

# AMINO COMPLEX - BERRY 8oz/228g

Optimize your workout results and build the lean muscle mass that boosts strength.\* The Amino Complex formula also enhances cellular energy production.\*

Amino acids are the building blocks of protein. They fuel muscle gain and other physiological functions, including enzyme production, hormone regulation, cognitive ability, neurotransmitter balance, metabolism, and energy production.\*

As we age, we lose muscle mass, which can cause other health issues, so it is important to promote the growth of lean muscle mass.\*

Of the 20 amino acids in total, nine are classified as essential amino acids (EAAs), those the body cannot produce itself. Therefore, they must be consumed through diet and supplementation to support the body's internal production of energy.\*

Thorne's Amino Complex is a comprehensive blend of essential amino acids, which is high in branched-chain amino acids (BCAAs) – a group of amino acids validated through clinical trials to promote the growth of lean muscle mass and enhance muscle strength.\*

## EAAs benefit the body in multiple ways:

Support muscle repair and recovery

Reduce muscle soreness

Increase energy production

Promote healthy blood sugar

Support cardiovascular health

Strengthen connective tissue



### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### PREGNANCY WARNING

If pregnant or nursing, do not use this product.

# AMINO COMPLEX - LEMON 8oz/228g

Optimize your workout results and build the lean muscle mass that boosts strength.\* The Amino Complex formula also enhances cellular energy production.\*

Amino acids are the building blocks of protein. They fuel muscle gain and other physiological functions, including enzyme production, hormone regulation, cognitive ability, neurotransmitter balance, metabolism, and energy production.\*

As we age, we lose muscle mass, which can cause other health issues, so it is important to promote the growth of lean muscle mass.\*

Of the 20 amino acids in total, nine are classified as essential amino acids (EAAs), those the body cannot produce itself. Therefore, they must be consumed through diet and supplementation to support the body's internal production of energy.\*

Thorne's Amino Complex is a comprehensive blend of essential amino acids, which is high in branched-chain amino acids (BCAAs) – a group of amino acids validated through clinical trials to promote the growth of lean muscle mass and enhance muscle strength.\*

## EAAs benefit the body in multiple ways:

Support muscle repair and recovery

Reduce muscle soreness

Increase energy production

Promote healthy blood sugar

Support cardiovascular health

Strengthen connective tissue



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### PREGNANCY WARNING

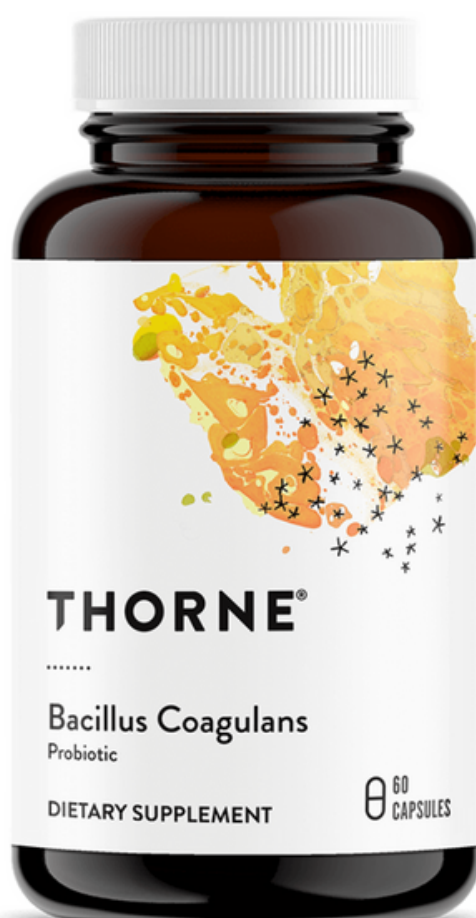
If pregnant or nursing, do not use this product.

# BACILLUS COAGULANS

The intestinal tract contains trillions of bacteria that, when a person is healthy, coexist with us in a beneficial, symbiotic relationship. The beneficial bacteria help digest food, produce vitamins, regulate the metabolism, and facilitate a normal immune response.\*

Probiotic bacteria promote a healthy intestinal environment by producing lactic acid and by secreting fatty acids that are helpful to the growth of other beneficial microorganisms.\*

Bacillus coagulans (also known as Lactobacillus sporogenes) is a lactic acid-producing bacteria that is unique in probiotic supplementation.\* While this beneficial bacteria is dormant in the bottle, it reverts to a growing bacteria in the intestines.\* As a result, it resists being killed by stomach acid; in contrast, many Lactobacillus probiotics lose much of their potency before use and do not survive their transit through the stomach.\*



#### ALLERGY WARNING

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#### PREGNANCY WARNING

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#### INTERACTIONS

There are no known adverse interactions or contraindications at publication date.

# BASIC PRENATAL 90 caps

Pre-conception, pregnancy, and nursing are critical times to optimize a mother's health and nutrition, which is important for both for mom and baby. Overall nutritional and caloric needs greatly increase during this time. However, it is often difficult for a woman to fulfill her daily nutrient needs through diet alone.

Thorne's Basic Prenatal is specifically formulated with the special needs of conception, pregnancy, and breastfeeding in mind\* Our formula contains well-absorbed, tissue-ready vitamins and minerals that are gentle on the stomach and non-constipating.\*

## Benefits of Thorne's Basic Prenatal at each stage:

### Pre-Conception

- Daily multi-vitamin/mineral support for a woman of childbearing age.
- Provides beneficial nutrients that are important from the moment of conception.

### First Trimester

- Folate facilitates healthy brain and spinal cord development.\* Basic Prenatal includes the bioactive form of folate – 5-MTHF.
- Vitamins C, B6, and K have been shown to benefit "morning sickness."\*\*
- Choline supports development of baby's brain and nervous system.\*

### Second Trimester

- Contains the well-absorbed and well-researched iron bisglycinate to meet a pregnant woman's increased need for iron.

### Third Trimester

- Provides the extra nutrients needed for continued healthy foetal development and to prepare mom and baby for birth\*

### After Pregnancy through Nursing

- Nutritional support for increased demand for calcium and vitamin D in the diet.

#### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients. Iodine may occasionally cause an allergic reaction in some individuals.

#### PREGNANCY

If pregnant, consult your health professional before using this product.

#### INTERACTIONS

As vitamin K interferes with the effect of anticoagulant drugs (like Coumadin), the concurrent use of these agents should be avoided. 5-methyltetrahydrofolate (5-MTHF) supplementation is not recommended concurrent with methotrexate cancer therapy, as it can interfere with methotrexate's anti-neoplastic activity; however, this folate source has not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.

#### ADDITIONAL WARNINGS

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control centre immediately.

Vitamin C can cause diarrhea in some individuals in large doses, which can vary from person to person and resolves when the amount is reduced.



# CATALYTE® 11.01oz/312g

Optimal electrolyte balance supports performance before, during, and after high intensity activities. Maintaining proper electrolyte balance helps you push your body to the limits, so you can train harder and longer. With its unique formulation, Catalyte helps you restore electrolyte balance.\* The electrolyte mix is designed to replenish the micronutrients lost through sweat during exercise and athletic performance. Studies suggest that an amino acid-electrolyte formula can better increase cellular rehydration compared to formulas without amino acids.\* The blend of electrolytes and micronutrients includes taurine, a conditionally essential amino acid that supports rehydration at the cellular level.\* Catalyte is low in calories and is perfect before, during, and after a workout. Simply mix one scoop with water.

Because an athlete needs to know that his or her supplements are trustworthy and compliant, every batch of an NSF Certified for Sport® product is tested for compliance with label claims and to ensure the absence of more than 200 substances banned by many major athletic organizations, including stimulants, narcotics, steroids, diuretics, beta-2 agonists, and masking agents.

## **Benefits of Thorne's Catalyte include:**

**Balanced electrolytes helps fight fatigue**

**Promotes calorie control**

**Helps fuel your muscles and brain**

**Potassium promotes fast recovery and helps reduce cramps**

**Replenishes minerals in the body that are lost during high intensity activity**

**Taurine promotes cellular hydration which supports performance and recovery**



## **ALLERGY WARNING**

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

## **PREGNANCY**

If pregnant, consult your health professional before using this product.

## **INTERACTIONS/CONTRAINDICATIONS**

5-methyltetrahydrofolate (5-MTHF) supplementation is not recommended concurrent with methotrexate cancer therapy, as it can interfere with methotrexate's anti-neoplastic activity; however, this folate source has not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.

