



**D** DON SALADINO

# THORNE<sup>®</sup> SUPPLEMENT GUIDE

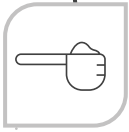
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Link: <https://www.thorne.com/u/donsaladino>



## DON'S CORE THORNE RECOMMENDATIONS

Alphabetical Order



### AMINO COMPLEX

**Clinically-validated EAA and BCAA formula that support your muscles and your love for training and weightlifting.**

Amino Complex is high in essential amino acids (EAAs), including branched-chain amino acids (BCAAs). It promotes muscle mass and enhances energy production. NSF Certified for Sport®



### BASIC NUTRIENTS (MULTI-VITAMIN)

**A daily multi key nutrients that keep your body healthy.**

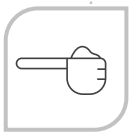
Basic Nutrients 2/Day is a comprehensive daily supplement designed for individuals looking for nutritional support with fewer capsules. NSF Certified for Sport®.



### BETA ALANINE -SR

**An amino acid that promotes and maintains muscle endurance and output.**

Beta Alanine-SR supports muscle capacity and fights muscle fatigue to benefit athletic performance. NSF Certified for Sport®



### CREATINE

**Supports energy production and helps maintain and promote lean body mass, muscle endurance, power.**

Creatine is an amino acid that supports increases in work capacity and muscle power output. It also promotes lean body mass and supports cognitive function.

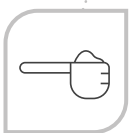
Thorne Creatine mixes well with liquids. NSF Certified for Sport®



### CURCUMIN PHYTOSOME

**Well-absorbed curcumin support for joint stiffness, muscle soreness, and a healthy inflammatory response.**

Thorne's Curcumin Phytosome is the most clinically studied curcumin on the market, helps maintain a healthy inflammatory response in the joints, muscles, GI tract, liver, brain, and nerves.



### DAILY GREEN PLUS

**A comprehensive daily greens power to support a healthy mind and body, enhance foundational nutrition, and promote healthy aging.**

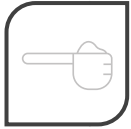
C28 powerhouse ingredients that promote physical endurance, cognitive performance, and cellular energy production, while also providing antioxidants, so you can feel vibrant today and for years to come.



### **FLORAMEND PRIME PROBIOTIC**

#### **A Probiotic blend for everyday gut health and weight management support.**

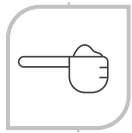
The proprietary blend in FloraMend Prime Probiotic offers support for gut and immune health with the added benefit of clinically studied support for weight management.



### **L-GLUTAMINE POWDER**

#### **Helps with muscle cell repair post-exercise and promotes gastrointestinal and immune system health.**

L-glutamine is an amino acid that supports a healthy intestinal lining and immune function, and assists in healing after injury or surgery and in muscle cell repair. NSF Certified for Sport®



### **MAGNESIUM BISGLYCINATE**

#### **Powdered formula that promotes restful sleep and muscle relaxation.**

An ideal formula for active individuals wanting to unwind. Magnesium Bisglycinate is a lightly sweetened powder that is well-tolerated and well-absorbed. NSF Certified for Sport®



### **OMEGA – 3 W/ COQ10**

#### **Support heart and brain health with Omega-3 with CoQ10**

Omega-3 with CoQ10 combines heart-healthy essential fatty acids with the antioxidant and cellular energy production capabilities of Coenzyme Q10 - all the benefits of two great products in one easy-to-take gelcap.



### **PRE-WORKOUT ELITE**

#### **Get the most out of what you put into every workout with Pre-Workout Elite - without the jitters and crash.**

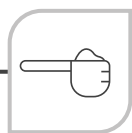
Designed to provide a clean and natural option to optimize performance during. This pre provides a boost without the unpleasant side effects often associated with other pre-workout supplements.



