

# 12 OF TODAY'S TOP HEALTH CONCERNS

AND HOW YOU CAN ADDRESS THEM



## ***Nutrition and You***

**W**ith all the nutritional supplement choices available today, consumers are faced with a multitude of questions: *What supplements should I take?, What dosage is right for me?, Can I take supplements with my other medications?, How do I know that the ingredients on the label are really in my supplement?, Who can I trust to answer these and other questions I might have?*

## ***Your Healthcare Professional***

**Y**our healthcare professional is your best resource for all your nutrition questions. He or she is knowledgeable with all your health issues, what medications you are currently taking, and will help you avoid any negative interactions with supplements and these medications. Your healthcare professional is best qualified to recommend the proper nutritional regimen and dosages that address your specific health needs. He or she can dispense to you professional-grade nutritional supplements. Supplements trusted to contain the highest quality ingredients and carefully formulated and manufactured to ensure optimum effectiveness. Healthcare professionals know that patient health can be affected by inferior supplements.

## ***Why Wellness Works?***

**F**or more than 50 years, our manufacturers have been the industry leaders in providing quality nutritional products to thousands of healthcare professionals and their patients. We offer a broad range of products including many new formulas based on the latest clinical and scientific research. Our nutritional supplements are produced in a world-class manufacturing facility using only the finest ingredients. Our manufacturers' facilities are audited by the FDA and other worldwide health organizations to ensure product safety and quality. Before leaving the facility, supplements are tested to guarantee quality throughout the entire manufacturing process at three different laboratories (chemical, physical, microbial) and under the supervision of highly trained PhDs. This commitment to quality ensures that patients receive nutritional supplements of superior quality and potency that meet label claims.

**T**his informational brochure addresses 12 common health concerns of patients and healthcare professionals. Our intent is to help educate patients, foster an open dialogue between patient and caregiver, and illustrate how nutritional supplementation can support your individual health concerns.

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Patients should always consult with their healthcare professional before taking nutritional supplements.

† Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure, or prevent any disease.

# *How You Can Support Your General Health*



**S**tudies show that a high percentage of adults and children in the United States and other developed countries eat less than the minimum daily allowance of 10 or more essential nutrients. Adequate amounts and proper balance of these nutrients are needed for maintaining good health. These nutrients are also important for the dietary management of the body's structure and optimum functioning of its various systems. In 2002, *JAMA (Journal of the American Medical Association)*, one of the most highly respected medical doctor journals in the world, said "it appears prudent for all adults to take vitamin supplements."

- Vitamins and minerals are essential for the health and well-being of our entire body. A deficiency of these nutrients can lead to serious health concerns.
- Many people who eat healthy diets can benefit from vitamin supplements, as the foods they eat may not contain enough of the nutrients needed.
- As we get older, our need for nutrients increases, making vitamin supplementation even more important.
- Vitamins, minerals, green foods and certain herbs, such as those found in **Essentials Performance UltraMax (#10056)** and **Ultra Essentials (#10167)**, play vital roles in energy production, as well as helping to maintain a healthy nervous system, hormonal balance, mental function, immune support and more.

- **Essentials Performance UltraMax (#10056)** is a potent multivitamin/mineral supplement designed to support overall health. This formula contains powerful antioxidants with beta-carotene, natural vitamin E, a high-potency complex of B vitamins, a significant source of bioavailable calcium and magnesium, and a full spectrum of trace elements.
- **Ultra Essentials (#10167)**, our most comprehensive formula, includes all of the beneficial nutrients in **Essentials Performance UltraMax**, as well as a comprehensive green food blend with select extracts and powders from over 25 fruits, vegetables and herbs, as well as lutein, lycopene and zeaxanthin.
- **Children's Essentials (Ages 4-10) (#10168)** is a great tasting, chewable multiple vitamin-mineral-trace element supplement designed for children ages four and up. The unique teddy bear shaped chewable tablets provide 28 vitamins, minerals and trace elements in bioavailable forms and nutritionally meaningful amounts.
- **Adolescents Essentials (Ages 10-17) (#10169)** is unique vitamin-mineral-trace element supplement designed for children ages ten and up. The easy-to-swallow, smaller capsules provide over 30 vitamins, minerals, trace elements and other nutrients in bioavailable forms and nutritionally meaningful amounts.



