Driven by Wellness

Our healthy obsession began in 1969 when Leland Swanson’s search for joint relief led him to the world of natural supplements. Back then, he could only imagine the impact his commitment to wellness and lifelong vitality would have on so many people throughout the years.

This year, we’re celebrating 50 years of simplifying wellness. And we’re strengthening our commitment to delivering quality supplements at the best value—so you can shop with complete confidence.

Swanson Health. A healthy obsession with total wellness—mind, body and home.

The other day, I was talking with one of my friends about New Year’s resolutions. Like many of us as the year moves forward, they felt like they had “fallen off the wagon.” Even as a professional in the wellness world, I’m no stranger to that feeling. You roll into the New Year, health resolutions blazing, goals large and lofty. And then life happens, as it inevitably does to all of us.

Through the years I’ve heard many of these stories, and on top of my own research and personal experience, I’ve learned one critical thing about getting healthier—it’s difficult to do alone. People are simply more likely to stick to healthy habits when surrounded by a community. Meal planning, gym time, new supplements, new diets—wellness success thrives on support.

That’s why Healthy Obsession was created—in the spirit of community.

Swanson’s nutritionists and healthcare partners, driven by our obsession with healthy living, are here to help you tackle life’s everyday health challenges. We sweat the details—the science, research and latest trends—so you don’t have to. Our obsession means you can focus on thriving and living life, while we make being healthier just a bit easier, no matter what healthier means to you.

So, whatever your resolutions were this year—from going keto to taking regular walks—let’s make healthier the wellness trend that sticks in 2019. Together.

Lee Swanson

OUR PLEDGE TO YOU

✓ Lower prices on Swanson® brand
✓ Best price guarantee
✓ Competitive price matching

Sign up for exclusive offers at swanson.com/signup

Healthier is the New Keto

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Lee Swanson
Dietitian’s Bag

Meet our Expert

Lindsey Toth, MS, RD

Lindsey is a nationally recognized registered dietitian nutritionist whose advice has been featured with Reader’s Digest, Men’s Health, The Dr. Oz Show, Lifetime TV and more.

Visit swanson.com/lindsey for education and inspiration.

WHAT’S IN OUR Dietitian’s Bag

Meet our in-house dietitian and the warm-weather essentials she can’t live without.

SAY GOODBYE TO STRESS

One of my favorites for everyday wellness, this organic, mint-flavored hemp oil is easy to pop a drop right on my tongue or add to my morning smoothie.

Barlean’s Extra Strength Ideal CBD Hemp Oil BAR091

STOP ALLERGIES IN THEIR TRACKS

Outdoors or indoors, seasonal allergies aren’t going to spoil my plans. These non-drowsy tablets are quick-dissolving to crush allergies ASAP, including issues with pollen, ragweed, grasses, mold and animal dander.

Hyland’s Seasonal Allergy Relief HY081

STAY ENERGIZED

When you’re on the go, healthy snacking is critical to prevent overeating. Enter my fave bar—with 14 g of protein and only 5 g of sugar, it’s the perfect ready-to-eat snack.

Power Crunch Protein Energy Bar—French Vanilla Creme BNR002

YOUR LIPS’ NEW BEST FRIEND

This ultra-hydrating lip balm with kokum butter nourishes my natural glow, plus the 2-pack means I get one for my work bag and one in my gym bag.

Burt’s Bees Ultra Conditioning Lip Balm BTB237

LOVE YOUR GUT

Warm weather for me equals more travel, which means I need all the help I can get to stay regular. This formula keeps me balanced with 2 billion CFU of L. acidophilus, the most widely researched probiotic strain (learn more on p. 25).

Swanson Probiotic for Daily Wellness SWA040

RELAX & RESTORE ANYWHERE

When I’m at my desk or on the go, this delicious, easy-mixing drink delivers 330 mg of magnesium to support relaxation and strong bones.

Swanson Mellow Mag Single Serve Drink Packs—Raspberry Lemonade SW1744

15 Turmeric

Put a spring in your step with this centuries-old supplement that has seemingly endless benefits.

WHAT’S INSIDE...

Our experts have pinpointed five of the hottest health topics for a healthier you.

16 on the go Jetsetter Wellness
18 natural home Real Food Pantry
19 natural home Simply Natural Cleaning
20 behind the green bottle Wellness in the Red River Valley
22 feeling good Forever Young
24 get the scoop Dynamic Duos
26 everyday health Antidotes for Everyday Life
27 eye candy Get More ZZZs

QUESTIONS OR COMMENTS? CONTACT US
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Too much screen time? You’re not alone. The average adult spends up to 11 hours a day in front of a screen on digital devices. That adds up to a lot of blue light exposure for your retinas, which can cause eye fatigue, a disrupted sleep-wake cycle, and vision health concerns down the road.

