

PROTHRIVERS™ WELLNESS PRODUCTS

The ProThrivets line of products supports overall health by emphasizing key pathways that have the strongest influence on the body. The suite includes foundational products, as well as specialized products to support sleep, energy, and healthy cognition.* These products are not intended to be a treatment of any particular disease or condition and should not be taken by persons in active treatment. Instead, this unique set of products was designed for a specific set of the population known as *thrivers*.

The ProThrivets Product line includes:

Foundational Products

ProThrivets™ Wellness Multivitamin

ProThrivets™ Wellness Flavonoid Complex

Targeted Products

ProThrivets™ Wellness Brain

ProThrivets™ Wellness Sleep



Expert Support for Thrivers

Who are Thrivers?

The term thrivers refers to the millions of Americans who are presently transitioning into thriver mode following various health conditions. Diagnosis- and disease-free, these individuals are looking to thrive - to vigorously flourish in health and wellness. They are focusing on optimizing their health, and are eager to live as well as possible. Thrivers turn to integrative practitioners for dietary, lifestyle, and supplement recommendations to meet their unique nutritional needs.

The ProThrivers line of products has been specifically designed with the guidance of Lise Alschuler, ND, FABNO, a respected naturopathic for 20 years and an expert in thriver care. Her present clinical focus is addressing the needs of this specific population of thrivers using evidence-informed strategies. In addition, Dr. Alschuler is a thriver herself and uses her own experience to better understand their unique challenges.

Foundational Support

Building a strong foundation of health through the provision of key nutrients, polyphenols, and redox agents is an integral part of the health optimization program for thrivers. A comprehensive foundational program can be achieved through the addition of probiotics, fish oil, and Vitamin D3 for optimal results.

ProThrivers™ Wellness Multivitamin

ProThrivers Wellness Multivitamin is a combination of nutrients that support the health of thrivers.* A unique and important aspect of this formula is what it does not contain. ProThrivers Wellness Multivitamin does not contain beta-carotene, alpha-tocopherol, copper, or boron, as data indicates these nutrients may be contraindicated for some thrivers.*¹⁻⁸

The formulation includes active forms of nutrients to support overall health and energy metabolism.* Studies indicate that thrivers benefit from taking a daily multivitamin and minerals supplement.^{9,10}



ProThrivers™ Wellness Flavonoid Complex

ProThrivers Flavonoid Complex features a unique combination of herbs and nutrients intended to support antioxidation pathways in the body.* This formula relies upon the combination of ingredients versus the use of single or sequential compounds.

Beneficial Ingredients

Ingredient	Benefit
Curcumin	ProThrivers Wellness Flavonoid Complex features Theracurmin®, a unique, highly bioavailable formulation of turmeric. Theracurmin is water-dispersible and the subject of ongoing research. ^{11,12} Curcumin, the primary active constituent of turmeric, is a bioactive polyphenolic compound.
Green tea extract	This product features Sunphenon® brand green tea extract, which has been the subject of studies of interest to thrivers. ¹³⁻¹⁵ The mechanisms by which EGCG acts are numerous ¹⁶ and include affecting enzymes involved with energy metabolism, ¹⁷ intracellular signaling pathways, ^{18,19} antioxidant enzyme expression ²⁰ and endothelial functions. ²¹⁻²³ The impact of these mechanisms of action has been evaluated in randomized controlled studies, and has largely demonstrated that green tea provides a positive trend for optimal wellness for a variety of thrivers. ²⁴⁻²⁶
Resveratrol	Japanese knotweed (<i>Polygonum cuspidatum</i>) extract is a source of trans-resveratrol, a pterostilbene also found in various berries, grapes, and peanuts. Cell culture and experimental animal studies have found that resveratrol can quench reactive oxygen species and induce the expression of glutathione peroxidase, SOD dismutase and catalase. ²⁷
Alpha-Glycosyl Isoquercitrin	Quercetin is poorly absorbed, with most human trials demonstrating absorption of quercetin aglycone of approximately 14-20 percent. ²⁸ This product utilizes a unique and exclusive form of quercetin, alpha-glycosyl isoquercitrin, which has nearly 18 times the absorption of quercetin aglycone. ^{29,30} Quercetin is a flavonoid ubiquitous in plants. Quercetin has various mechanisms of action shown in preclinical studies that underlie its potential health-supporting effects. ³¹⁻³⁴
Reduced L-Glutathione	ProThrivers Wellness Flavonoid Complex features Setria® brand glutathione. Glutathione is the major low-molecular-mass thiol compound in plants and animals. ³⁵ Although some researchers have questioned whether oral glutathione is adequately absorbed, ³⁶ a randomized controlled trial demonstrated that oral glutathione (Setria brand) supplementation raised tissue and blood levels of glutathione in a dose-dependent manner in healthy adults. ³⁷
Coenzyme Q10	Ubiquinone (CoQ10) is an essential co-factor in oxidative phosphorylation, the final step of mitochondrial energy production. Mitochondrial energy metabolism and antioxidation balance are two mechanisms for which CoQ10 acts. ³⁸