# *How You Can Support Your Cardiovascular Health*



**T**he cardiovascular system transports nutrients and oxygenated blood throughout the entire body and is crucial to maintaining healthy tissues and bodily functions. Supporting a healthy cardiovascular and circulatory system involves many key processes including maintaining healthy blood pressure, normal cholesterol levels, a regular exercise program, and a healthful diet.

- The heart is the hub of the cardiovascular system and performs an exhaustive task. The human heart beats over 100,000 times and pumps 8,000 gallons of blood every 24 hours, resting for only about 1/2 second between beats. In the average person's lifespan, the heart will beat almost 3 billion times and pump 77 million gallons of blood.
- Many nutrients that are critical for a healthy cardiovascular system can be difficult to obtain from the diet alone.
- The regular intake of certain nutrients including fish oil, coenzyme Q10 and plant sterols all help ensure that the cardiovascular system is working at its optimal level.
- Fish oil provides a group of good fats called Omega-3s. Omega-3s are well known for the role they play in maintaining heart and brain health.
- Coenzyme Q10 is a vitamin-like substance that your body naturally produces in the liver. It provides energy to the cells in your body, especially to the heart. Oftentimes, poor diet or certain medications can deplete your body of the CoQ10 that your body needs to maintain healthy heart and energy function.
- Plant sterols are naturally-occurring compounds found in certain plants. Plant sterols help the body naturally maintain cholesterol levels that are already in the normal range. Other compounds such as those found tea, citrus and palm fruits can also help the body with the proper regulation of cholesterol.

- **Extra Strength Marine Fish Oil (#10177)** provides the Omega-3s (640 mg EPA and 340 mg DHA) your heart and brain need in a convenient softgel that is enteric-coated for better digestion. This coating helps to minimize the fishy aftertaste associated with many fish oil supplements. The fish oil provided in our formula is molecularly distilled and screened for potential contaminants including heavy metals and pesticides.
- **CoEnzyme Q10 100 mg (#10038)** is an important rate-limiting cofactor in the mitochondrial electron transport chain, the biochemical pathway in cellular respiration from which adenosine triphosphate (ATP), the form of energy used by the body, is derived. Since cellular activities are dependent upon energy, co-enzyme Q10 is crucial for the efficient functioning of nearly every cell. CoQ10 may be especially needed if you are on certain medications such as “statins” (cholesterol-lowering drugs).
- **Cholesterol Support Ultra (#10181)** combines the top three ingredients (plant sterols, Sytrinol, and pomegranate) for maintaining proper cholesterol metabolism and cardiovascular health in convenient vegetarian capsules.
- **Homocysteine Support (#10173)** is a unique formulation of B vitamins to help support healthy homocysteine metabolism. Homocysteinemia, or elevated plasma homocysteine, is a major, independent risk factor of cardiovascular disease. High plasma levels of homocysteine appear to injure the vasculature, impairing the functional abilities of endothelial and smooth muscle cells. Elevated homocysteine also appears to be thrombogenic. Suboptimal intake of several B vitamins, renal failure, and genetic defects in homocysteine metabolism can all contribute to abnormal homocysteine levels.



# How You Can Support Your Weight Management



**A**mericans are getting more obese. In the United States, the obesity rate has almost doubled since 1990. A sensible diet and exercise program are key components of any successful weight loss regimen.

- There is no “magic bullet” to weight loss. However, supplements can play a key role in a healthy weight management program.
- Ingredients such as *Garcinia cambogia* and chromium may play important roles in maintaining normal appetite levels.
- As we get older, the changes in certain hormone levels can affect the way our body burns fat. Studies indicate that certain supplements may help people maintain healthy fat burning in the body.
- Other important factors in a weight management program also focus on helping the body to promote energy levels and maintaining stress hormones.
- **Diet Support (#10202)** promotes healthy appetite and blood sugar metabolism through a synergistic combination of chromium and *Garcinia cambogia*.
- **Relora® Plex (#10201)** contains two herbs that help with stress-induced overeating, and help to support normal cortisol metabolism. It also contains B vitamins to support normal energy production.

# How You Can Support Your Bone Health

**O**ur bones are made up of living cells and a mix of minerals like calcium which give them their strength to support the body. After the age of 30, men and women both face a steady decline in bone density. Bone density is a way of measuring the strength of one's bones. For some, it can be difficult to obtain the recommended daily amount of calcium and other bone-supporting nutrients through diet alone. Nutritional supplements are an important addition to the diet. Supplementation helps the body receive the necessary amount of calcium and other key nutrients to support proper bone health and maintenance.



