

Truvani Turmeric Curcumin and black pepper

\$40.95

The active ingredient in turmeric is curcumin from the rhizome (root). The black pepper aids in absorption by the human body. Benefits include:

ANTI-INFLAMMATORY

PROMOTES HEART HEALTH

SUPPORTS HEALTHY JOINTS

Promotes overall joint health and mobility

BOOSTS STRESS TOLERANCE

As an adaptogen, it helps counteract the adverse effects of everyday stress

SUPPORTS WEIGHT LOSS

Curcumin can positively influence weight management in overweight people

SUPPORTS HEALTHY METABOLISM

Aids in maintaining normal blood sugar levels

PROMOTES RADIANT SKIN

PROMOTES HEALTHY CHOLESTEROL LEVELS

IMPROVES MOOD

Reduces symptoms of mild mood changes

OPTIMIZES VITALITY

Its powerful antioxidant properties support against free radicals in the body

SUPPORTS BRAIN HEALTH

Helps maintain healthy cognitive function and working memory

SOOTHES DIGESTION

Reduces symptoms of bloating and gas related to occasional indigestion

Each serving contains 1350mg Organic Turmeric Root powder, 150 mg Organic Turmeric Extract with a high level of curcuminoids, and 10mg Organic Black Pepper.

Tablet form allows for fewer additives than a capsule and versatility to be taken alone as a supplement or combined into every day recipes.

Truvani Wild Caught Marine Collagen

\$52.65

Collagen is the most abundant protein in the human body. Your body produces less collagen over time, and it also becomes more fragmented. So, it can't "hold up" your skin as well.

PROMOTES VIBRANT SKIN

Fights signs of aging by supporting skin elasticity and hydration which helps maintain the skin's youthful tone, texture, and appearance.

SUPPORTS HEALTHY HAIR

The amino acids in collagen support the structural proteins in hair that encourage existing hair growth, thickness, and strength.

SUPPORTS HEALTHY BONES

Hydrolyzed collagen can help maintain strong and healthy bone structure.

SUPPORTS LIVER HEALTH

The glycine in collagen may help support the liver and optimize its function.

PROMOTES LEAN BODY MASS

Combined with resistance exercise, collagen supports lean muscle growth and muscle strength.

SUPPORTS HEALTHY JOINTS

Collagen provides support to the body's connective tissues and helps maintain healthy joints.

HELPS STRENGTHEN BRITTLE FINGERNAILS

Collagen supports increased growth and strength to fragile and brittle nails.

PROMOTES RESTFUL SLEEP

Due to its glycine content, collagen supports the quality of sleep in those who have occasional difficulty sleeping.

ANTIOXIDANT FUNCTION

Collagen has antioxidant properties that provide support against free radicals in the body.

- * Truvani Wild Caught Marine Collagen contains Collagen Type 1, 2, and 3. Type 1 & 3 come from the waters surrounding Iceland as well as the North Sea, the Norwegian Sea, and other cold, northern waters. Type 2 comes from waters off the coast of France.
- * Truvani does not use any solvents or chemicals, but rather a non-GMO, food-grade enzyme that makes the collagen easy to digest.
- * One of the best ways to add collagen to your diet is to mix it in with your morning coffee, juice, or blend it into your smoothie. The powder dissolves smoothly and without clumps in hot or cold liquids.

Truvani Bottled Sunshine Vitamin D3

\$23.39

An organic plant based vitamin D3 supplement from Lichen. Lichen absorbs vitamin D from the sun and passes it onto us. It is a 100% vegan and vegetarian suitable Vitamin D3 product.

Vitamin D can help to support enhanced energy, focus, and mood – so that you can enjoy your life and feel like yourself again.

SUPPORTS HEALTHY IMMUNE SYSTEM

SUPPORTS RESPIRATORY HEALTH

SUPPORTS HEALTHY BRAIN FUNCTION

PROMOTES HEART HEALTH

PROMOTES HEALTHY BONES

D3 plays a huge supporting role in the absorption of calcium and other minerals important for bone strength.

MAINTAINS HEALTHY BLOOD SUGAR LEVELS

D3 maintains healthy blood glucose levels that are already within the normal range.

Truvani Under the Weather Immune Support

\$46.79

Plant-based tablets that have 8 organic berries, herbs, and roots used for centuries in various regions of the world to support immune health and overall wellness. Ingredients combined in the right dose with no other fillers or laundry list ingredients of immune boosting buzz items.

Amla berry

or Indian gooseberry, a tart fruit sacred in Buddhist and Hindu cultures in India.

Echinacea

a flowering plant native to North America used by Indigenous people in various teas and topicals.

Astragalus Root

an herb from the legume family native to China and Mongolia used in Traditional Chinese Medicine for centuries.

Licorice Root

a perennial legume native to the Middle East, parts of Asia, and India used for centuries by herbalists and traditional medicine.

Elderberry

a dark purple berry with a long history of use throughout the world.

Ginger Root

a rhizome of a flowering plant native to Southeast Asia widely cultivated around the world for use in tonics and elixirs.

Garlic

a perennial plant of the amaryllis family native to central Asia and northeast Iran and one of the world's oldest cultivated crops.

Oregano

a popular herb native to Mediterranean areas used by ancient Greeks for its anti-inflammatory properties.

Truvani Immuno-C Vitamin C

\$29.95

Vitamin C complex from organic ground Amla berries. 20x more potent than the vitamin C in oranges. Unlike Ascorbic acid often sourced from corn starch or corn syrup and combined with synthetic chemicals, this vitamin C is a made from non-gmo real food.

Besides increased Immune System function, Vitamin C also:

AIDS IN HEALTHY DIGESTION

SUPPORTS IRON ABSORPTION

SUPPORTS A HEALTHY HEART

SUPPORTS BRAIN HEALTH

Truvani Mineral Magic Magnesium

\$17.55

Magnesium is an essential nutrient that your body can't function without because it's involved in hundreds of processes in the body. Yet according to the World Health Organization, 70-80% of the American population is not meeting their daily recommended intake from food alone.

Sourced from the mineral-rich magnesium compounds found in the waters of the Dead Sea, Truvani offers superior quality magnesium with significantly low levels of heavy metals.

PROMOTES A GOOD NIGHT'S SLEEP

Magnesium relaxes the muscles and supporting healthy sleep patterns.

SUPPORTS A HEALTHY MOOD

Promotes balance in the brain to help the body feel more relaxed and calm.

PROMOTES HEALTHY DIGESTION

SUPPORTS STRONG, HEALTHY BONES

**MAINTAINS HEALTHY BLOOD SUGAR
LEVELS**

SUPPORTS HEART HEALTH

A healthy level of magnesium supports heart health, and helps maintain healthy blood pressure.

**PROMOTES HEALTHY RESPIRATORY
MUSCLE CONTRACTION**