

YOUR SUPPLEMENT GUIDE FOR 2011

Like Laurie, many of us feel run-down, stressed out, and just not like our old selves. Create your own makeover at home with this guide to Redo YOU! Makeover supplements. The following products have been chosen based on those recommended by Laurie's makeover expert, Ken Holtorf, MD. These supplements help reduce the effects of stress on your body, ease anxiety, boost immunity, promote hormonal health, and support adrenal and thyroid function. Read carefully to find those products that best fit your health goals.

And please visit betternutrition.com for an opportunity to sample—or even win—products shown here. Look for the “Redo YOU Giveaways” section on our Web site. You can also learn about other sponsors not shown here.

About our Redo YOU! Makeover Series

Throughout 2011, we will be profiling three additional health makeover stories involving *Better Nutrition* readers and health experts. We'll also have an ongoing blog on betternutrition.com with tips, recipes, and resources to create your own makeover at home. Email us at editorial@betternutrition.com with any questions.



AMERICAN HEALTH MORE THAN A MULTIPLE has over 50 high-potency vitamins, minerals, amino acids, antioxidants, herbs, and bioflavonoids in a timed-release formula.



BARLEAN'S FRESH CATCH FISH OIL IN ORANGE FLAVOR, the company's signature product, provides more than 1,000 mg of EPA and DHA from ultra-purified fish oil.



BEVERI NUTRITION GOLDEN FLAXSEEDS are fine milled for a super smooth, slightly nutty taste. Two Tbs. provides a serving of omega-3 fatty acids,



BLUEBONNET LIQUID VITAMIN D3 DROPS 2000 IU have a natural citrus flavor with orange and lemon essential oils. One drop equals 2,000 IU of vitamin D.



CARLSON LABS RIBOSE PACKETS TO GO! contain pure d-ribose in convenient, single-serve packets that can be mixed with any beverage.



CONTINENTAL VITAMIN COMPANY SUPERIOR SOURCE EXTRA STRENGTH D3 10,000 IU comes in an instant-dissolve tablet that is great for those who don't like taking pills.



ESSENTIAL FORMULAS DR. OHIRA'S PROPOLIS PLUS has Brazilian green propolis, which helps with inflammation, oxidative stress, liver health, immunity, and much more.



EUROPHARMA VECTOMEGA are omega-3 tablets featuring salmon. The omega-3s are bound to phospholipids, which helps enhance absorption of the essential fats.



FLORA UDO'S OIL 3-6-9 BLEND is a high-quality, vegetarian source of essential fatty acids from flax, sunflower, and sesame seeds.



GARDEN OF LIFE RAW PROTEIN provides an easy-to-digest source of protein from raw, organic sprouts, such as sprouted brown rice protein—perfect for smoothies.



BURIED TREASURE WOMEN'S CHANGE is a highly absorbable liquid formula with pomegranate, herbs, and other nutrients designed to ease menopause symptoms.



MAXIMUM LIVING MINERAL RICH is a high-potency mineral supplement that blends more than 70 minerals, plus vitamins B12 and biotin.



NATURAL FACTORS STRESS-RELAX SUNTHEANINE features a patented form of L-theanine for anxiety and stress reduction and emotional well-being.



PETER GILLHAM'S NATURAL VITALITY ORGANIC LIFE VITAMINS are a whole food-based blend of nutrients, including vitamins, minerals, amino acids, and superfruits, in a tasty liquid form.



NORDIC NATURALS ULTIMATE OMEGA-D3 is a high-potency dose of purified fish oil with 1,000 IU of vitamin D in a great-tasting lemon flavor.



NORTH AMERICAN HERB & SPICE POLARPOWER is a non-molecularly distilled oil from wild-caught salmon. The natural vitamin content (vitamins A and D, and astaxanthin) are retained in the oil.



NOW FOODS STEVIA EXTRACT, NO AFTERTASTE is an ideal alternative to sugar. Try it in your coffee, tea, on yogurt, with oatmeal, or in smoothies.



PARADISE HERBS & ESSENTIALS ORAC-ENERGY PROTEIN GREENS has 22 g of pea protein per serving mixed with a wide variety of superfoods and other nutrients.



SOLGAR WILD ALASKAN FULL SPECTRUM OMEGA boasts Sockeye salmon oil, vitamin D3, and astaxanthin in a pure, potent liquid form.



SUNSWEEET SUPRAFIBER is a whole food-based form of fibers from fruits, including prunes, apples, and pomegranates.



WAKUNAGA KYOLIC STRESS & FATIGUE RELIEF FORMULA 101 the amino acid GABA (great for stress) with B vitamins and aged garlic extract—an all-in-one rejuvenating formula.