# CREATINE 16oz/450g

Creatine is an amino acid found mostly in your muscles and in the brain. It's naturally produced in the body from other amino acids. Creatine is also found in foods like meats, eggs, and fish. It plays a vital role in the body's production of cellular energy by helping to make ATP, a molecule needed for intense exercise, as well as for supplying the energy to pump your heart and power your brain. \*

## **Benefits of Thorne's Creatine Monohydrate Powder:**

**Balanced electrolytes helps fight fatigue**

**Promotes calorie control**

**Helps fuel your muscles and brain**

**Potassium promotes fast recovery and helps reduce cramps**

**Replenishes minerals in the body that are lost during high intensity activity**

**Taurine promotes cellular hydration which supports performance and recovery**



### **ALLERGY WARNING**

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### **PREGNANCY**

If pregnant, consult your health professional before using this product.

### **INTERACTIONS**

There are no known adverse interactions or contraindications at publication date.

# CURCUMIN PHYTOSOME (FORMERLY MERIVA)

60 caps

Turmeric is widely studied for its health-promoting properties. It has been used in Traditional Chinese Medicine, as well as Ayurvedic medicine, for more than 2,000 years. Curcumin is turmeric's most active component and provides numerous health benefits, including support for joint function and mobility, liver and gut health, cardiovascular function. Curcumin is also a potent antioxidant.\*

Because curcumin supports a healthy inflammatory response it is beneficial for anyone experiencing the bodily discomforts of life.\* Curcumin can provide relief for overused muscles and joints.\* In addition, maintaining a healthy inflammatory response is essential to healthy joints, muscles, brain, eyes, and blood lipids.\* Thorne's Curcumin Phytosome, as Meriva, is the most clinically-studied curcumin on the market and, as a phytosome complex it provides superior absorption over other curcumin extracts. A human study demonstrated 29-times greater absorption of Meriva than ordinary curcumin.

## **Benefits of Thorne's Curcumin Phytosome:**

### **Joint Stiffness and Muscle Soreness:**

- Reduces joint stiffness\*
- Promotes flexibility\*
- Provide relief from minor aches and muscle soreness\*
- Protects muscles against exercise stress and helps reduce delayed onset muscle soreness\*
- May reduce muscle injury from training or exertion\*
- Helps protect muscle tissue from the effects of chronological age\*

### **Healthy inflammatory response:**

- Helps maintain a balanced inflammatory response throughout the body, including in the joints, muscles, GI tract, liver, brain, eyes, and nerves\*

### **Liver Support:**

- Promotes healthy cholesterol metabolism and up-regulation of liver enzymes\*
- Supports maintenance of normal blood sugar\*

## **Features of Thorne's Curcumin Phytosome:**

- The most clinically studied curcumin on the market with 29-times greater absorption than ordinary curcumin.
- More than 30 clinical trials using the curcumin phytosome, Meriva.

#### **ALLERGY WARNING**

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

#### **PREGNANCY**

If pregnant, consult your health professional before using this product.

#### **INTERACTIONS**

Curcumin has been shown to reduce the therapeutic efficacy of cyclophosphamide (Cytoxan) in animal studies. In vitro research revealed that curcumin decreased camptothecin-induced death of cultured breast cancer cells. Curcumin might also interfere with the absorption and efficacy of the chemotherapy drug irinotecan, used to treat colon cancer. The concurrent use of curcumin with these agents should be avoided.



# CURCUMIN PHYTOSOME -NSF CERTIFIED FOR SPORT 60 caps

Turmeric is widely studied for its health-promoting properties. It has been used in Traditional Chinese Medicine, as well as Ayurvedic medicine, for more than 2,000 years. Curcumin is turmeric's most active component and provides numerous health benefits, including support for joint function and mobility, liver and gut health, cardiovascular function. Curcumin is also a potent antioxidant.\*

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Because an athlete needs to know that his or her supplements are trustworthy and compliant, every batch of an NSF Certified for Sport® product is tested for compliance with label claims and to ensure the absence of more than 200 substances banned by many major athletic organizations, including stimulants, narcotics, steroids, diuretics, beta-2 agonists, and masking agents.

## **Benefits of Thorne's Curcumin Phytosome:**

### **Joint Stiffness and Muscle Soreness:**

- Reduces joint stiffness\*
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- Helps protect muscle tissue from the effects of chronological age\*

### **Healthy inflammatory response:**

- Helps maintain a balanced inflammatory response throughout the body, including in the joints, muscles, GI tract, liver, brain, eyes, and nerves\*

### **Liver Support:**

- Promotes healthy cholesterol metabolism and up-regulation of liver enzymes\*
- Supports maintenance of normal blood sugar\*

## **Features of Thorne's Curcumin Phytosome:**

- The most clinically studied curcumin on the market with 29-times greater absorption than ordinary curcumin.
- More than 30 clinical trials using the curcumin phytosome, Meriva.





# ENTEROMEND® 5.9oz/168g

EnteroMend® combines the mucosa-protective effects of L-glutamine with highly absorbable botanical complexes to provide a unique amino acid/botanical formula that supports overall intestinal health.\* Meriva® and Casperome® (curcumin and Boswellia phytosomes for enhanced absorption) help maintain a healthy inflammatory response in the GI tract.\* DaltonMax 700®, a unique aloe extract with 200:1-potency, soothes intestinal mucus membranes.\* Sunfiber® promotes healthy gut flora, normal butyrate levels, and bowel regularity.\* L-glutamine is present to decrease intestinal permeability.\* EnteroMend is a great-tasting orange-vanilla flavoured powder and is easy to mix in water or a beverage of choice.

Boswellia phytosome (Casperome®) is a unique Boswellia extract bound to phosphatidylcholine for enhanced absorption.\* A study comparing Casperome to the same boswellia extract not complexed with phosphatidylcholine found 7-fold higher plasma levels of 11-keto- $\beta$ -boswellic acid and 3-fold higher plasma levels of  $\beta$ -boswellic acid with consumption of the Boswellia phytosome.\*

Curcumin phytosome (Meriva®) is a unique curcumin extract also bound to phosphatidylcholine to significantly enhance the curcumin's absorption.\* A randomized crossover study compared plasma levels of curcuminoids from curcumin complexed with phosphatidylcholine (Meriva) to a non-complexed curcumin. The total plasma curcuminoid level was 29 times higher in the Meriva group than the non-complexed curcumin group.\*

In an animal study, curcumin phytosome (Meriva) exerted a relaxant effect on the muscles of the ileum and the colon.\* Curcumin has been shown to help maintain normal neurotransmitter levels to support healthy GI function.\*

Aloe vera (DaltonMax 700®) is a unique, 200:1-potency aloe extract with no laxative effect.\* Organic DaltonMax 700 is taken from the inner gel of the aloe plant and does not contain portions of the aloe plant that cause gastric upset or have a laxative effect. It's solvent-free, and its low-heat dehydration preserves its bioactive ingredients. Research supports aloe vera's GI protective effects.\*

Partially Hydrolysed Guar Gum (PHGG) - Sunfiber® - is included because the short-chain fatty acid butyric acid is the primary fuel for the colonocytes in the large intestine and it's produced in the colon by the fermentation of fibre, particularly from guar gum. Butyric acid is essential to help maintain healthy colonic structure and function.\*

In a study comparing PHGG to wheat bran, both substances significantly improved bowel habits in individuals who had less than ideal GI health, although patient preference and fewer side effects were reported for PHGG.\* Another PHGG study reported improved quality of life in a similar patient population.\*

L-glutamine, in addition to being the main fuel for the enterocytes in the small intestine, also joins butyric acid as a fuel source for the colonocytes lining the colon.\* Similar to the small intestine, the large intestine can become hyperpermeable, and L-glutamine has been shown to ameliorate gut barrier dysfunction in the colonic epithelium.\*

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#### ALLERGY WARNING

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#### PREGNANCY

If pregnant, consult your health professional before using this product

#### INTERACTIONS

Curcumin has been shown to reduce the therapeutic efficacy of cyclophosphamide (Cytoxan) in animal studies. In vitro research revealed that curcumin decreased camptothecin-induced death of cultured breast cancer cells. Curcumin might also interfere with the absorption and efficacy of the chemotherapy drug irinotecan, used to treat colon cancer. The concurrent use of curcumin with these agents should be avoided.



