

2011
BEST OF
SUPPLEMENTS
AWARD WINNER
better
nutrition

TOP SHELF

OUR ANNUAL GUIDE TO SUPERSTAR SUPPLEMENTS

Need some help picking a high-quality nutritional supplement? The selection is bigger than ever, making it harder than ever to sort through the many choices at health food stores. But don't worry. We have the solution to your supplement shopping dilemmas. No matter what you're looking for—whether it's a basic multivitamin or a more specialized formula to help reduce blood sugar—we've taken the guesswork out of the process by combing through hundreds of products for you. The result is this comprehensive guide, which brings together our favorites from 60 leading natural product companies.

STAY HEALTHY
ALL YEAR LONG
WITH OUR
BEST OF
SUPPLEMENTS 2011
BASKET GIVEAWAY!
SEE P. 8 FOR DETAILS.

quick tips!

- Store supplements in a cool, dry, dark place like a kitchen cabinet—do not leave on the windowsill or on top of the refrigerator or microwave.
- Read labels carefully—some products require refrigeration after opening.
- Flaxseeds and flaxseed oil, fish oil, and other EFAs are safe to refrigerate, which can extend the shelf life of the product.
- Look for expiration dates to guarantee potency and freshness.
- Don't take a vacation from your supplements when you're on vacation. Look for travel-size or travel-friendly products or use a pill case.

***Editor's note:** Products were chosen by the editors of *Better Nutrition*. Special thanks to the following contributing writers/editors: Jonny Bowden, PhD, CNS, Jack Challem, Kim Erickson, Karolyn Gazella, Sherrie Strausfogel, Lisa Turner, Vera Tweed, and Neil Zevnik.

immunity

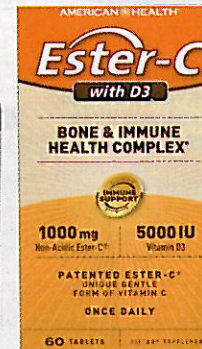
American BioSciences IMMPOWER

Why we love it: It's one of the strongest immune supplements out there. Can be used year-round and/or during cold and flu season.



American Health ESTER-C WITH D₃

Why we love it: It combines highly bioavailable, nonacidic vitamin C with vitamin D₃—a one-two immune and bone health punch.



Boiron OSCILLOCOCCINUM

Why we love it: This is one of the few products that can stop the flu virus in its tracks. Keep it on hand during cold and flu season.



Quantum Health ZINC ELDERBERRY LOZENGES

Why we love it: These travel-friendly raspberry lozenges deliver immune-boosting zinc plus antiviral elderberry.



Rainbow Light COUNTER ATTACK

Why we love it: Formulated by a well-known herbalist, the combination of herbs is a powerful defense against cold and flu symptoms.



Xlear XYLITOL SINUS NASAL SPRAY

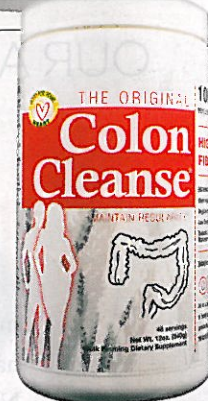
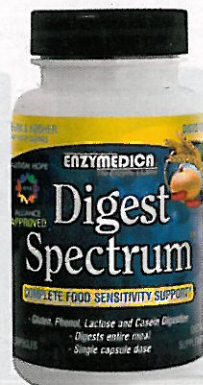
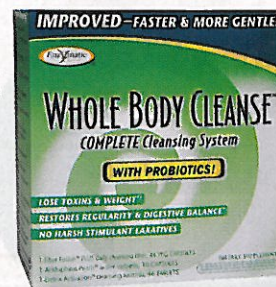
Why we love it: Made with the natural ingredient xylitol, this spray soothes mucous membranes and helps to naturally deter bacteria.



SUPPLEMENT SHOPPING LIST

We've put together this handy list featuring our **Best of Supplements Awards** winners—all 60 of them! Happy shopping, from your friends at *Better Nutrition*.

