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There’s something magical about a warm, sunshine-filled day. It makes food taste fresher, it makes movement feel better, and it makes one’s energy feel virtually limitless. Conditions are perfect for testing and adopting new, healthful habits.

Now more than ever, I’m encouraging my patients to ponder what the phrase “healthy aging” means to them and how it can empower positive lifestyle choices.

Together, we’re exploring which nutrients best serve their brain health, new eating plans that can better address their personal health goals, and the secrets to maintaining a happy, healthy heart.

Each of these elements represents a crucial part of the path toward longevity, and I’m pleased that this issue of Healthy Obsession offers insights on all of them. Swanson’s nutritionists and healthcare partners analyzed the science, research, and latest trends to make it easier for you to live healthy—no matter what “healthy” means for you.

I hope you can take full advantage of this revitalizing time of year and elevate your wellness routine so that you feel amazing today and every day from this point forward. If you ask me, healthy aging is the one trend that will never go out of style.

Marc Litt, MD
Marc Litt, MD, FACC, Cardiologist
Swanson Wellness Advisor
WHAT’S IN OUR Dietitian’s Bag

Meet one of our in-house dietitians and the spring and summer essentials that she loves.

CoQ10 & Ubiquinol: Heart Health & Beyond

CoQ10 and ubiquinol are key nutrients for cardio health—get the scoop on how they differ and why they’re so important.

FOR HAPPY BELLIES

Nothing says summer like a backyard BBQ, but in case I need to settle my stomach I keep these Turmeric with Ginger Gummies on hand. I love the flavor and that they’re fruit pectin-based, non-GMO and gluten free.

Swanson Turmeric with Ginger Gummies – Tropical Paradise SW1750

GET SILKY SOFT LIPS

I always have lip balm handy—my purse, my desk, you name it! A true classic, the cocoa butter and beeswax base plus SPF 15 means my lips are always protected from the sun and elements.

Carmex Classic Lip Balm – SPF 15 CRM004

REFRESH WITH ANTIOXIDANTS

The earthy, fresh taste of this 100% organic green tea is the perfect accompaniment to warmer weather. Plus it’s full of free-radical-fighting antioxidants. Try it hot or iced!

Swanson 100% Organic Green Tea SWF084

BREATHE EASY

Between outdoor irritants and dry indoor air, my nose needs some love. A nasal spray is my go-to, gentle way to promote respiratory comfort in any season. Most sprays can be drying, but using one with xylitol ensures delicate tissues stay hydrated.

Xlear Nasal Spray with Xylitol XL001

BEAUTY FROM THE INSIDE OUT

These pack a potent beauty punch into a tiny capsule—5,000 mcg per serving! They’re my fave for supporting a healthy glow, strong nails and lustrous hair.

Swanson Biotin SW877
DOCTOR KNOWS BEST

Smart Nutrition 5 Brain Boosters

By Dr. Alan D. Snow, PhD
Founder, Cognitive Clarity, Inc.

Warmer weather and brighter days effectively restore your natural energy levels, but your brain relies on a careful balance of nutrients to feel alert and focused.

Those nutrients become even more important as you age. As levels of certain hormones and other vital chemicals in your body naturally begin to decline, foods and supplements that support memory and cognitive function can keep you feeling young. If you’re looking for memory, focus or cognition support, help your body maintain essential brain health with targeted nutrition.

1. Acetyl L-Carnitine
   Acetyl L-carnitine is a modified form of carnitine, an amino acid derivative found in red meat, which is readily absorbed throughout the body, including the brain. It’s involved in fatty acid metabolism and may improve several aspects of brain health, including mitochondrial function, activity of the neurotransmitter acetylcholine, and possibly cognition as it’s able to pass through the blood-brain barrier.

2. Monounsaturated Fat
   Oils rich in monounsaturated fats help promote the production of acetylcholine, which is used by the brain to learn new things, as well as retain memories. They also contribute vitamin E to the diet, an antioxidant vitamin most Americans need more of. Sources include olive and canola oils, avocados and almonds.

3. Phosphatidylserine
   Phosphatidylserine is a member of the phospholipid nutrient family and is essential to the structure and function of cellular membranes. Its levels and location within the brain can affect important signaling pathways for cell survival and communication.

4. Alpha-GPC
   Alpha-GPC, also known as Alpha-Glyceryl Phosphoryl Choline, is a unique choline compound naturally found in the brain. You can find choline in animal products, like eggs, beef and salmon, meaning those who follow a vegetarian diet may be at a higher risk of deficiency. Clinical trials of alpha-GPC demonstrate that it benefits attention, mental focus and recall, and other higher mental functions.