- We all realize that calcium is important to help maintain bone health, but calcium does not work alone.
- Magnesium, boron, vitamin D and other nutrients are needed for proper bone metabolism. Vitamin D, the “sunshine vitamin,” is especially important as calcium needs this essential vitamin to be absorbed by the body.
- Ensuring adequate intake of calcium and other nutrients along with regular exercise and a diet limited in caffeine, alcohol, salt and fat are important ways to increase the chances of having healthy, strong bones over a lifetime.
- **Bone Support Ultra (#10180)** contains genistein, omega-3 fatty acids, and vitamins D<sub>3</sub> and K to help support healthy bone metabolism and optimal bone health.
- **Calcium & Magnesium Plus (#10024)** provides 3 sources of bioavailable calcium and includes significant amounts of magnesium and boron. **Calcium & Magnesium Plus** is a complex of various sources of calcium with magnesium and other ingredients to assist the body in maintaining healthy bone structure. Calcium is a primary mineral for building the strong structure of bones and teeth.
- A growing body of literature supports the concept that increased intake of vitamin K both from food as well as supplements can have a beneficial impact on bone health. While the term “vitamin K” may imply a single molecule, vitamin K is actually a group of similar molecular forms including K1 (phylloquinone) and K2 (menaquinone). **Liquid Vitamin D and K (#10175)** has been specially formulated to include the most important molecular forms of vitamin K for optimal health.

# How You Can Support Your Joint Health

**J**oints are the flexible connections between the bones in the body. The human body has over 230 joints which enable it to perform simple and complex movements. Generally, we take the proper function of our joints for granted until we experience movement difficulty due to overexertion or injury. Maintaining healthy joints can help the body move comfortably during physical activity and improve the overall quality of our lives as we age.



- Daily activities subject our joints and connective tissues to physical stress and potential injury, making these tissues susceptible to discomfort.
- Years of wear and tear and repetitive injury can leave our joints feeling weak.
- Our ability to produce new connective tissue is crucial to maintaining healthy cartilage, tendons, ligaments, bone and skin.
- As with all body tissues, joints and connective tissues depend on a constant supply of nutrients to perform their important functions.
- **Ultra Joint Forte (#10170)** contains a synergistic combination of glucosamine, chondroitin, methylsulfonylmethane (MSM®), and astaxanthin. Glucosamine and chondroitin help form new cartilage and protect existing cartilage. Sulfur found in MSM also supports formation of connective tissues that ensure healthy joint function. Astaxanthin is a natural carotenoid that can help modulate the body's normal inflammatory response.
- As joints age, hyaluronic acid, the fluid that provides lubrication between joints and connective tissue, begins to break down. Over time, this fluid begins to lose its bulkiness and often leaks from the joints, with the resulting friction causing discomfort. Our **Hyaluronic Acid (#10171)** provides 30 mg of non-animal source hyaluronic acid in each tablet.
- **Inflamm-Ease (#10087)** contains a synergistic combination of three standardized botanical extracts—turmeric, devils claw, and boswellia that can help maintain normal immune processes and support healthy joints. The combined actions of these extracts help support and protect the body's connective tissues, such as tendons, ligaments and cartilage.