- ☐ American BioSciences ImmPower
- ☐ American Health Ester-C with D3
- ☐ Amerifit Brands Omega-3
- ☐ Arthur Andrew Medical Syntol
- ☐ Barlean's Swirl in Lemon Zest
- ☐ Beveri Nutrition Golden Flaxseed
- ☐ Bioforce Sanhelios Curbita
- ☐ Bluebonnet Rainforest Animalz (whole line)
- ☐ Boiron Oscillococcinum
- ☐ Carlson Labs Nutra-Support Energy
- ☐ Country Life Omega 3 Mood
- ☐ Diamond Formulas Herpanacine Skin Support
- ☐ Doctor's Best Best Stabilized R-Lipoic Acid
- ☐ Dr. Venessa's Formulas Thyroid Balance
- ☐ Enzymatic Therapy Whole Body Cleanse
- ☐ Enzymedica Digest Spectrum
- ☐ Essential Formulas Dr. Ohhira's Probiotics Original Formula
- ☐ EuroPharma Curamin
- ☐ Flora Floradix Iron + Herb Supplement
- ☐ Gaia Herbs Sound Sleep
- ☐ Garden of Life RAW Protein
- ☐ Health Plus The Original Colon Cleanse
- ☐ Hero Nutritionals Slice of Life Multi + Sugar Free
- ☐ Himalaya Herbal Healthcare LiverCare
- ☐ Irwin Naturals Aller-Pure
- ☐ Jarrow Formulas Neuro Optimizer
- ☐ Lane Labs Hips, Shoulders, Knees & Toes
- ☐ Lewis Labs Brewer's Yeast
- ☐ Maximum Living Mineral Rich
- ☐ Mega Food Blood Builder
- ☐ Membrell JOINTHealth
- ☐ Michael's Naturopathic Michael's Cardio Pack +
- ☐ Natrol Tonalin CLA
- ☐ Natural Factors PGX Daily
- ☐ Natural Vitality Natural Calm
- ☐ Nature's Answer UTAnswer
- ☐ Nature's Plus Advanced Therapeutics Rx Fat Loss SynaptaLean
- ☐ Nature's Way DIM-Plus Estrogen Metabolism
- ☐ Nelsons Bach RESCUE Gum
- ☐ New Chapter Wholemega
- ☐ Nordic Naturals Omega-3 Effervescent
- ☐ North American Herb & Spice Oreganol P73
- ☐ NOW Sports D-Ribose Powder
- ☐ Nutrition NOW Rhino Gummy Multi-Vitamin
- ☐ Only Natural Ultimate African Mango Extract
- ☐ Paradise Herbs & Essentials ORAC-Energy Greens
- ☐ Quality of Life Labs Oligonol
- ☐ Quantum Health Zinc Elderberry Lozenge
- ☐ Rainbow Light Counter Attack
- ☐ ReNew Life Ultimate Flora Critical Care 50 Billion
- ☐ ReserveAge Organics CocoaWell True Energy
- ☐ Solaray B-Complex 100
- ☐ Solgar Ubiquinol 100 mg
- ☐ Source Naturals Life Force Multi
- ☐ Superior Source MicroLingual B₁₂ 1,000 mcg
- ☐ UAS Labs ProBioPlus DDS
- ☐ Udo's Oil 3-6-9 Blend
- ☐ Vibrant Health Green Vibrance
- ☐ Wakunaga Kyolic Formula 110 with CoQ10
- ☐ Xlear Xylitol Sinus Nasal Spray

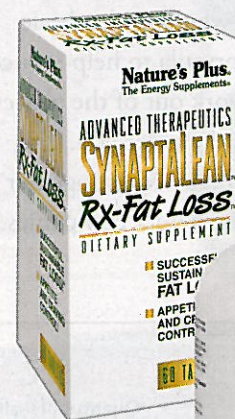


fiber, detox, & cleansing

Enzymatic Therapy WHOLE BODY CLEANSE
Why we love it: Simply, it works—this specially formulated blend flushes away the bad (i.e., toxins) to give your body a fresh start.

Enzymedica DIGEST SPECTRUM
Why we love it: Works across the board. Several strains of plant-based enzymes help ensure that multiple sensitivities (including to gluten) are addressed.

Health Plus THE ORIGINAL COLON CLEANSE
Why we love it: Pure psyllium husk is the secret to this bestselling colon product, which works quickly to detoxify the body and promote regularity.



weight loss



Nature's Plus ADVANCED THERAPEUTICS SYNAPTALEAN Rx-FAT LOSS
Why we love it: It's a smartly designed formula with green tea extract, rhodiola, and tyrosine for appetite reduction, fat burning, stress reduction, and craving control.

Natural Factors PGX DAILY
Why we love it: Nothing compares to this patent-pending mix of fibers. Studies show that PGX helps promote weight loss via effective blood sugar regulation. Also helps tame appetite and cravings.

heart health

Michael's Naturopathic Programs CARDIO PACK +
Why we love it: It offers the top heart health nutrients—CoQ10, fish oil, vitamin D₃, and resveratrol—in a convenient 4-pill daily packet.