5. Melatonin
   Melatonin is well known as a sleep support hormone made in your brain, but its benefits go way beyond that. Supplementing with melatonin can actually support cognitive function by giving your brain the time it needs at night to rest and rejuvenate.

Dr. Alan D. Snow, PhD

Dr. Snow’s decades of experience include former Research Associate Professor of Pathology at University of Washington and current founder of brain health company Cognitive Clarity.

6. Tips for Long-Term BRAIN HEALTH

1. LEARN A NEW HOBBY
   Hobbies that stimulate our minds can help us not only relax, but enhance mental function by learning something new.

2. BE ACTIVE
   Many researchers think of exercise as brain food—a small amount regularly can contribute to improved cognitive function.

3. PLAY PHONE-BASED BRAIN GAMES
   Phone-based games are a convenient way to condition our brains to be sharper, from memory retention to word recall and more.

4. JOIN A BOOK CLUB
   Thanks to the relaxed state reading creates, it can support three types of intelligence—fluid, crystallized and emotional.

5. MEDITATE
   Take a few moments each day to refocus and recenter your mind.

6. VOLUNTEER
   Research has shown volunteering may help combat some of the cognitive decline that we see with age.
Ways to Feel Your BEST as the Seasons Change

April showers bring May flowers... along with pollen, mold and mildew. More than 50 million Americans struggle with seasonal woes each year, but with the expert tips below, you can feel your best all year round.

KEEP YOUR NOSE CLEAN
Nasal irrigation is a great way to keep your sinuses feeling clean and healthy. With a simple combination of warm, purified water and natural salt, you can help your body remove excess mucus and open your sinus passages. You can safely administer the solution through a neti pot as often as once per day to help clear your head, or a convenient nasal spray.

EAT THE RIGHT FOODS
Believe it or not, certain foods can encourage unwanted mucus production, leaving you feeling pretty uncomfortable during seasonal transitions. Luckily, there are also foods that are known for reducing mucus production. Try stocking your diet with foods like salmon, pineapple and celery, and hydrate with liquids like broth, chamomile tea with a spoonful of honey or agave, and water with fresh ginger and lemon.

HYDRATE, HYDRATE, HYDRATE
Whenever you feel out of sorts, ask yourself how much water you’ve had to drink recently. Dehydration is often responsible for things like drowsiness and low energy levels, so keep your body equipped with the fluids it needs to function optimally. Drink plenty of water and experiment with herbal tea varieties to find a few that suit both your hydration needs and your taste buds.

BATHE BEFORE BEDTIME
If you typically take morning showers, consider reversing the timing of your hygiene routine. Cleaning up right before getting into bed helps remove pollen from your hair and skin, which can help reduce irritation as you sleep. It also may be worth keeping your pets out of the bedroom if they spend lots of time outside, because pollen can also cling to their fur.

HARNESS THE POWER OF HERBS
While there are plenty of things you can do to keep the air around you fresh, herbal supplements may also help give your respiratory system a boost. Quercetin is a powerful antioxidant flavonoid that helps promote immune and sinus health. It’s often also combined with bromelain—derived from pineapple—which features an impressive range of proteolytic enzymes and has been widely studied for its sinus and lung health benefits. Explore other time-tested herbs for respiratory health like butterbur, Terminalia chebula, albizia bark, ginger, echinacea, goldenseal, dong quai root and more.

Swanson Butterbur Extract
Butterbur’s petasins help ease neck tension so you can get out and enjoy the outdoors.

Swanson Quercetin & Bromelain
2-in-1 enzyme & antioxidant flavonoid support for healthy respiratory function & seasonal immune health
Harness the Health Power of CBD Hemp Extract

The cannabidiol (CBD) hemp extract trend is here to stay, and we at Swanson are excited to share with you exactly how it can help promote overall wellness. Here’s a quick primer on CBD hemp extract—what it is, how it works, and how it can benefit your life.

What is CBD?

CBD is a phytocannabinoid present in hemp plants, a species of cannabis, that promotes overall wellbeing. Unlike the well-known phytocannabinoid tetrahydrocannabinol (THC), it doesn’t create any psychoactive “high” effects. The human body also makes its own cannabinoids internally, which are known as endocannabinoids.

The Endocannabinoid System

We all have an endocannabinoid system, which is the body’s network of neurotransmitters, receptors, ligands and enzymes responsible for interacting with cannabinoids to maintain vital functions like cognition, fertility, appetite, pain sensation and more.