# FIBERMEND® 11.6oz/330g

The well-tolerated prebiotic fibre formula in FiberMend stimulates the growth of beneficial bacteria in the GI tract that support a healthy digestive system and balanced GI microbiota.\* The soluble fibre blend is well tolerated and produces little to no bloating, cramping or gas.\*

**FiberMend contains plant-based, water-soluble fibre for a formula that:**

**Mixes easily in water or a preferred beverage**

**Enhances satiety\* (to keep you feeling fuller, longer)**

**Helps maintain healthy blood sugar levels\***

**Is well tolerated: no bloating, cramping, or gas production\***

**Promotes regularity and optimal digestive function\***

**Doesn't contain sweeteners**

**Is flavourless and odorless for easy addition to foods/beverages**

**Can be used daily**



FiberMend combines Sunfiber® – a partially hydrolysed guar gum fibre – with rice bran, larch arabinogalactan, apple pectin, and green tea phytosome in a water-soluble blend.

Sunfiber is a soluble dietary fibre that is easily added to a wide variety of foods, beverages, and supplements. Because it doesn't change the flavour of the product to which it is added, Sunfiber is an easy way to increase fibre in the diet.

Guar gum is a water-soluble carbohydrate derived from the seeds of the guar plant. The guar gum fibre in FiberMend is hydrolysed, so it dissolves more readily and improves its digestibility without sacrificing fibre content. The result is less bloating, cramping, or gas.\*

Larch arabinogalactan, also an excellent source of fibre, possesses important properties that benefit immune function.\*

Green tea phytosome is a highly absorbable complex of green tea polyphenols and phospholipids that are powerful antioxidants and support healthy prebiotic activity.\*

#### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

#### PREGNANCY

If pregnant, consult your health professional before using this product.

#### INTERACTIONS

There are no known adverse interactions or contraindications at publication date.

# MAGNESIUM BISGLYCINATE 6.5 oz/187g

The mineral magnesium is crucial for the body to function properly because magnesium is involved in more than 600 of the body's enzymatic reactions.\* According to World Health Organization statistics, as many as 75 percent of U.S. adults do not meet the U.S. Food and Drug Administration's Recommended Daily Intake of 420 mg of magnesium. Magnesium deficiency can manifest in many ways, such as inefficient blood sugar metabolism, muscle cramps or soreness, eyelid twitching, fatigue, and poor sleep.\*

Because athletes need to know their supplements are trustworthy, every batch of an NSF Certified for Sport® product is tested for compliance with label claims and to ensure the absence of more than 200 substances banned by many major athletic organizations.

## Why is magnesium important?

- Magnesium is essential for the health of the heart and blood vessels, brain, bones, muscles, and lungs, and to support healthy blood sugar\*
- Promotes bronchial relaxation\*
- It's an essential mineral for electrical activity of the heart, which supports healthy heart rate and rhythm\*
- Helps relax smooth and skeletal muscle\*
- Promotes the dilation of blood vessels (vasodilation), which supports normal blood pressure and enhances blood flow\*
- Supports insulin sensitivity for healthy blood sugar\*
- Is a cofactor for enzymes involved in cellular energy production\*

## Benefits of Thorne's Magnesium Bisglycinate:

- Magnesium Bisglycinate is a great-tasting powder that can be mixed with water, juice, or with another powdered supplement.
- The compound magnesium bisglycinate is also called magnesium glycinate; however, because it has two glycine molecules attached, it is more accurately called "bisglycinate" (bis = two). The bisglycinate form has superior absorption because of increased solubility.\*
- Decreased laxative effect compared to other magnesium formulations because the bisglycinate form is a true chelate that completely envelopes the magnesium.\*
- Glycine is a neurotransmitter that promotes relaxation and stress reduction in the body – making Magnesium Bisglycinate a good choice for pre-bedtime supplementation to support restful sleep.\*

### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### PREGNANCY

If pregnant, consult your health professional before using this product.

### INTERACTIONS

There are no known adverse interactions or contraindications at publication date.

### ADDITIONAL WARNINGS

Gas, bloating, or diarrhea may occur in some individuals taking magnesium supplements. This can occur at varying amounts depending on the individual and resolves when the amount is reduced.



# MELATON-3™ (60caps)

Thorne's Melaton-3 is NSF Certified for Sport®. Thorne offers melatonin in both 3 mg (Melatonin-3) and 5 mg (Melatonin-5) capsules. Melatonin, the primary hormone of the pineal gland, is a powerful "chronobiotic" that helps maintain the body's normal circadian rhythms.\* In individuals who have difficulty sleeping or who have altered circadian rhythms because of jet lag or night shift work, melatonin supplementation promotes the resynchronization of this cycle.\* Supplementation can also benefit those whose difficulty sleeping is caused by the aging-related decrease in the body's ability to synthesize melatonin from the amino acid tryptophan.\* Research indicates melatonin exerts its sleep-promoting efficacy by decreasing the amount of time needed to fall asleep, by promoting the ability to stay asleep, and by enhancing the depth of sleep.\*

Melatonin administration from 0.3 mg to 5.0 mg has been shown to exert a sedative-like effect.\* When supplemented prior to the onset of the body's normal melatonin secretion, even a low amount of melatonin can promote sleep.\* Melatonin apparently enhances the effect of gamma-aminobutyric acid (GABA) via direct interaction with GABA receptors, thus resulting in relaxation.\* Thorne's Melaton-3 supplies three mg of melatonin in each capsule, and Melaton-5 supplies 5 mg per capsule and is used when a higher amount of melatonin is desired. Melatonin also has significant antioxidant activity.\* Adequate melatonin levels have been reported to be a positive factor in cardiovascular, neuroendocrine, GI, and bone health.\*

Because an athlete needs to know that his or her supplements are trustworthy and compliant, every batch of an NSF Certified for Sport® product is tested for compliance with label claims and to ensure the absence of more than 200 substances banned by many major athletic organizations, including stimulants, narcotics, steroids, diuretics, beta-2 agonists, and masking agents.

#### ALLERGY WARNING

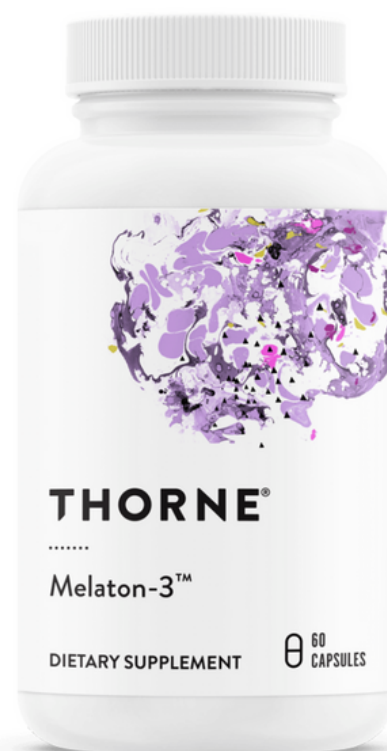
This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

#### PREGNANCY WARNING

If pregnant or nursing, do not use this product.

#### INTERACTIONS

Because melatonin may potentiate the effect of blood-thinning medications, Melaton-3 should be used with caution or avoided in individuals on anticoagulant therapy or prior to surgery.



# MULTI-VITAMIN ELITE - NSF CERTIFIED FOR SPORT

Thorne's Multi-Vitamin Elite is NSF Certified for Sport®. It provides active individuals who have high-performance nutritional regimens with essential nutrients in two complementary formulas.\*

Both formulas contain a full complement of vitamins and minerals in their most absorbable forms.\* Vitamin D promotes strong bones and healthy immune function.\* B vitamins support heart, blood vessel, and nerve health.\* Vitamins K1 and K2 contribute to bone and blood vessel health.\*

Because an athlete needs to know that his or her nutritional supplements are trustworthy and compliant, all batches of NSF Certified for Sport® products are tested for compliance with label claims and to ensure the absence of more than 200 substances – including stimulants, narcotics, steroids, diuretics, beta-2 agonists, and masking agents – banned by many major athletic organizations.

