



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



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

Winner: Reserveage Organics Collagen Booster with Hyaluronic Acid and Resveratrol
These key ingredients unlock younger-looking skin!
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

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



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

Winner: Source Naturals Wellness Fizz
Get a quick fizz of nutrients, including vitamin C, zinc, echinacea, and European elderberry extract.
www.sourcenaturals.com

Winner: Quantum Zinc Elderberry Lozenges
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



DIGESTION

Winner: American Health Dual-Action Enzyme Probiotic Complex
Each capsule contains nine enzymes and two billion probiotic microorganisms.
www.americanhealthus.com

Winner: Enzymedica Digest Gold
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



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



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



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



IMMUNITY

Winner: Mushroom Wisdom Maitake D Fraction
www.mushroomwisdom.com

Winner: North American Herb & Spice Oreganol P73
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



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



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

Winner: Barlean's Highest Lignan Organic Flax Oil
A unique "freshness dated" flax oil. NonGMO.
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



PAIN RELIEF

Winner: Europharma Terry Naturally Curamin
www.europharmausa.com



PROTEIN POWDER

Winner: Genuine Health Vegan Proteins+
Stevia-sweetened protein powder with no aftertaste!
www.genuinehealth.com



STRESS

Winner: Himalaya StressCare
www.himalayausa.com



PRENATAL VITAMINS

Winner: Rainbow Light Certified Organics Prenatal Multivitamin
www.rainbowlight.com

Winner: Vitalah Prenatal Oxylent Multivitamin Drink
Easy to digest.
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



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

Winner: Heel Traumeel
Relieves minor aches and pains.
www.heelusa.com

Winner: Hyland's Calms Forté
Relieves stress so you can fall asleep.
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.