There are currently two well-known cannabinoid receptors: CB1 and CB2. CB1 receptors reside predominantly in the brain and central nervous system while CB2 receptors exist in the peripheral nervous and immune systems. CBD hemp extract interacts with the endocannabinoid system to promote overall health and wellness.

Discover the Formats

Oil Drops

By far the most popular format for ingestion, oils can be taken orally, mixed into recipes and beverages, or added to DIY personal care products.

Softgels & Capsules

Easy-to-swallow capsules and softgels are available in many sizes and make it simple to add CBD hemp extract to your existing supplement routine.

Topical Formulas

Topicals—like lotions and balms—are an increasingly popular way to support healthy joints, muscles and skin.

How Do I Safely Use CBD Hemp Extract?

We encourage you to explore and discover which CBD hemp extract dosage, blends, and products work best for you. The amount of CBD hemp extract that people take as part of their daily wellness routines can vary greatly, so follow the directions on your product label or start with a smaller dose and see how you feel, and always consult your physician before adding anything new, like CBD hemp extract, to your wellness routine. Take it in the morning, during the day, or at night. Pro tip: Taking it with food rich in fatty acids can enhance absorption.

Look for These Signs of a High-Quality CBD Hemp Extract Product

- NON GMO
- GLUTEN FREE
- CLEAN EXTRACT
- HONEST SOURCING
- CRAFTED IN USA
- QUALITY TESTED
- VEGETARIAN

Amy Sunderman, MS, RD
Swanson Health Vice President, Science & Innovation

Full spectrum CBD hemp extracts come from the hemp plant and deliver the complementary benefits of plant terpenes, cannabinoids, flavonoids and fatty acids, all working together to power your wellbeing.

"
A plethora of fad diets have come and gone over the decades, but there are two in particular that have serious staying power—the paleo diet and the ketogenic diet. If you’ve been considering either one, here’s what you need to know.

### Paleo

Focuses on mimicking the dietary and lifestyle habits of early humans to promote longevity. The ideology reaches beyond food to include high-intensity interval training when exercising, mindfulness practices like yoga and meditation and paying close attention to the impact your food choices have on the natural environment.

- **Based on...**
  - Only eating foods that were available to early humans to promote health
  - No macronutrient parameters: tends to be high-protein, moderate-fat, low-carb
  - DO eat plenty of wild or grass-fed meats, fruits, vegetables (except corn), nuts, oils & butter
  - DON’T eat most dairy, grains, legumes & processed foods
  - Only natural sweeteners like honey & maple syrup
  - Values healthy fats
  - Yes, can assist in reaching healthy weight goals
  - Can be challenging to sustain long-term

- **Macros**
  - Maintaining ketosis and burning stored body fat rather than glucose to promote health
  - Strict macronutrient parameters: 60-80% fat, 20-30% protein & 5-10% carbs to maintain ketosis
  - DO eat plenty of wild or grass-fed meats, eggs, nuts & seeds, oils, dairy & non-starchy vegetables
  - DON’T eat starchy vegetables, most fruits, grains, legumes & processed foods
  - Only sugar-free sweeteners like stevia extract
  - Values healthy fats
  - Yes, can assist in reaching healthy weight goals
  - Can be challenging to sustain long-term

### Keto

Keto is focused on how you balance your macronutrients—protein, carbohydrates and fat. The goal is to move your body into ketosis, where it burns stored body fat for fuel rather than glucose. Proponents of the keto diet suggest that altering these metabolic processes can benefit other systems in the body.

- **Based on...**
  - Maintaining ketosis and burning stored body fat rather than glucose to promote health
  - Strict macronutrient parameters: 60-80% fat, 20-30% protein & 5-10% carbs to maintain ketosis
  - DO eat plenty of wild or grass-fed meats, eggs, nuts & seeds, oils, dairy & non-starchy vegetables
  - DON’T eat starchy vegetables, most fruits, grains, legumes & processed foods
  - Only sugar-free sweeteners like stevia extract
  - Values healthy fats
  - Yes, can assist in reaching healthy weight goals
  - Can be challenging to sustain long-term

### The Limitations

As with most restrictive eating plans, the paleo and keto diets may not be for everyone. For example, the paleo diet can prevent you from sourcing enough calcium and vitamin D in your diet—nutrients that are vital for bone health. If you have a family or medical history of bone health problems, like osteoporosis, this may mean paleo isn’t right for you.

While there are plenty of healthy foods you can eat to fulfill both of these diet plans, there’s one thing to watch out for in particular for both—it’s very easy to consume too much saturated fat. Limiting saturated fat consumption is key to promoting heart health, so if you’re concerned about heart health, keep this in mind.