## AM Formula: Promotes energy production\*

- Contains two specially formulated phytosomes: Meriva® and green tea
- Meriva provides relief from occasional joint and muscle soreness\*
- Meriva supports a healthy inflammatory balance and joint mobility\*
- Green tea phytosome promotes fat burning\*
- Flavonoids in green tea promote cellular energy production\*
- Both curcumin and green tea have significant antioxidant properties that support healthy aging\*

## PM Formula: Enhances rest and recovery\*

- Contains Relora®, a proprietary blend of Magnolia and Phellodendron extracts
- Relora down-regulates evening cortisol levels that can cause anxious feelings and interfere with weight management efforts\*
- Relora has been shown to curb late-night cravings and, coupled with the extra magnesium, supports restful sleep\*
- In one trial, athletes who took Multi-Vitamin Elite P.M. fell asleep faster and achieved better sleep quality\*



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# OMEGA-3 WITH COQ10 90 gelcaps

Thorne's Omega-3 with CoQ10 contains the two most vital omega-3 fatty acids from fish – EPA and DHA – combined with Coenzyme Q10 (CoQ10) for synergistic support and enhanced absorption.\*

## Benefits of Omega-3 with CoQ10:

- Promotes cardiovascular health – supports healthy blood vessel function and blood flow, helps maintain already normal levels of cholesterol and triglycerides\*
- Enhances cellular energy production\*
- Helps protect against oxidative stress\*
- Supports a healthy inflammatory response\*
- Helps maintain healthy brain function\*
- Promotes healthy kidney function - supports vascular tissues and blood flow, protects against oxidative stress, and helps maintain a healthy inflammatory response.

## Omega-3 with CoQ10 features:

- Highest quality, purest fish oil available from sustainably sourced cold-water fish
- Molecular distillation removes contaminants, including PCBs and heavy metals.
- CoQ10 with fish oil to benefit absorption.



#### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

The omega-3 fatty acids in Omega-3 w/ CoQ10 are derived from fish.

#### PREGNANCY

If pregnant, consult your health professional before using this product.

#### INTERACTIONS

There are no known adverse interactions or contraindications at publication date.

# PHARMAGABA-250 60 caps

Gamma-aminobutyric acid (GABA) is a major calming brain chemical or neurotransmitter.\* Clinical studies show that the natural form of GABA that is in Thorne's PharmaGABA can decrease the brain's stress-related beta waves and increase the production of its alpha-waves, creating a profound sense of physical relaxation while maintaining mental focus.\* Other studies have shown reduced pupil diameter, heart rate, and two natural biomarkers of stress – salivary cortisol and chromogranin A – all signs of relaxation.\* In addition, studies also indicate GABA can enhance sleep.\* In a head-to-head, double-blind trial of natural PharmaGABA versus synthetic GABA, the synthetic GABA did not demonstrate these positive effects.\* PharmaGABA-250 offers 250 mg of natural GABA per capsule, while PharmaGABA-100 offers 100 mg per capsule. Both are non-habit forming.

In a recent study of the effect of nutrient supplementation on muscle mass, 21 males, average age 39, who did not exercise regularly, were given 10 grams of whey protein or 10 grams of whey protein plus 100 mg of PharmaGABA daily for 12 weeks. Both groups participated in twice weekly 60-minute strength training sessions that consisted of leg presses, leg extensions, leg curls, chest presses, and pull-downs. Total body lean muscle mass increased significantly in the whey protein-plus-PharmaGABA group compared to the whey-only group.\*

The natural GABA in Thorne's PharmaGABA suite is produced via a fermentation process that utilizes *Lactobacillus hilgardii*, the same bacteria that is used to ferment cabbage in the preparation of the traditional Korean dish known as kimchi.



#### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

#### PREGNANCY WARNING

If pregnant, nursing, or trying to conceive do not use this product.

#### INTERACTIONS

There are no known adverse interactions or contraindications at publication date.

# PREBIOTIC + (30 discs)

Prebiotic + is a unique blend of gut health ingredients that supports your digestive health and immune function.\* Unlike traditional fibre-based prebiotic formulas, which can cause gas and bloating and often take days to begin working, Prebiotic + goes to work in hours and does not cause excess gas and bloating.\*

Benefits of Thorne's Prebiotic +:

- Promotes and nourishes the "good" bacteria in your gut\*
- Supports a balanced microflora that keeps your gut happy and healthy\*
- Supports healthy metabolic processes\*
- Promotes urinary tract health\*
- Each dissolvable disc mixes easily in water or your preferred beverage
- Good digestion and a normal blood sugar level are promoted by the polyphenol blend\*

A deeper look at the ingredients in Thorne's Prebiotic +:

PreforPro®

A novel bacteriophage prebiotic that supports the creation of beneficial bacteria inside the gut.\*

Benefits of PreforPro:

- Within just hours of being consumed, PreforPro begins to destabilize the cell walls of the undesirable bacteria species that reside in your gut\*
- The destabilized undesirable bacteria can then be consumed by the good bacteria\*
- Good bacteria are nourished and able to flourish \*

## Polyphenols

Polyphenols are compounds naturally found in fruits, vegetables, grains, herbs, and spices that offer a multitude of health benefits. The highly absorbable forms of green tea, pomegranate, and elderberry extracts in Prebiotic + help modify the microbial makeup in your gut, which allows the gut's beneficial bacteria to thrive.\*

## Benefits of polyphenols include:

- Promote an optimized gut microbiome\*
- Support good digestion by promoting normal gut barrier function\* (impaired gut barrier function is involved in multiple digestive dysfunctions)
- Activate the production of beneficial short-chain fatty acids\*
- Support intestinal immune function and help maintain a healthy inflammatory response\*
- Polyphenols, as potent antioxidants, combat the physical stressors of cells and thus promote healthy aging\*
- Promote healthy brain function\*
- Support a positive mood\*
- Help maintain a normal blood sugar level\*
- Promote healthy metabolism, thus helping to maintain a healthy weight\*

## How does the dissolvable disc work?

Prebiotic + is delivered in an easy-to-use dissolvable supplement disc. Just drop a disc into water or a preferred liquid and create a delicious, efficacious beverage. Use water to boost hydration or stir the disc into yogurt for a double dose of gut-healthy compounds. Prebiotic + is a portable, easy-to-use, and fuss-free solution to enhance gut health.\*

## Sustainable Solution:

Thorne is committed to a healthier future – and that means looking after not just personal health, but also the health of our planet. That is why we have prioritized sustainability in making our dissolvable discs.

- Packaging is made from recycled materials.
- Carton material is certified by the Sustainable Forestry Initiative
- Our dissolvable discs use one-third of the water and emits 53-percent less greenhouse gases per 8-ounce serving compared to the plastic bottles used in functional beverages.





# PRENATAL DHA 60 Gelcaps

DHA is an omega-3 fatty acid that is essential for the development of a healthy brain, as well as nerves and eyes.\* DHA is especially important for healthy foetal and infant development, accumulating in a baby's developing brain primarily during the third trimester of pregnancy through the first two years of life.\* DHA supports a healthy pregnancy as well.\* Although the body can make some DHA, its conversion rate is low, so most DHA needs to be consumed in the diet. The primary dietary sources of DHA – fatty, cold-water fish – aren't heavily consumed in a western diet, so an omega-3 nutritional supplement can help a mother reach an optimal DHA level.

## Benefits of Thorne's Prenatal DHA:

- Provides nutritional support for a healthy pregnancy\*
- Supports memory and mood – before, during, and after pregnancy\*
- Promotes normal foetal brain and nervous system development\*
- Supports metabolism by helping to maintain a healthy insulin response\*
- Promotes DHA levels in breast milk to support baby's growth and development\*
- Supports immune function\*
- Helps maintain a healthy inflammatory response\*
- Promotes healthy heart function\*

## Features of Thorne's Prenatal DHA:

- Provides 650 mg of DHA and 200 mg of EPA per serving.
- Rosemary, mint, and mixed tocopherols help reduce fish burps and are gentle on the stomach for mothers who experience pregnancy-related nausea\*
- The easy-to-take gelcaps are smaller than most omega-3 supplements.
- Tested for more than 250 environmental contaminants, including heavy metals, pesticides, dioxins, and PCBs.

## DHA by the numbers:

- Approximately 60 percent of a healthy brain is comprised of fat.
- DHA accounts for more than 90 percent of the fatty acids in the brain.
- DHA accounts for more than 90 percent of the fatty acids in the retina.
- Two lobes of the brain – frontal and prefrontal – rely heavily on DHA and are responsible for the ability to learn, problem solve, focus attention, and maintaining a positive mood.\*
- Average daily U.S. adult intake of DHA and EPA is only 90 mg; and only 40 mg in children and teenagers.
- Most researchers recommend a minimum of 500 mg DHA + EPA daily.

### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

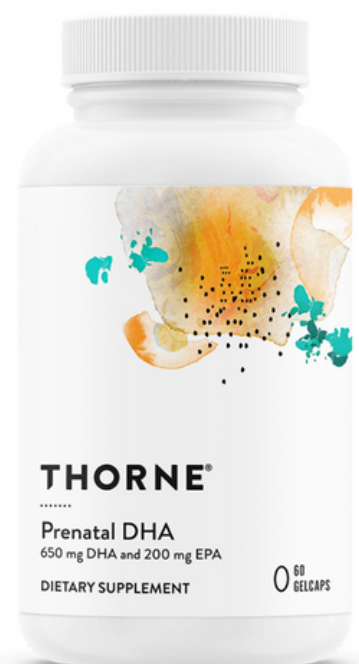
The omega-3 fatty acids in Prenatal DHA are derived from fish and/or shellfish.

### PREGNANCY

If pregnant, consult your health professional before using this product.

### INTERACTIONS

There are no known adverse interactions or contraindications at publication date.



# RECOVERYPRO® 16.7oz/474g

Elite athletes, high school athletes, and weekend warriors all have one thing in common – the need to fully recover, so they can be ready for tomorrow’s training. Thorne’s RecoveryPro helps moderate stress and encourages restful sleep while optimizing night-time muscle recovery.\*

## Benefits of RecoveryPro:

- Contains 13 grams of whey protein to promote muscle repair\*
- Night-time consumption has been clinically studied for moderating stress, improving morning alertness, and supporting memory\*
- Tryptophan and magnesium bisglycinate promote restful sleep\*
- High in cysteine, an amino acid linked to improvements in athletic performance\*
- Great source of branched-chain amino acids that promote muscle repair\*
- PharmaGABA is a natural source of GABA, a calming brain neurotransmitter that acts like a brake during times of stress\*
- Magnesium bisglycinate has been shown to relax both smooth muscle and skeletal muscle\*

Because every elite athlete needs to know that his or her nutritional supplements are trustworthy and compliant, every batch of an NSF Certified for Sport® supplement is tested for compliance with label claims and to verify the absence of the more than 200 substances – such as stimulants, narcotics, steroids, diuretics, beta-2 agonists, and masking agents – banned by many major athletic organizations.



### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients. This product contains ingredients derived from milk (Hydrolysed Whey Protein Concentrate, Lactose and Sodium Caseinate) and from soy (Lecithin).

### PREGNANCY WARNING

If pregnant, nursing, or trying to conceive, do not use this product.

### INTERACTIONS

There are no known adverse interactions or contraindications at publication date.

# B-COMPLEX #12 60 caps

B-Complex #12 offers a complete vitamin B complex, with added vitamin B-12 and folate. Supplementing with the active forms of the B vitamins is extremely important to everyone, especially individuals who might not be able to convert non-active B vitamins to their active forms in the liver because of compromised liver function, poorly functioning enzymes, digestive disorders, or increasing age.\* Vitamin B12 and folate are necessary for normal red blood cell formation, tissue and cellular repair, normal methylation and homocysteine metabolism, and DNA synthesis.\* Thorne's B-Complex #12 supplies the active form of vitamin B12 – methylcobalamin – as well as the active form of folate – 5-MTHF. The other bioactive forms of the B vitamins in each capsule ensures you will get the most bioavailable vitamin B complex available.\* B-Complex #12 is not derived from yeast.

Most of the B vitamins, with the exception of vitamin B12, are not stored in the body; consequently, they must be acquired daily from the diet in order to maintain optimal health.\*

Vitamin B12 deficiency can be manifest with varying degrees of mental changes, such as confusion and irritability.\* Certain prescription medications (for seizures, diabetes, arthritis, and cancer) can cause a deficiency of these important vitamins. The incidence of vitamin B12 and/or folate deficiency is high among the elderly. Pregnant women require an increased amount of folate for proper foetal development.\* A woman who has a folate deficiency prior to pregnancy can expect that deficiency to be intensified during pregnancy.

B Complex #12 includes eight water-soluble B vitamins: thiamine (vitamin B1); riboflavin/riboflavin 5'-phosphate (vitamin B2); niacinamide (vitamin B3); pantothenic acid (vitamin B5); pyridoxine/pyridoxal 5'-phosphate (vitamin B6); methylcobalamin (vitamin B12); 5-MTHF (folate); and biotin; plus choline. Although each B vitamin is chemically distinct, they often work synergistically in various biochemical functions throughout the body – from cellular energy production, to healthy red blood cell formation, to healthy neurological function.\*

A nutritional supplement that contains these active cofactors has enhanced bioavailability, ensuring the body gets the nutrients it needs.\*

#### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

#### PREGNANCY WARNING

If pregnant, consult your health professional before using this product.

#### INTERACTIONS/CONTRAINDICATIONS

5-methyltetrahydrofolate (5-MTHF) supplementation is not recommended concurrent with methotrexate cancer therapy, as it can interfere with methotrexate's anti-neoplastic activity; however, this folate source has not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.



# STRESS BALANCE 60caps

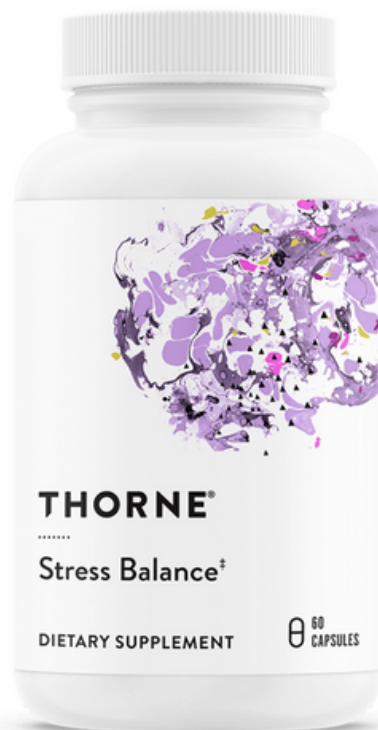
The constant low-level daily stress most of us experience can overstimulate and overtax the adrenal glands, thus adversely affecting our immune, cardiovascular, neurological, and endocrine systems. Thorne's Stress Balance helps to modulate the effects of a modern lifestyle.\* Its unique combination of key adaptogen botanicals, B vitamins, vitamin C, and zinc helps the adrenal glands optimize their response to stress.\*

## Benefits of Stress Balance:

- Improves the body's resilience to stress with adaptogen botanicals\*
- Enhances energy production to resist stress-related fatigue\*
- Promotes a healthy cortisol response to stress\*
- Helps maintain a positive mood\*
- Supports healthy immune function during times of stress\*

## Stress Balance Features:

- Non-glandular formula
- Contains well-known adaptogen botanicals.
- Includes KSM-66® – the highest concentration, full-spectrum ashwagandha extract on the market.
- Vitamin C, zinc, and the active forms of B vitamins support optimal adrenal function\*
- Ginger helps increase the absorption of other nutrients\*



### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### PREGNANCY WARNING

If pregnant, nursing, or trying to conceive, do not use this product.

### INTERACTIONS

Because of the blood-thinning effects of ginger, Stress Balance should be used with caution or avoided in an individual on anticoagulant therapy.

### ADDITIONAL WARNINGS

Vitamin C can cause diarrhea in some individuals in large doses, which can vary from person to person and resolves when the amount is reduced.

# VITAMIN D-5,000 - NSF CERTIFIED FOR SPORT

60caps

Thorne's D-5,000 contains 5,000 IU of high-quality vitamin D3 and is NSF Certified for Sport®. Although it is well known that direct sunlight is a natural source of vitamin D, many individuals, especially the elderly, don't get enough vitamin D from sunlight or from their diet. Be sure you get the vitamin D your body needs with Thorne's easily absorbed Vitamin D-5,000.

## Benefits of Thorne's Vitamin D-5000:

- Supports healthy teeth and bones\*
- Promotes lean muscle mass and helps maintain muscle strength\*
- Enhances the absorption and retention of calcium\*
- Supports healthy brain function\*
- Promotes cardiovascular health and immune function\*
- Formulated with vitamin D3, a more potent and better absorbed form than vitamin D2.
- Thorne's vitamin D contains no lactose and no preservatives like BHT, BHA, sodium benzoate, and sorbic acid.