### **VITAMIN D-5,000**

#### **Supports healthy teeth, bones, and muscles, as well as cardiovascular and immune function.**

Vitamin D, in its D3 form, is more potent and better absorbed form than its D2 form. Thorne's vitamin D supplements contain no lactose and no preservatives. NSF Certified for Sport®

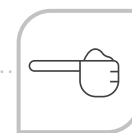


### **WHEY PROTEIN ISOLATE**

#### **Provides 21 grams of protein in bioavailable isolate form.**

Whey Protein Isolate is ideal for people who need additional protein in their diets – from athletes to individuals managing their weight. It is low in sugar, calories, & fat. NSF Certified for Sport®

### **PROTEIN POWDER**



### **VEGANPRO COMPLEX**

#### **Plant-based protein plus essential nutrients.**

VeganPro Complex is an innovative protein blend with Omega-3's, B12, and a complete amino acid profile. The added immune and methylation support are instrumental for an active lifestyle.



Basic Nutrients (Multi-Vitamin)



Omega-3 with COQ10



Vitamin D 5000



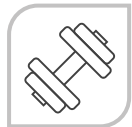
FloraMend Prime Probiotic



Daily Greens Plus



L-Glutamine Powder



Amino Complex



Beta-Alanine-SR



Creatine



Pre-Workout Elite



Curcumin Phytosome (formerly Meriva)







Vegan Pro or Whey Protein Isolate

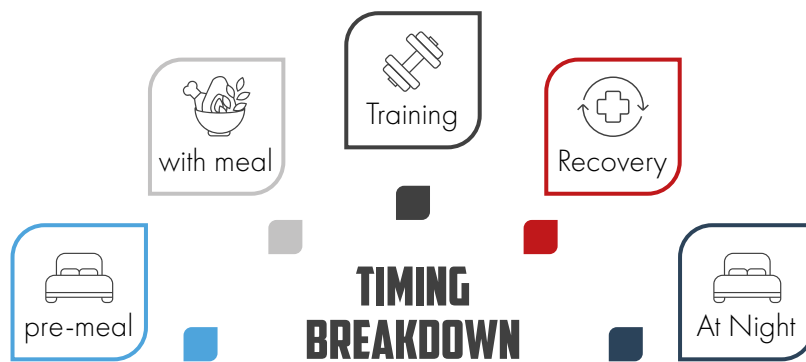


Magnesium Bisglycinate

**Don's Morning Elixir:**

- 12oz Water
- 1  Daily Greens Plus
- 1  Creatine
- 1  L-Glutamine

With 1  FloraMend Prime



**Before Meal**



Daily Greens Plus



Creatine



L-Glutamine



FloraMend Prime Probiotic



**With Morning Meal**



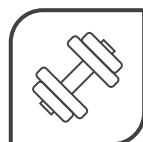
Basic Nutrients (Multi-Vitamin)



Omega-3 with COQ10



Vitamin D 5000



**Around Training**

**PRE**



Beta-Alanine-SR



Pre-Workout Elite

**DURING**



Amino Complex



**Recovery**



Curcumin Phytosome (formerly Meriva)



Whey or Vegan Protein Powder



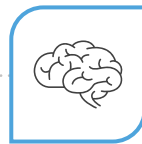
**At Night**



Magnesium Bisglycinate



**Recommendations**



**BRAIN HEALTH - COGNITION**



**BRAIN FACTORS**

**Help your brain reach full potential by promoting cognition, learning, and memory function.**

Busy schedules and non-stop activities leave you feeling depleted and distracted. It's what many describe as brain fog. Stay sharp with Brain Factors, designed to optimize brain health by promoting BDNF, a substance produced by the body that promotes growth of brain and nerve cells, and increasing NAD+, which enhances cellular energy production.



**MEMORACTIV**

**Maintain your mental edge and fight brain fog with a nootropic for cognitive function and mental focus.**

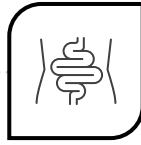
Ingredients in this unique formula support productivity, creativity, and mental focus, while promoting a feeling of well-being and helping the eyes filter light from blue screens.



**SYNAQUELL**

**A multi-ingredient nutritional supplement that supports healthy brain structure and cognitive function.**

Formulated to support brain health by enhancing cellular energy production and encouraging a healthy balance of inflammatory cytokines\* NSF Certified for Sport®



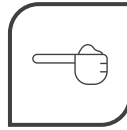
## GUT HEALTH



### ADVANCED DIGESTIVE ENZYMES

**A digestive enzyme blend that supports individuals who have indigestion, bloating, or had gallbladder removal.**

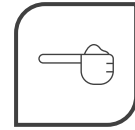
Promotes the digestion and absorption of proteins, fats, and carbs with the combination of HCl, pepsin, pancreatic enzymes, and ox bile.



