



# Top Supplements OF 2012

Supplements and natural remedies can take your health to the next level. We've assessed these products, read the science behind their ingredients, and feel good about recommending them to you. Presenting the 2012 *Taste for Life* Supplement Essentials Awards! You'll notice that sometimes we couldn't narrow the category to just one winner.

## ANTIOXIDANT

**Winner: NeoCell Resveratrol Antioxidant**  
Benefits skin, immunity, and energy levels.  
[www.neocell.com](http://www.neocell.com)



## BEAUTY

**Winner: Quality of Life Oligonol**  
Derived from lychee fruit, this potent antioxidant works to improve skin and lessen wrinkles.  
[www.q-o-l.com](http://www.q-o-l.com)

**Winner: Reserveage Organics Collagen Booster with Hyaluronic Acid and Resveratrol**  
These key ingredients unlock younger-looking skin!  
[www.reserveage.com](http://www.reserveage.com)



## BONE HEALTH

**Winner: Natural Vitality Osteo Calm**  
Liquid formula includes calcium, magnesium, and vitamins D3 and K2. A great option for those who don't like taking pills!  
[www.naturalvitality.com](http://www.naturalvitality.com)

**Winner: Country Life Bone Solid**  
Uses a form of calcium similar to the body's natural bone composition. Vitamins K1, K2, and D3 added to support calcium utilization.  
[www.country-life.com](http://www.country-life.com)



## COLD & FLU FIGHTERS

**Winner: Nature's Way Bio-Certified Sambucus Black Elderberry Original Syrup**  
Calms symptoms and shortens the duration of the flu.  
[www.naturesway.com](http://www.naturesway.com)

**Winner: Source Naturals Wellness Fizz**  
Get a quick fizz of nutrients, including vitamin C, zinc, echinacea, and European elderberry extract.  
[www.sourcenaturals.com](http://www.sourcenaturals.com)

**Winner: Quantum Zinc Elderberry Lozenges**  
[www.quantumhealth.com](http://www.quantumhealth.com)



## DETOX

**Winner: ReNew Life CleanseSMART**  
This herbal detoxification system formulated by Brenda Watson, CNC, comes with a toll-free number for support.  
[www.renewlife.com](http://www.renewlife.com)



## DIGESTION

**Winner: American Health Dual-Action Enzyme Probiotic Complex**  
Each capsule contains nine enzymes and two billion probiotic microorganisms.  
[www.americanhealthus.com](http://www.americanhealthus.com)

**Winner: Enzymedica Digest Gold**  
[www.enzymedica.com](http://www.enzymedica.com)



## ENERGY

**Winner: New Chapter Organics Perfect Energy**  
This organic, whole-food multivitamin includes energizing herbs such as maca, ginseng, and rhodiola. You can take it on an empty stomach.  
[www.newchapter.com](http://www.newchapter.com)



## FIBER

**Winner: Nutrition Now Fiber Gummies**  
Some fiber supplements are an acquired taste; these gummies provide four grams of fiber and are fun to take!  
[www.nutritionnow.com](http://www.nutritionnow.com)



## GREEN FOODS

**Winner: Amazing Grass Green SuperFood, Orange Dreamsicle**  
An easy and tasty way to add alkalizing green superfoods to your diet.  
[www.amazinggrass.com](http://www.amazinggrass.com)



## HEART HEALTH

**Winner: Wakunaga Kyolic Aged Garlic Extract Blood Pressure Health Formula 109**  
Uses ingredients that support healthy blood pressure levels: odorless and organic aged garlic extract, nattokinase, and suntheanine.  
[www.kyolic.com](http://www.kyolic.com)



## IMMUNITY

**Winner: Mushroom Wisdom Maitake D Fraction**  
[www.mushroomwisdom.com](http://www.mushroomwisdom.com)

**Winner: North American Herb & Spice Oreganol P73**  
[www.oreganol.com](http://www.oreganol.com)



## JOINT HEALTH

**Winner: Membrell JOINThealth Plus Antioxidants**  
Potent formula combines NEM, grape seed, pine bark, turmeric extract, and boswellia for joint comfort and flexibility.  
[www.membrell.com](http://www.membrell.com)



## MULTIVITAMIN

**Winner: Source Naturals Life Force Green Multiple**  
This comprehensive adult multi contains 52 green superfoods and ingredients that combat inflammation and support immunity and detox.  
[www.sourcenaturals.com](http://www.sourcenaturals.com)



## OMEGA 3s

**Winner: Nordic Naturals Omega-3 Effervescent**  
Tasty orange-flavored single-serving packets derived from sustainably harvested Arctic cod. Vitamin D3 added for further mood, bone, and immune benefits.  
[www.nordicnaturals.com](http://www.nordicnaturals.com)

**Winner: Barlean's Highest Lignan Organic Flax Oil**  
A unique "freshness dated" flax oil. NonGMO.  
[www.barleans.com](http://www.barleans.com)

**Winner: Flora Omega Truffles**  
Organic chocolate with a creamy filling made from Udo's Oil 3.6.9 Blend, which combines organic seed oils (flaxseed, sunflower, sesame) with organic coconut and rice bran.  
[www.florahealth.com](http://www.florahealth.com)



## PAIN RELIEF

**Winner: Europharma Terry Naturally Curamin**  
[www.europharmausa.com](http://www.europharmausa.com)



## PROTEIN POWDER

**Winner: Genuine Health Vegan Proteins+**  
Stevia-sweetened protein powder with no aftertaste!  
[www.genuinehealth.com](http://www.genuinehealth.com)



## STRESS

**Winner: Himalaya StressCare**  
[www.himalayausa.com](http://www.himalayausa.com)



## PRENATAL VITAMINS

**Winner: Rainbow Light Certified Organics Prenatal Multivitamin**  
[www.rainbowlight.com](http://www.rainbowlight.com)

**Winner: Vitalah Prenatal Oxylent Multivitamin Drink**  
Easy to digest.  
[www.vitalah.com](http://www.vitalah.com)



## VITAMIN D

**Winner: Carlson Super Daily D3 Drops 2000 IU**  
A convenient way to get your daily D. One drop can be put on food or mixed in water or juice.  
[www.carlsonlabs.com](http://www.carlsonlabs.com)



## IN GOOD COMPANY

According to the Healthcare Professionals 2008 Impact Study, between 60 and 75 percent of US physicians take supplements. Most also recommend them to patients. The most commonly used supplements were multi-vitamins, followed by omega-3 fatty acids.

Homeopathy uses minute doses of a substance that causes symptoms similar to those a person is already experiencing, stimulating the immune system and the body's healing abilities.

## HOMEOPATHIC REMEDIES

**Winner: Boiron Oscillococcinum**  
Nips flu-like symptoms in the bud.  
[www.boironusa.com](http://www.boironusa.com)

**Winner: Heel Traumeel**  
Relieves minor aches and pains.  
[www.heelusa.com](http://www.heelusa.com)

**Winner: Hyland's Calms Forté**  
Relieves stress so you can fall asleep.  
[www.hylands.com](http://www.hylands.com)



These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.