



Quality

From Seed to Supplement®

At our office, we believe that given the proper nutrition, your body has the amazing capability of keeping itself healthy. We also believe that nutrition should be individualized to meet each patient's needs.

For these reasons and many more, we proudly recommend Standard Process whole food supplements.

Rely on these supplements to help you stay healthy.

- Tuna Omega-3 Oil
- Trace Minerals-B₁₂™
- Cyrofood®
- HerbaVital | MediHerb®



C'mon Baby Boomer Let's Do the Twist



www.standardprocess.com

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When You Take Care of Yourself, Age is Just a Number



As you look forward to the future, you are excited about doing all the things that you have been dreaming about, like spending more time with your spouse, family, and friends and traveling. Or perhaps you are looking forward to working on your favorite project. Whatever it may be, you know that maintaining a healthy lifestyle now will help you enjoy all of these things even more in the future.

- Stay active by participating in a variety of activities, such as yoga, dancing, strength training, or walking.
- Pair your activity with proper nutrition to ensure that your body is getting all the nutrients it needs to function properly at this stage of your life.
- Complement a healthy diet with whole food and herbal supplements that provide nutritional support.

Foundational Support for Your Health Concerns

To ensure that you are receiving nutrients your body needs, Standard Process offers whole food and herbal supplements that can provide nutritional support.

Support Your Brain and Heart

Tuna Omega-3 Oil contains two important omega-3 fatty acids—DHA and EPA—to support your health. DHA helps maintain memory function. It helps you think, remember, and maintain a positive outlook. DHA and EPA also help support your heart and blood vessels. Supportive but not conclusive research shows that consumption of DHA and EPA omega-3 fatty acids may reduce the risk of coronary heart disease.*

Support your Bones, Thyroid, and Immune System

Trace Minerals-B₁₂[™] provides your body with trace minerals that may be lacking in your diet. Trace Minerals-B₁₂ supplies manganese, iodine, zinc, copper, and iron. Among other functions, these trace minerals support ligament, cartilage, and bone structure, immune and thyroid function, fat metabolism, and calcium utilization.*

Support Digestion and Overall Health

Cyrofood[®] is a multivitamin that contains fiber from whole food ingredients to encourage healthy intestinal function. It also contains protein and amino acids from bone to help balance the diet and support and maintain healthy tissue.*

Essential Support for Healthy Aging

HerbaVital from MediHerb is the ideal support for older adults wanting to remain active and vital well into their senior years. This potent healthy aging formulation contains resveratrol from *Polygonum cuspidatum*, Pine Bark, Korean Ginseng, Ginkgo and Milk Thistle to provide multi-system support for all aspects of the aging process.*

Ready to protect your future?

Talk with your health care professional about your health concerns to find out about these products and others that will enhance your foundational support.