### Which Diet is Right for You?

If you’re interested in trying the paleo diet or the keto diet, consult with your physician before getting started. They can carefully determine how such changes could impact your overall health—for better and for worse—and help you pick which one is right for you in combination with your other health goals.
MYTH BUSTERS
Bend & Flex
Top Joint Health Myths

We all know that healthy, comfortable joints are essential to staying active, but how do we separate fact from fiction about getting there? Let’s clear up common myths surrounding joint health.

**MYTH:** Joint discomfort is inevitable

**FACT:** Creaky joints don’t have to be inescapable—and taking good care of your cartilage is a good first step to staying active and comfortable. Give your joints the nutrition they need with collagen. It makes up 70-95% of the cartilage in your joints, and collagen peptides deliver amino acids to support healthy connective tissue.

**MYTH:** Glucosamine is the only nutrient for joint health

**FACT:** There are tons of science-backed nutrients that support healthy joints! One great example is hyaluronic acid—it can hold up to 1,000x its weight in water! This heft translates to healthy synovial fluid that lubricates joints, promoting comfort and mobility.

**MYTH:** Certain weather conditions worsen joint discomfort

**FACT:** Listen to your body—you know when your joints do or don’t need some extra love. And for those times when they do, try a topical product for temporary relief with ingredients such as arnica in a CBD hemp extract roll-on with fast absorption.

**MYTH:** Herbal supplements aren’t effective for joint discomfort

**FACT:** Many herbs have been clinically studied to promote joint health. For example, the curcumin in turmeric has proven antioxidant power, while tart cherry supports collagen structures and helps metabolize uric acid—both key for joint comfort.

---

**WHAT YOU’LL NEED**

- 1 cup raw almonds
- 1 cup dried apricots
- 4 tablespoons shredded coconut
- 1 teaspoon vanilla
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground cumin
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground black pepper
- 2 scoops Vital Proteins® Coconut Collagen Creamer
- 1 teaspoon maca powder
- Freeze-dried mango, crushed to powder
- Pinch of turmeric
- Pinch of cinnamon
- Pinch of maca
- Pinch of ground black pepper
- 1/4 teaspoon sea salt
- 1 teaspoon vanilla
- 4 tablespoons shredded coconut
- 1 cup dried apricots
- 1 cup raw almonds

**INSTRUCTIONS**

1. Roast almonds at 350°F for 5-10 minutes
2. Add toasted almonds into your food processor and pulse until crumbly
3. Add apricots and food process the mixture
4. Add vanilla, spices, Coconut Collagen Creamer and maca and process until combined
5. Roll approximately 1 tablespoon of dough into bite-size balls then set aside; repeat
6. If you are going to coat your Bliss Balls, place mango powder or coconut into a bowl and coat the bite-size balls then set aside; repeat
7. Store in the fridge until ready to serve

**TOTAL TIME:** 40 MIN  **YIELD:** 20 BLISS BALLS

**Nutrition Information** (per ball, excluding toppings):
- 72 calories, 4 g total fat, 0 mg cholesterol, 6 mg sodium, 7 g total carbohydrate, 2 g fiber, 5 g sugar, 2 g protein, 12% vitamin A, 3% calcium, 3% iron, 9% vitamin E, 864 mg omega-6 fatty acids

**Shop the recipe at swanson.com/magazine**

Recipe courtesy of Vital Proteins®. For full article and more tasty recipes visit vitalproteins.com/blogs/recipes.

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**Delish Apricot & Coconut Bliss Balls**

Fuel your hustle with these snack bites packed with fruit, nuts and spices. They’re packed with coconut collagen for a creamy texture and sweet coconut taste plus 10 grams of collagen peptides to promote gorgeous hair, skin and nails and boost the health of joints and connective tissue.

**FACT:**

**MYTH:** Protein is bad for your joints

**FACT:** Protein is good for your joints! Proteins like casein and gelatin are rich in glutamin. This amino acid is essential to staying active, but how do we separate fact from fiction about getting there? Let’s clear up common myths surrounding joint health.

