

# BENEFITS OF AMINO COMPLEX - BERRY



Support muscle repair, recovery and reduce muscle soreness

Increase energy production

Promote healthy blood sugar

Support cardiovascular health

Strengthen connective tissue



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# BENEFITS OF AMINO COMPLEX - LEMON



Support muscle repair, recovery and reduce muscle soreness

Increase energy production

Promote healthy blood sugar

Support cardiovascular health

Strengthen connective tissue



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# BENEFITS OF BACILLUS COAGULANS



Help digest food, produce vitamins

Regulate the metabolism

Facilitate a normal immune response

Promote a healthy intestinal environment



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# BENEFITS OF B-COMPLEX #12



B vitamins are extremely important to everyone

Supplies the active form of vitamin B12 as well as the active form of folate – 5-MTHF

Cellular energy production

Healthy red blood cell formation

Healthy red blood cell formation



# BENEFITS OF BASIC PRENATAL



○ Daily multi-vitamin/mineral support for a woman of childbearing age.

○ Provides beneficial nutrients that are important from the moment of conception.

○ Meets increased demand for calcium and vitamin D in the diet

○ Folate facilitates healthy brain and spinal cord development

○ Choline support development of baby's brain and nervous system

○ Meets a pregnant woman's increased need for iron.



# BENEFITS OF CATALYTE®



Balanced electrolytes helps fight fatigue, promotes calorie control, helps fuel your muscles and brain.

Potassium promotes fast recovery and helps reduce cramps

Replenishes important minerals lost during high-intensity activity.

Promotes hydration at the cellular level, which supports performance and recovery.



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# BENEFITS OF CREATINE



**Muscle Performance: Promotes physical endurance & power output**

**Lean Body Mass: Enhances strength and promotes lean body mass**

**Cognition: Supports cognitive function & healthy body composition**

**Healthy cellular energy production enhancing exercise capacity**

**Reduces dehydration, muscle cramps, and injuries to the muscles, bones, ligaments, tendons, and nerves.**



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# BENEFITS OF CURCUMIN PHYTOSOME



Reduces joint stiffness & promotes flexibility

Provide relief from minor aches and muscle soreness

Protects muscles against exercise stress

Helps maintain a balanced inflammatory response the body

Clinically studied - 29 times greater absorption than ordinary curcumin





# BENEFITS OF **ENTEROMEND®**



- Supports overall intestinal health
- Helps maintain a healthy inflammatory response in the GI tract
- Soothes intestinal mucus membranes
- Promotes healthy gut flora, normal butyrate levels, and bowel regularity
- Decrease intestinal permeability



# BENEFITS OF **FIBERMEND®**



Enhances satiety to keep you feeling fuller for longer

Helps maintain healthy blood sugar levels

Well tolerated: no bloating, cramping, or gas production.

Promotes regularity and optimal digestive function

Flavourless and odorless for easy addition to foods/beverages



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# BENEFITS OF MAGNESIUM BISGLYCINATE



Essential for hearty heart and blood vessels, brain, bones, muscles, and lungs.

Support healthy blood sugar

Promotes bronchial relaxation

Supports healthy heart rate, rhythm & electrical activity.

Helps relax smooth and skeletal muscle



# BENEFITS OF MELATON-3™



Helps maintain the body's normal circadian rhythms - promotes the resynchronization of this cycle.

Benefit those whose who have difficulty sleeping

Decreases the amount of time needed to fall asleep

Enhancing the depth of sleep

Adequate melatonin levels are a positive factor in cardiovascular, neuroendocrine, GI, and bone health.



# BENEFITS OF MULTI-VITAMIN ELITE



○ **AM Formula: Promotes energy production with antioxidant-rich curcumin and green tea to support a healthy inflammatory balance and joint mobility, and promote fat burning.**

○ **PM Formula: Enhances rest and recovery, with reLora to down-regulates evening cortisol levels with the extra magnesium to support restful sleep.**



# BENEFITS OF OMEGA-3 WITH COQ10



- Promotes cardiovascular health
- Supports healthy blood vessel function and blood flow
- Helps maintain normal levels of cholesterol and triglycerides
- Helps protect against oxidative stress and maintain healthy brain function
- Supports a healthy inflammatory response
- Promotes healthy kidney function
- Highest quality, purest fish from sustainably sourced cold-water fish



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# BENEFITS OF PHARMAGABA-250



- Major calming brain chemical or neurotransmitter
- Decreases brain's stress-related beta waves and increase alpha-waves
- Creates a sense of physical relaxation while maintaining mental focus
- Studies also indicate GABA can enhance sleep