What is Blue Light?
Blue light is a type of electromagnetic ray that’s emitted from electronic device screens. There are other sources too, but smartphones and tablets emit more than any other source. Since blue light rays are shorter and more energetic than any other type of visible light, they are more damaging to our retinas. The natural filters in your eyes do their best to try and protect against blue light exposure, but you can reinforce those filters by adding plenty of macular carotenoids to your diet.

What are Macular Carotenoids?
Macular carotenoids are pigments found in certain foods and supplements. When consumed, they are deposited heavily in your retinas, helping filter out blue light rays. Lutein and zeaxanthin are the two key macular carotenoids linked to protecting your eyes. Studies have shown that people who consume them have a lower risk for age-related eye concerns.

Lutein—An antioxidant that accumulates in the retina to help your eyes filter blue light. Food sources include dark, leafy greens.

Zeaxanthin—Another antioxidant that works in a similar way to lutein, making them a powerful duo for eye health. Like lutein, food sources include dark, leafy greens.

Astaxanthin—Powerful antioxidant that helps defend against oxidative damage. Sources include red marine foods like krill and crawfish.

Beta Carotene—Also known as vitamin A, this carotenoid supports healthy photoreceptors. Food sources include carrots, liver, egg yolks and dairy products.

Studies show daily dietary intakes of 2 mg lutein and 0.5 mg zeaxanthin to be beneficial for supporting vision health, but the average U.S. dietary intake of these macular carotenoids is below these levels.

LUTEIN LEVELS DECLINES WITH AGE

Lutein introduction declines with age. By Dr. Kambiz Silani, OD

Beverly Hills Optometry, Beverly Hills, CA

Breast Milk & Formula
Fortified with Lutein

Diet Changes, Multi-vitamins & Vision Health Supplements Can Increase Intake Levels

Infants Children Adolescents Adults Seniors

Macular Carotenoids for Vision Health

Protect Your Eyes Indoors & Out

Eye protection is important all of the time, no matter where you are. Check out how to protect your peepers.

Indoors
• Limit screen time before bed
• Blink often when using electronics
• Follow the 20-20-20 rule to give eyes a rest: Look at an object at least 20 feet away for 20 seconds every 20 minutes
• Use night settings on digital devices to minimize blue light exposure

Outdoors
• Wear a wide-brimmed hat & high-quality, UV-blocking sunglasses
• Don’t assume you’re safe on cloudy days. UV light is invisible & can pass through clouds
• Avoid looking directly at the sun. It can lead to irreversible damage to retinas

Dr. Kambiz Silani, OD
Dr. Kambiz Silani is a medical optometrist in Beverly Hills, with optometric education from University of California, Los Angeles (UCLA) and Western University of Health Sciences.
SAY HELLO TO THE SUNSHINE VITAMIN

Vitamin D is known as “the sunshine vitamin” since your skin produces it after sun exposure. But just because you’re outside more in warm weather doesn’t mean you get enough. As you age, skin doesn’t synthesize vitamin D as efficiently, and if you’re wearing sunscreen (as you should be!) that may also reduce vitamin D production.

Vitamin D is essential for calcium absorption and strong bones, and studies show vitamin D may also boost immune health—so help cover your bases with a supplement.

UP YOUR ANTIOXIDANTS WITH ASTAXANTHIN

Astaxanthin is a powerful antioxidant that’s thousands of times more potent than vitamin C. Because of its potency, astaxanthin’s benefits have been proven in many clinical trials, including for healthy eyes and skin.

For eye health, get astaxanthin through your diet in dark, leafy greens or supplements. For skin health, use it topically or as a supplement to limit signs of aging, boost moisture and texture, and help combat environmental free radicals.

GET THE SCOOP ON SUNSCREEN

SPF stands for “sun protection factor,” referring to the level of protection against UV rays—particularly UVB, which can cause skin to burn, but it doesn’t always protect against UVA rays. Choose a sunscreen labeled “broad-spectrum,” which implies both UVA and UVB protection.

The Environmental Working Group recommends avoiding SPF over 50, since additional protection above SPF 50 is marginal. Also, avoid potentially harmful ingredients like oxybenzone and retinyl palmitate. Follow product directions to reapply frequently, and don’t forget to protect your lips too!

MOISTURIZE WITH ALOE

Aloe moisturizes without being overly heavy and forms a protective layer to lock in moisture and nutrients while soothing skin and fighting signs of skin aging.

It also packs plenty of skin-friendly antioxidants, including vitamin C, vitamin E and beta carotene. And don’t just save it for after a long day outdoors—it’s a great aftershave or everyday moisturizer.

PAMPER SENSITIVE SKIN

If your skin is sensitive, you may have mixed feelings about spending more time outdoors. Thankfully, with a little planning you can get ahead of sensitive skin troubles before they start.