wheat free



gluten free



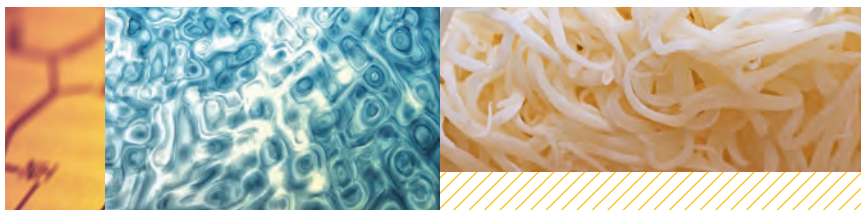
soy free



dairy free



vegetarian



Targeted Support

A comprehensive foundational program is most successful when combined with a personalized approach to a thriver's specific needs. ProThrivers product suite provides targeted support for key areas of wellness including energy, sleep, and healthy cognition.* Focused dietary supplementation can support the transition into "thrivers" mode and put your patients on the path of wellness to carry them forward.*

ProThrivers™ Wellness Brain

ProThrivers Wellness Brain is intended to support healthy cognitive clarity, with a unique combination of ingredients.*

Beneficial Ingredients

Ingredient	Benefit
Theracurmin	Theracurmin® brand dispersible turmeric, as mentioned in the ProThrivers Wellness Flavonoid Complex, is featured. ³⁹⁻⁴¹
Citicoline	Cognizin® citicoline may support healthy cognition.* ⁴² It serves as a choline source for the biosynthesis of acetylcholine and phosphatidylcholine. ⁴³ In a study involving elderly adults, citicoline was found to support circulatory brain dynamics and associated function.* ⁴⁴
Lion's Mane	Hericium erinaceus, Lion's Mane, has been used in traditional Eastern medicine for many years. Preclinical trials indicate that Lion's Mane may influence the synthesis of nerve growth factor (NGF) which in turn may affect the viability of cholinergic neurons.* ^{45, 46}
Acetyl-L-Carnitine	ProThrivers Wellness Brain also contains acetyl-L-carnitine. Acetyl-L-carnitine may support mitochondrial function, memory, and antioxidation pathways.* ⁴⁷⁻⁴⁹ It may also have a structural role in peripheral and central nervous tissue.* ⁵⁰



wheat free



gluten free



soy free



dairy free



vegetarian



ProThriverson™ Wellness Sleep

One way to support energy and wellness is by supporting healthy sleep.* Sleep is critical for everyone, but it is an area where thrivers may need special support. The ingredients in this formula are especially beneficial for sleep.*