# BENEFITS OF **PREBIOTIC +**



Blend of gut health ingredients that supports your digestive health and immune function

Promotes and nourishes the "good" bacteria in your gut

Supports a balanced microflora

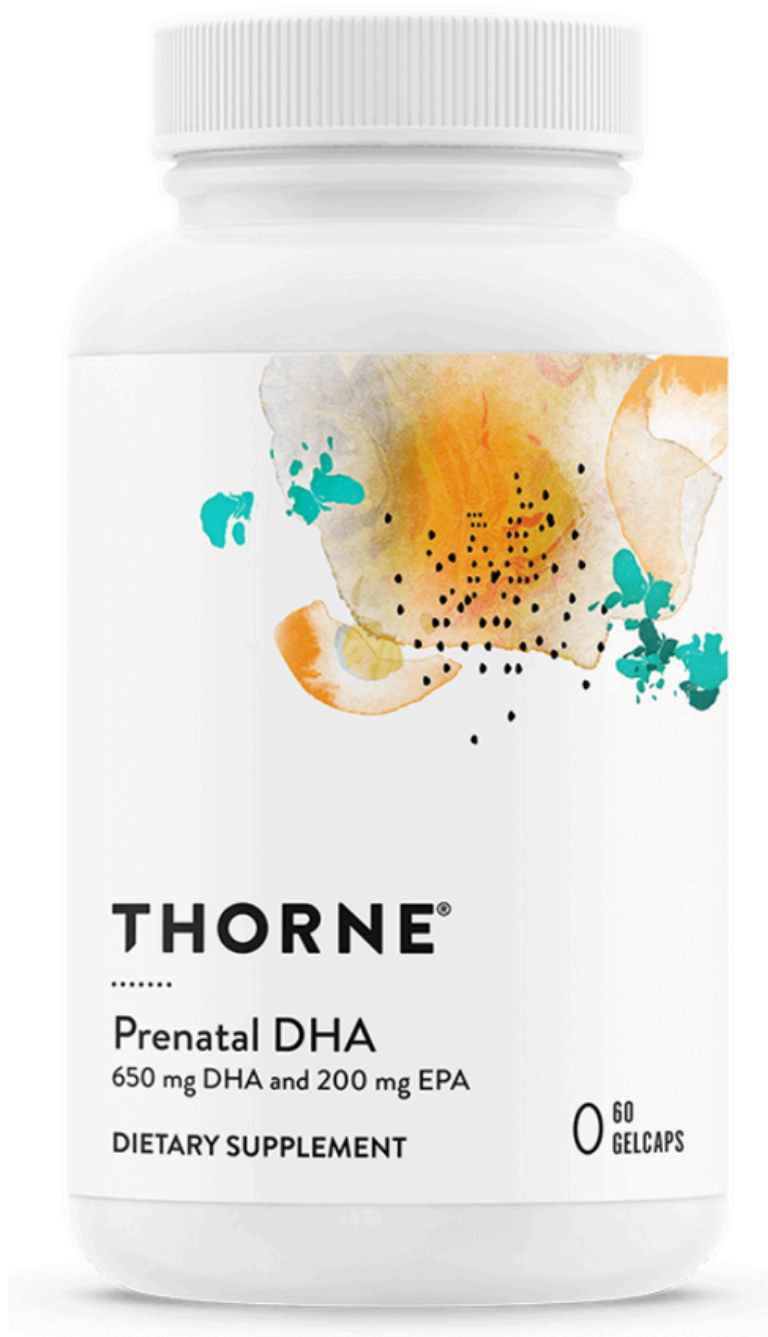
Supports healthy metabolic processes & promotes urinary tract health

Each dissolvable disc mixes easily in water or your preferred beverage





# BENEFITS OF 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 development
- Supports immune function and promotes healthy heart function
- Helps maintain a healthy inflammatory response



# BENEFITS OF RECOVERYPRO®



Contains 13 grams of whey protein to promote muscle repair

Night-time consumption for moderating stress, boosting morning alertness & supporting memory

Tryptophan and magnesium bisglycinate promote restful sleep

High in cysteine linked to improvements in athletic performance

Great source of branched-chain amino acids that promote muscle repair

Natural source of GABA, a calming brain neurotransmitter

Magnesium bisglycinate to relax both smooth muscle and skeletal muscle



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# BENEFITS OF STRESS B-COMPLEX