## You could be at a higher risk of a vitamin D deficiency if you:

- Rarely go outdoors, live in the northern latitudes, or have a darker skin tone.
- Have limited sun exposure due to your occupation, clothing choices, or engage in indoor athletics rather than outdoor sports.
- Regularly wear sunscreen with an SPF greater than 8
- Are an older adult (the risk of a deficiency increases with age beginning at age 50)
- Have a chronic health condition, such as a bowel disease or a surgical procedure (like gastric bypass) that decreases fat absorption.
- Are obese.

The optimal amount of vitamin D for an individual depends on many factors and varies from person to person. Therefore, the requirement for vitamin D supplementation should be individualized. Either of Thorne's D-1,000 or D-5,000 can be an ideal way to maintain an optimal level of vitamin D in healthy individuals.\*

Because an athlete needs to know that his or her supplements are trustworthy and compliant, every batch of an NSF Certified for Sport® product is tested for compliance with label claims and to ensure the absence of more than 200 substances banned by many major athletic organizations, including stimulants, narcotics, steroids, diuretics, beta-2 agonists, and masking agents.



### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### PREGNANCY

If pregnant, consult your health professional before using this product.

### INTERACTIONS

There are no known adverse interactions or contraindications at publication date.

# STRESS B-COMPLEX 60 caps

Thorne's Stress B-Complex is an essential choice for individuals seeking nutritional support for an overstressed lifestyle. The nutrients in Stress B-Complex work synergistically throughout the body to promote cellular energy production, healthy red blood cell formation, cognitive function, and mood.\* The extra vitamin B5 (pantothenic acid), an important nutrient for healthy adrenal, nervous system, and immune function,\* complements the optimal balance of eight essential B vitamins plus choline.

## Benefits of Thorne's Stress B-Complex:

- A healthy cortisol response to stress is supported by 250 mg of pantothenic acid (vitamin B5) per serving \*
- Carbohydrate, protein, and fat metabolism is promoted by the enhanced production of coenzyme A with the addition of vitamin B5\*
- Enhanced cellular energy production helps fight stress-related fatigue\*
- Normal neurotransmitter production supports a balanced mood\*

## Features of Thorne's Stress B-Complex:

- B vitamins in their active, tissue-ready forms means your body gets the highest benefit with the least additional work\*
- The methylated forms of B12 and folate (5-MTHF) benefit individuals with certain gene mutations\*
- Choline promotes healthy brain and nervous system function\*
- Stress B-Complex is not derived from yeast.



### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

### PREGNANCY

If pregnant, consult your health professional before using this product.

### INTERACTIONS

5-methyltetrahydrofolate (5-MTHF) supplementation is not recommended concurrent with methotrexate cancer therapy, as it can interfere with methotrexate's anti-neoplastic activity; however, this folate source has not been shown to interfere with the anti-inflammatory activity of methotrexate. An individual taking methotrexate for psoriasis or rheumatoid arthritis can safely take a supplement containing folate.

# SUPER EPA - NSF CERTIFIED FOR SPORT 90caps

Thorne's Super EPA provides the highest quality, purest fish oil available from sustainably sourced, cold-water fish. Super EPA contains two vital omega-3 fatty acids – EPA and DHA – important throughout adulthood, as well as during periods of increased brain growth that characterize prenatal and postnatal development.\*

## Benefits of Super EPA:

- Support for a healthy cardiovascular system – supports the health of blood vessels to promote optimal blood flow and helps maintain already normal triglyceride and cholesterol levels\*
- Promotes a healthy inflammatory response in joints and muscles\*
- Supports immune function\*
- Nutritional support for development and maintenance of healthy brain function\*
- Supports memory and mood\*
- Promotes healthy skin\*
- Helpful for weight management by promoting a healthy insulin response\*

## Beneficial for athletes:

- Omega-3 fatty acids support healthy joints and muscles by balancing the post-workout inflammatory response\*
- Promotes good circulation and blood flow\*
- Plays a role in down-regulating oxidative stress by supporting production of the body's own antioxidant enzymes\*
- NSF Certified for Sport®

## Features of Super EPA:

- A best-selling product for more than two decades
- Molecular distillation removes contaminants, including PCBs and heavy metals.
- An excellent balance of EPA and DHA
  - 425 mg EPA and 270 mg DHA per gelcap

Because athletes need to know their supplements are trustworthy and compliant, every batch of an NSF Certified for Sport® product is tested for compliance with label claims and to ensure the absence of more than 200 substances banned by many major athletic organizations.

### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

The omega-3 fatty acids in Super EPA are derived from fish.

### PREGNANCY

If pregnant, consult your health professional before using this product.

### INTERACTIONS

There are no known adverse interactions or contraindications at publication date.



# VEGANPRO COMPLEX® - CHOCOLATE

1.72lb/784g

An all-in-one formula that goes all in for your health. VeganPro Complex provides 20 grams of sustainably sourced vegan protein per serving, along with a complete multi-vitamin/mineral complex, and additional cofactors for immune support, heart health, and whole-body wellness.\* With a complete profile of all the essential amino acids, omega-3 fatty acids derived from algae, and a unique immune-supporting mushroom blend, VeganPro Complex helps you shine at any stage of your game – whether you're a pro athlete or professional self-starter.

VeganPro Complex can be mixed with 10 ounces of water or a preferred beverage for a quick, no-prep, all-in-one multi-nutrient protein shake. Each container provides a 15-day supply of vegan protein and comes in two delicious flavours – chocolate or vanilla – without the grittiness found in typical vegan protein powders. Whether you're at the airport, on a road trip, at the gym or office, or managing weight, VeganPro Complex is an ideal nutritional solution for vegans, vegetarians, or individuals interested in a sustainable, healthy protein option.

## Unique Vegan Protein Blend

The protein blend in Thorne's VeganPro Complex provides a superior vegan protein with optimal absorption and digestibility, rivalling animal-based protein sources like whey. The PureTaste® fermented pea and rice protein blend is 50 percent more digestible than a standard pea and rice protein blend without the gritty texture found in other vegan protein powders. The chia protein provides a second source of complete protein, with added dietary fibre and polyunsaturated fats.

## Immune Support

The proprietary mushroom blend is rich in beta glucans to support immune function,\* particularly for a stressed system like those of high-performance athletes and frequent travellers. The blend is high in antioxidants to support healthy aging.\* It also acts as an adaptogen to counteract the effects that stress can have on your body, including the immune system, while providing support for healthy liver and adrenal function\*

## Methylation Support

A sufficient level of vitamin B12 is needed to produce healthy red blood cells and support energy levels.\* Vitamin B12 sufficiency is associated with healthy cognitive function and assists with positive mood and healthy detoxification. Vitamin B12 is essential to supplement when following a vegan diet. Vegan DHA Derived from Algae DHA, an omega-3 fatty acid, is an essential part of a healthy diet, and most commonly found in oily fish. We've added a vegan DHA, for all of its benefits, from a non-animal source. DHA supports brain function and mood, benefits eye health, supports cardiovascular health, and helps maintain healthy levels of inflammation.\*

## Amino Acid Profile

The protein base for Thorne's VeganPro Complex contains all nine essential and 11 non-essential amino acids, making it a complete protein comparable to the amino acid content of animal-based proteins. Thorne's VeganPro Complex is high in essential amino acids, including branched-chain amino acids that promote muscle mass and enhance energy production.\*

## Foundational Support

- Truly vegan vitamin D3 for superior absorption versus vitamin D2
- Methylated B12 and folate for optimal absorption
- Chelated minerals for enhanced absorption
- Daily source of vitamins and minerals designed for individuals looking for optimal nutritional support. Perfect for everyone, including weekend warriors, pro athletes, young children, and anyone needing additional protein plus daily nutrients in their diet.
- Twice as much fibre as many other protein powders





# WHEY PROTEIN ISOLATE - CHOCOLATE

1.99lb/906g/30scoops

Many trainers and dieticians recommend consuming protein with every meal. This is particularly important for individuals needing support for a workout routine, or those looking to maintain a healthy weight.

Protein is essential for muscle repair and maintenance, and whey protein provides a complete amino acid profile, optimized for absorption and assimilation.\* Supplementing the diet with a high-quality whey protein can make reaching your macro goals easier.

## Benefits of Whey Protein Isolate:

- Helps maintain healthy muscle mass\*
- Supports muscle repair after injury or training\*
- Benefits a healthy weight\*
- Aids in the digestion and assimilation of protein with added bromelain and papain\*
- Balanced amino acids profile, including branched-chain amino acids.