Beneficial Ingredients

Ingredient	Benefit
Melatonin	It is well known that melatonin supports sleep.* ProThriverson Wellness Sleep includes 20 mg of melatonin per two capsules. This dose is the most commonly studied in the thriver population. ^{51,52} Evidence to date suggests that this dose of exogenous melatonin as a supplement does not suppress endogenous melatonin production through any down-regulating mechanisms. ⁵³
Magnesium	Magnesium may play a role in preventing nutrient depletion in thrivers. ⁵⁴ Furthermore, studies suggest that dietary magnesium intake may be of particular importance for thrivers. ⁵⁵⁻⁵⁶
Theanine	ProThriverson Wellness Sleep includes Suntheanine® L-theanine, an amino acid that has been shown to support alpha-wave production within the brain, a sign of relaxation. ⁵⁷
Magnolia	Magnolol is a major active constituent of <i>Magnolia officinalis</i> . In preclinical studies, its mechanism is related to effects on the GABA(A) receptor and other extracellular signaling actions. ⁵⁸⁻⁶² Honokiol is another major active constituent in <i>Magnolia officinalis</i> and notably is under preclinical investigation with promise for thrivers. ^{63,64}



wheat free



gluten free



corn free



soy free



dairy free



vegetarian





Foundational Support

ProThrivers™ Wellness Multivitamin

Supports the health of thrivers.* It does not contain beta carotene, alpha-tocopherol, copper or boron. These are contraindicated for some thrivers.



Supplement Facts

Serving Size 2 capsules		Servings per container 30
Amount per 2 capsules		%DV
Vitamin A (as retinyl acetate)	2,500 IU	50%
Vitamin C (as ascorbic acid and potassium ascorbate)	500 mg	833%
Vitamin D3 (as cholecalciferol)	1,000 IU	250%
Vitamin K2 (as menaquinone-7) from Natto (fermented soybean extract)	100 mcg	125%
Thiamin (as thiamin HCl) (vitamin B1)	50 mg	3,333%
Riboflavin (vitamin B2)	20 mg	1,176%
Niacin (as inositol hexaniacinate)	50 mg	250%
Vitamin B6 (as pyridoxine HCl and pyridoxal-5-phosphate)	100 mg	5,000%
Folate (as Quatrefolic® brand (6S)-5-methyltetrahydrofolate glucosamine salt)	200 mcg	50%
Vitamin B12 (as methylcobalamin)	500 mcg	8,333%
Biotin	200 mcg	67%
Pantothenic acid (as pantothenic)	50 mg	500%
Iodine (as potassium iodide)	50 mcg	33%
Zinc (as zinc citrate)	7 mg	47%
Selenium (as L-selenomethionine)	50 mcg	71%
Manganese (as manganese citrate)	1 mg	50%
Molybdenum (as sodium molybdenum)	100 mcg	133%
Potassium (as potassium ascorbate)	25 mg	1%
Betaine HCl	50 mg	**
Annatto Seed Mixed Tocotrienols (DeltaGold® brand) containing d-delta tocotrienols and d-gamma tocotrienols	25 mg	**
Vanadium (as vanadyl sulfate)	50 mcg	**

**Daily Value (DV) not established.

Other ingredients: vegetable capsule (modified cellulose), cellulose, ascorbyl palmitate, calcium silicate, silicon dioxide

Contains soy.

Contains no: sugar, salt, yeast, wheat, gluten, dairy products, artificial colors, flavors or preservatives.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.

Recommendations: Take 2 capsules one to two times daily with food, or as recommended by your healthcare professional.

Item #: 10465 Form: 60 Veg Capsules

DeltaGold® is a registered trademark of American River Nutrition, Inc. and protected by U.S. Patent No: 6,350,453, and patent-pending application No: US2005037102.

Quatrefolic® is a registered trademark of Gnosis S.p.A.

