



TAKE 10

Nutrients You Need Daily to Thrive

From vitamins and minerals
to fiber and probiotics:
here's a guide to the most important
nutrients, for your very best self.

Clean Eating

now[®]
Live Happy. Live Healthy. Live NOW.

WHY NOW?

INNOVATIONS

You asked, **NOW**® listened and delivered. Our mega popular **Ultra Omega-3** fish oil is now available in fish gelatin softgels and sports the GOED logo for added quality assurance. This molecularly distilled and heart healthy fish oil offers 500 EPA / 250 DHA per softgel.*

nowfoods.com/omega

SUPPORTS HEART HEALTH*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Clean Eating

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Beyond Survive: Why we need nutrients to thrive.

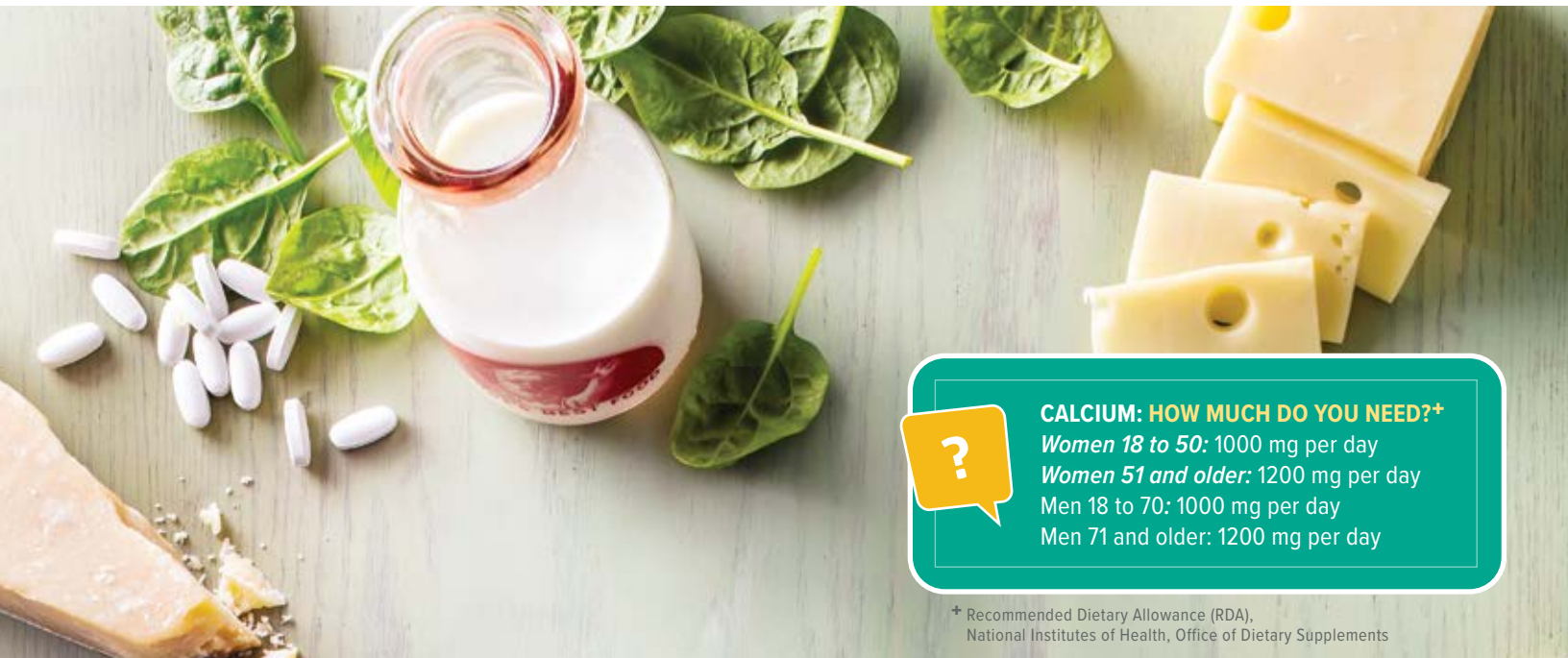
You need a lot of input to keep your body running smoothly. Vitamins, minerals, fatty acids and a wide range of other nutrients work in a complex dance to ensure normal functioning and promote overall health. But even well-nourished Americans may be missing key nutrients: an estimated 31 percent of the U.S. population is at risk for at least one vitamin deficiency, and some surveys show most Americans are lacking in calcium, magnesium and vitamin A, C, D and E.

And even if you get the recommended dietary allowance (RDA) of most nutrients, that may not be enough for you to thrive. The RDA marks the level of a nutrient required to prevent acute symptoms, but may not be enough to promote optimal health. Plus, RDAs don't account for individual needs—people with increased activity level, chronic health conditions, exposure to environmental pollutants or elevated levels of stress may require a higher nutrient intake beyond the minimum RDAs.

Ready to move from survive, into thrive? Meet—and exceed—your health and wellness goals, with these ten essential nutrients.

1 Calcium.

This vital mineral is responsible for so much more than a healthy skeleton.* In addition to building bones and teeth, calcium plays a part in muscle movement, nerve signal transmission, blood circulation, hormone release and normal clotting of blood.* Calcium may also help maintain healthy cholesterol levels and normal blood pressure and, in combination with vitamin D, may reduce symptoms of PMS (premenstrual syndrome).*



CALCIUM: HOW MUCH DO YOU NEED?*

- Women 18 to 50: 1000 mg per day
- Women 51 and older: 1200 mg per day
- Men 18 to 70: 1000 mg per day
- Men 71 and older: 1200 mg per day

* Recommended Dietary Allowance (RDA), National Institutes of Health, Office of Dietary Supplements

Most of the body's calcium—about 99 percent—is stored in our bones and teeth. If we don't get enough calcium from our diets, the body pulls it from the bones to maintain sufficient blood levels. Over time, continued calcium withdrawals weaken bones, making them more porous and fragile. And as we age, the natural process of bone breakdown outpaces bone building, further increasing the risk of osteoporosis and fractures—so it's vital that you replenish your calcium stores daily.

The best food sources include yogurt, Parmesan cheese, milk, tofu made with calcium sulfate, canned bone-in sardines and salmon, collard greens, tahini and fortified foods like orange juice or almond milk. And if your diet isn't rich in calcium, a well-formulated supplement can ensure you're getting enough.

You'll find calcium supplements in a variety of forms. Some, like **calcium citrate** and **calcium ascorbate**, may be easier for the body to absorb and use.

If your main focus is bone health, choose a supplement with other bone-building nutrients, like magnesium, vitamin D and vitamin K.* Or choose one with **microcrystalline hydroxyapatite**—a bioavailable source of calcium that includes phosphorus, magnesium, protein, minerals and amino acids normally found in bone tissue.



PHOTO BY BRANDON BARRE

2

OMEGA-3 FATTY ACIDS.

While the debate about fats is far from settled, everyone agrees on the importance of omega-3s. These polyunsaturated fats are responsible for numerous important roles in the body—they're essential components of cell membranes, especially concentrated in the retina and brain, and play a vital part in the body's cardiovascular, immune, pulmonary and endocrine systems.* And research suggests omega-3s may also benefit joints, mood and cognitive health.*



The two most important forms, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), are produced in the body only in small amounts from plant sources of omega-3 fatty acids, so it is best to get them from your diet. Fatty fish, like wild salmon, sardines, tuna, mackerel and herring, are the best sources, and some fortified eggs also contain decent amounts. Plant sources, like walnuts, flaxseeds, chia seeds and hemp seeds, contain alpha-linolenic acid (ALA), a form of omega-3 that's converted by the body into EPA and DHA, but since the conversion rate is low, vegans and vegetarians may need more.

When you're buying supplements, look for a **fish oil product that has omega-3 fatty acids in their EPA and DHA forms**. If you experience nausea from other fish oil products, **lemon-flavored fish oils** may be easier to tolerate. **Krill oil**, derived from small crustaceans, may be more bioavailable, and it also offers astaxanthin, a carotenoid that is a powerful free radical scavenger.* If you're vegan or

vegetarian, look for **plant-based omega-3 oils**. And always choose a supplement that's tested to be free of potentially harmful contaminants like PCBs, dioxins, mercury and other heavy metals.



OMEGA-3S: HOW MUCH DO YOU NEED?†

- Women over 18: 1000 mg per day
- Pregnant women: 1400 mg per day
- Breastfeeding women: 1300 mg per day
- Men over 18: 1600 mg per day

† Adequate Intake (AI), total omega-3s; National Institutes of Health, Office of Dietary Supplements

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PHOTO BY GLEKSANDRA NAUMENKO/SHUTTERSTOCK.COM

3

VITAMIN D.

Technically a hormone, vitamin D—the sunshine vitamin—is essential for a variety of bodily functions and processes.* By enhancing absorption and metabolism of calcium, magnesium, phosphate and zinc, it's crucial for bone health.* And beyond a healthy skeleton, vitamin D also supports immune system function and may play a role in cardiovascular health and normal cellular reproduction.*

Your body naturally produces vitamin D in the presence of UVB energy from the sun's rays—but if you live at a northern latitude, have darker skin or use sunscreen regularly, you may not get enough. And dietary sources are limited: only a few foods, mainly fatty fish and fortified products, have significant levels of vitamin D, so supplements can help fill in the gaps.

