or are pregnant or nursing, consult a physician before use.

ArthroZyme Joint & Muscle

(90 tablets – 30-day supply)

Product ID 10501

Regular Price:\$39.95

Healthy Lifestyle Savings Auto-Ship Price:\$29.95

SAVE 25% + Free Shipping!

“Extra Strength” Breakthrough relieves joint discomfort in just 7 days

- Significant reduction in joint discomfort after just 7 days of use — and stunning improvements after only 90 days
- Helps reduce excess fibrin for less joint stiffness

New **ArthroZyme® Plus Joint & Muscle** is an advanced solution that actually goes to the source of your joint discomfort by blocking the “bad” MMP-3 enzymes that eat away at your cartilage and cause discomfort.

One of the key pain-fighting nutrients in ArthroZyme Plus is **Boswellia 10X**. This “supercharged” version of the widely-used herb naturally reduces the levels of MMP-3 enzymes in your body, which slows cartilage destruction and curbs the resulting discomfort. In fact, Boswellia 10X was shown in a recent clinical study to provide “highly significant reductions” in subjects’ MMP-3 levels.

PLUS, their joint discomfort started to go away as soon as 7 days ... and **the longer subjects took Boswellia 10X, the better it worked.** By the end of the 90-day study, participants reported a stunning 62% improvement in joint discomfort levels as measured by the WOMAC survey — a tool commonly used to gauge the perception of joint pain.

ArthroZyme Plus also includes **Bromelain** for greater joint comfort and mobility, serratiopeptidase (SP) to reduce joint-congesting fibrin ... plus **Vitamin D** to promote fundamental bone, muscle, and joint health, and **Zinc** for greater muscle comfort and flexibility.



ArthroZyme® Plus Joint & Muscle 1 capsule contains:

Vitamin D3 (as cholecalciferol)	1,000IU
Zinc (as zinc glycinate chelate)	15mg
Bromelain (from pineapple).....	400mg
Boswellia Gum Resin Extract (5-Loxin® AKBA)	250mg
Serratiopeptidase	10mg

Suggested Use:

Adults take up to 2 capsules daily on an empty stomach. Do not exceed a dose of 30 mg. of serratiopeptidase per day unless directed by a healthcare professional. If you are currently taking blood thinning medication, or are pregnant or nursing, consult a physician before use.

ArthroZyme Plus Joint & Muscle
(60 capsules – 30-day supply)

Product ID 10503

Regular Price:\$39.95

Healthy Lifestyle Savings Auto-Ship Price:\$29.95

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The Italian breakthrough for healthy cholesterol and triglycerides



Fragrant *bergamot* is an ancient citrus fruit grown only in the remote, rocky hills of Italy. Now it's the source of an exciting new solution for **3 major markers of cardiovascular health.**

New BG-Cor™ Advanced Heart Health contains a highly-refined extract of bergamot that has been shown in scientific studies to:

- ◆ **Raise “good” HDL cholesterol**
- ◆ **Help support healthy triglyceride levels**
- ◆ **Help promote overall cholesterol balance**

Plus, research also supports bergamot's impressive ability to **help maintain blood glucose levels** — an incredible “bonus” benefit from BG-Cor! *See Page 16*

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No More “Stuffy Head” Mornings!

Flora Sinus Seasonal Support:

- ◆ Breaks up and thins sticky mucus for better sinus drainage
- ◆ Relieves congestion
- ◆ Eases sinus pressure

See Page 6



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Stay sharp, focused, and calm



Works
in just
one hour!

The latest research shows that two critical keys to avoiding age-related cognitive decline are healthy blood flow to the brain, and maintaining a balanced, healthy mood — including lowering your stress level.



New **Memiril Memory & Mood™** includes natural ingredients that have been clinically studied and shown to increase blood flow to the brain, and promote a calm, alert, and focused mood. Memiril helps:

- **Reduce forgetfulness**
- **Sharpen the brain's ability to concentrate**
- **Improve mood and reduce the effects of stress**

Memiril includes Cereboost®, a powerful American ginseng extract. In a recent clinical study, Cereboost® showed improved ability to focus, faster reaction time, and more accurate immediate recall — after less than one hour! See page 24

Fall 2011



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The Natural Deep Sleep Secret



New *Sleep Wave Rest & Relax* brings back your natural sleep waves, and:

- ◆ **Calms your mind** and gently reduces anxious “mind chatter” so you fall asleep quickly.
- ◆ **Synchronizes** your natural “sleep circuitry” so you get all the deep, restorative sleep you need.
- ◆ **Works fast**—in as little as 9 minutes!

All New!



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Check out these Top Sellers
and New Arrivals!

	IMPROVED	New probiotic strain for better digestive relief page 4
	TOP SELLER	Ease sinus congestion and pressure page 6
	NEW	Fast-acting cholesterol solution page 16
	TOP SELLER	Customer favorite for joint comfort page 30
	NEW	Sleep like a baby the first night! page 22

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SEPT11BB

Faster Relief for Digestive Trouble



Flora Source Multi-Probiotic has just been improved with a brand new probiotic strain — *Bif Relief* — that's been shown in studies to deliver faster, more potent help for these 7 common digestive problems:

Improved!

- Constipation
- Irregularity
- Abdominal pain
- Nausea
- Gas
- Gurgling
- Regurgitation



In fact, Bif Relief beat 2,000 strains in clinical tests for effectiveness! Flora Source still contains a total of 16 probiotic strains working together to give you broad digestive coverage, and a hefty 16 billion active cultures per capsule — that's 16-times more than most other probiotics available today! See page 4.

Save up
to \$20 —
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FALL 2011

Don't Let Joint Trouble Keep You Down

ArthroZyme Joint & Muscle:

- ◆ **SOOTHES** and comforts joints so you can move freely again
- ◆ **REMOVES** fibrin build-up that can cause joint stiffness
- ◆ **HELPS** restore healthy inflammation response

See page 30



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page 30



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cholesterol
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Ease sinus
congestion and
pressure

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New probiotic
strain for better
digestive relief

page 4

No Ordinary Breath Mint!



New Flora Bright Healthy Breath Mints contain unique oral probiotic flora that envelop your teeth and protect your gums for better oral health ... plus give you fresher breath and a whiter smile — naturally!

All you need to do to is enjoy one refreshing mint each day — Flora Bright melts in your mouth in a matter of seconds. Each mint helps protect your teeth and gums in a way that **brushing and flossing just can't** — from the inside out.

See page 11.