## Who can benefit:

- Teens who need additional nutritional support for a growing body\*
- Aging individuals who need additional protein support to help maintain muscle mass and a healthy weight\*
- Athletes and exercise enthusiasts looking to support lean muscle mass\*
- Anyone wanting to support healthy weight management\*

## Features of Thorne's Whey Protein Isolate:

- 21 grams of protein per serving
- 2.3 grams of leucine per serving - the optimal amount for muscle repair and maintenance\*
- Low in calories, sugar, and fat
- Whey protein isolate form for optimal absorption
- Easy to digest.
- Flavours and sweeteners derived from natural sources.
- Tastes great
- NSF Certified for Sport®

## How to use Whey Protein Isolate:

- Shake with water or preferred beverage for a quick protein fix.
- Blend into your favourite smoothie with fresh fruit or coffee.
- Stir into oatmeal for a high fibre, protein rich breakfast.
- Add to your favourite recipes at home, like pancakes, muffins, or chia pudding for an easy protein boost.

Because an athlete needs to know that his or her supplements are trustworthy and compliant, every batch of an NSF Certified for Sport® supplement is tested for compliance with label claims and to ensure the absence of more than 200 substances banned by many major athletic organizations, including stimulants, narcotics, steroids, diuretics, beta-2 agonists, and masking agents.

### ALLERGY WARNING

This product is contraindicated in an individual with a history of hypersensitivity to any of its ingredients.

Contains ingredient derived from milk (whey protein isolate).

### PREGNANCY

If pregnant, consult your health professional before using this product.

### INTERACTIONS

There are no known adverse interactions or contraindications at publication date.



# WHEY PROTEIN ISOLATE - VANILLA

1.99lb/906g/30scoops

Many trainers and dieticians recommend consuming protein with every meal. This is particularly important for individuals needing support for a workout routine, or those looking to maintain a healthy weight.

Protein is essential for muscle repair and maintenance, and whey protein provides a complete amino acid profile, optimized for absorption and assimilation.\* Supplementing the diet with a high-quality whey protein can make reaching your macro goals easier.

## Benefits of Whey Protein Isolate:

- Helps maintain healthy muscle mass\*
- Supports muscle repair after injury or training\*
- Benefits a healthy weight\*
- Aids in the digestion and assimilation of protein with added bromelain and papain\*
- Balanced amino acids profile, including branched-chain amino acids.

## Who can benefit:

- Teens who need additional nutritional support for a growing body\*
- Aging individuals who need additional protein support to help maintain muscle mass and a healthy weight\*
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## Features of Thorne's Whey Protein Isolate:

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## How to use Whey Protein Isolate:

- Shake with water or preferred beverage for a quick protein fix.
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Contains ingredient derived from milk (whey protein isolate).

### PREGNANCY

If pregnant, consult your health professional before using this product.

### INTERACTIONS

There are no known adverse interactions or contraindications at publication date.



# ZINC PICOLINATE 30 MG - NSF CERTIFIED FOR SPORT 60 caps

If there was a super mineral, then zinc would be a contender. Zinc is an essential micronutrient that is crucial to more than 200 enzymatic reactions and plays a key role in growth, immune function, testosterone metabolism, and numerous other functions in your body.\*

Clinical studies demonstrate zinc supplementation can increase general wellness, and that it has a beneficial impact on connective tissue, as well as reproductive and eye health.\*

If the body has trouble absorbing a nutrient, then it can't obtain the nutrient's benefits. Thorne offers two highly absorbable forms of zinc: Zinc Picolinate and Zinc Bisglycinate. Zinc Picolinate is zinc that is bound to the organic acid picolinic acid, which is naturally made in the body from the amino acid L-Tryptophan. Zinc Bisglycinate is zinc that is bound to two molecules of the amino acid glycine - creating a true amino acid chelate.

## Benefits of Thorne's Zinc supplement suite:

- Zinc is necessary for the development and function of the cells related to our immune response\*
- Essential for activation of a certain group of white blood cells - called T-lymphocytes (T-cells) - that moderate the body's inflammatory response during times of immune stress\*
- Studies have found that the antioxidant-promoting properties of zinc help mitigate oxidative stress - a process that damages cells and tissues and can lead to several chronic health conditions\*
- Promotes healthy skin and eyes\*
- Needed to support the body's normal production of testosterone, a hormone essential for promoting lean muscle mass\*

Because an athlete needs to know that his or her supplements are trustworthy and compliant, every batch of an NSF Certified for Sport® product is tested for compliance with label claims and to ensure the absence of more than 200 substances banned by many major athletic organizations, including stimulants, narcotics, steroids, diuretics, beta-2 agonists, and masking agents.



# L-GLUTAMINE POWDER

## - NSF CERTIFIED FOR SPORT<sup>®</sup> 90 scoops

Thorne's L-Glutamine Powder is NSF Certified for Sport<sup>®</sup>. Evidence suggests supplemental L-glutamine benefits gastrointestinal health, supports wound healing, maintains immune health, and helps restore plasma glutamine levels depleted after periods of physical stress, such as prolonged exhaustive exercise.\* L-glutamine is the most prevalent amino acid in the bloodstream. It is found in high concentration in the gastrointestinal tract, which is its greatest user. Various stress factors – such as trauma, infection, malnutrition, chemotherapy, injury, and high-level athletic training – can adversely affect absorption in the small intestine, leading to food allergies. In numerous animal studies, the addition of L-glutamine improved absorption, as well as the gut's immune function.\*

Skeletal muscles contain the greatest intracellular concentration of L-glutamine. But that concentration can be adversely affected by various insults, including injury, infection, chronic stress, malnutrition, and glucocorticoid use. Intense exercise lowers blood levels of glutamine, which can remain low if intense training is repeated without adequate recovery. Research indicates L-glutamine supplementation can offset these conditions.\*

Because an athlete needs to know that his or her supplements are trustworthy and compliant, every batch of an NSF Certified for Sport<sup>®</sup> product is tested for compliance with label claims and to ensure the absence of more than 200 substances banned by many major athletic organizations, including stimulants, narcotics, steroids, diuretics, beta-2 agonists, and masking agents.

### Benefits of L-Glutamine Powder:

- L-glutamine is the most prevalent amino acid in the bloodstream
- Supports a healthy gastrointestinal intestinal lining and immune function
- Helps with muscle cell repair post-exercise
- Assists in healing after injury or surgery
- Helps restore plasma glutamine levels depleted after periods of physical stress, such as prolonged exhaustive exercise.

Because an athlete needs to know that his or her supplements are trustworthy and compliant every batch of an NSF Certified for Sport<sup>®</sup> product is tested for compliance with label claims and to ensure the absence of more than 200 substances banned by many major athletic organizations, including stimulants, narcotics, steroids, diuretics, beta-2 agonists, and masking agents.



# STRESS MANAGEMENT BUNDLE

Too much daily stress will eventually take a toll on our body. The constant low-level stress that most of us encounter daily – combined with environmental pollution and diets high in refined carbohydrates – can overstimulate and overtax the adrenal glands, which in turn can damage the immune, cardiovascular, neurological, and endocrine systems, and eventually, a person's long-term health. Thorne's Stress Management Bundle provides comprehensive benefits by optimizing the response of the adrenal glands to stress, by supporting immune function, and by promoting a calm state of mind and restful sleep.\*

## **Stress B-Complex**

Contains an optimal balance of essential B vitamins, with extra vitamin B5 to support healthy adrenal and immune function.\*

## **PharmaGABA-250**

Features a natural source of the inhibitory neurotransmitter – GABA. GABA supports restful sleep, acts as a "brake" on stress, and promotes a focused but calm state of mind.\* Clinical studies show this natural form of GABA in Thorne's PharmaGABA can decrease the brain's stress-related beta waves and increase the production of alpha-waves, creating a profound sense of physical relaxation while maintaining mental focus.\* Other studies show reduced pupil diameter and heart rate, and a reduction in the levels of two natural biomarkers of stress – salivary cortisol and chromogranin A – all signs of enhanced relaxation.\*

## **Stress Balance**

is a unique, non-glandular formula of botanicals and nutrients that help optimize the adrenal gland's response to stress and also help reduce fatigue.\*



# SLEEP BUNDLE

Sleep is a vital body function because it protects mental and physical health, as well as general quality of life. During sleep the body repairs damaged muscles and tissues, undertakes new cell growth, processes memories and information in the brain, and releases the hormones that regulate bodily functions.