Most vitamin D supplements are in the form of D3, or cholecalciferol, the type produced by the body. D3 is generally derived from animal sources; if you follow a plant-based diet, look for **vitamin D2**, or ergocalciferol, a vegan-friendly version. If you're focusing on heart health, choose a **vitamin D supplement combined with vitamin K2—MenaQ7®** is a highly bioavailable form of vitamin K2 that plays a critical role in bone health and cardiovascular health.* And because there's some controversy around the optimal amount of vitamin D, you might consider a **higher-potency supplement with 1000 IUs.**



PHOTO BY EVGENY ATAMANENKO/SHUTTERSTOCK.COM



VITAMIN D: HOW MUCH DO YOU NEED?+
Women 18 to 70: 600 IU per day
Women 71 and older: 600 IU per day
Men 18 to 70: 600 IU per day
Men 71 and older: 600 IU per day

+ Recommended Dietary Allowance (RDA), National Institutes of Health, Office of Dietary Supplements



4 Magnesium.

This mineral, naturally occurring in the earth's soil, is involved in more than 300 metabolic reactions in the body, including muscle contraction and relaxation, nervous system regulation, energy production and the synthesis and integrity of DNA and RNA.* It also plays an essential role in bone health, immune function and cardiovascular health, and may benefit cognitive function, blood sugar metabolism, premenstrual syndrome and other conditions.*

Magnesium naturally occurs in a wide variety of foods, including spinach, kale and other dark leafy greens, legumes, nuts and seeds, fatty fish, whole grains, avocados and dark chocolate. Even so, because of decreases in food crop magnesium levels, high consumption of refined and processed foods and other factors, the vast majority of people in modern societies are at risk for magnesium deficiency—so supplements can help.

You'll find magnesium supplements in a variety of forms. One form, **magnesium bisglycinate**, uses magnesium bound to the amino acid glycine to enhance intestinal absorption.* If you're focusing on cardiovascular health, consider a supplement **that combines magnesium with potassium** and taurine, critical for heart and vascular function.* For cognitive benefits, **Magtein™** is a patented form of magnesium that readily crosses the blood-brain barrier.* Or choose a **liquid magnesium** rich in naturally occurring trace minerals, especially if you don't like taking pills.



PHOTO BY PLATO FOTOGRAHY/SHUTTERSTOCK.COM

MAGNESIUM: HOW MUCH DO YOU NEED?*

- Women 19 to 30: 310 mg per day
- Pregnant women 19 to 30: 350 mg per day
- Women 31 and older: 320 mg per day
- Pregnant women 31 and older: 360 mg per day
- Men 19 to 30: 400 mg per day
- Men 31 and older: 420 mg per day

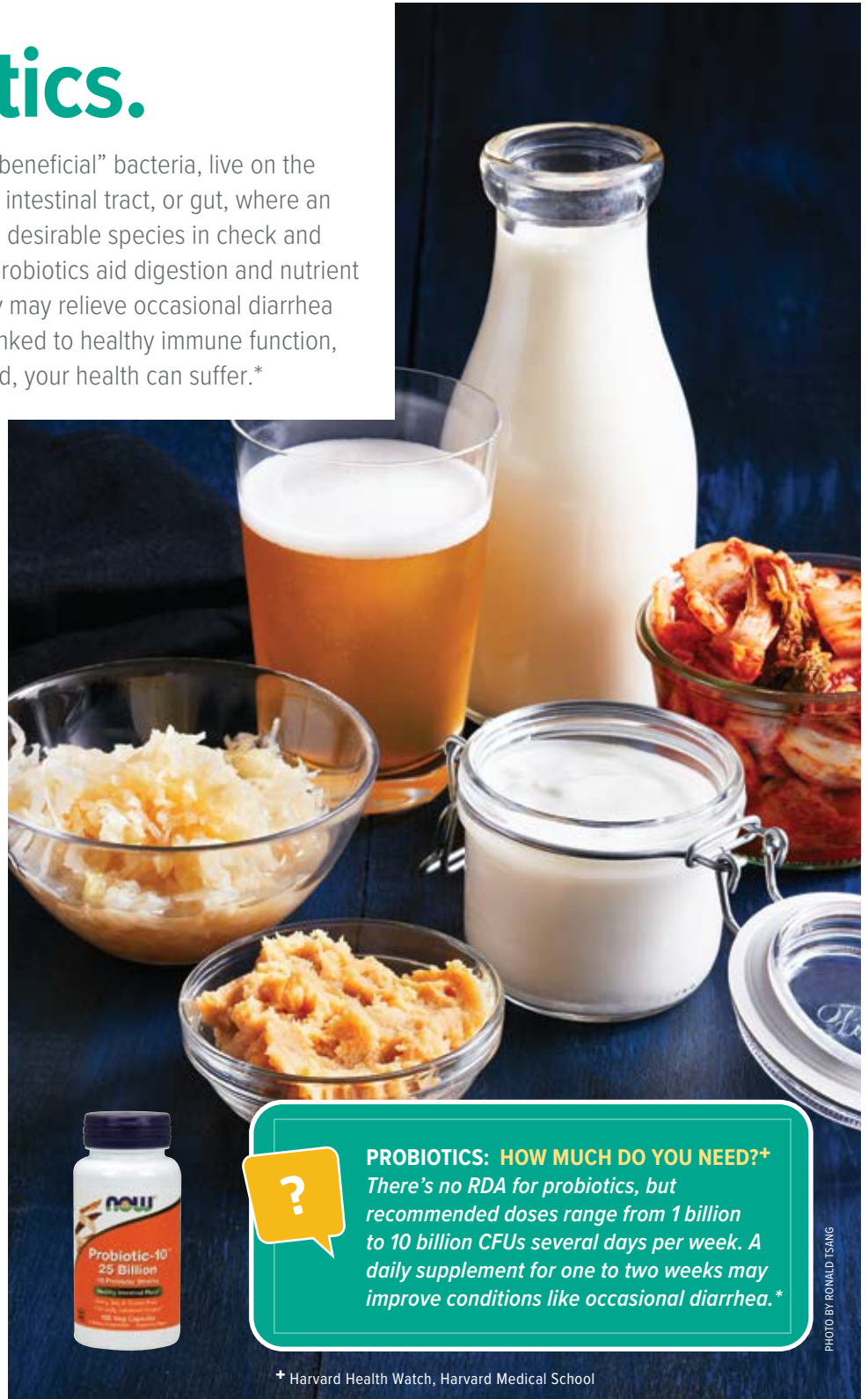
* Recommended Dietary Allowance (RDA), National Institutes of Health, Office of Dietary Supplements

5 Probiotics.

These live bacteria and yeasts, called “beneficial” bacteria, live on the skin and inside the body—mostly in the intestinal tract, or gut, where an estimated 100 trillion of them keep less desirable species in check and promote digestive health.* In the gut, probiotics aid digestion and nutrient absorption, and research suggests they may relieve occasional diarrhea and constipation.* Probiotics are also linked to healthy immune function, mood and sleep, and if they’re depleted, your health can suffer.*

Fermented foods like yogurt, kimchi, sauerkraut, tempeh, kefir and kombucha are rich in a variety of different strains of probiotics. But if you don’t eat fermented foods, you may not get them from your diet. And if your intestinal bacteria is impacted by stress, poor diet or other stressors, supplements can help to maintain your natural balance.*

Probiotic supplements are measured in CFUs, or colony forming units—an estimate of the number of viable bacteria in a unit. They may contain a variety of different strains of bacteria, each with slightly different benefits. If your focus is on immune support, **look for one that contains *Lactobacillus acidophilus* NCFM®**, an extensively researched strain that’s been used in more than 60 scientific studies; alone or in combination with *B. lactis* BI-04, a strain of *Bifidobacterium*, it can support a healthy immune response to respiratory challenges. For intestinal health, *Bifidobacterium lactis* **HN019** has been shown to support digestive regularity, and also promote normal immune system function in healthy adults over 50.* Or choose a **formula with *Saccharomyces boulardii***, a probiotic yeast that survives stomach acid to colonize the intestinal tract and support healthy gut function.*



PROBIOTICS: HOW MUCH DO YOU NEED?+
 There’s no RDA for probiotics, but recommended doses range from 1 billion to 10 billion CFUs several days per week. A daily supplement for one to two weeks may improve conditions like occasional diarrhea.*

+ Harvard Health Watch, Harvard Medical School

PHOTO BY RONALD TSANG

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6 Fiber.

You've probably heard plenty about the benefits of fiber—the components of plants that the body can't digest; here's the true grit on the rough stuff. There are two kinds fiber, soluble and insoluble, both with important benefits.

Soluble fiber dissolves in water to form a gel-like substance, and helps maintain normal cholesterol levels and regulate blood sugar and supports a healthy cardiovascular system.*

Insoluble fiber doesn't dissolve in water and passes through the digestive system largely intact, adding bulk to stools to regulate bowel movements and alleviate occasional constipation.*



FIBER: HOW MUCH DO YOU NEED?*

- Women 18 to 50: 25 grams per day
- Women 51 and older: 21 grams per day
- Men 18 to 50: 38 grams
- Men 51 and older: 30 grams per day

* Recommended intake, Institute of Medicine (IOM) of the National Academies

You need both forms: fiber helps your body detoxify by making toxins easier to eliminate, and diets high in both soluble and insoluble fibers are associated with heart health and healthy sugar regulation.* Both forms are easy to find in whole foods. Beans, oats and oat bran, barley, apples, berries, peas and avocados are rich in soluble fibers. Insoluble fibers are found mainly in whole



grains, wheat bran, seeds, celery and the skins of fruits and vegetables. But if your diet is lacking in whole foods, or you follow a Keto diet, Paleo diet or other plan that restricts carbs, grains or legumes, you may be getting less than you need. That's where supplements can help.