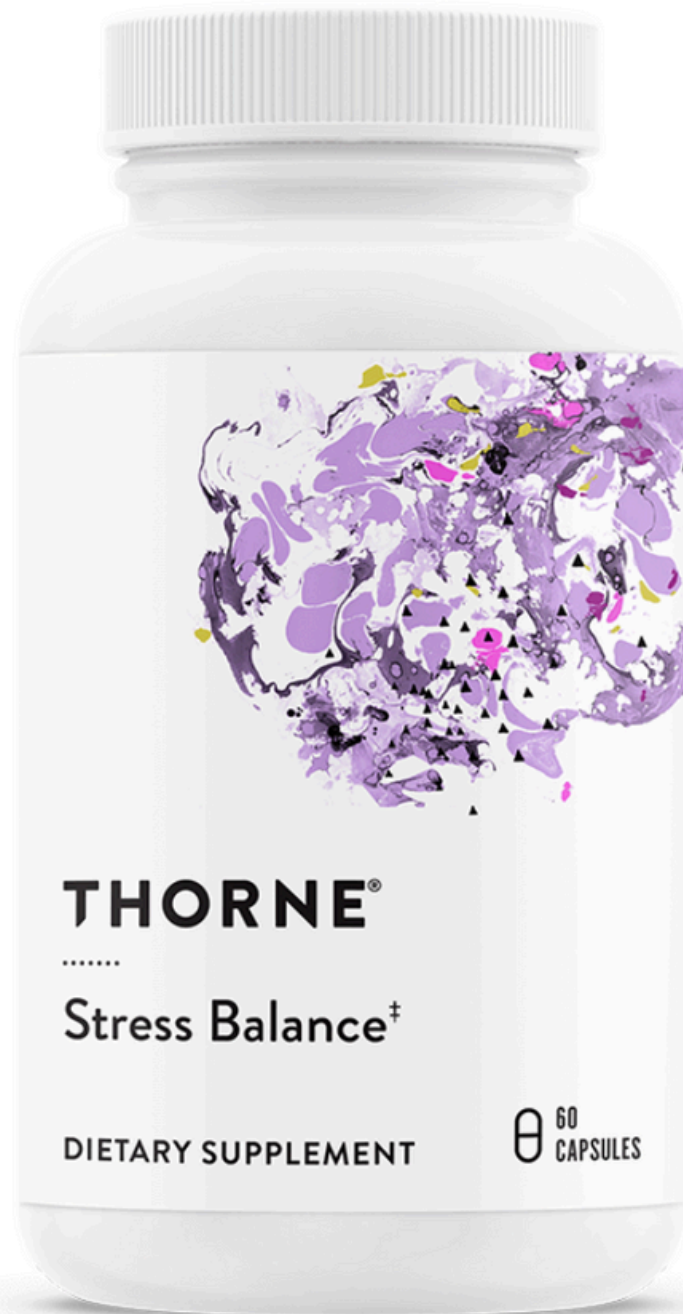
- Healthy cortisol response to stress is supported by pantothenic acid (vitamin B5)
- Carbohydrate, protein, and fat metabolism
- Enhanced cellular energy production helps fight stress-related fatigue
- Normal neurotransmitter production supports a balanced mood



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# 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



# BENEFITS OF **SUPER EPA**



Support for a healthy cardiovascular system

Promotes a healthy inflammatory response in joints and muscles

Supports immune function, memory, mood and skin

Nutritional support for development maintenance of healthy brain function

Helpful for weight management by promoting a healthy insulin response



# BENEFITS OF VEGANPRO COMPLEX® - CHOCOLATE



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 for optimal nutritional support

Twice as much fibre as many other protein powders



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# BENEFITS OF VITAMIN D-5,000



- 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
- Contains no lactose and preservatives



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# BENEFITS OF WHEY PROTEIN ISOLATE - CHOCOLATE & VANILLA



Helps maintain healthy muscle mass

Supports muscle repair after injury or training

Benefits a healthy weight

Aids in the digestion and assimilation of protein

Balanced amino acids profile with branched-chain amino acids

21 grams of protein per serving





# BENEFITS OF ZINC PICOLINATE 30 MG



- Zinc is necessary for the development and function of the cells related to our immune response
- Essential for white blood cells activation to moderate the body's inflammatory response during times of stress
- Antioxidant-promoting properties of zinc help mitigate oxidative stress
- Promotes healthy skin and eyes
- Support the body's normal production of testosterone



# BENEFITS OF 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
- (3) A unique and good-tasting botanical and nutrient formula that helps maintain a healthy intestinal tract.



# BENEFITS OF 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.**



# BENEFITS OF 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. For example, an evaluation of professional hockey players showed the number of players who report sleep disturbances doubles during the season compared to off-season. And student athletes who sleep less than eight hours a night are twice as likely to suffer an injury.

# BENEFITS OF 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.\***



# BENEFITS OF 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.**



# 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.

