Cleansing and Supplements
Hints for a Healthier You

Why Do a Cleanse?

Metabolism and Digestion: the Weight Control Power Pair

Ours vs. Theirs
Protein Shake Smackdown

Healthy Heart
Supplement Chart
IF YOU'RE ADDING "BE A LITTLE HEALTHIER" TO YOUR TO-DO LIST THIS MONTH, PICK A SIMPLE PLACE TO START:

- cleansing
- weight control
- supplements
- heart health

There's no wrong choice in this list, and small simple steps can make a difference.

Here in this pocket guide, you find basic what's, why's and how's with smart and easy steps toward achieving better health. In the store, our trained and educated team members can help you find what you need for supporting your goals.

WHY DO A CLEANSE?

Basically, it helps the body be more efficient in "housecleaning" the toxins collected in everyday life. Periodic, focused cleansing gives your body time to recoup while supporting your natural detox system with care and healing compounds.

Treat your system to a week of TLC with 365 Everyday Value® 7 Day Quick Cleanse. This simple 3-step plan features a quick liver cleanse, gentle and effective acacia fiber and a non-stimulant herbal blend to help flush toxins away.*

Ready for two weeks of R and R (recovery and rejuvenation)? Check out Renew Life Total Body Cleanse. This 14-day internal cleansing program blends organic herbs and fiber to support the natural detoxification process of the body. Pair with healthy diet, plenty of hydrating liquids and gentle exercise for a refreshed, revived experience.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
THE WEIGHT-CONTROL POWER PAIR: DIGESTION AND METABOLISM

Efficiently functioning body systems such as healthy digestion and metabolism can help maximize weight-loss efforts. Essential fats, fiber and probiotics are some of the key players.

ESSENTIAL FATS

Deficiencies in good fats are linked to being overweight. Omega-3 and monounsaturated fats support healthy digestion, metabolism, blood sugar levels and feelings of fullness. While found in some foods, fish oil and flax seed oil supplements can provide guaranteed amounts.

FIBER

Found only in plant-based foods, fiber supports balanced blood sugar levels, normal feelings of hunger and healthy intestines. If you don’t get the daily recommended intake (about 25g) from foods such as whole grains and beans, consider a fiber supplement.

PROBIOTICS

These beneficial live bacteria are essential to intestinal health. In addition, studies have shown that obesity affects the diversity of gut flora, and researchers speculated that probiotics supplementation may help with a balanced metabolism. (Frontiers in Endocrinology, 2012)

TRY THESE TOP PRODUCTS FOR EFFECTIVE DIGESTION

365 EVERYDAY VALUE® ORGANIC CHIA SEEDS
- High in fiber (5g per serving) and rich in omega-3 fatty acids such as alpha-linolenic acid (ALA)
- Mild-tasting seeds add crunch to yogurt, cereal, snacks and baked goods
- When soaked overnight, they turn into a simple pudding, similar in consistency to tapioca (recipe at wholefoodsmarket.com)

JARROW FORMULAS JARRO-DOPHILUS EPS
- Delivers 5 billion beneficial organisms per capsule
- Enteric coated to pass through stomach to work in the intestines
- Shelf stable—no need to refrigerate

GARDEN OF LIFE ORGANIC RAW FIBER
- Convenient vegan powder provides 9g soluble and insoluble fiber from raw, organic foods
- Delivers 1g omega-3 alpha linolenic acid (ALA) per serving
- Formulated with probiotics for additional digestive support
- Add a scoop to your morning juice for 36% Daily Value fiber
SHAKE UP!

Vega One Vanilla Chai VS Major National Brand Nutritional Shake

One of our favorite protein shake mixes faces off against a major national brand and wins for your wellness with science-based, health-supportive nutrients and no artificial colors, flavors or sweeteners.

INGREDIENTS | OURS | THIERS

ARTIFICIAL FLAVORS
The Vega mix uses only real flavors and includes herbal stevia extract.

YES | NO

OMEGA-3s
Vega delivers nutrients beyond protein.

YES | NO

PROBIOTICS
Vega’s 1 billion dairy-free probiotics (Lactobacillus acidophilus and Bifidobacterium bifidum) help to maintain healthy intestinal flora.

YES | NO

DIGESTIVE ENZYMES
Added to Vega to facilitate the breakdown and absorption of nutrients during digestion.

YES | NO

GREAT PRODUCTS FOR GREAT RESULTS

SAFSLIM BERRY CREAM FUSION
- Delivers high-linoleic safflower oil—a unique essential fatty acid that may have a beneficial effect on the hormones involved in weight loss
- Creamy, smoothie-like formula with no added sugar
- Three delicious flavors—Tangerine Cream Fusion, Berry Cream Fusion or Piña Colada Fusion

BIOCHEM VANILLA 100% WHEY POWDER
- Microfiltered whey proteins in a highly concentrated form without fat
- Packed with amino acids that support muscle tissue
- Free of artificial colors, flavors and sweeteners

GARDEN OF LIFE FÚCOTHIN
- Non-stimulant formula with fucoxanthin, derived from seaweed
- With cold-pressed pomegranate oil, which has a unique fatty acid composition
- Supports metabolism and healthy weight goals

Get This: When it comes to weight control, choose research-backed products with targeted ingredients. Avoid those loaded with fillers, token amounts of beneficial substances or artificial colors, flavors and sweeteners. Why pay for ingredients that aren't helping you reach your goal?
**Healthy Eating is Heart Smart**

Healthy eating is heart smart, and for those who need a little extra support, certain heart-healthy nutrients can be found in a variety of supplement forms: tablets, softgels, liquids, chewables and/or herbal teas.