Stay hydrated and moisturize daily with a sensitive skin lotion. Always protect your skin with sunscreen while outdoors, and keep a homeopathic cream on hand with skin-loving Cardiospermum halicacabum (balloon vine), so you’re ready at the first sign of itchy trouble.

SUN-LOVING PICK

Swanson Premium Vitamin D3

Supports bone, immune, heart health & more

SW1210

ANTIOXIDANT PICK

Swanson Ultra Astaxanthin

Boosts antioxidant activity to fight free radical damage

SWU730

ULTIMATE PROTECTION PICK

Kiss My Face Sport Balm SPF 30

Water-resistant with soothing, organic moisturizers

KMF092

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OVERALL SEASONAL SUPPORTER

Swanson Herbal Seasonal Care

Features 7 herbal extracts with proven seasonal benefits

SWU227

SEASONAL EYE-HEALTH PICK

Similasan Allergy Eye Relief

100% active ingredients to stimulate the eye’s ability to stop itching, burning & watering

SM002

PERFECT MOISTURE PICK

Avalon Organics Hand & Body Lotion Aloe—Unscented

A triple lipid system & beta glucan for fresh, healthy skin

AVL021

SENSITIVE SKIN PICK

Boericke & Tafel Florasone

Delivers homeopathic relief for itches & rashes

BRK004
When you think detox, what comes to mind? If you’re like most people, you probably think about detoxing your diet. Eating wholesome, real food is important, but you can’t forget about detoxing your mind and home too.

From Martha Stewart to Marie Kondo, mindful housekeeping is on the rise, and clutter in your mind can be just as stressful as clutter in your home. Here are some tips for detoxing mind, body and home to help you live in harmony.

**Detox Your Mind**

**Meditate Daily**

Meditation helps reduce mental clutter, stress and anxious feelings, and helps you feel centered and relaxed.

**Breathe Deeply**

Deep, abdominal breathing encourages relaxation, helps minimize stress, reduces anxiousness, and gives you a healthy dose of oxygen, of which your brain uses a whopping 15-20%!

**Go Offline**

Taking a digital timeout—even for just a few hours a day—is an excellent way to detox your mind and quiet the digital chatter. Just like meditation, it helps quiet the mind.

**Detox Your Body**

**Dandelion Root**

This traditional herb contains a compound known as chicoric acid which has a natural diuretic effect to help flush toxins from the liver.

**Milk Thistle**

A popular liver detox tonic, milk thistle also supports kidney function and a healthy spleen. It’s full of powerful antioxidants that benefit liver tissues.

**Senna Leaf**

A traditional favorite in northern Africa and southwest Asia, senna leaf promotes digestive health and stimulates healthy bowel function.

**Detox Your Home**

**Declutter Mindfully**

Clutter in your home can create an environment that feels chaotic and stressful. Start the process of decluttering mindfully. Begin with just one shelf or drawer, tackling a little at a time.

**Clean Naturally**

Look for nature-sourced alternatives to chemical-laden cleaners or use ingredients from your pantry (see Natural House Cleaning on p. 19).

**Skip Non-Stick Cookware**

Many non-stick coatings contain perfluorinated chemicals (PFCs) that researchers are studying as potential contributors to health concerns.

**Eco-Friendly Dishwashing Liquid**

Wonderful citrus scent with grapefruit peel in a biodegradable and recyclable container

**3 STEPS TO PREP**

1. Consider how long you want the cleanse & detox to last.
2. Consult with your doctor or a nutritionist if necessary.
3. Keep a daily food journal to track nutrients, progress & mood.
Explore Top Nutrition & Motivation Advice to Help You Get Up & Out There

**Nutrition for Bodies in Motion**
Research shows that good nutrition has the largest impact on helping you reach your ‘move more’ goals.

**Power Your Muscles**
Protein gives you longer-lasting energy, helps your body build and maintain muscle (especially as you age), and keeps you feeling fuller longer.

**Energize with Herbs**
Reach for herbal energizers like green coffee bean extract, rhodiola rosea root, and L-theanine for energy without jitters.

**Try Turmeric for Joints**
Turmeric helps boost joint health, movement and physical function, plus it offers antioxidant support.

**Support Recovery**
Soothe the hard-working muscles and support recovery, function and comfort with post-workout tart cherry juice.

**Promote Endurance**
Magnesium is essential for cellular energy and muscle contraction—key factors in building endurance.

**Ideas for Moving More**
Any kind of movement promotes overall health, so find something that’s right for you.

**Low Impact**
Try Tai Chi or yoga for a gentle way to boost strength and flexibility while improving balance and range of motion.

**Medium Impact**
Head for the elliptical or try indoor cycling—the smooth, gliding motions minimize impact on joints while getting your heart pumping.