You'll find fiber in a variety of forms. **Glucomannan**, a soluble, bulk-forming fiber derived from the konjac root, promotes intestinal regularity and may also help maintain healthy blood lipid levels.* **Psyllium** contains both

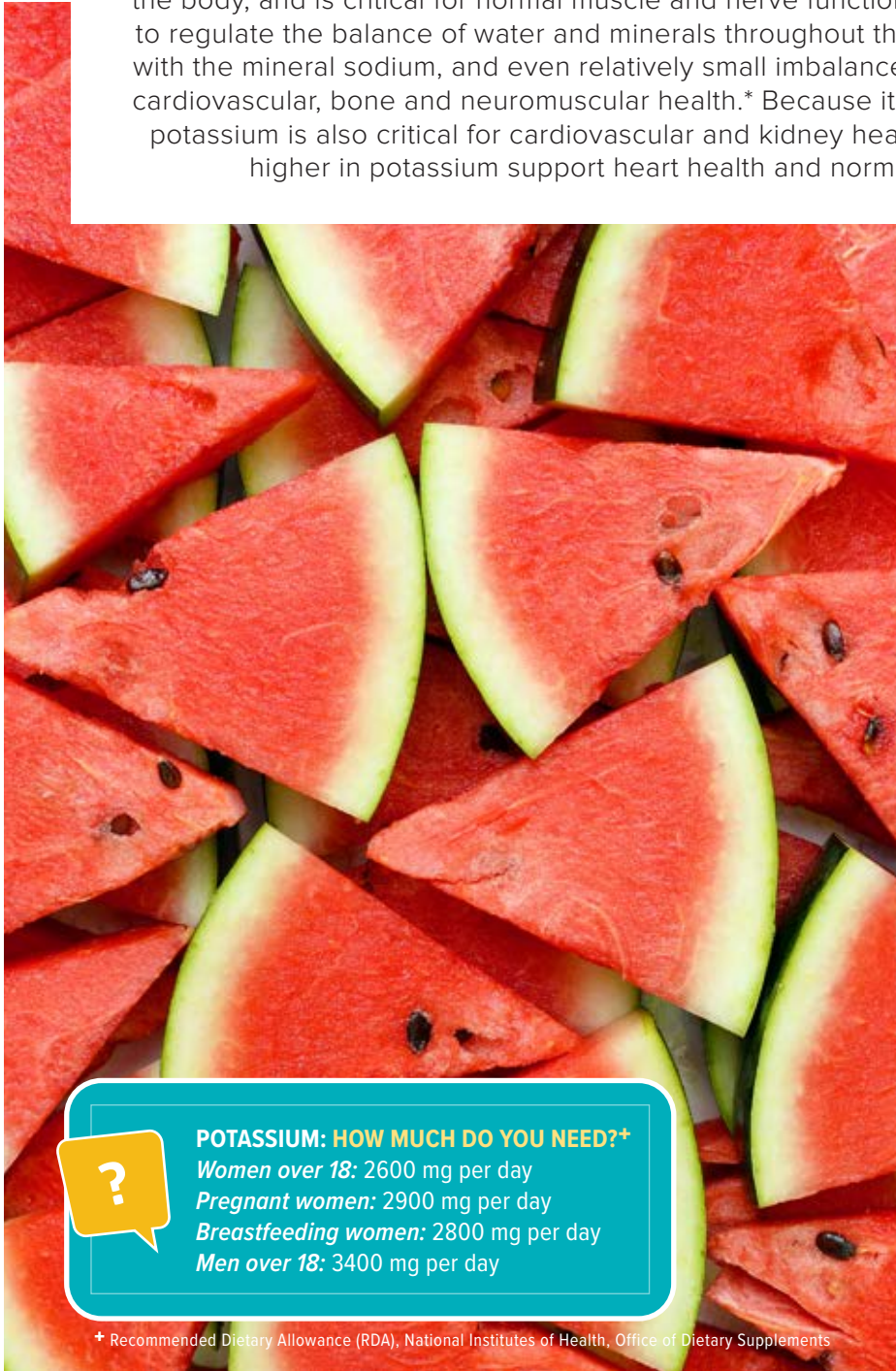
soluble and insoluble fiber, and can swell up to 50 times its initial volume when added to liquid, playing an important role in maintaining regularity and gastrointestinal health.* **Acacia fiber**, a soluble fiber from the sap of the Acacia tree, promotes intestinal regularity and also acts as a prebiotic to support healthy gut bacteria.* Whatever form you choose, be sure to take it with plenty of water and, because they may impact the absorption of drugs or supplements, take them two to three hours before or after you take your medications.

PHOTO BY YULIA FURMANSHUTTERSTOCK.COM

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7 POTASSIUM.

This essential mineral is considered an electrolyte—it helps conduct electrical impulses in the body, and is critical for normal muscle and nerve function.* Potassium’s main function is to regulate the balance of water and minerals throughout the body; it works in conjunction with the mineral sodium, and even relatively small imbalances between the two can impact cardiovascular, bone and neuromuscular health.* Because it plays a role in blood pressure, potassium is also critical for cardiovascular and kidney health, and studies suggest diets higher in potassium support heart health and normalize blood pressure.*



Your body doesn’t produce potassium, so it has to come from your diet—and there are better sources than bananas. Chard, spinach, potatoes, sweet potatoes, lima beans, watermelon and mushrooms are rich in potassium, and other fruits and vegetables, whole grains, beans and nuts also contain significant amounts. Even so, most Americans get only about half the recommended levels of potassium from their diets. If you exercise frequently in hot weather, or if your diet is high in refined or processed foods, you may not get enough.

Taking a potassium supplement can be tricky: keeping your blood potassium level in the correct range is critical, and too-high levels can cause heart rhythm disturbances and other problems. For this reason, most supplements contain less than 100 mg. Look for **potassium gluconate** or **potassium citrate**, a highly bioavailable form, in tablets or capsules. Potassium powders can be mixed into juices or beverages as a convenient way to replace potassium lost during intense exercise. And **potassium iodide** includes iodine, important for thyroid function.*



PHOTO BY P-FOTOGRAHYSHUTTERSTOCK.COM

POTASSIUM: HOW MUCH DO YOU NEED?*

- Women over 18: 2600 mg per day
- Pregnant women: 2900 mg per day
- Breastfeeding women: 2800 mg per day
- Men over 18: 3400 mg per day

* Recommended Dietary Allowance (RDA), National Institutes of Health, Office of Dietary Supplements

8

IRON.

This mineral, naturally occurring in the earth’s soil and water, is essential for life. It’s used in the production of hemoglobin, a protein in red blood cells that transports oxygen from the lungs into other tissues in the body.* Iron is also found in myoglobin, necessary for the storage and diffusion of oxygen in muscle cells, and it plays a role in normal immune response.* Deficiencies can cause anemia, with symptoms like extreme fatigue, weakness, dizziness, cold hands and feet, and chest pain or shortness of breath.

In foods, iron comes in two forms, heme and non-heme. Meat, poultry, organ meats, oysters and other seafood and shellfish are rich in the heme form, while non-heme iron is found in plant foods, especially beans, lentils, spinach, quinoa, tofu, pumpkin seeds and prunes. Some research suggests heme iron is absorbed better than non-heme forms, so vegetarians or vegans may need almost twice as much iron as the normal RDA. And teenage girls, women with heavy periods and pregnant women may also need more. When you’re choosing an iron supplement, the form is critical. Because it’s hard on the digestive system, iron supplements can cause constipation, gas, bloating and indigestion. To avoid constipation and other gastrointestinal issues, look for supplements made with **Ferrochel® iron bisglycinate** or **ferric glycinate**—both are highly absorbable and non-constipating.* Liquid forms are easy to take and may be absorbed better by the body. And if you follow a vegan or vegetarian diet, choose an **iron complex with vitamin C**—shown to enhance non-heme iron absorption—and other nutrients necessary for red blood cell production that may be lacking in a plant-based diet.*



PHOTO BY YVONNE DUIVENVOORDEN



IRON: HOW MUCH DO YOU NEED?*

- Women 19 to 50: 18 mg per day
- Women 51 and older: 8 mg per day
- Pregnant women: 27 mg per day
- Breastfeeding women: 9 mg per day
- Men 19 and older: 8 mg per day

* Recommended Dietary Allowance (RDA), National Institutes of Health, Office of Dietary Supplements

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9 B Complex.

Vitamin B is a family of water-soluble vitamins that play a critical role in many of the body's organs and systems.* They serve as coenzymes—compounds needed for a wide range of chemical reactions in the body—and they're especially crucial for nervous system function and neurological health.* Some B vitamins also play a role in cardiovascular health, and low blood levels of folate, B-6 and B-12.*

The primary B vitamins include:

- Vitamin B-1 (thiamin), necessary for generating energy from carbohydrates.* Thiamin is also involved in RNA and DNA production, healthy nervous system function and the production of hydrochloric acid to support healthy digestion.*
- Vitamin B-2 (riboflavin), important for circulatory and immune health, especially for developing fetuses during pregnancy.* Riboflavin is also involved in the metabolism of proteins, carbohydrates and fats.*
- Vitamin B-3 (niacin), also known as niacinamide and nicotinic acid, needed in the metabolism of proteins, carbohydrates and fats, and in the production of hydrochloric acid.* The nicotinic acid form also helps support circulation and maintain healthy cholesterol levels.*
- Vitamin B-5 (pantothenic acid), crucial for healthy cognitive function because of its role in the production of neurotransmitters.* Like other B vitamins, pantothenic acid is also involved in the metabolism of fats, proteins and carbohydrates, and it's required for the synthesis of coenzyme A, necessary for numerous body functions.*

CONTINUED ON NEXT PAGE

TAKE 10: NUTRIENTS YOU NEED DAILY TO THRIVE

- Vitamin B-6 (pyridoxine), involved in cardiovascular and immune system, and in balancing sodium and potassium levels.* Pyridoxine also plays a role in the production of the neurotransmitters dopamine, serotonin, epinephrine and norepinephrine.*
- Vitamin B-7 (biotin), necessary for normal growth and body function.* Biotin is a key element in energy production, enhances the synthesis of certain proteins and promotes normal immunity.* It also plays a role in skin, hair and nail health.*
- Vitamin B-9 (folate), needed for cell growth, cell division and red and white blood cell formation.* Folate is also involved in the production of neurotransmitters, and is crucial in normal fetal development.*
- Vitamin B-12 (cobalamin), vitally important for the growth and health of the nervous system, as well as for cellular growth and longevity.* It's involved in digestion and the absorption of foods, and its role in the metabolism of homocysteine makes it important for cardiovascular function.*

You'll find B vitamins in a wide variety of foods, including red meat, poultry, whole grains, beans, lentils, eggs, dairy, nuts, seeds and dark, some fruits and vegetables, and dark leafy greens. Even so, you may need more than what you're getting in your daily diet. Vitamin B-12 is found only in animal foods, so vegans may be at risk for deficiencies. If you're pregnant or nursing, folate is especially important to support fetal development and a deficiency associated with certain birth defects.* And if you're prone to stress and fatigue, you may need additional support.*

When you're choosing a supplement, look for those that contain coenzyme forms—the active form used by the body in most metabolic reactions.* Most B vitamins function in the body only in their coenzyme, active forms, and other forms must first be converted into the coenzyme form by your body before they can do their job.