---

**VITAL PROTEINS**

**COLLAGEN PEPTIDES – UNFLAVORED**

Support joint, hair, skin & nail health with easy-to-digest, gluten-free peptides

**SWANSON**

**GLUCOSAMINE, CHONDROITIN & MSM – HIGHEST STRENGTH**

Support joint integrity, movement & flexibility with this 3-in-1, high potency joint formula

**NOW FOODS**

**DOUBLE STRENGTH HYALURONIC ACID**

Power well-lubricated joints with twice the hyaluronic acid per serving

**CBD LIVING FREEZE**

Soothe muscles with menthol, tea tree oil & arnica in a CBD hemp extract roll-on with fast absorption

**SWANSON TURMERIC & BLACK PEPPER AND SWANSON HIACTIVES TART CHERRY**

Promote joint integrity, movement and flexibility with potent herbal antioxidant support from turmeric & tart cherry

---

**WHAT YOU’LL NEED**

- 1 cup raw almonds
- 1 cup dried apricots
- 4 tablespoons shredded coconut
- 1 teaspoon vanilla
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground cumin
- 1/8 teaspoon ground ginger
- 1/8 teaspoon ground black pepper
- 2 scoops Vital Proteins® Coconut Collagen Creamer
- 1 teaspoon maca powder
- Freeze-dried mango, crushed to powder
- Pinch of turmeric
- Pinch of cinnamon
- Pinch of maca
- Pinch of ground black pepper
- 1/4 teaspoon sea salt
- 1 teaspoon vanilla
- 4 tablespoons shredded coconut
- 1 cup dried apricots
- 1 cup raw almonds

**INSTRUCTIONS**

1. Roast almonds at 350°F for 5-10 minutes
2. Add toasted almonds into your food processor and pulse until crumbly
3. Add apricots and food process the mixture
4. Add vanilla, spices, Coconut Collagen Creamer and maca and process until combined
5. Roll approximately 1 tablespoon of dough into bite-size balls then set aside; repeat
6. If you are going to coat your Bliss Balls, place mango powder or coconut into a bowl and roll Bliss Balls until nicely coated
7. Store in the fridge until ready to serve

**TOTAL TIME:** 40 MIN  **YIELD:** 20 BLISS BALLS

**Nutrition Information** (per ball, excluding toppings):
- 72 calories, 4 g total fat, 0 mg cholesterol, 6 mg sodium, 7 g total carbohydrate, 2 g fiber, 5 g sugar, 2 g protein, 12% vitamin A, 3% calcium, 3% iron, 9% vitamin E, 864 mg omega-6 fatty acids

**Shop the recipe at swanson.com/magazine**

Recipe courtesy of Vital Proteins®. For full article and more tasty recipes visit vitalproteins.com/blogs/recipes.
5 Hot Trends from Our Wellness Experts
Curious what’s new on the wellness scene this season? Here are 5 expert-backed trends for a healthier you, plus how to try them.

**Breathing Easier**
With more than 43 percent of Americans living in places with poor air quality, the popularity of air-purifying plants, appliances and wellness products is booming. One simple and affordable way to improve the air around you is to add a diffuser with air-purifying essential oils to your bedroom— you can give your body the deep, clean breaths it craves. **Check Out #1**

**Healthy Hormones**
People are all about proactively managing their hormone levels right now—whether that means supplementing to combat the hormonal effects of aging (think herbal menopause support) or getting in more cortisol-conscious workouts. By prioritizing things like mindfulness, mental health days and supplementation, we can take back control of hormone health. **Check Out #2 & #3**

**Healthy Aging—Inside Out**
Instead of focusing solely on fighting the external signs of aging, people are paying closer attention to the things they can do internally to help. This involves working to keep cells, tissues and organs in optimal condition for the years ahead. “Anti-aging” is out, “healthy aging” is in, and we’re all about it. **Check Out #4**

**Eye Protection**
The average American spends 11+ hours per day staring at a screen of some kind, and studies show that too much blue light exposure disrupts our circadian rhythm—our natural sleep and wake patterns. This is especially true if we’re exposed to blue light sources at night, because blue light suppresses melatonin. Thankfully, we can protect ourselves from blue light with antioxidant carotenoids lutein and zeaxanthin. These are the only two carotenoids your body selects for protection in the eyes, but it doesn’t make them naturally. Look to bulk up on these nutrients via your diet, either through supplementation or by increasing consumption of foods like dark leafy greens. **Check Out #5**

**Plant-Based “Meats” & “Grains”**
Did you know that livestock farming produces 20% to 50% of all man-made greenhouse gas emissions? You can reduce your own carbon footprint by a quarter just by cutting down on red meats, such as beef and lamb. Trendy new alternative meat and grain options are food scientists’ latest attempt to improve our diets and protect our planet simultaneously. They teach meat lovers how to enjoy a more plant-based diet, give carb lovers more nutrient-dense options and reduce the carbon emissions associated with food production. Try swapping your burgers with plant-based patties (available in most grocery stores) or upgrading your baked goods with chickpea-based flour. **Check Out #6**

**Meet Our Expert**

**Amy Sunderman, MS, RD**
Amy is a registered dietitian, nutritionist, and author with 17+ years of experience. She enjoys finding novel nutritional ingredients with strong clinical research behind them to drive innovation at Swanson as the Vice President of Science & Innovation. Visit swanson.com/amy for education and inspiration.