**High Impact**
Step up the heat with high-intensity interval training (HIIT). Start with a 5-minute warmup and kick up the pace for 2 minutes at a time, with 1-minute intervals at an easy pace in between.

**Why Move More?**
Staying active is great for joint & bone health, plus it may boost mood & overall happiness. Physical activity can release endorphins & other feel-good hormones that contribute to mental wellbeing.

**SNEAK IN A STEALTHY SET**
Little steps can make a big difference, so try sneaking in a few of these moves every day.

- Do a few sets of 30-second wall sits while brushing your teeth
- Try leg lifts or lunges while waiting for a kitchen timer or for water to boil
- Stretch lightly while you check email (& delete the junk!)
- Walk or pace while you chat with friends & family on the phone

**TRY MINI-WORKOUTS**
Fit in a few 5-minute mini workouts throughout the day, try a few sets of squats, push-ups, a 30-second plank hold & even a few crunches.

**Keep a wellness journal** so you can look back, evaluate your progress, and identify helpful (and not-so-helpful) habits. Add motivational quotes too!

**Appreciate non-scale victories**, which are all the other benefits you gain on the way to your goals, like less stress and more energy as a result of more exercise and better nutrition.

**TIPS FOR STAYING MOTIVATED**

**Celebrate the journey** by adding smaller, short-term wellness goals to your daily routine while still keeping bigger, long-term goals in sight.

**Be kind to yourself** and don’t focus on being perfect. Focus your energy on moving forward. Forgive yourself and keep going if you slip up.

**Find your wellness squad** by joining an online community, wellness class, or inviting a workout buddy to share the journey with you.

**Consult health and fitness experts** like a personal trainer, registered dietitian, or doctor to support your goals with expert advice.

**The 21-Day Myth—According to researchers, it takes about 66 days for a new behavior to become automatic.**

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*Lally, P. et al. How are Habits Formed.*

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**FIND EXCUSES TO WALK MORE**
- Skip the closest parking spot & park farther away
- Start a family habit of going for a walk after dinner
- Complete errands on foot when you can
- Volunteer to pick up litter in your neighborhood
- Go window shopping or walk around the local mall
Delish
Vanilla Almond Protein Granola

This delicious, crunchy granola is packed with healthy, satiating protein and fiber. It’s the perfect topping for morning yogurt and makes a satisfying snack while on the go.

INGREDIENTS
- 2 cups raw slivered almonds
- 1 cup raw pumpkin seeds
- 1 cup raw sunflower seeds
- 1 cup raw walnut halves, chopped
- 1 cup unsweetened shredded coconut
- 2 scoops Swanson Real Food Plant Protein—Vanilla
- 1 tablespoon ground flaxseed
- 1 teaspoon salt
- ½ cup maple syrup
- ½ cup extra virgin olive oil
- ½ cup raisins, chocolate or dried fruit of choice

INSTRUCTIONS
1. Preheat oven to 325˚ F.
2. Mix dry ingredients in a mixing bowl.
3. Mix wet ingredients in a separate mixing bowl using a spatula.
4. Mix wet and dry ingredients together.
5. Place mixture directly on a baking sheet; spread evenly.
6. Bake for 45 minutes, stirring every 10 minutes to prevent sticking and burning.
7. Once cool, fold in ½ cup of raisins, chocolate chips or other dried fruit of choice (optional).
8. Remove from oven; let cool.
9. Store in closed container for up to 3 weeks.

Try it sprinkled on yogurt and topped with fresh berries!

Nutrition Information (¼ cup serving):
- 256 calories, 21 g total fat, 0 mg cholesterol, 131 mg sodium, 12 g total carbohydrate, 3 g fiber, 7 g sugar, 7 g protein, 9% iron, 8% magnesium, 5% zinc, 4% calcium (% Daily Values are based on a 2,000 calorie diet)

Shop the recipe at swanson.com/magazine
SWF096, SWU1055, SWF006, SWF002, SWF010, SWF038, SWF011, SWF004, SWF002, SWF019, SWF011

Swanson Premium Turmeric & Black Pepper SW1613

Doctor’s Best High Absorption Curcumin from Turmeric Root DB078

Andalou Naturals Enlighten Serum ADN026

Shop our full selection of turmeric options at swanson.com/magazine

MARILE LEWIS
@AMAZINGPALEO

WHY SKIN CREAMS?
Get a healthy glow with topical turmeric

A Spice Made to Put a Spring in Your Step

Get moving with joint- and bone- supporting turmeric, a centuries-old health tonic with seemingly endless benefits—even seasonal relief! Let’s clear up common myths about this beloved spice.

FACT: Curcumin is the Only Important Part of Turmeric

FICTION: Curcumin is an active compound in turmeric that’s highly-studied and prized, but there are over 200 active compounds in turmeric root that impart benefits. Curcumin provides targeted support, and whole turmeric root is great too!