For general health, a **B-complex supplement** can cover a wide range of needs. If you follow a strict plant-based diet, look for B-12 as **methylcobalamin**, a highly bioavailable, vegetarian form. If you're pregnant or nursing, choose folate supplements with Quatrefolic®, a patented form of **methylfolate** shown to be more bioavailable than folate from dietary sources. For energy and mood support, consider a **blend that combines B-12 with chromium, creatine and other supportive B vitamins.***



10 Antioxidant Vitamins: A, C and E

You've heard of antioxidants—but what exactly are they, and why do you need them? In general, antioxidants fight oxidation, a chemical reaction in which a normal, healthy molecule loses or is robbed of one of its electrons. These unstable molecules, called free radicals, are highly reactive; they seek out other molecules, either robbing those molecules of an electron or donating one of their electrons to become stable. In doing so, a free radical can damage a cell and its important constituents, including DNA, leading to an overall disruption of cellular function.

Oxidation is caused by a variety of factors, including normal biochemical reactions in your body. Our bodies are designed to keep this everyday oxidation in check, but external sources like environmental toxins, chemicals, cigarettes and alcohol that contribute to oxidation can overwhelm the body's ability to keep up. Over time, free radical damage accumulates and is thought to contribute to compromised health, cardiovascular disease, neurodegenerative diseases, and the aging process itself.

Oxidation can't be entirely avoided—it's the result of normal physiological processes—but antioxidants can minimize their impact on our health.* An antioxidant is any molecule that's stable enough to donate an electron to a free radical, neutralizing it or reducing its capacity to cause damage.* Only three naturally occurring nutrients are classified as antioxidants:

- **Vitamin A** is made up of a group of fat-soluble retinoids and carotenoids. In addition to its antioxidant function, vitamin A is important for normal visual function, immune system health, and healthy bones, teeth and skin.* It's also needed to utilize protein.*



PHOTO BY PROSTOCKSTUDIO/SHUTTERSTOCK.COM

CONTINUED ON NEXT PAGE

TAKE 10: NUTRIENTS YOU NEED DAILY TO THRIVE

• **Vitamin C**, one of the best-known antioxidants, also supports the immune system, plays a role in the creation of important enzymes and functions as a cofactor in numerous essential biochemical processes.* It's also involved in the production of collagen, the body's main structural protein, and is important for tissue growth and repair.*

• **Vitamin E**, also known as alpha-tocopherol, is one of a group of eight fat-soluble compounds—four tocotrienols and four tocopherols. As an antioxidant, it inhibits the production of reactive oxygen species (ROS), formed when fat is oxidized.* In addition, vitamin E is also involved in a wide range of metabolic processes, and plays a role in normal blood clotting, immune system function and neurological health.*

You'll find these important antioxidants in a wide range of foods. Vitamin A occurs in one of two forms: pre-formed vitamin A retinoids, found in fish, eggs, dairy, poultry and red meat, and provitamin A carotenoids (like beta-carotene), found in carrots, pumpkin, sweet potatoes, butternut squash, apricots and dark leafy greens. Vitamin C is abundant in red and yellow peppers, citrus fruits, broccoli, papayas, strawberries, kiwi fruit, cantaloupe and kale. And you'll find vitamin E in sunflower seeds, almonds, hazelnuts, spinach, Swiss chard and wheat germ oil.



Even with the best of diets, you may still need extra protection against the daily onslaught of substances that generate free radicals. Additionally, smokers and people with high levels of stress may need more vitamin C. And if you follow a plant-based diet, you may need more vitamin A: provitamin A carotenoids must be converted by the body into retinol, the active form of vitamin A, but the conversion rate can be low, and only a small percentage may be transformed. If your digestive system is sensitive, a buffered vitamin C can prevent stomach upset. For vitamin E, choose a supplement that includes a combination of tocopherols and tocotrienols.

ILLUSTRATIONS BY SABINA FENIN



VITAMIN A: HOW MUCH DO YOU NEED?+

Women over 18: 700 mcg RAE (retinol activity equivalent) per day

Pregnant women: 770 mcg RAE per day

Breastfeeding women: 1300 RAE per day

Men over 18: 900 mcg RAE per day

VITAMIN C: HOW MUCH DO YOU NEED?+

Women over 18: 75 mg per day

Pregnant women: 85 mg per day

Breastfeeding women: 120 mg per day

Men over 18: 90 mg per day

VITAMIN E: HOW MUCH DO YOU NEED?+

Women over 18: 15 mg per day

Pregnant women: 15 mg per day

Breastfeeding women: 19 mg per day

Men over 18: 15 mg per day

+ Recommended Dietary Allowance (RDA), National Institutes of Health, Office of Dietary Supplements



THE SYNERGY FACTOR:

Why You Need a Variety of Nutrients.

The relationship between vitamins, minerals and other nutrients is complex and significant, and many require the presence of other nutrients for optimal absorption and utilization. For example, vitamin D is needed for proper absorption of calcium, vitamin B6 helps move magnesium into the cells and vitamin C enhances iron absorption. Studies also suggest vitamin E may protect DHA, an omega-3 fatty acid, from depletion, and vitamin C regenerates vitamin E, donating an electron after vitamin E has been oxidized.*

A balanced, whole-foods diet is the best way to get the widest array of nutrients. But if you don't eat a variety of fruits and vegetables, or follow a Keto, Paleo or low-carb diet that restricts certain foods, you may need some backup. **A well-formulated multivitamin** and mineral supplement can fill in the gaps. Look for one with a variety of vitamins and minerals, for the best synergy and support.



Iron-clad Immunity.

Every day, we're faced with an invisible army of invaders, intent on taking up residence in our bodies. Lucky for us, we have an army of our own—the immune system. Like highly trained special forces, the immune system is the first line of defense against unwanted invaders, ready to deploy at a moment's notice. This complex, highly integrated network of cells, tissues, organs and signaling mechanisms identifies and targets pathogens, protecting us from their intended harm.

But as we age, our immune systems become less robust, and other factors—like stress, environmental pollutants, poor diet and unhealthy lifestyle practices—further diminish its efficiency. That's where additional nutrients can help, supporting the immune system against specific threats and keeping it robust throughout our lives.* Some of the best:

COLOSTRUM is produced by mammals as food for the newborn in the few days after birth, before milk production begins. It's abundant in biologically active proteins, including immunoglobulins, lactoferrin and other factors that support a healthy immune system.*

ASTRAGALUS, an adaptogenic herb long used in Ayurvedic medicine, has compounds that support healthy immune function, including the enhancement of specialized immune cell activity.*

BETA GLUCANS, natural compounds found in mushrooms, have been shown to support the normal function of both innate and adaptive immunity.*

ELDERBERRY (*Sambucus nigra*), a dark purple berry from the European elder tree, has been used for centuries to maintain overall health and well-being.* It's rich in free-radical scavenging vitamins and anthocyanins.*



Cooking to Thrive:

fast, fresh summer recipes.



CALCIUM

Dilled Almond Spread

MAKES 1½ CUPS.

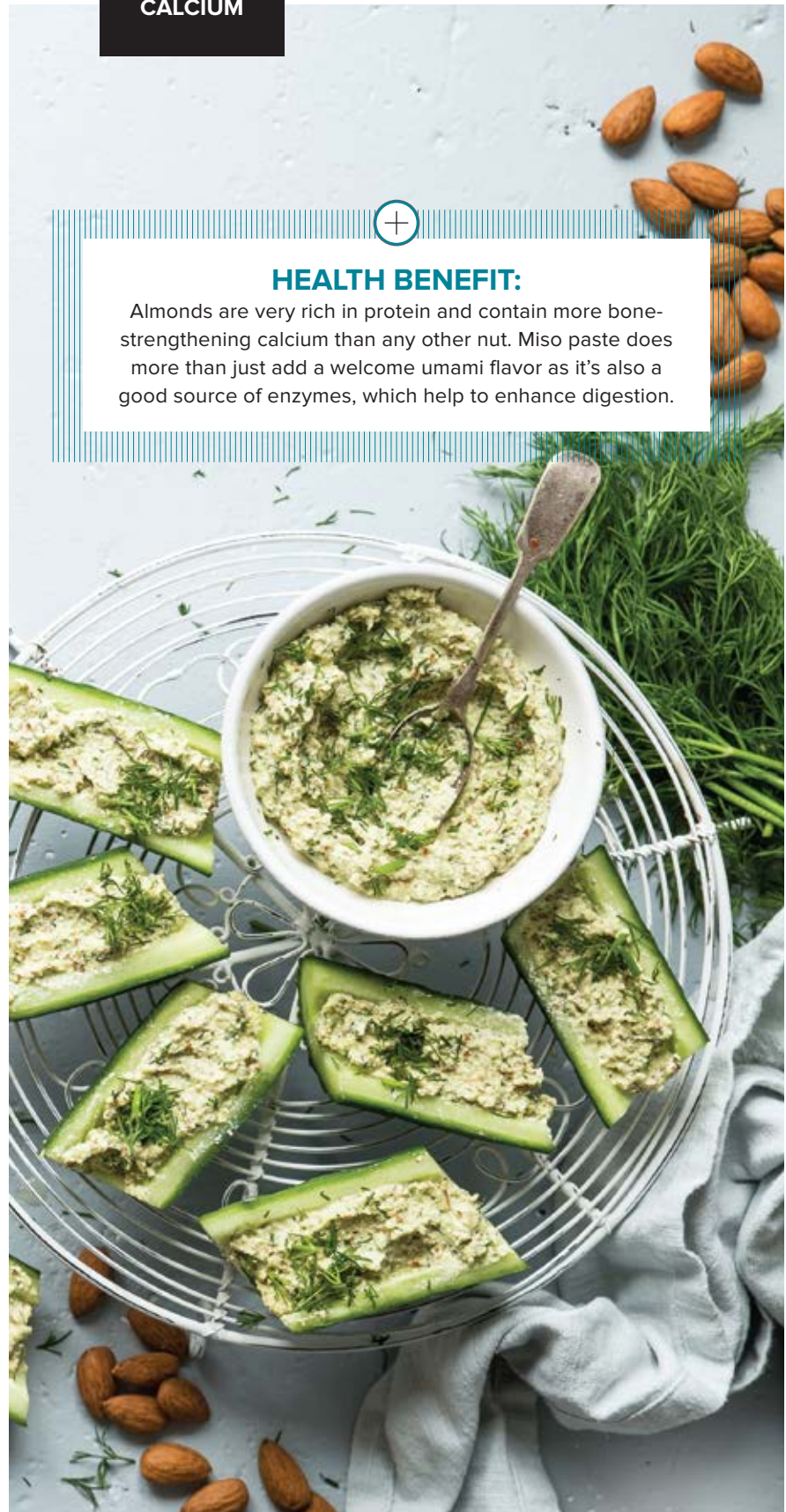
- 1 cup** raw unsalted almonds, soaked in water for 8 hours or overnight, drained
- 2 tbsp** yellow miso paste
- 2 tbsp** apple cider vinegar
- 1 tbsp** nutritional yeast
- 1 tsp** garlic powder
- ⅛ tsp** sea salt
- ½ cup** plain unsweetened almond milk, or as needed
- ½ cup** packed minced fresh dill, divided