Wakunaga KYOLIC COQ10 FORMULA 110
Why we love it: It blends Aged Garlic Extract—a clinically proven ingredient for cardiovascular health—with CoQ10, an essential nutrient for the heart.



essential fatty acids



Amerifit Brands OMEGA-3
Why we love it: The star ingredient here, Life's DHA, comes from algae, which is super-rich in essential fatty acids and a vegetarian source of omega-3s.

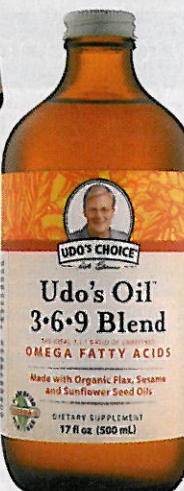
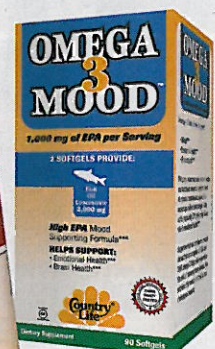
Nordic Naturals OMEGA-3 EFFERVESCENT
Why we love it: It's a fizzy drink mix that delivers high-potency, easy-to-absorb fish oils in a yummy orange cream flavor.

Barlean's OMEGA SWIRL LEMON ZEST
Why we love it: Where do we start? The sublime flavor (think lemon merengue pie), and creamy texture will fool you—you'll think it's dessert, not fish oils.

Udo's Choice UDO'S OIL 3-6-9 BLEND
Why we love it: Organic flax, sesame, and sunflower seed oils are combined for the perfect balance of essential fats.

New Chapter WHOLEMEGA
Why we love it: It's a first-of-its-kind fish oil that features 100% wild Alaskan salmon oil. Many Hollywood celebrities count this as one of their beauty secrets.

Beveri Nutrition GOLDEN FLAXSEED
Why we love it: The unique milling process creates a super-fine flax meal with a complex, nutty flavor. Mixes well with most foods.



Kiss your Cold Sore Goodbye

in half the time



Super Lysine+ Cream:
Cuts cold sore healing time in half. (Alt Med Rev. July, 2005).

Super Lysine+ Tablets:
Lysine and powerful herbs boost immune response.

Super Lysine+ Program:
Combine the cream and tablets for optimal results!

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800-448-1448
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QUANTUM HEALTH

GOT PAIN?

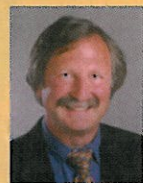
Experience Safe and Effective Pain Relief[†]



When Pain is the Problem—Curamin[®] is the Answer![†]

"My patients are looking for relief from pain, so I recommend Curamin. I feel better knowing they are getting results without the side effects."

—Dr. Jacob Teitelbaum, MD**



To view testimonials go to:
Curamin.com

Terry Naturally
EuroPharma.

866-807-2731

Curamin is Available at Your Local Health Food Store

[†] Occasional muscle pain due to exercise and overuse
^{**} Member of the EuroPharma Scientific Advisory Board

All ingredients established in human studies for safety and effectiveness. Does not interfere with stomach, liver or kidney function.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT DISEASE.

JC 24/21 • 3/15/16/17

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herbs

Only Natural ULTIMATE AFRICAN MANGO EXTRACT
Why we love it: Also called *Irvingia Gabonensis*, this potent African mango extract helps curb your appetite and promote weight loss without side effects.

Flora FLORADIX IRON + HERBS
Why we love it: Iron can be constipating, and this one's not. The liquid formula makes it easy to absorb, and added digestive herbs help, too.

North American Herb & Spice OREGANOL P73
Why we love it: It's an all-in-one immune tonic—great for boosting immunity, reducing the severity of colds, flu, and other infections, and combating Candida.



multivitamins & antioxidants

Hero Nutritionals SLICE OF LIFE MULTI + SUGAR FREE
Why we love it: These delicious gummies are sugar free, easy-to-absorb, and packed with a full day's supply of vitamins and minerals.

Nutrition NOW RHINO GUMMY MULTI-VITAMIN
Why we love it: It's a kid-friendly, award-winning multivitamin in strawberry, orange, and lemon fruit flavors.