**did you know?**

**Chickpeas are a Secret Health Superstar**
Chickpeas—also called garbanzo beans—are a trendy ingredient our experts can easily get behind. They’re loaded with vitamins, minerals, fiber and protein, and are also known for promoting healthy digestion, weight management and blood sugar. Plus, they’re super budget friendly!

**Swanson Menopause Essentials**
SWC089 Standardized chasteberry, dong quai & more to ease change-of-life symptoms

**Swanson Synergistic Eye Health Lutein & Zeaxanthin**
SWU986 Synergistic antioxidant formula fights blue light-induced eye fatigue & strain

**Swanson Telomere Advantage**
SWU1455 Promote cellular health, healthy aging & overall longevity

**Bob’s Red Mill Stone Ground Garbanzo Bean Flour**
BOB204 Gluten-free, packed with fiber & perfect for heart-healthy baking

**Meet Our Expert**

**Amy Sunderman, MS, RD**
Amy is a registered dietitian, nutritionist, and author with 17+ years of experience. She enjoys finding novel nutritional ingredients with strong clinical research behind them to drive innovation at Swanson as the Vice President of Science & Innovation. Visit swanson.com/amy for education and inspiration.
A nutritional superstar, vitamin D supports bone health, strong teeth, immune system function and emotional wellness. So what could make the Sunshine Vitamin any better? There are actually several companion nutrients and cofactors that offer enhanced benefits when paired with vitamin D. Check out these 6 favorite duos from the health experts at Swanson.

**Vitamin D + Magnesium**
Magnesium is an essential mineral that’s vital to hundreds of processes throughout the body. It’s necessary to help the body absorb and metabolize vitamin D—without magnesium your body doesn’t get all the benefits of vitamin D. The combination of vitamin D and magnesium also promotes optimal calcium balance throughout the body and a healthy mood.

**Vitamin D + Vitamin C**
Optimal vitamin C levels ensure that when immune cells need to be activated, vitamin C is available for them to transport throughout the body to attack harmful invaders. Vitamin C fuels the T-cells that fight illness. However, those T-cells require the presence of vitamin D in order to be prompted to spring into action. Supplementing with both means your body is prepared for whatever the season sends your way.

**Vitamin D + Omega-3s**
Omega-3s are known for their role in cardiovascular health but when taken together with vitamin D, they have compounded benefits for a healthy brain and mood. Studies have suggested that the omega-3 fatty acids EPA and DHA work together with vitamin D in the brain, helping to produce mood-boosting serotonin while omega-3s facilitate its release and availability.

**Vitamin D + Calcium**
Calcium plus vitamin D is a classic combination for supporting healthy bones. Calcium is the primary building block of your bones and vitamin D is essential to ensure calcium is properly absorbed. Bones reach peak density in your 20s and women especially are at risk of decreased bone density as they age, that’s why maintaining optimal stores of calcium and vitamin D is critical for strong bones and overall skeletal health.

**Vitamin D + Boron**
Boron may not get a ton of attention but it’s a critical trace mineral that plays an essential role in keeping your bones and joints functioning optimally by helping your body metabolize important minerals such as calcium. It has been shown to increase serum levels of vitamin D to promote calcium utilization in support of a healthy bone matrix.

**Vitamin D + Coconut Oil**
Vitamin D is fat-soluble—meaning it dissolves in fat—so healthy dietary fats are necessary for optimal absorption of vitamin D. Coconut oil is rich in medium-chain fatty acids which are easily digested—their smaller size allows them to pass through cell membranes and be quickly and efficiently used by the body. Coconut oil serves as a vehicle to deliver vitamin D to the cells that need it to thrive.

**SHOP THESE VITAMIN D BOOSTERS AT**
swanson.com/magazine
In this series we highlight members of the Swanson community—customers, readers, employees—and what health means to them. This issue highlights longtime employee Crystal Nicklay, manager of Swanson Health’s local Fargo store, and her mantra—“listen to your body with love.”

As the manager of Swanson’s long-standing local Fargo, North Dakota store, Crystal Nicklay is a self-proclaimed health nerd. At the moment she’s engrossed in the topic of BDNF (brain-derived neurotrophic factor) which plays a critical role in neuron survival and growth. She’s not only curious about how BDNF supports her own cognitive health, but she also thrives sharing this new knowledge with friends, family and Swanson customers.