1. Rinse almonds and add to a food processor. Process for several minutes, stopping to scrape down sides of machine as needed to make a fine meal. Add miso, vinegar, yeast, garlic powder and salt. Process until fully incorporated.

2. To processor, add ½ cup milk and 6 tbsp dill. Process for about 2 minutes longer, or until mixture is smooth (about the texture of ricotta), adding 1 to 2 tbsp additional milk if needed to reach desired consistency. Transfer to a bowl and top with remaining 2 tbsp dill. Will keep up to 5 days in the refrigerator.

SERVING SUGGESTION: *Serve with crackers or crudité's such as cucumber slices.*

PER SERVING (2 tbsp): Calories: 78, Total Fat: 6 g, Sat. Fat: 0.5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1.5 g, Carbs: 4 g, Fiber: 2 g, Sugars: 1 g, Protein: 3 g, Sodium: 153 mg, Cholesterol: 0 mg



HEALTH BENEFIT:

Almonds are very rich in protein and contain more bone-strengthening calcium than any other nut. Miso paste does more than just add a welcome umami flavor as it's also a good source of enzymes, which help to enhance digestion.

OMEGA-3
FATTY ACIDS



**GET YOUR
OMEGAS FOR
BREAKFAST:**

These delicious crepes are stuffed with smoked salmon, which not only provides satiating protein but is also an excellent source of omega-3 fatty acids. While omega-3 fatty acids are often associated with improved heart health, their anti-inflammatory action also has a host of other benefits such as improving joint health.



**Blender Crepes
with Smoked Salmon
& Quick-Pickled Onions**

p. 18

PHOTO BY DARREN KEMPER

OMEGA-3
FATTY ACIDS

Blender Crepes with Smoked Salmon & Quick-Pickled Onions

MAKES 6 CREPES. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 45 MINUTES.*

*PLUS COOLING AND REFRIGERATION TIME.

Your blender makes prepping these herbed crepes easy, but you can whisk the batter in a bowl if you prefer – just be sure to mix it well. Look for hot-smoked salmon in the deli section of your supermarket; if you can't find it, top your crepe with a slice of cold-smoked salmon instead.

- 2 large** eggs
- ½ cup** whole milk
- 1 tbsp** chopped fresh tarragon
- ¼ tsp** each sea salt and ground black pepper
- ¾ cup** whole-wheat flour
- 3 tbsp** olive oil
- 3 oz** soft goat cheese
- 2 tbsp** plain whole-milk yogurt
- 1 tbsp** minced green onion (dark green parts only)
- ½ tsp** lemon zest + 2 tsp fresh lemon juice
- 2 cups** mixed baby greens, divided
- 12 oz** hot-smoked salmon, flaked

honey to a boil. Add red onions, stir, and turn off heat. Cover and set aside until onions cool to room temperature. Transfer to a small airtight container and refrigerate.

3. Remove egg mixture from fridge, and whisk in oil. (**NOTE:** Batter should have the consistency of heavy cream; if necessary, whisk in 1 to 2 tsp water, or as needed, to reach that consistency.)

4. Mist an 8-inch nonstick skillet with cooking spray; heat on medium-high. Remove skillet from heat; add a scant ¼ cup batter, tilting pan to spread evenly over bottom. (Batter may not spread to edges of pan; this is fine.) Return to medium-high; cook until bottom is golden brown, about 1 minute. Using a thin spatula, flip crepe; cook until golden brown, about 30 seconds.

5. Repeat with cooking spray and remaining batter, reducing heat as necessary if crepes brown too quickly. Let cool completely. Stack crepes and wrap tightly in plastic wrap; refrigerate for up to 3 to 4 days.

6. In a small bowl, stir together goat cheese, yogurt, green onion, lemon zest and juice. Cover and refrigerate for up to 3 to 4 days.

7. To assemble: In a nonstick skillet, heat crepe until warmed, about 1 minute. Spread about 1½ tbsp goat cheese mixture over crepe; top with ⅓ cup mixed greens, 2 oz salmon and desired amount of pickled onions (if using). Roll up.

PER SERVING (1 stuffed crepe): Calories: 297, Total Fat: 17 g, Sat. Fat: 5 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 3 g, Carbs: 13 g, Fiber: 2 g, Sugars: 1 g, Protein: 23 g, Sodium: 452 mg, Cholesterol: 87 mg

PICKLED ONIONS, OPTIONAL

- 6 tbsp** red wine vinegar
- 1½ tsp** raw honey
- 1** small red onion, sliced

1. To a blender, add eggs, milk, tarragon, salt, pepper and ⅓ cup water; blend until smooth. Add flour; blend to combine, about 30 seconds. Pour into a bowl or jar. Cover and refrigerate for 2 to 4 hours.

2. Meanwhile, prepare quick-pickled onions (if desired): In a small saucepan, bring vinegar and



VITAMIN D

No-Muffin Eggs Benny with Ghee Hollandaise

SERVES 6.

HOLLANDAISE

- ½ cup ghee
- 3 large egg yolks (use in-shell pasteurized eggs)
- 1 tsp Dijon mustard (check labels for wine-free)
- 1 tbsp lemon juice + more to taste
- ⅛ tsp sea salt, or to taste

FRITTERS & EGGS

- 4 cups peeled and grated sweet potato
- 1 small yellow onion, grated
- 7 large eggs, divided
- 2 tbsp arrowroot
- ½ tsp sea salt
- ¼ cup avocado oil, or as needed
- 1 tbsp white vinegar
- ½ tsp ground cayenne pepper, optional
- 2 tbsp chopped fresh flat-leaf parsley, optional

1. Prepare hollandaise: In a small saucepan, melt ghee. In a blender, combine egg yolks, Dijon, 1 tbsp tepid water and lemon juice. With motor running, stream in ghee. The sauce should be thick enough to coat the back of a spoon. Season with salt and additional lemon juice. Pour into a bowl and cover to keep warm. Set aside.

2. Prepare fritters: Using a towel, squeeze out excess water from potatoes. In a large bowl, combine

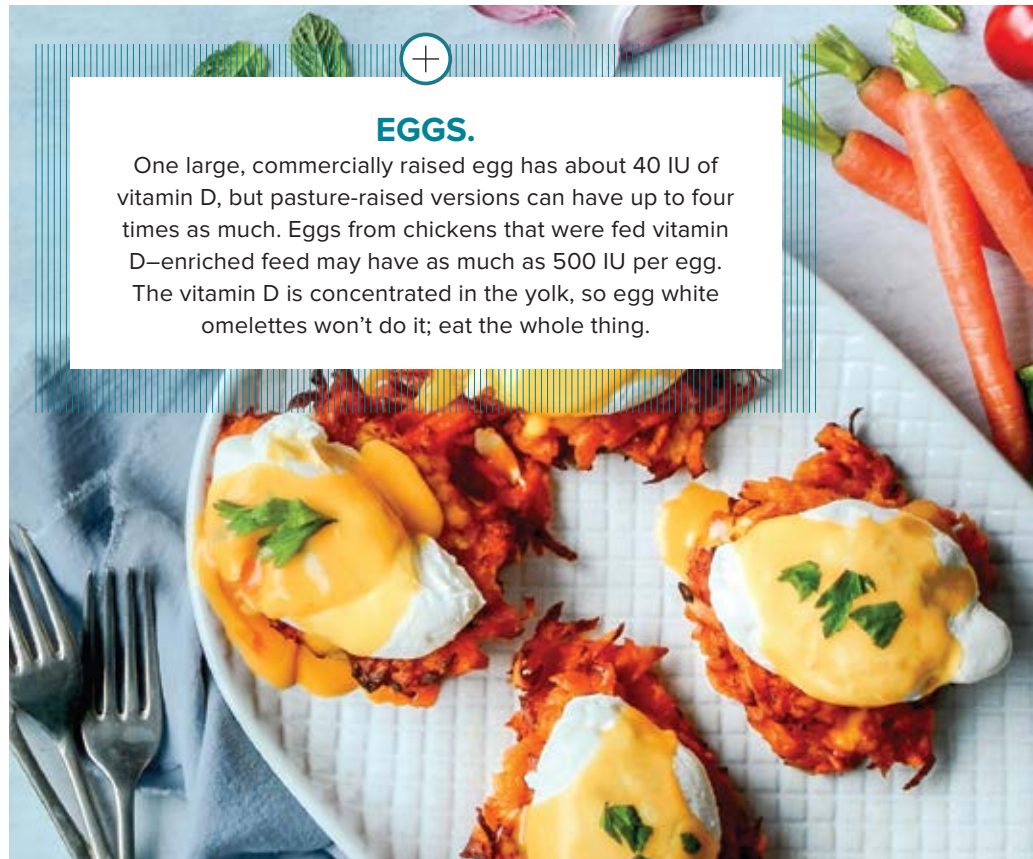
potato, onion, 1 egg, arrowroot and salt; mix thoroughly. In a heavy skillet, heat oil on high. Working in batches, place 2 tbsp mixture into oil per fritter. Reduce to medium heat and flatten out with a spatula. Cook fritters until golden brown, about 3 minutes per side. Transfer to a paper towel-lined plate.