FACT: Your Body Can’t Actually Absorb Turmeric

FICTION: Curcumin is fat-soluble, so without some fat or oil you won’t absorb as much of it. It’s best to take turmeric with a meal containing fats or oils, and a substance in black pepper helps turmeric stay in your system longer so your body has more time to absorb it.

FICTION: Turmeric Supplements are All the Same

FACT: There are many types of turmeric supplements. Some are standardized for guaranteed potency, and others are formulated for high bioavailability. Always buy from a source that ensures quality ingredients, third-party testing and label transparency.

FICTION: Turmeric is Spicy

FACT: Turmeric has a somewhat bitter flavor on its own, but it isn’t spicy. This idea comes from turmeric being thought of as “the curry spice.” Turmeric lends its bright yellow-orange color to curry, but it’s dried chili peppers that make curry spicy.

FICTION: Turmeric Stains Your Teeth

FACT: The bright yellow pigments in turmeric can stain many things, including clothing if you aren’t careful, but not your teeth. In fact, it may help remove stains from teeth over time and support oral health.
Before You Travel

Don't wait until you hit the road to think about staying healthy. Get a head start by taking probiotics and other immune-booster like echinacea and vitamin C 1-2 weeks before you go.

Reinforce your diet with essential fatty acids, and get plenty of sleep.

Also, plan what you’ll pack, including a reusable water bottle, vitamins and medications, and healthy, protein-rich snacks like nuts, seeds or energy bars.

Healthy Travel Picks

- Swanson Ultra Triple Strength Melatonin
- Swanson Premium Vitamin C with Rose Hips
- Dr. Stephen Langer’s Ultimate 16 Strain Probiotic with FOS

While You Travel

Take wellness essentials in your carry-on or tote so you’re prepared for common travel woes.

Keep ginger root supplements on board to settle your stomach, or crystallized ginger for a functional treat.

Carry lip moisturizer, lotion, eye drops and saline nasal spray, especially if you’re flying because airplane air is dry.

Pack gum to chew during pressure changes, plus comforts like a blanket, pillow, eye mask, and ear plugs.

At Your Destination

Stay active by seeing the sights via bike or walking as much as you can. Carry a hand sanitizer or wash your hands often.

Try fresh local food, especially local fruits and veggies, to give your body more nutrients while trying new things. And drink plenty of water to stay hydrated.

Keep your sleep on track to feel your best. If you have trouble sleeping while traveling, taking a melatonin supplement may help.

On-the-Go Self Care

Traveling? Pack your bags with trending essentials like magnesium and essential oils to reduce stress and anxiousness, a probiotic supplement for digestive and immune health, and melatonin to keep your sleep-wake cycle on track while you travel.

Boosted Beverages

Healthy beverage add-ons are on the rise, and we’re definitely a fan. Keep an eye out for energizing MCT oil in coffee drinks, oat milk as a creamy dairy substitute, and bone broth collagen for a wholesome boost of protein and skin-loving, joint-supporting collagen.

Adaptogenic Herbs

Stress-busting adaptogenic herbs are gaining popularity with modern science backing their benefits. Try time-tested rhodiola rosea root, ashwagandha or holy basil to promote a healthy stress response.

Swanson Ultra Resveratrol
- SWU283
- An antioxidant boost for heart health & cellular longevity

Swanson HiActives Tart Cherry
- SWH112
- Antioxidant flavonoids protect the cardiovascular system & support joint health

Healthy Origins Lyc-O-Mato®
- Tomato Lycopene Complex
- HRG039
- Clinically-studied lycopene with synergistic tomato carotenoids

Shop our full selection of mesonutrients at swanson.com/magazine

Bon Voyage!

Jetsetter Wellness

Being healthy away from home

Keeping your immune system strong is one of the best ways to have a worry-free trip. Most people don’t get enough sleep or drink enough water while they travel, and those two key factors alone can leave your body more vulnerable, but there’s more you can do to protect yourself. Rest up, stay hydrated and try the healthy travel tips below.

Full Spectrum Hemp Oil
Non-psychoactive, full spectrum hemp extract is trending for total-body wellness, stress and sleep support. Its popularity can be attributed to the science of the endocannabinoid system—a bodily system that’s highly receptive to compounds in hemp extract, including cannabidiol.

Mesonutrients
“Meso” means “inside,” and this trend is all about taking a deeper look at the active compounds or antioxidants in our foods and supplements. Trending mesonutrients include antioxidant curcumin from turmeric, lutein for vision health, and berberine for healthy blood sugar balance.

Adaptogenic Herbs
Stress-busting adaptogenic herbs are gaining popularity with modern science backing their benefits. Try time-tested rhodiola rosea root, ashwagandha or holy basil to promote a healthy stress response.