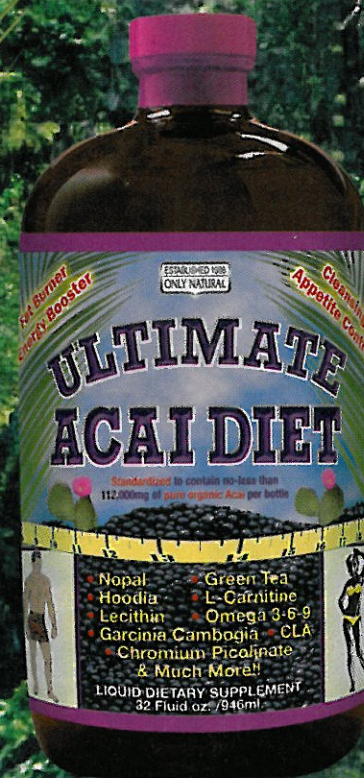
Source Naturals LIFE FORCE
Why we love it: This high-dose multi features bioavailable forms of key vitamins and minerals, along with enzymes and other energizing nutrients.

Quality of Life Labs OLIGONOL
Why we love it: Polyphenols from lychee and other foods promote healthy aging inside and out.

Bluebonnet RAINFOREST ANIMALZ
Why we love it: It's naturally sweetened, and each product has been tested and approved by kids. Bottles include information about the rainforest, too.



Losers Finish First with Ultimate Acai Diet



For thousands of years the people of the Brazilian Rain Forest have used the Acai berry for its amazing health benefits. Recent findings have shown the Acai fruit may contribute to maintaining and normalizing weight.

The **Ultimate Acai Diet**, liquid dietary supplement is uniquely formulated with pure organic Acai pulp and the finest raw materials available, including vitamins, minerals, herbs, amino acids, sea vegetables, essential fatty acids, as well as whole foods to create the most effective weight loss enhancement product on the market. In addition, the **Ultimate Acai Diet** is nutrient rich and packed with vital antioxidants which may contribute to a healthier lifestyle.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

For more information visit our website at **www.onlynaturalinc.com** or call 1-800-866-2887



women's health

Nature's Answer UTANSWER
Why we love it: D-mannose and cranberry create a synergistic duo, helping improve urinary tract health in three days. Powerful stuff!

Mega Food BLOOD BUILDER
Why we love it: The iron, vitamin B₁₂, and other ingredients come from whole food for optimal absorption and effectiveness.

Nature's Way DIM-PLUS ESTROGEN METABOLISM
Why we love it: You can feel and see the difference. Benefits include better mood and skin. Also, Less bloating, and fewer hot flashes and PMS symptoms.

Bioforce SANHELIOS CURBITA
Why we love it: It's the only product that naturally addresses leaky bladder, without embarrassment or side effects. Works for women and men.



minerals

Natural Vitality NATURAL CALM
Why we love it: Balances your calcium levels and restores magnesium in a highly absorbable powder form. Mixed with warm water, this raspberry-lemon Anti-Stress Drink is the perfect nightcap.

Maximum Living MINERALRICH
Why we love it: It provides a daily boost of minerals in a single tasty shot. Includes important minerals such as calcium, magnesium, and zinc, along with B vitamins.



beauty & skin

Diamond Formulas HERPANACINE SKIN SUPPORT
Why we love it: Acne and other skin problems virtually disappear with this fantastic, time-proven blend of herbs, vitamins A and E, selenium, and zinc.



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nutrition



green foods

Paradise Herbs & Essentials ORAC-ENERGY GREENS
Why we love it: It's a multivitamin, antioxidant, energy aid, and immune booster all rolled into one. It mixes well in smoothies or juice.

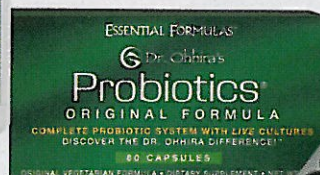
Vibrant Health GREEN VIBRANCE
Why we love it: Green foods are juiced and then converted into crystals in this concentrated, energizing blend. Try with water or almond milk.

probiotics

Arthur Andrew Medical SYNTOL AMD
This antifungal combats Candida with the help of powerful probiotics strains. Fans of this product say it works better than prescription medications!



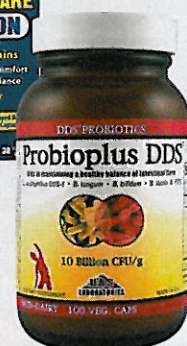
Essential Formulas DR. OHHIRA'S PROBIOTICS ORIGINAL FORMULA
Why we love it: Developed by a renowned microbiologist, this classic, full-spectrum formula incorporates 12 naturally cultured probiotic strains.



ReNew Life ULTIMATE FLORA CRITICAL CARE 50 BILLION
Why we love it: The high potency-formula is great for people with irritable bowel syndrome and leaky gut syndrome.