3. Meanwhile, bring a medium pot of water to a simmer. Add vinegar. Crack remaining 6 eggs into small bowls or cups. Use a wooden spoon to stir simmering water carefully around the rim of pot to create a circular motion. Working in

2 batches, add eggs, 1 at a time, to center of pot. Return pot to a gentle simmer on low heat and cook eggs until set yet still runny in middle, about 3 minutes. Remove with a slotted spoon and drain on a paper towel. Repeat with remaining eggs.

4. On each serving plate, place 2 fritters and top with 1 egg. Drizzle sauce over top. Sprinkle with cayenne and parsley (if using).

PER SERVING (2 fritters and 1 egg with sauce)
 Calories: 376, Total Fat: 30 g, Sat. Fat: 14 g,
 Monounsaturated Fat: 11 g, Polyunsaturated
 Fat: 3 g, Carbs: 18 g, Fiber: 2 g, Sugars: 3 g,
 Protein: 10 g, Sodium: 435 mg, Cholesterol: 352 mg



EGGS.

One large, commercially raised egg has about 40 IU of vitamin D, but pasture-raised versions can have up to four times as much. Eggs from chickens that were fed vitamin D-enriched feed may have as much as 500 IU per egg. The vitamin D is concentrated in the yolk, so egg white omelettes won't do it; eat the whole thing.

MAGNESIUM

Green Curry Poached Halibut

SERVES 2. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 30 MINUTES.

It's easy to eat more brain-fueling fish with this fragrant curry recipe. Halibut is a good source of omega-3s as well as vitamin B₆ and magnesium, which are important nutrients for the synthesis of brain-signaling neurotransmitters.

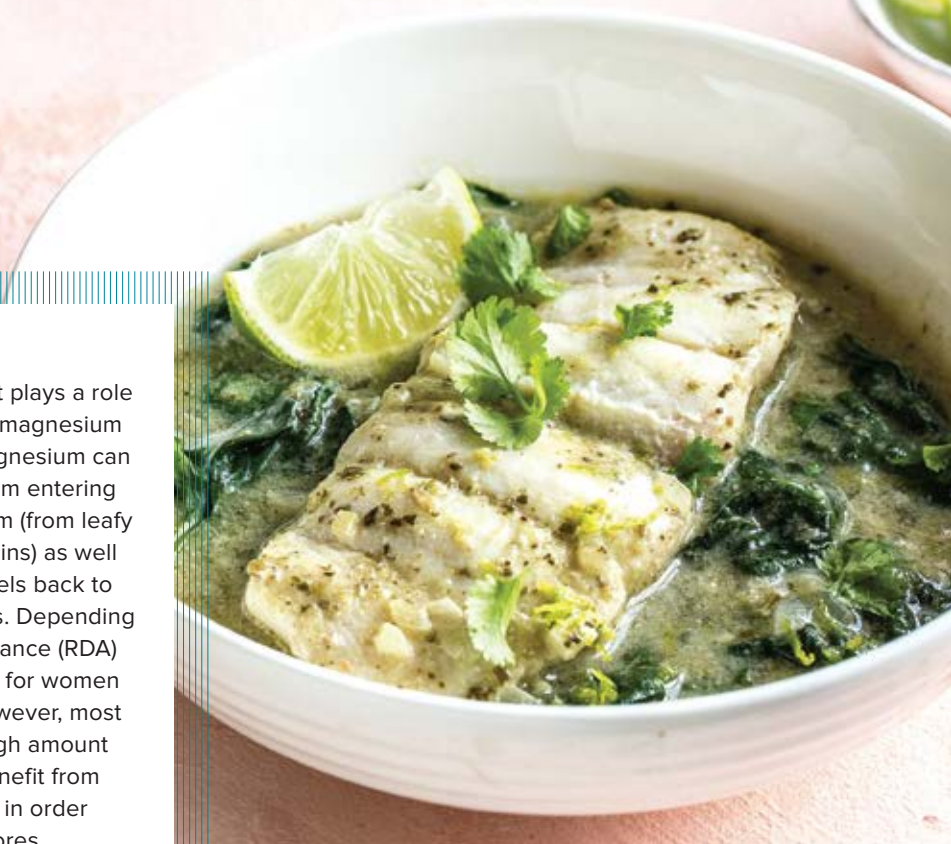
- 2 tbsp** avocado oil, divided
- 4 cups** spinach
- 1 clove** garlic, minced
- ¼** yellow onion, finely chopped
- 1 cup** low-sodium vegetable broth
- 1 cup** coconut milk beverage
- 2 tbsp** green curry paste
- Pinch** sea salt
- 2 4-oz** halibut fillets
- ¼ cup** chopped fresh cilantro
- 1** lime, zested and juiced

- 1.** In a large skillet on medium-high, heat 1 tbsp oil. Add spinach and garlic; sauté 2 minutes then transfer to a serving dish.
- 2.** In same skillet on medium-high, heat remaining 1 tbsp oil. Add onion and sauté for 3 minutes. Whisk in broth, coconut milk, curry paste and salt. Bring mixture to a simmer and cook until liquid is reduced by half, about 10 minutes.
- 3.** Add halibut to skillet and spoon some of the liquid over top; cook for 1 minute. Cover and poach halibut

until it flakes easily with a fork, 5 to 7 minutes. Gently transfer halibut to serving dish over cooked spinach.

4. To liquid in pan, add cilantro, lime zest and lime juice; cook for 1 minute. Ladle liquid over halibut and spinach in serving dish.

PER SERVING (1 fillet and ½ cup spinach):
 Calories: 361, Total Fat: 20 g, Sat. Fat: 5 g,
 Monounsaturated Fat: 11 g, Polyunsaturated
 Fat: 2.5 g, Carbs: 12 g, Fiber: 3 g, Sugars: 2 g,
 Protein: 33.5 g, Sodium: 811 mg,
 Cholesterol: 46 mg



MAGNESIUM

It's referred to as the "king" of minerals since it plays a role in most reactions in your body. A low level of magnesium is associated with depression and anxiety. Magnesium can also prevent stress hormones like cortisol from entering your brain. Consuming a diet rich in magnesium (from leafy green vegetables, nuts, seeds and whole grains) as well as a magnesium supplement can restore levels back to normal and help reverse depression symptoms. Depending on your age, the recommended dietary allowance (RDA) for magnesium is 310 to 320 milligrams a day for women and 400 to 420 milligrams a day for men. However, most people are magnesium deficient due to a high amount of processed food in the diet and would benefit from intakes higher than what is recommended in order to replenish the body's magnesium stores.

PROBIOTICS

Kimchi & Vegetable-
Fried Black Rice

p. 22



PROBIOTICS.

Our experts agree that probiotic supplementation can benefit your overall gut health in conjunction with eating a variety of probiotic-rich fermented foods including kimchi, sauerkraut and kefir. There are certain populations, though, that can particularly benefit from supplementation. In a 2009 study published in *The Journal of Allergy and Clinical Immunology*, researchers gave mothers and their infants, who were deemed to be at high risk for allergies, either a probiotic mixture or a placebo until the baby was six months old. When the researchers checked in with the subjects four and a half years later, those who were born via cesarean were the only group who benefited from the probiotic protocol – their risk factor for food, insect sting and some drug allergies, among others, was reduced. Other research has suggested that probiotic supplementation can help treat Crohn’s disease and ulcerative colitis. Supplementation can be very individual – certain probiotics help certain people, and for different reasons – so more studies may be needed to determine which helps who, and for what reason.



Kimchi & Vegetable-Fried Black Rice

SERVES **4**. HANDS-ON TIME: **50 MINUTES**. TOTAL TIME: **1 HOUR, 20 MINUTES**.

Kimchi is another probiotic-packed superstar, full of good-for-your-gut bacteria. As well, the cabbage in the kimchi, the green onions, mushrooms, ginger, garlic and snow peas all promote a healthy environment in which good bacteria can flourish in the digestive tract – so it’s a win-win. This recipe features black rice – a good source of fiber and antioxidants – and more veggies than the fried rice you’ll find in a takeout container. Cooking can dampen the benefits of probiotics, so a bit of uncooked kimchi is added as a boost just before serving.

¼ cup avocado oil, divided	1 2-inch piece fresh ginger, peeled and minced
3 cups thinly sliced shiitake mushroom caps	4 cloves garlic, thinly sliced
¾ tsp sea salt, divided	¾ cup drained kimchi, chopped, divided
6 green onions, white and light green parts only, sliced diagonally	2 cups cooked black rice (see tips, below), warm
8 oz snow peas, trimmed and halved diagonally	2 tbsp reduced-sodium tamari or coconut aminos
¼ tsp ground black pepper	½ tsp raw honey
	2 tbsp toasted sesame oil

1. In a large skillet or wok, heat 2 tbsp avocado oil on medium-high. Add mushrooms; season with ¼ tsp salt. Cook, stirring occasionally, until beginning to turn golden, about 8 minutes. Add remaining 2 tbsp avocado oil, green onions and snow peas; season with remaining ¼ tsp each salt and ¼ tsp pepper. Cook, stirring, for 2 minutes. Add ginger, garlic and ½ cup kimchi; cook, stirring often, until ginger and garlic are softened and fragrant, about 2 minutes.