Unfortunately, more than two of every five U.S. adults do not get the ideal amount of nightly sleep. Thorne's Sleep Bundle offers three supplements that promote a more restful sleep.\*

## **Magnesium Bisglycinate**

Magnesium Bisglycinate is well absorbed form of magnesium that promotes sleep and muscle relaxation.\* Magnesium is a cofactor in up to 600 enzymatic reactions in the body – some of which are associated with sleep.\* Magnesium relaxes both smooth and skeletal muscle, improves endothelial-dependent vasodilation (which supports normal blood flow), and is a cofactor with numerous enzymes utilized by the body for energy production.\*

## **Melaton-3**

Melaton-3, which contains 3 mg of melatonin per capsule, helps maintain the normal sleep-wake cycle – the circadian rhythm.\* In an individual who has difficulty sleeping or has an altered circadian rhythm – such as occurs in jet lag and night shift work – melatonin supplementation promotes the resynchronization of this cycle.\* An adequate melatonin level has also been reported to be a positive factor in supporting cardiovascular, neuroendocrine, gastrointestinal, and bone health.\*

## **PharmaGABA-250**

PharmaGABA-250 contains the natural form of gamma-aminobutyric acid (GABA), a major calming brain chemical – or neurotransmitter.\* Clinical studies indicate that GABA decreases the brain's stress-related beta waves and increases the production of alpha-waves, which creates a profound sense of physical relaxation while maintaining mental focus.\* Other studies show reduced pupil diameter, heart rate, and levels of two natural biomarkers of stress – salivary cortisol and chromogranin A – all signs of relaxation.\* In addition, studies also indicate GABA enhances sleep.\*



# SLEEP BUNDLE FOR ATHLETES

Because more than 40 percent of Americans don't get the ideal amount of sleep each night, sleep is a hot topic among sport medicine physicians and scientists. Seven of 10 adults experience so much daily stress that it disrupts their nightly sleep. Athletes are no different – if anything, they experience greater-than-average stress and its negative effects on their sleep. In fact, two-thirds of athletes report worse-than-normal sleep the night before a competition.

## RecoveryPro®

Recovery Pro a synergistic blend of four proven ingredients to moderate stress, support restful sleep, and optimize night-time muscle recovery.\* It contains a unique blend of whey protein, tryptophan, natural-source GABA (PharmaGABA®), and well-absorbed magnesium bisglycinate in a chocolate-flavoured powder that mixes easily in water and tastes great hot or cold. When taken before sleep, RecoveryPro works to support restful sleep\*, optimizes night-time muscle recovery\*, enhances lean muscle mass while you sleep\*, and can lower cortisol to help modulate stress.\*

## Melaton-3

Melaton-3 which contains 3 mg of melatonin per capsule, helps maintain your normal sleep-wake cycle – your circadian rhythm.\* In an individual who has difficulty sleeping or has altered circadian rhythms – such as occurs in jet lag and night shift work – supplementation with melatonin promotes the resynchronization of this cycle.\* An adequate melatonin level has been reported to be a positive factor in cardiovascular, neuroendocrine, and bone health.\* Research indicates melatonin exerts its sleep-promoting action by decreasing the amount of time it takes to fall asleep – by improving the ability to stay asleep and by enhancing the depth of sleep.\*

## Multi-Vitamin Elite

Multi-Vitamin Elite provides two multi-vitamin/mineral formulas to meet daytime and night-time needs. The A.M. formula helps boost energy during the daytime, while the P.M. formula supports rest and recovery at night.\* The P.M. formula contains more minerals, and also contains Relora®, a proprietary blend of two plant extracts shown to curb late-night food cravings, optimize the stress hormone cortisol, aid in weight management, and support restful sleep.\*

Thorne's Multi-Vitamin Elite was studied in cyclists. Despite sleeping in a new environment and experiencing pre-race anxiety, the cyclists who took the Multi-Vitamin Elite P.M. formula the night before an endurance race reported that they fell asleep 28 minutes sooner and achieved better sleep quality compared to two control groups – with no reported side effects.\*

Because an athlete needs to know that his or her nutritional supplements are trustworthy and quality compliant, every batch of an NSF Certified for Sport® product is tested for compliance with the claims on its product label and to ensure the absence of more than 200 substances banned by many major athletic organizations, including stimulants, narcotics, steroids, diuretics, beta-2 agents, and masking agents.



# GUT HEALTH BUNDLE

Most individuals think the stomach is solely there to digest food. But there's so much more going on down there than most of us realize. The intestinal tract contains trillions of bacteria that – when a person is healthy – coexist within us in a beneficial and symbiotic relationship. The beneficial bacteria living inside our intestinal tracts are responsible for a variety of bodily functions; for example, these beneficial bacteria help digest food, produce vitamins, regulate metabolism, and promote healthy immune function.\* Thorne's Gut Health Bundle includes the following three products: (1) a shelf-stable probiotic that promotes digestive and intestinal health; (2) an easy-to-consume fibre formula that helps maintain regularity and a balanced GI flora; and (3) a unique and good-tasting botanical and nutrient formula that helps maintain a healthy intestinal tract.\*

## **Bacillus Coagulans**

Bacillus Coagulans is a stable probiotic bacteria that survives stomach acid and retains its potency in the intestines, where it acts to promote a healthy gut flora.\* Numerous clinical studies have found that the exact strain of bacteria in Thorne's Bacillus Coagulans improves bowel function.\*

## **FiberMend®**

FiberMend® is a blend of soluble prebiotic fibre that helps maintain healthy glycaemic control and promotes regularity and optimal digestive function.\* FiberMend mixes easily in water or a preferred beverage.

## **EnteroMend®**

EnteroMend® helps maintain a healthy inflammatory response in the GI tract, soothes the GI tract's mucus membranes, and supports colonic permeability and bowel regularity.\*





# EQUINOX PERFORMANCE BUNDLE

Equinox teamed up with Thorne to create the Performance Bundle -- a combination of Thorne's exclusive and best-selling products formulated for professional athletes and athletic professionals. The Performance Bundle was designed to help you reach new health goals and perform at your best day in and day out.

## Creatine

Creatine plays an important role in the production of cellular energy because it helps the body make ATP, the molecule needed by all of the body's cells. ATP supports increased work capacity and power output of muscle, while also promoting physical endurance and lean body mass.

- **Muscle Performance:** Promotes physical endurance, power output, and increased work capacity of muscle\*
- **Lean Body Mass:** Enhances strength and promotes lean body mass\*
- **Cognition:** Supports cognitive function and a healthy body composition, especially in the aging population\*
- **Cellular Energy Production:** Creatine helps the cells of the body more efficiently create energy, thus benefiting exercise capacity\*
- **Injury Prevention:** Promotes a reduction in the frequency of dehydration, muscle cramps, and injuries to the muscles, bones, ligaments, tendons, and nerves\*
- **Nutritional Support:** For individuals who have an increased dietary need, such as athletes, or for those who aren't consuming enough creatine-containing foods in their normal diet\*

## Amino Complex

Amino Complex is a blend of amino acids contains a high amount of branched-chain amino acids in a formula that has been validated through numerous clinical trials for promoting lean muscle mass and muscle strength.\* The branched-chain amino acids in Amino Complex promote ATP production, which provides energy to the cells.\* Amino acid supplementation has also been shown to support muscle repair and recovery and strengthen connective tissue.\*

- Support muscle repair and recovery\*
- Reduce muscle soreness\*
- Increase energy production\*
- Promote healthy blood sugar\*
- Support cardiovascular health\*

Amino Complex can be consumed throughout the day to support amino acid intake, pre-workout to help prevent fatigue and support performance, or post-workout to optimize muscle recovery.\* Thorne's Amino Complex provides 7.6 grams of branched-chain and essential amino acids per serving.

## Curcumin Phytosome

Curcumin Phytosome is the most clinically studied curcumin on the market, and the phytosome technology provides superior absorption, with a 29-times greater absorption over ordinary curcumin. Curcumin acts as a potent antioxidant to support a balanced inflammatory response in the body.\* It can benefit liver, GI tract, eyes, and cardiovascular function as well as offer relief from discomfort associated with overuse of joints and muscles\*

- Reduces joint stiffness\*
- Promotes flexibility\*
- Provides relief from minor aches and muscle soreness\*
- Protects muscles against exercise stress and helps reduce delayed onset muscle soreness (DOMS)\*
- May reduce muscle injury from training or exertion\*