ProThrivers™ Wellness Flavonoid Complex

Uses a combination of herbs and nutrients intended to support antioxidation pathways.*



Supplement Facts

Serving Size 2 capsules		Servings per container 60
Amount per 2 capsules		%DV
Total Carbohydrate	<1 g	<1%†
Green Tea (<i>Camellia sinensis</i>) Leaf Extract (decaffeinated) (Sunphenon® brand)	250 mg	**
Giant Knotweed root and rhizome extract and French whole wine grape extract containing 75 mg Resveratrol as 100% trans-resveratrol	150 mg	**
L-Glutathione (reduced) (Setria® brand)	150 mg	**
Coenzyme Q10 (CoQ10) (ubiquinone)	50 mg	**
Theracurmin® water-dispersible turmeric (<i>Curcuma longa</i>) rhizome	50 mg	**
Alpha-Glycosyl Isoquercitrin	25 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: vegetable capsule (modified cellulose), ascorbyl palmitate, maltose, silicon dioxide, gum ghatti, dextrin, and citric acid.

Contains no: sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.

Recommendations: Take 2 capsules twice daily, or as recommended by your healthcare professional.

Item #: 10490 Form: 120 Veg Capsules

Sunphenon® is a registered trademark of Taiyo International, Inc.

Setria® is a registered trademark of Kyowa Hakko Bio Co., Ltd.

Theracurmin® is a registered trademark of Theravalues Corporation, used under license by Schwabe North America, Inc.

Additional Considerations:

Vitamin D Item #: 106001 Form: 90 Capsules

Eskimo®-3 Fish Oil Item #: 72292, 72297 Form: 105 Softgels

Probiotic Pearls™ Item #: 136001, 136002 Form: 30 Capsules



Targeted Support

ProThrivets™ Wellness Brain

Supports healthy cognitive clarity with a unique combination of ingredients.*



Supplement Facts

Serving Size 2 capsules	Servings per container 60	
Amount per 2 capsules		%DV
Lion's Mane (<i>Herichium erinaceus</i>)	300 mg	**
Acetyl L-Carnitine HCl	250 mg	**
Citicoline (CDP-Choline) Cognizin® brand	250 mg	**
Theracurmin® water-dispersible turmeric (<i>Curcuma longa</i>) rhizome	75 mg	**

**Daily Value (DV) not established.

Other ingredients: vegetable capsule (modified cellulose), ascorbyl palmitate, cellulose, maltose, silicon dioxide, gum ghatti, dextrin, and citric acid.

Contains no: sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

If pregnant, nursing, or taking prescription drugs, consult your healthcare professional prior to use.

Recommendations: Take 2 capsules twice daily, or as recommended by your healthcare professional.

Item #: 10530

Form: 120 Veg Capsules

Theracurmin® is a registered trademark of Theravalues Corporation, used under license by Schwabe North America.

Cognizin® is a registered trademark of Kyowa Hakko Bio Co., Ltd.

ProThrivets™ Wellness Sleep

Includes ingredients (including 20 milligrams of melatonin, a well-studied dose among thrivers) to support healthy sleep.*



Supplement Facts

Serving Size 2 capsules	Servings per container 30	
Amount per 2 capsules		%DV
Total Carbohydrate	<1 g	<1%†
Magnesium (as magnesium glycinate)	200 mg	50%
Magnolia (<i>Magnolia officinalis</i>) Bark Extract standardized to contain 2% honokiol and 1% magnolol	200 mg	**
L-Theanine (Suntheanine® brand)	100 mg	**
Melatonin	20 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

**Daily Value not established.

Other ingredients: vegetable capsule (modified cellulose), ascorbyl palmitate, and silicon dioxide.

Contains no: sugar, salt, yeast, wheat, gluten, corn, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin.

Caution: Do not use this product unless advised by a healthcare professional if you are pregnant, attempting to become pregnant, or nursing; if you are taking any medications; or are being treated for depression, auto-immune, endocrine, diabetes, blood clotting, or seizure disorders. Do not take melatonin while operating a motor vehicle or machinery and do not exceed suggested dose without the advice of a healthcare professional.

Recommendations: Take 1 to 2 capsules at bedtime, or as recommended by your healthcare professional.

Item #: 10466

Form: 60 Veg Capsules

Suntheanine® is a patented form of L-Theanine, and is a registered trademark of Taiyo International, Inc.

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