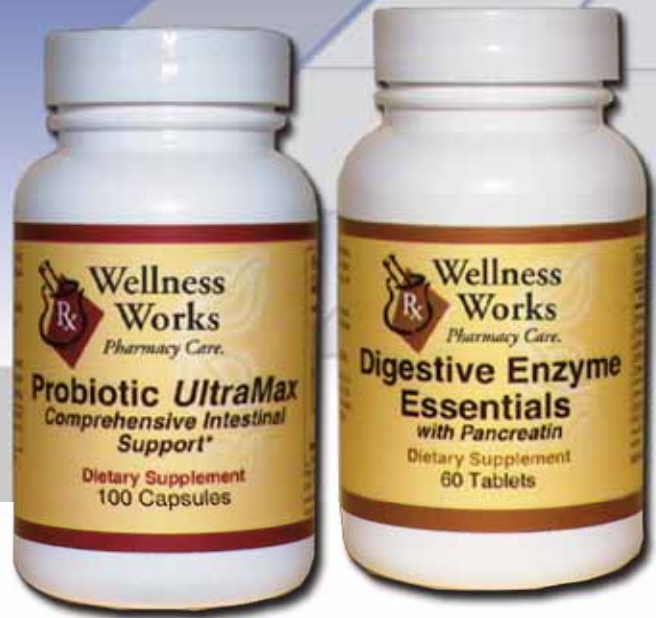
# How You Can Support Your Eye Health

It is said that the eyes are the window to the soul. It also can be said that they are the body's window to the outside world and our primary sensory organ. The human eye is the most complex organ in the body, second only to the brain, and can process 36,000 bits of information each hour and over 24 million images in an average lifetime. Because we rely upon our vision so heavily, maintaining healthy eyes is essential.



- More than any other tissue in the body, the eye is continually exposed to harmful light and oxygen damage.
- Many healthcare professionals believe that vitamins, minerals and other nutrients can play a crucial role in helping to protect the eyes from this damage.
- The AREDS (Age Related Eye Disease Study) trial, a large trial looking at the use of supplements and eye health, found that certain key nutrients can help protect the eye, especially in certain at-risk populations.
- **Vision Health Support Ultra (#10185)** provides the same ingredients and amounts that are currently being studied in the AREDS II trial.
  - Omega-3 fatty acids (EPA and DHA), essential for brain and visual development
  - Lutein and Zeaxanthin, naturally found in brightly colored vegetables, such as, corn, spinach and kale
- **Vision Health Support (#10147)** provides the ingredients featured in the AREDS trial such as:
  - Antioxidants including vitamin C, zinc and selenium
  - Lutein, that may help maintain healthy macular function

# How You Can Support Your Digestive Health



**T**he human body is an organic machine that powers itself on food and oxygen as fuel. Digestion is the process that breaks down food into smaller pieces in order for the body to more readily absorb the nutrients. Ingested food is subjected to chemical and biological processes before being absorbed by the body.

- In order to digest and absorb our food properly, we need a healthy combination of digestive enzymes to break down fats, carbohydrates and protein. Once food is properly broken down, the nutrients can be absorbed in the small intestine.
- If we don't efficiently absorb the nutrients we ingest or maintain a healthy balance of beneficial bacteria (probiotics) in our intestinal tract, our overall well-being can suffer.
- Probiotics live in the intestine, helping with digestion and keeping harmful bacteria from inhabiting in the gut. Antibiotics kill both beneficial and harmful bacteria, making probiotic supplements important for those on antibiotic regimens.
- **Probiotics UltraMax (#10125)** is comprised of 7 different strains of live, beneficial bacteria for gastrointestinal health, including *Lactobacillus acidophilus*.
- **Digestive Enzyme Essentials (#10047)** provides active digestive enzymes in a small, easy-to-swallow tablet.

# How You Can Support Your Restful Night Sleep

**M**any experts believe adults should try to achieve at least 7-8 hours of sleep everyday. Adequate sleep is essential for maintaining a healthy physical and mental state. A lack of quality sleep can negatively impact an individual's performance at work, school or during physical exercise.



- For many individuals, the hectic pace of a Western lifestyle, lack of exercise and poor eating habits can lead to sub-optimal health. Often, this lifestyle results in less than adequate and poor quality sleep.
- In fact, according to some experts, up to 75% of adults may have compromised health symptoms related to a problem with sleeping. This means that sleeping problems affect well over 100 million people in the United States.
- Lack of sleep doesn't just impact how we feel in the morning. Difficulty sleeping is now being recognized for the impact it can have on health and wellness. Sleep deficiencies may also affect the body's ability to maintain proper weight management.
- When taken for occasional sleeplessness, **Sleep-Ease Plus (#10178)** is designed to support healthy sleep patterns and help normalize stress hormones.
- **Sleep-Ease Plus** contains the herbs Magnolia and Ziziphus, which have been used in traditional Chinese medicine for many centuries.
- Non-habit forming
- Vegetarian formula – take 1 capsule 1 hour before bedtime

# *How You Can Support Your Brain Health*



**T**he brain is the center of the central nervous system and is responsible for involuntary functions such as heartbeat, breathing and digestion. The brain also is responsible for higher functions such as perception, imagination, memory and emotion. Proper nutrition, sleep and stimulation all contribute to maintaining healthy brain function.