HEALTH INSIDER
Top Seasonal Trends from Our Experts
Elevate Your Pantry with Nutritious Real Foods

Keeping healthy food on hand is key to getting the nutrients you need and maintaining a healthy weight. Pack your pantry with these real foods and nutrient-rich essentials to ensure you always have wholesome, good-for-you options on hand.

Start with the Staples
Staples serve as the foundation for your pantry pyramid. Stock potatoes, onions, canned tomatoes, sauces, whole grain pastas, low-sodium stock or bone broth, and herbs and spices like garlic, ginger root and turmeric. These are ingredients in many healthy recipes and offer plenty of benefits when eaten on their own.

Grab Your Grains & Baking Essentials
Next layer in grains—high-fiber, whole-grain brown rice, couscous, bulgur and farro, plus cooking flours made from sprouted grains or gluten-free options like coconut flour or oat flower. Stock baking essentials too, like vanilla extract, baking powder and soda, and honey or other natural sweeteners.

Nosh on Nuts & Seeds
Keep unsalted nuts and seeds on hand for protein, fiber, good fats and more. Add them to cereal or use as a meat alternative in pasta, salads or veggies. They’re also great alone as a snack or as a yogurt topping.

Fats & Oils

Cooking Guide

**Avocado Oil**
- Smoke point: 520° F
- Perfect for high-heat cooking, high in vitamin E

**Ghee or Clarified Butter**
- Smoke point: 485° F
- Excellent for general use, contains conjugated linoleic acid

**Extra Virgin Coconut Oil**
- Smoke point: 350° F
- Use for sautéing & baking, contains medium chain triglycerides

**Extra Virgin Olive Oil**
- Smoke point: 375° F
- Use for sautéing & baking, high in omega-9

**Sesame Oil**
- Smoke point: 350° F
- Also great for sautéing & baking, contains zinc & copper

**Sunflower Oil**
- Smoke point: 107° F
- Reserve for salad dressings & dips, contains vitamin E & lecithin

LIVING ROOM
- Polish furniture naturally with 1 part vinegar, 4 parts olive or coconut oil & 3-4 drops lemon essential oil
- Sprinkle baking soda on rugs or carpet & let it sit for a few hours to absorb odors
- Use equal parts distilled white vinegar & water to clean windows, glass doors & blinds

KITCHEN
- Mix equal parts apple cider vinegar & water for an all-purpose cleaner
- Use full-strength apple cider vinegar to clean wood cutting boards
- Sprinkle baking soda on pots & pans to help clean baked-on residue

BATHROOM
- Add distilled white vinegar to a spray bottle, spray it on mold & let it sit for an hour before wiping
- Use lemon juice to remove soap scum & rust spots on the tub
- Dissolve half a tablespoon of baking soda in a cup of water in a spray bottle & use to scrub away grime

BEDROOM
- Mix a few drops of essential oil with 1 cup baking soda & sprinkle over your mattress to freshen—vacuum up after an hour
- Add 15-20 drops of lavender essential oil to 1 ½ cups of distilled water in a spray bottle for a linen spray
- Fill small linen pouches with uncooked rice, 1-2 drops of essential oil & dried flower petals for drawer sachets

Use essential oils to add fragrance to homemade cleaning sprays (like the apple cider vinegar spray at left). Lavender essential oil works well with vinegar-based cleaners. Add a few drops of essential oil to an unscented, vegetable-based liquid soap, plus washing soda (optional) for a natural dish soap. Rosemary and thyme essential oils are great for the kitchen. Use a few drops of eucalyptus essential oil when cleaning your sink with baking soda. Or use pine essential oil in your baking soda floor cleaner.

Natural HOUSE CLEANING

Find oils, spices & more healthy pantry staples at swanson.com/food-beverage
Now as I get into my 40s, more health concerns (and aches!) pop up, and I’ve realized I need to take a more proactive approach to health.

As a North Dakota boy, Corey first realized the importance of health and nutrition in everyday life while growing up on the family farm. Now a retired collegiate athlete (and still a farm boy at heart), Corey has a family of his own—a wife, two teenagers, three horses—and a wellness routine that focuses on physical activity, a balanced diet, and supplementation to fill gaps and target health concerns.

EVERYDAY LIFE
For Corey, raising a family, caring for horses and growing a career means juggling a lot of priorities. He wears many hats on any given day: dad, spouse, son, brother, president, Mason, Shriner—“even ‘Barn Boy’,” he laughs, “as my wife so lovingly calls me.” At a young age, he understood the fundamental importance of being healthy. “Now as I get into my 40s, more health concerns (and aches!) pop up, and I’ve realized I need to take a more proactive approach to health.”