A HISTORY OF HEALTH

In a serious turn of serendipity, Crystal started working at Swanson Health Products when she was just 22 years old when she walked into their downtown Fargo store one day. Little did she know this would start her on a lifelong health journey. “I thought, ‘This is a really cool store,’ and grabbed an application.” Through the years her passion for health has grown, as has her role with Swanson to now store manager, and her role in the community as a knowledgeable expert.

GROWING HEALTHER TOGETHER

Swanson Health Products has evolved right alongside Crystal. As the global business has grown, so has the Fargo store, upgrading space and locations, meaning more opportunities for Crystal and her team to share health knowledge with the community. “We’re helping so many people every day—it’s amazing!”

With all that growth, it’s sometimes hard to find the time to unwind and prioritize health. “Slow down and connect with yourself—am I eating enough nourishing foods? Am I taking care of my mental energy?” Amidst the hustle, she focuses on good nutrition to keep her fueled. “I love coffee fruit extract to keep me focused, and I love drinks with cacao, reishi, bee pollen and coconut milk to stay powered.” She knows that in order to keep up with her busy life, self-care needs to be a top priority. “You have to take care of yourself first in order to tackle it all.”

FINDING BALANCE THROUGH NATURE

Crystal’s self-care routine also means prioritizing time outdoors. “I go out there and roll around in the dirt,” she laughs. “When I’m hiking and foraging for plants I literally take my fingers and scrape them in the dirt and smell it in my hands. It’s good for your immune system.”

Taking the time to stay grounded through nature is a key tenet to “lifestyle medicine,” which means making positive lifestyle choices like being deliberate about what you choose to put in your body, healthy supplementation, restorative sleep and getting plenty of exercise, in order to live a healthier life. “We have a nature deficiency in our lives,” says Crystal. “Go outside and feel good!”

READ THE FULL STORY AT swanson.com/greenbottle

Want to share your wellness story? Email us at greenbottle@swansonhealth.com
WEIGHT LOSS

Apple cider vinegar (ACV) is in many cleanse and detox recipes because it contains so many vitamins, minerals, acids and antioxidants. Specifically, it contains acetic acid, a short-chain fatty acid that preliminary research has shown to have positive effects on blood sugar health and overall metabolism. Drink ACV on its own, in a glass of water, or try taking a supplement as a more palatable option.

KEEP IT CLEAN

Apple Cider Vinegar

Apple cider vinegar (ACV) is in many cleanse and detox recipes because it contains so many vitamins, minerals, acids and antioxidants. Specifically, it contains acetic acid, a short-chain fatty acid that preliminary research has shown to have positive effects on blood sugar health and overall metabolism. Drink ACV on its own, in a glass of water, or try taking a supplement as a more palatable option.

CARB CONTROL

White Kidney Bean

There’s a specific digestive enzyme called amylase that’s responsible for the breakdown of carbohydrates. White kidney bean extract goes to work by blocking this enzyme. In doing so, it blocks absorption of carbohydrates and eliminates them, much like your body does with fiber, offering a safe way to mitigate the effects of high-carb meals.

LEAN MUSCLE

Safflower

Conjugated linoleic acid (CLA) is a fatty acid derived from safflower, and it works to help burn body fat while promoting lean muscle development. CLA is one of the most extensively studied weight loss supplements. Along with diet and exercise, it is a popular choice for supporting healthy weight loss.

BOOST YOUR METABOLISM

Garcinia Cambogia

The Garcinia cambogia tree is an evergreen tree found in tropical regions of Asia, and the rind of the garcinia fruit is full of hydroxycitric acid (HCA). This HCA content appears to give garcinia its potential weight loss and mood benefits, as it supports the process of making calories available as glycogen to fuel muscles during exercise.
CoQ10 & Ubiquinol: Heart Health & Beyond

When it comes to matters of the heart, your body needs good nutrition to keep this vital muscle healthy and strong. Coenzyme Q10 and ubiquinol are key nutrients for optimal cardiovascular health, but also so much more—here’s the scoop on why they’re so important.

CoQ10 vs. Ubiquinol

CoQ10 is a vitamin-like nutrient and antioxidant that is naturally found in every cell of your body. It plays a major role in energy production for cellular function, so the organs with the highest energy needs—the heart, kidneys and liver—tend to store the largest amounts of CoQ10 throughout your body.

CoQ10 comes in two forms—ubiquinone (the oxidized form) and ubiquinol (the reduced form). As the active form of CoQ10, ubiquinol serves as a better antioxidant because it can give its two spare electrons to free radicals, leaving the rest of your body’s cells untouched. On the flip side, CoQ10 (ubiquinone) is better for energy metabolism inside of cells due to its oxidized state.