- A decline in mental function and the ability to perform everyday tasks are frequently accepted as an unfortunate part of the natural aging process. In many cases, this isn't the case at all.
- Among other causes, side effects of poor nutrition can contribute to memory loss, difficulty concentrating, decreased mental energy and "the blues."
- Paying attention to dietary factors that support normal brain function can be a wise and healthy habit.
- **Brain Energy (Dopamine) (#10196)** is designed to support the healthy production of dopamine – a key component that provides energy and power to the brain.
- The ingredients in **Brain Mood (Serotonin) (#10197)** help support feelings of mental well-being and maintain a level mood.
- A critical blend of amino acids and nutrients in **Brain Calm (GABA) (#10198)** is designed to help the brain maintain harmony and provide a calmer state of mind.
- **Brain Memory (Acetylcholine) (#10199)** is designed to provide nutrients to help people stay sharp, process and recall information quickly.

# *How You Can Support Your Immune Health*



**T**he immune system is a complex system of organs, tissues and specialized cells that protect the human body from germs and microorganisms. The immune system fights these organisms and other substances through a series of steps called the immune response.

- Our body's natural defense system is a complex process that keeps us healthy.
- Its ability to function properly is affected by numerous factors including our nutritional status, lifestyle habits and the environment.
- Mushrooms have been an integral component of folk medicine worldwide for many centuries.
- Many antioxidants, vitamins and minerals are also known to contribute to the proper functioning of the immune system.
- **Immune Health Support (#10086)** is comprised of different types of beneficial mushrooms that are carefully grown and monitored to ensure that they are not contaminated with heavy metals or pollutants.
- **Children's Immune Support (#10194)** provides a synergistic combination of herbs, vitamins and minerals designed to support immune health in a great tasting natural grape flavored liquid.

# *How You Can Support Your Hormonal Health*



**T**he endocrine system is a key part of the body that maintains a healthy balance of hormones. Hormones are chemicals made in the body that are essential for the entire functioning of the body. Hormones are chemical messengers from one cell, or group of cells, to another. Hormones serve as a signal to target cells to stimulate or inhibit an action and are responsible for regulating the metabolic activity of an organ or tissue. In many instances, hormones may regulate the production or release of other hormones in the body. Both men and women produce hormones including estrogen, progesterone and testosterone, though the amounts differ between genders. Organs such as the adrenal glands, ovaries, testes and thyroid gland all play important roles in supporting the body's healthy production of hormones. Go to [www.wellnessworks.com](http://www.wellnessworks.com) to view a professional guide including detailed product information, protocols and support.

- **Estro Support™ (#10188)** and **Progesto Support™ (#10189)** are two formulas designed to support optimal estrogen and progesterone function by maintaining the health of estrogen and progesterone producing glands and by supporting the healthy function of estrogen and progesterone responsive tissues.

- **Testo Support™ (#10190)** and **Andro-Control™ (#10191)** are designed to support the body in its healthy production of testosterone and function of testosterone sensitive tissues.
- **Thyro Support™ (#10187)** is a comprehensive formula designed to support the optimal structure and function of the thyroid gland.



# *How You Can Support Your Body's Detoxification*



**D**etoxification is a natural process in which the body eliminates toxins such as alcohol, drugs, air pollutants and other potentially harmful chemicals. Detoxification takes place in several key organs including the gastrointestinal tract and liver. In the liver there are two distinct phases in the detoxification process, converting more harmful chemicals to less harmful. Maintaining healthy detoxification helps to support the proper functioning of the entire body.

- Herbs such as dandelion, turmeric (curcumin) and silymarin (milk thistle) are well regarded for the beneficial roles they can play in supporting healthy liver function. **Detox Support Ultra (#10182)** is a synergistic combination of herbs, vitamins and other nutrients to support the healthy function and detoxification of the liver.
- Bentonite, psyllium, celery, flax seed powder, and prune concentrate help support the gastrointestinal tract by helping to bind and eliminate toxins. **Detox Support (#10183)** has been specially formulated with these ingredients as well as other important vitamins, minerals and herbs to support the entire gastrointestinal tract.
- **DIM (#10192)** is a synergistic combination of plant-based ingredients including diindolylmethane, curcumin, green tea, and wasabia designed to support healthy hormone detoxification and immune health.

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† Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure, or prevent any disease.



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