In warmer months, you’ll find Corey biking, walking or horseback riding with his wife on the beautiful Red River Valley trails, or enjoying a St. Louis Cardinals game. “My grandfather played in the minors for the Cardinals before World War II. The family still has the authentic Cardinals jersey hanging in our 100-year-old bakery in Mayville, North Dakota.”

Corey’s weekly work routine, though, is a lot of indoor time—meetings, flights and lots of time on a laptop and smartphone. “It was a big moment for me when I realized how eye strain was impacting how my eyes felt at the end of the day. Then I discovered the difference nutrients like lutein and zeaxanthin can make.”

FINDING HIS HEALTHIER
Everyone’s ‘healthier’ is unique to their own health journey, and Corey is no exception, with his soft spot for the crisp, salty crunch of potato chips. “I love biking, but I also love chips. Sometimes I’ll calculate how many calories I need to burn so I can have a bag of chips later. And in case you were wondering, a 1.5-ounce snack bag is about another 20 minutes of pedaling!”

BALANCING MIND, BODY & HOME
Finding balance across Corey’s life comes down to one simple thing: family first. “If I know what I value, I can focus on the things I can control, and the rest usually falls into place.” Since heart health concerns run in Corey’s family, he focuses on ways to promote healthy cholesterol levels. “I love a combo of CoQ10 plus vitamin K2 for energy production, stamina and cardiovascular strength to help get me through my desk work, and my barn work.”

Balance for Corey also means community and leadership. He strives to be a role model for his kids and the local youth through community events; sharing his passion for good nutrition and outdoor activities. “In college, I had a favorite shirt that said, ‘Education is preparation for life.’ Knowledge is the most powerful way to grow.”

READ THE FULL STORY AT swanson.com/greenbottle

Want to share your wellness story? Email us at greenbottle@swansonhealth.com
Optimizing health and wellness is key. Start being more conscious of your food choices and daily nutrition. Exercise daily and embrace self-care supplements like full spectrum hemp oil to promote overall wellness.

Your natural production of CoQ10 declines with age, making it especially important to take a CoQ10 supplement to support energy and heart health. Also, rev your metabolism by staying active and trying metabolism boosters like green coffee bean extract.

Help keep joints flexible with MSM, glucosamine and chondroitin. Sexual health, prostate and urinary health are important too, so talk with your doctor about any issues and support these areas of health with supplements.

Stay social! Healthy relationships keep us happier and may help us live longer. Also, get plenty of brain-boosting omega-3s, and take lutein too! Lutein levels become especially low after age 60, when eye health concerns increase (learn more on pp. 6-7).

Swanson Health turns 50 this year, which means the topic of aging is on our minds. However, we’ve been in the business long enough to know there’s never a bad time to think about aging well. As we age, it’s only natural that our health and nutrition needs will change, and that we start thinking even more about what we can do to keep our bodies healthy. With whole-body wellness, longevity and natural anti-aging in mind, we’ve put together some tips for health at every age.

**IN YOUR 20s & 30s**
Optimizing health and wellness is key. Start being more conscious of your food choices and daily nutrition. Exercise daily and embrace self-care supplements like full spectrum hemp oil to promote overall wellness.

**IN YOUR 40s**
Your natural production of CoQ10 declines with age, making it especially important to take a CoQ10 supplement to support energy and heart health. Also, rev your metabolism by staying active and trying metabolism boosters like green coffee bean extract.

**IN YOUR 50s**
Help keep joints flexible with MSM, glucosamine and chondroitin. Sexual health, prostate and urinary health are important too, so talk with your doctor about any issues and support these areas of health with supplements.

**IN YOUR 60s+**
Stay social! Healthy relationships keep us happier and may help us live longer. Also, get plenty of brain-boosting omega-3s, and take lutein too! Lutein levels become especially low after age 60, when eye health concerns increase (learn more on pp. 6-7).

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**WHAT WE LOVE FOR HEALTHY AGING**

**20s & 30s**
- SWANSON PREMIUM GLUCOSAMINE, CHONDROITIN & MSM SW1138 Three proven joint supporters in one formula
- SWANSON ULTRA COQ10 SWU035 Support for cardiovascular health & cellular energy

**40s**
- SWANSON PREMIUM GLUCOSAMINE, CHONDROITIN & MSM SW1138 Three proven joint supporters in one formula
- SWANSON ULTRA COQ10 SWU035 Support for cardiovascular health & cellular energy

**50s**
- PLUS+ CBD OIL HEMP GUMMIES CV007 Delicious cherry mango gummies for total-body wellness
- SWANSON PREMIUM SAW PALMETTO SW910 Promotes prostate & urinary tract health

**60s+**
- SWANSON HIGH CONCENTRATE OMEGA-3 SWC005 Essential nutrition for brain function & heart health

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**WATCH OUR VIDEO ABOUT THE BENEFITS OF OMEGA-3 FATTY ACIDS AT swanson.com/omegavid**
Dynamic Duos!