2. Stir in rice, ¼ cup water, tamari and honey and cook, stirring, until well combined and heated through, about 1 minute. Season with remaining ¼ tsp pepper. Drizzle with sesame oil. Divide among bowls. Top with reserved ¼ cup kimchi.

PER SERVING (¼ of recipe): Calories: 352, Total Fat: 22 g, Sat. Fat: 3 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 5 g, Carbs: 33 g, Fiber: 4 g, Sugars: 5 g, Protein: 7 g, Sodium: 654 mg, Cholesterol: 0 mg

TIP: Black rice is also known as “forbidden rice” – a name you’ll see on some packages. We suggest adding a 2-inch piece of dried kombu (seaweed) to the cooking water to help with digestion.

FIBER



Garlic Lemon Chicken Tacos
with Pinto Beans & Salsa Verde

SERVES **4**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **45 MINUTES**.

This tomatillo salsa with lime juice and cumin does double duty as both a topper over the tacos as well as a sauce to simmer the beans in for maximum flavor.

- | | |
|---|--|
| 1 lb boneless, skinless chicken breasts | 2 green onions, chopped |
| 2 tbsp fresh lemon juice | ½ to 1 serrano chile pepper, chopped |
| 1 tbsp extra-virgin olive oil | 1 tbsp fresh lime juice |
| 3 cloves garlic, minced | 1 tsp ground cumin |
| 1 tsp ground black pepper | ¼ tsp sea salt |
| ¼ tsp sea salt | |
| 1 15-oz BPA-free can pinto beans, drained and rinsed (TRY: Eden Organic Pinto Beans No Salt Added) | 1. In a glass or stainless steel bowl, combine chicken breasts, lemon juice, oil, garlic, black pepper and ¼ tsp salt; cover and let marinate in the refrigerator for 30 minutes. |
| 8 6-inch corn tortillas | 2. Meanwhile, prepare salsa: In a blender or food processor, blend all salsa ingredients until smooth. Set aside. |
| ¼ cup (1 oz) crumbled cotija or feta cheese | 3. In a small saucepan, combine pinto beans and ½ cup salsa. Heat on low, stirring occasionally, until beans are heated through, about 10 minutes. |
- SALSA VERDE**
- | |
|--|
| 8 oz fresh tomatillos, husked, rinsed with warm water and quartered |
| ½ cup loosely packed chopped fresh cilantro |

+

HEART HELP:

These chicken tacos are boosted by fiber-rich pinto beans, with 15 grams of heart-healthy dietary fiber in every cooked cup. They are also one of the richest sources of folate, also known as vitamin B9. Folate helps keep levels of homocysteine down, an amino acid that has been associated with an increased risk of cardiovascular disease when elevated.

- 4.** Heat a grill or grill pan on medium-high. Add tortillas in batches and heat until warm and pliable, about 1 minute per side. Stack tortillas, wrap in foil and set aside.
- 5.** Remove chicken from marinade; discard marinade. Reduce grill or grill pan heat to medium and grill chicken until an instant-read thermometer registers 165°F or chicken is no longer pink in thickest part, 4 to 6 minutes per side. Let chicken rest for 5 minutes on a cutting board; slice thinly against the grain. Tuck chicken and beans into tortillas, top with salsa verde and sprinkle with cheese.

PER SERVING (2 tacos with toppings): calories: 394, total fat: 9 g, sat. fat: 2 g, monounsaturated fat: 4.5 g, polyunsaturated fat: 2 g, carbs: 43 g, fiber: 10 g, sugars: 4 g, protein: 33 g, sodium: 366 mg, cholesterol: 70 mg

POTASSIUM

No-Fuss Creamy Poblano Dip

SERVES 8.

- 3** poblano peppers
- 1 small** jalapeño chile pepper
- ½** yellow onion, halved
- 1¼ cups** fresh cilantro leaves
- ½ cup** crumbled goat cheese + additional for garnish
- 2 tbsp** extra-virgin olive or avocado oil
- 4 tsp** fresh lime juice
- ½ tsp** sea salt
- ¼ cup** full-fat Greek yogurt

OPTIONAL FOR DIPPING:
Tortilla chips, whole-grain crackers, tomato wedges, blanched broccoli, zucchini rounds or roasted skin-on sweet potato wedges

1. Preheat oven to 425°F. Line a baking sheet with parchment paper. Arrange poblano peppers, jalapeño and onion on sheet; roast until peppers are charred and softened, about 25 minutes, flipping after 15 minutes.

2. Place poblanos in a bowl and cover to steam. When cool, remove charred skin. If you prefer less heat, remove seeds and membrane. Halve jalapeño and remove seeds and membrane.

3. In a food processor, purée poblanos, jalapeño, onion, cilantro, goat cheese, oil, lime juice and salt until almost smooth. Scrape sides of bowl. Add yogurt and pulse until combined.

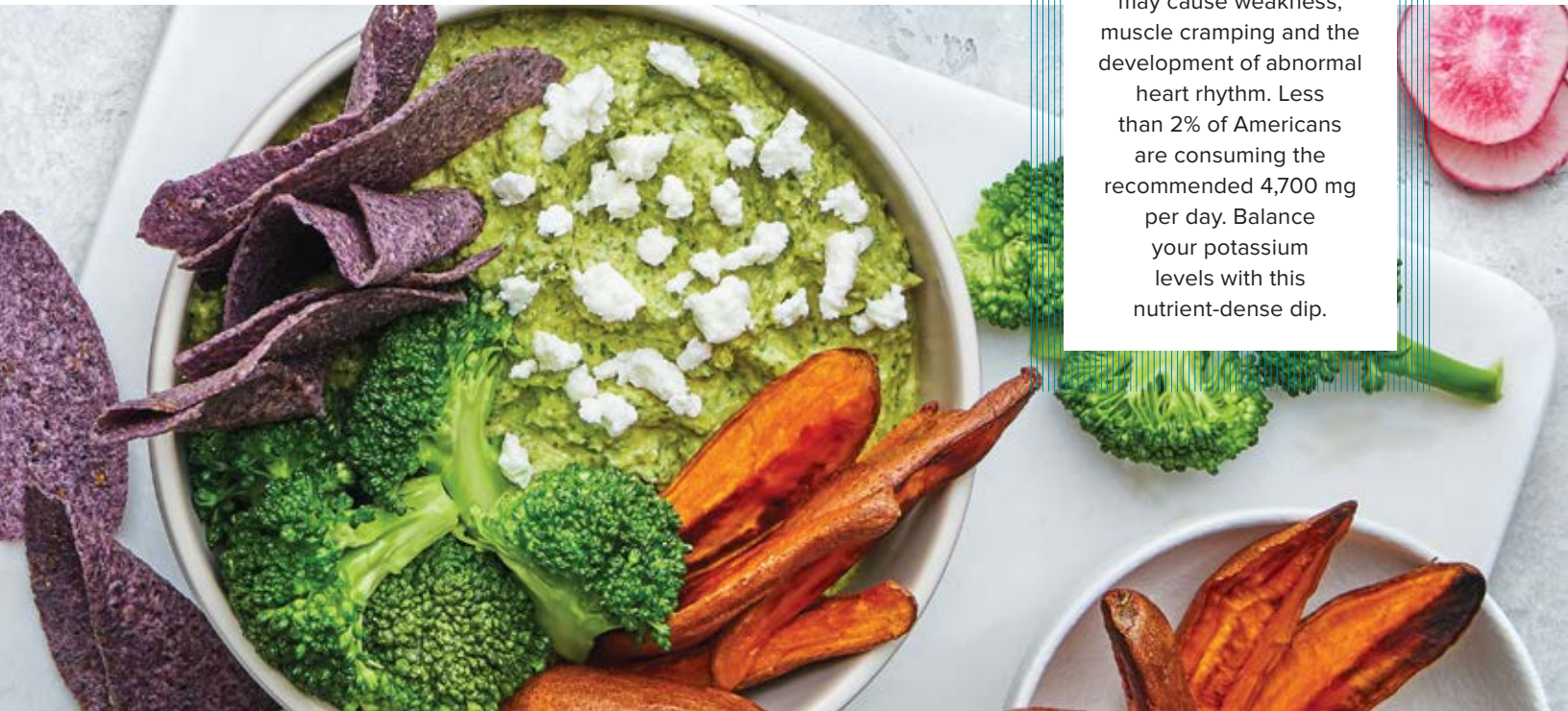
4. Transfer to a serving bowl. Garnish with additional goat cheese. Serve with optional accompaniments for dipping. Store leftovers in an airtight container in the refrigerator for up to 4 days.