### ENTEROMEND

**A unique botanical and amino acid formula to help maintain a healthy intestinal tract.**

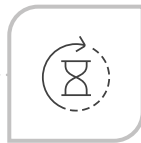
EnteroMend helps maintain a healthy inflammatory response in the GI tract, soothe the GI tract's £mucus membranes, and support colonic permeability and bowel regularity. NSF Certified for Sport®



### FIBERMEND

**Get a healthy dose of prebiotic fiber for GI wellness and to grow good bacteria in your gut.**

A soluble prebiotic fiber that helps maintain healthy blood sugar levels, promotes regularity, and supports optimal digestive function.



## HEALTHY AGING



### ADVANCED NUTRIENTS

**An advanced multi formula with added benefits to support healthy aging and eye health.**

Advanced Nutrients is a powerhouse formula that supports health and well-being with added antioxidants from well-studied nutrients and botanicals that contribute to healthy aging.



### RESVERACEL

**Target the effects of aging from the inside, out.**

ResveraCel features nicotinamide riboside with a supporting cast of three complementary ingredients that support your body's natural aging process and cellular metabolism.



## IMPROVE IMMUNITY



### ZINC BISGLYCINATE 15MG

**From supporting immune function to reproductive health, zinc is an essential nutrient that plays a key role in your health.**

Zinc supports general wellness, promotes healthy connective tissue, and helps maintain eye and reproductive health.



### VITAMIN C WITH FLAVONOIDS

**Get the immune-supporting, antioxidant benefits of Vitamin C with natural citrus flavonoids.**

Vitamin C, with bioflavonoids from oranges, optimizes the beneficial effects of vitamin C by replicating the way it's found in nature – in the presence of flavonoids.



### QUERCETIN

**A combination of quercetin phytosome and bromelain that provides support for allergy sufferers, as well as helping to reduce bruising and swelling.**

Quercetin stabilizes the body's mast cells, which store and release histamine.



## IMPROVE SLEEP



### GLYCINE

**Amino acid that promotes relaxation, detoxification, and normal muscle function.**

Glycine is an inhibitory neurotransmitter that supports relaxation and healthy stress management.



### THEANINE

**Amino acid from tea that supports a healthy stress response, relaxation, focus, and memory.**

Theanine, found almost exclusively in the tea plant, helps modify brain waves by increasing alpha-wave production. It also enhances brain neurotransmitters involved in stress management.





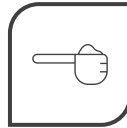
## WOMEN'S HEALTH



### BASIC PRENATAL

**A gentle and effective daily multi- for women who are trying to conceive, are pregnant, or are nursing.**

A well-researched multi- formulated to nourish mom and support baby's development, from pre-conception through nursing.



### COLLAGEN PLUS

**Promote glowing skin, healthy hair, and reduce fine lines and wrinkles to help combat the visible signs of aging.**

Feel good about the skin you're in with a collagen formula designed to nourish hair and nails and support healthy, hydrated skin.



### WOMEN'S MULTI 50+

**Women's Multi 50+ is a comprehensive daily multi-vitamin/mineral that provides support for a healthy, active lifestyle.**

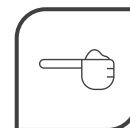
Designed with nutrients the body can easily absorb and formulated for individuals at low risk for iron deficiency, including post-menopausal women.



### HORMONE ADVANTAGE

**Achieve monthly and long-term hormonal harmony with well-researched extracts from broccoli and pomegranate.**

Hormone Advantage supports healthy estrogen metabolism, thus providing support for a smooth monthly cycle, while mitigating hormone imbalances related to breast tenderness, mood changes, and other symptoms that occur before menses.



### OVARIAN CARE

**Promote healthy ovarian function and reproductive health.**

Thorne's Ovarian Care offers a unique blend of nutrients and botanical extracts for a woman seeking support for menstrual regularity and various aspects of reproductive health by helping to balance hormones, supporting a healthy insulin response, and providing antioxidant support.