We all have those amazing friends who help us be our best self—and we do the same for them. But did you know certain nutrients make dynamic duos too? Check out these wellness pairings that are better together.

- **Turmeric + Black Pepper**
  Piperine, an alkaloid in black pepper, increases turmeric’s bioavailability by delaying its breakdown in the gut, allowing it to stay in the body longer so you have more absorption time.

- **Vitamin C + Zinc**
  This potent antioxidant combo reinforces your body’s defenses, which is especially important while traveling. Taking vitamin C and zinc together gives your body multifaceted immune support and additional benefits from both nutrients.

- **Vitamin E + Omega-3**
  Omega-3 fatty acids and antioxidant vitamin E work together to promote and protect wellbeing. The protective qualities of vitamin E extend to protecting omega-3 fatty acids in the brain, making these two a winning combo for cognitive health.

- **Magnesium + Calcium**
  Your body needs magnesium to metabolize and absorb calcium. Magnesium helps keep calcium dissolved in the blood and helps draw calcium into your bones. These two aren’t just better together—they’re essential!

- **L-Theanine + Caffeine**
  L-theanine balances out the effects of caffeine to help you avoid feeling jittery or over-stimulated, and it offers cognitive benefits too. With this pairing, you get a smoother boost in energy with improved concentration and focus.

- **Prebiotic + Probiotic**
  Without prebiotics, healthy gut bacteria can’t flourish. Think of it as a garden. Taking probiotics is like adding plants, and taking prebiotics is like adding fertilizer. Both are beneficial in unique but complementary ways.

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Be the Matchmaker

Pair the nutrients that are better together

- Vitamin B-12
- Vitamin B-6
- Hyaluronic Acid
- Magnesium
- Folate
- Collagen
ANTIDOTES FOR Everyday Life

From too much screen time to stress and sleepless nights—life throws a lot your way, and it can add up to impact your health. But it doesn’t have to be that way—you CAN fight back. Here’s how!

For the Tough to Digest
Pizza night again? We get it. Life can get in the way of the best intentions. But your diet can disrupt gut microbes, which can have a domino effect on health. About 70% of your immune system is in your digestive tract. Gut health affects nutrient absorption, sleep quality and more, and probiotics may help.

How Can Probiotics Help?
Probiotics reinforce a healthy gut by delivering friendly bacteria to help maintain balance. There are many types of probiotics that contribute to a healthy gut microbiome, helping with digestion, nutrient absorption, immune support and more.

For the Up ‘Til Dawn
So much to do, so little time. We don’t recommend staying up ‘til dawn to get everything done since sleep is important too, but optimized nutrition can help keep you energized. The B-vitamin family is particularly beneficial for energy production.

How do B Vitamins Help?
B-complex vitamins are essential for converting food into fuel, making them popular as energy boosters. And as a bonus for the busiest among us, research shows B vitamins may help reduce stress too!

For the Overstressed
Between 75% to 90% of doctor visits are for stress-related concerns, and 43% of adults experience symptoms of stress. It’s important to minimize stress, support a healthy stress response and reinforce your body’s ability to fight the effects of stress. Try omega-3 fatty acids to support mind and body health.

Why Omega-3 for Stress?
Omega-3s fight back against many health concerns stress can provoke, plus they may boost mood, reduce anxiety, and increase your ability to handle stress. Reducing stress can be good for heart health too—studies show an optimistic outlook is associated with fewer heart health concerns.

For the Badly Needed Rest
Some of us are night owls by choice—but most of us? Not so much. A study published by the Centers for Disease Control and Prevention (CDC) reports that about 30% of U.S. workers sleep 6 hours or less each night—that’s about 40 million sleep-deprived people. If you have trouble sleeping, your body may not produce enough natural melatonin.

What is Melatonin?
Melatonin is a hormone that maintains your sleep-wake cycle. But melatonin levels can decrease with age and blue light exposure, leading to trouble sleeping and other health concerns. If you have trouble sleeping, a melatonin supplement may help reset your sleep-wake cycle.

For the Always On
We’re on computers at work, watching TV at home, reading news on devices, and collectively checking our phones about 8 billion times a day. That adds up to a lot of blue light exposure, and 50% of eye doctors report an increase in digital eye strain and effects from blue light.

What’s the Antidote for the Always On?
Try macular carotenoids like lutein and zeaxanthin—hardworking, antioxidant plant pigments that accumulate in the macula to help filter blue light and provide antioxidant support to the eyes. See pp. 6-7 for more on blue light and eye health from Dr. Kambiz Silani, OD.

WATCH THE VIDEO & LEARN MORE ABOUT OUR ANTIDOTES FOR EVERYDAY LIFE AT swanson.com/everydayperils
From too much screen time to sleepless nights—fight back against the perils of everyday life

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