### Nutrient Heart Health Support

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>ALA (alpha linolenic acid)</strong></td>
<td>Important omega-3 EFA; helps promote a healthy balance of eicosanoids; aids in maintaining healthy blood pressure</td>
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<tr>
<td><strong>calcium</strong></td>
<td>Helps to balance the beating of the heart, the health of the circulatory system and blood pressure</td>
</tr>
<tr>
<td><strong>CoQ10 (Coenzyme Q10)</strong></td>
<td>Supports healthy cholesterol levels; helps to supply oxygen to the cells and aids in energy metabolism</td>
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<tr>
<td><strong>DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid); (often in EFA formulas)</strong></td>
<td>“Body-ready” forms of omega-3 EFAs; vital for brain and nervous system development; promote a healthy cardiovascular system on many levels</td>
</tr>
<tr>
<td><strong>magnesium</strong></td>
<td>Works with calcium to support blood pressure balance</td>
</tr>
<tr>
<td><strong>niacin</strong></td>
<td>Promotes open, clear arteries and healthy levels of triglycerides, HDL cholesterol and LDL cholesterol</td>
</tr>
<tr>
<td><strong>potassium</strong></td>
<td>Crucial (in balance with sodium) for healthy blood pressure</td>
</tr>
<tr>
<td><strong>red rice yeast extract</strong></td>
<td>Supports healthy cholesterol levels already in the normal range</td>
</tr>
<tr>
<td><strong>resveratrol</strong></td>
<td>Antioxidant; supports healthy cardiovascular function</td>
</tr>
<tr>
<td><strong>Vitamin D</strong></td>
<td>Supports healthy circulation and healthy inflammation levels</td>
</tr>
<tr>
<td><strong>Vitamin E</strong></td>
<td>Antioxidant; supports healthy cholesterol levels; high amounts may lower the risk of cardiovascular disease</td>
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Heart cells use Coenzyme Q10 (CoQ10) to make energy for crucial maintenance and growth. **Jarrow QH Absorb** features ubiquinol, the reduced (active antioxidant) state of CoQ10, which is the same form produced by our cells and is well absorbed as a supplement, particularly as we age.

The heart is happy when healthy fats, nutrients and antioxidants abound. **Nordic Naturals Omega LDL** combines high-quality concentrated fish oil with red yeast rice and CoQ10 to support cardiovascular function and healthy cholesterol levels.

Resveratrol is a remarkable antioxidant found in red grapes and other foods. **Reserveage Resveratrol** is crafted from organic French red wine grapes and Polygonum cuspidatum (Japanese Knotweed) root extract. This potent and rejuvenating blend uses an encapsulation process that protects the volatile resveratrol.

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LOOKING FOR QUALITY AND VALUE?

WHOLE FOODS™ RED YEAST RICE
- Traditionally used in Chinese herbal medicine
- Supports healthy blood lipid and cholesterol levels
- Manufactured under the strictest guidelines for quality in the industry

365 EVERYDAY VALUE® FISH OIL
- 3rd-party tested to meet IFOS (International Fish Oil Standards) specifications for concentration, stability and purity
- Molecularly distilled from deep cold water fish
- Contains no artificial colors, flavors or preservatives
- Packaged in a 100% post-consumer recycled bottle

CAN YOUR FISH OIL PASS A PURITY TEST?

365 EVERYDAY VALUE® HIGH POTENCY PROBIOTIC
- Vegetarian, enteric-coated capsule
- Supports balance in the gastrointestinal tract by releasing friendly microorganisms into the small intestine
- Shelf stable—no need to refrigerate
OUR QUALITY STANDARDS FOR SUPPLEMENTS

• We carefully evaluate each and every product we sell.

• We feature products that are free of artificial colors, flavors, sweeteners and hydrogenated oils.

• We are committed to offering research-driven dietary supplements that have a proven track record.

• We provide nutritional products that support the health and wellbeing of our customers and the environment.

• Products on our shelves are reviewed for compliance with applicable regulations.

• The highest priority of our knowledgeable and extensively trained team members is to help you make educated, informed decisions when selecting a nutritional supplement product.

CURIOUS? CONFUSED?
Ask a question and you will discover that our team members are thoroughly trained and well educated about the products we offer. They are there to help you and are pleased to guide you in making the most informed choices for your needs. They’re not doctors, though, so always check in with your healthcare practitioner!

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