Interestingly, you only need to take one form because your body smartly converts between the two forms of CoQ10 automatically, depending on what it needs at that moment. However, as you age, your body has a more difficult time metabolizing CoQ10 and converting it to ubiquinol. Some medical experts suggest that younger people can benefit more from CoQ10, while older people can benefit more from ubiquinol.

CoQ10 & Ubiquinol: Heart Health & Beyond

Keep Your Ticker in Top Shape

Time and time again, research has found CoQ10 to have significant cardiovascular protective effects. The evidence is promising, especially considering how many Americans struggle to maintain optimal heart health as they age.

As you age, your body naturally loses its ability to keep up with your continuous CoQ10 needs over the years. You still produce it—just not at the same rate as when you were young. That’s why it’s so easy to become deficient in CoQ10 later in life, and this deficiency is most commonly noticed first in the heart.

Studies also suggest that taking statins can inhibit CoQ10 activity and lead to further deficiency. To take the best care of your heart, it’s important to seek additional external sources of CoQ10. Some foods contain CoQ10, but not in high enough amounts that would provide much benefit to your overall health and wellness. For this reason, many people are turning to high-quality supplements to meet their CoQ10 needs.

There is no established ideal daily intake of CoQ10, but a typical dose is 100 mg to 200 mg per day. CoQ10 is best taken with a meal or alongside an oil-based supplement like krill oil or coconut oil because it’s fat soluble. The presence of fat will help your body break CoQ10 down to absorb it more efficiently. As always, follow the usage instructions provided on any supplement you use, and consult with your physician if you have questions about what is right for you and your own wellness routine.

Natural CoQ10 Declines with Age

Coenzyme Q10 concentration typically begins decreasing as early as age 20, suggesting it has a close connection with aging. CoQ10 concentration begins decreasing as early as age 20:

- 20 YEARS: 100%
- 40 YEARS: 83%
- 80 YEARS: 42.9%


Chart Source: Kaneka Ubiquinol™

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From the Heart

What Impacts Risk for Heart Disease?

<table>
<thead>
<tr>
<th>Poor Diet</th>
<th>Alcohol</th>
<th>Smoking</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Cholesterol</td>
<td>Limited Exercise</td>
<td>High Blood Pressure</td>
</tr>
</tbody>
</table>

The Statistics

Heart disease is the leading cause of death for men & women in North America (women are equally affected as men)

CoQ10 and Ubiquinol are Good For

- Cardiovascular Health
- Physical Performance
- Nervous System Health
- Strong Muscles

Big CoQ10 Benefits Beyond Heart Health

NERVOUS SYSTEM HEALTH

Research suggests that CoQ10 and ubiquinol might be beneficial for people who are concerned about nervous system health. What’s more, CoQ10 may influence optimal autonomic nervous activity in healthy people.

STRONG MUSCLES

Skeletal muscles need CoQ10 for energy, growth, and repair. Many physicians recommend CoQ10 to people who take medicines that may cause muscular symptoms, such as statins.

PHYSICAL PERFORMANCE

CoQ10 plays an important role in energy production, and research suggests that CoQ10 may increase a person’s endurance during exercise, helping them move at higher intensities for longer periods of time.

3 Big CoQ10 Benefits Beyond Heart Health

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2-in-1 Formula

CoQ10 + L-Carnitine for Physical Endurance

While CoQ10 is drawn to the heart, liver, and kidneys, L-carnitine is predominantly found in your muscle tissues. When both assist with the production of cellular energy throughout the body at the same time, you can reap some big exercise-related benefits like decreased fatigue and improved recovery.

CoQ10 + Vitamin K2 for Heart Health

Vitamin K2 supplementation has been clinically shown to promote vascular elasticity and reduce arterial stiffness, while CoQ10 supports healthy heart tissue and function.

CoQ10 + Vitamin E for Skin Health

CoQ10 may help increase energy production in the skin cells and provide antioxidant protection from environmental exposure. Vitamin E can also provide similar benefits, as it’s easily absorbed and highly moisturizing.

CoQ10 + B Vitamins for Cellular Energy

CoQ10 works in the mitochondria to produce cellular energy from food, which is then used to power muscles and other vital functions. The B-vitamin family, which consists of 8 different vitamins, is also a key supporter of cellular metabolism.

Your natural CoQ10 concentration is highest in your 20s—then starts to decline

What CoQ10 Dose is Right for Me?

- Statin Use: 30-200 mg/day
- Healthy Aging: 100-200 mg/day
- Exercise Performance: 300 mg/day

Heart Health: 60-300 mg/day
Metabolic Health: 100-300 mg/day

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