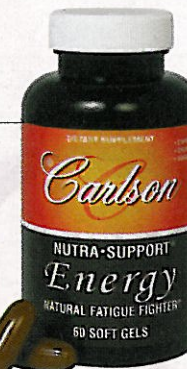


UAS Labs PROBIOPUS DDS
Why we love it: Includes multiple strains of friendly bacteria in a non-dairy formula for optimal digestion and immunity.

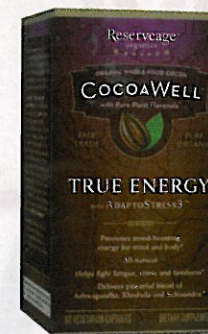


energy & stress relief

Carlson Labs NUTRA-SUPPORT ENERGY
Why we love it: It gives you real, lasting energy by fortifying your body with the nutrients it needs to meet everyday demands—and then some.



ReserveAge Organics COCAOWELL TRUE ENERGY
Why we love it: It delivers instant energy and focus without jitters. Great before a workout, big test, or company meeting.



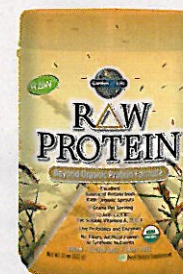
Nelsons Bach RESCUE GUM
Why we love it: It's an inexpensive, travel-friendly way to save your sanity. A mix of homeopathic remedies soothe tension and calm nerves instantly.



single nutrients



Doctor's Best BEST STABILIZED R-LIPOIC ACID
Why we love it: Stabilized so it won't degrade at high temperatures, it's a strong defense against free radicals.



Garden of Life RAW PROTEIN
Why we love it: It's a 100% raw, vegan source of protein from organic sprouts with fat-soluble vitamins (A, D, E, K), probiotics, and enzymes.



Lewis Labs BREWER'S YEAST
Why we love it: Just like package says, it really does taste great. This nutrient-dense food is also a source of lecithin.



Natrol TONALIN CLA
Why we love it: It features Tonalin, a clinically studied form of conjugated linoleic acid (CLA), which helps melt away body fat and keep it off.



Himalaya Herbal Healthcare LIVERCARE
Why we love it: This clinically studied herbal blend is a winner for many reasons. It supports all areas of liver health, including detoxification. You'll notice more energy with continued use.



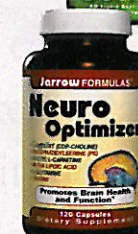
Dr. Venessa's Formulas THYROID BALANCE
Why we love it: It helps regulate a healthy metabolism to counteract the symptoms of hypothyroidism such as weight gain, hormonal imbalance, and thinning hair.



Gaia Herbs SOUND SLEEP
Why we love it: This unique blend of natural relaxants, including valerian and GABA, helps you fall asleep and stay asleep. 100% vegetarian liquid caps.



Irwin Naturals ALLER-PURE
Why we love it: It contains a proprietary mix of herbs shown to reduce common allergy symptoms—and help prevent future problems.



Jarrow Formulas NEURO OPTIMIZER
Why we love it: The star ingredient here is Cognizin, a form of choline shown to enhance brain health and function.

joint health

Lane Labs HIPS, SHOULDERS, KNEES & TOES
Why we love it: It utilizes the enzyme serrapeptase, which has been shown to reduce inflammation and improve joint mobility without side effects.

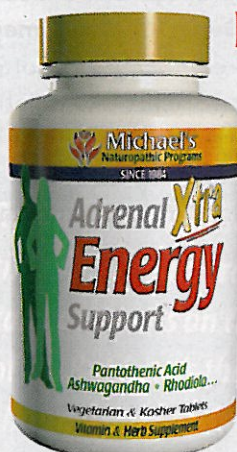


Membrane JOINTHEALTH
Why we love it: It's an innovative answer for joint pain: natural eggshell membranes help ease all types of joint pain and discomfort.

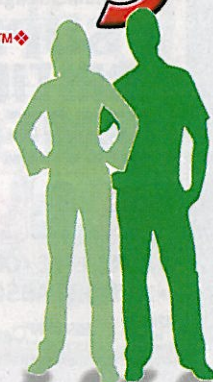


Energize* Today

With Adrenal Xtra Energy Support™



- **Ashwagandha Root**
- **Pantothenic Acid 1500 mg**
- **Vitamin C 500 mg**
- **Rhodiola Extract & Whole Herb**



***Energize:** to revitalize; to give life; to empower; to stimulate
Michael's® strives to provide exceptional formulas at affordable prices



How have you supported your adrenals today?

◆ This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

- **Start supporting your health today**
- **Available at fine health food stores everywhere**

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