PER SERVING (⅛ of recipe): Calories: 69, Total Fat: 6 g, Sat. Fat: 2 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 0.5 g, Carbs: 3 g, Fiber: 1 g, Sugars: 1 g, Protein: 2.5 g, Sodium: 158 mg, Cholesterol: 4 mg

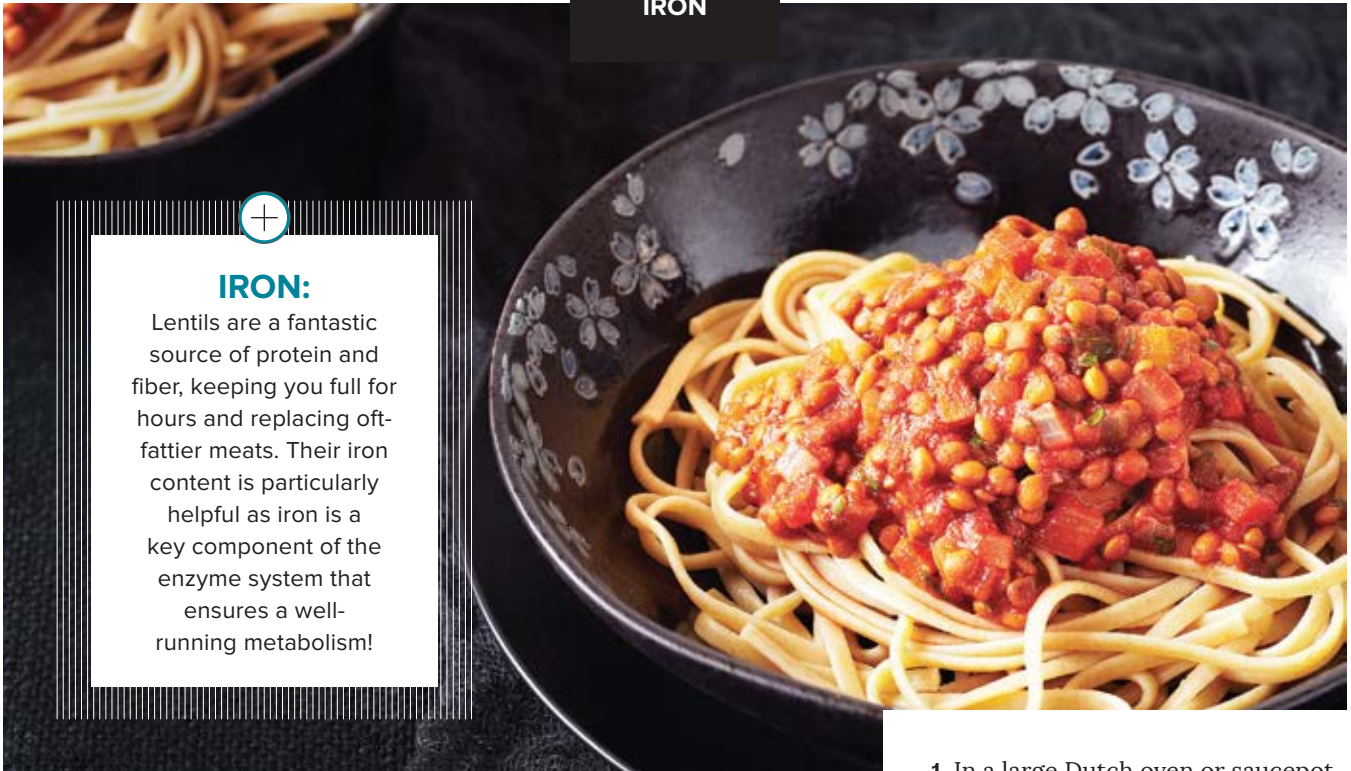


DID YOU KNOW

that poblano peppers are a plentiful source of potassium? This mineral regulates cells, nerves and muscle contractions, and inadequate levels may cause weakness, muscle cramping and the development of abnormal heart rhythm. Less than 2% of Americans are consuming the recommended 4,700 mg per day. Balance your potassium levels with this nutrient-dense dip.



IRON



IRON:

Lentils are a fantastic source of protein and fiber, keeping you full for hours and replacing oft-fattier meats. Their iron content is particularly helpful as iron is a key component of the enzyme system that ensures a well-running metabolism!

Pasta Lentil Bolognese

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

Bolognese sauce is a rich ragoût that simmers for hours, coaxing flavor from aromatic vegetables and texture from at least one form of meat. Our plant-based version honors its roots with steady preparation (thankfully quicker than several hours!) that persuades sweet notes from caramelized vegetables and soft yet sturdy chew from meaty lentils. A splash of milk toward the end of an hour-long stovetop stay rounds out the zip of the tomato-based sauce.

- 2 tsp** olive oil
- 1 medium** onion, diced small (1 cup)
- 1 medium** carrot, peeled and diced small (1 cup)
- 2 small** celery stalks, diced small (½ cup)
- 1 small** fennel bulb, diced small (1½ cups)
- 4 cloves** garlic, minced
- 2 tbsp** white wine vinegar
- 2 cups** low-sodium vegetable broth
- 1 cup** green lentils
- 2½ cups** jarred or tetra-packed no-salt-added chopped or crushed tomatoes with juices (about 28 oz)
- 2 tsp** dried oregano
- 2 tsp** dried parsley
- 1 tsp** dried basil
- 8 oz** wide whole-wheat pasta noodles such as linguine, fettucini, tagliatelle or rigatoni
- ½ cup** low-fat milk
- ¼ tsp** sea salt
- ½ tsp** fresh ground black pepper

1. In a large Dutch oven or saucepot, heat oil on medium-high. Add onion, carrot, celery, fennel and garlic. Cook, stirring often, until released water evaporates and brown bits begin to form on bottom of pot, about 15 minutes. Add vinegar and scrape any brown bits from bottom of pot as liquid evaporates. Stir in broth, 1 cup water, lentils, tomatoes, oregano, parsley and basil. Reduce heat to medium and simmer, partially covered, for 45 minutes, stirring occasionally.

2. Meanwhile, bring a large pot of water to a boil and prepare pasta according to package directions. Drain pasta and set aside.

3. Add milk to bolognese and continue to simmer for an additional 10 minutes. Season with salt and pepper. Divide pasta among 4 bowls and top each with about 1½ cups bolognese.

PER SERVING (4 oz pasta and 1½ cups bolognese): Calories: 337, Total Fat: 4 g, Sat. Fat: 1 g, Carbs: 68 g, Fiber: 15 g, Sugars: 8 g, Protein: 13 g, Sodium: 484 mg, Cholesterol: 1 mg

B COMPLEX

Cucumber & Kimchi Noodle Salad with Shrimp

SERVES **8**.

HANDS-ON TIME: **25 MINUTES**.

TOTAL TIME: **25 MINUTES**.*

*(PLUS COOLING TIME).

Kimchi is a Korean specialty that is prepared through the lacto-fermentation of cabbage. Here, it adds a hot and tangy flavor that is offset by cool cucumber in this Asian-inspired noodle salad. Garnish with black or white sesame seeds if you have some on hand.

- 12 oz** brown rice spaghetti or soba (aka buckwheat) noodles
- Olive oil cooking spray
- 2 tbsp** reduced-sodium tamari
- 2 tbsp** rice vinegar (**TIP:** Look for brands that are unseasoned.)
- 2 tbsp** toasted sesame oil
- 2 tbsp** raw honey
- 12 oz** frozen cooked large shrimp (peeled, deveined and tails on), thawed and drained
- 3 cups** shredded green cabbage
- 2 cups** julienned English cucumber
- ¾ cup** all-natural kimchi, chopped, plus 2 tbsp brine (**TIP:** Look for brands that don't contain MSG or added preservatives.)
- Sea salt and fresh ground black pepper, to taste
- 4** green onions, thinly sliced
- 2 tbsp** toasted crushed unsalted peanuts



B COMPLEX:

Loaded with *Lactobacilli*, the same healthy bacteria found in sauerkraut and yogurt, kimchi is king for gut and digestive health. An antioxidant powerhouse, spicy-sour kimchi is brimming with vitamins A, B, C – which are important for immunity and vision, cell metabolism and collagen production, respectively. Add this versatile superfood to eggs, sandwiches, stews, stir-frys and grain bowls. Or try Chef Jo's Kimchi Quesadillas at cleaneatingmag.com.

- 1.** Cook noodles according to package directions. Drain, mist with cooking spray and cool to room temperature on a tray.
- 2.** Meanwhile, prepare dressing: In a small bowl, combine tamari, vinegar, oil and honey. Remove 2 tbsp dressing and transfer to a separate medium bowl with shrimp and toss.

- 3.** In a large bowl, combine noodles, cabbage, cucumber, kimchi with brine and remaining dressing, tossing until combined. Season with salt and pepper. Divide salad among serving bowls and top evenly with shrimp, onions and peanuts.

PER SERVING (1/8 of recipe):
 Calories: 283, Total Fat: 5 g, Sat. Fat: 1 g,
 Monounsaturated Fat: 2 g, Polyunsaturated
 Fat: 2 g, Carbs: 41 g, Fiber: 2 g, Sugars: 6 g,
 Protein: 16 g, Sodium: 315 mg, Cholesterol: 80 mg

ANTIOXIDANT
VITAMINS:
A, C AND E



**ANTIOXIDANT VITAMINS:
A, C AND E**

STRONG, HEALTHY JOINTS. Vitamin C regulates the synthesis of the structural protein collagen, involved in building joint cartilage – especially important during summer, when more hiking, biking, running and other activities may take a toll on joints. Studies also suggest vitamin C improves healing of soft tissue and tendon injuries.

GLOWING SKIN. The role of vitamin C in collagen production, plus its powerful antioxidant benefits, makes it essential for healthy, youthful skin. Studies show vitamin C helps diminish the appearance of fine lines and wrinkles, protects skin from free radical damage and promotes faster wound healing.

TRAVEL INSURANCE. Your immune system could use some insurance before your summer vacations. Vitamin C supports several components of the immune system, and studies link deficiencies in this vitamin with impaired immunity and higher susceptibility to infections. Plus, if you do get sick on your summer trip, vitamin C can ease symptoms and shorten the duration of colds and respiratory tract infections.

A HEALTHY HEART. Summer heat, humidity and exercise can put stress on your heart – keep yours strong with vitamin C. It's linked with healthy cholesterol levels and improved blood vessel health, and many studies show a high intake of vitamin C is associated with a reduced risk of death from heart disease.

EYE PROTECTION. Vitamin C supports the health of blood vessels in the eye and is believed to protect against UV damage – especially important during the warmer months when you're spending more time outdoors.



**Crispy Citrus
Salmon with Cheesy
Kale Couscous**

p. 26

ANTIOXIDANT
VITAMINS:
A, C AND E

Crispy Citrus Salmon with Cheesy Kale Couscous

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 35 MINUTES.

Tangy lemon and lime zest pair beautifully with delicate salmon, and we've carried the citrusy undertones into cheesy couscous. **TIP:** Use a rasp-style tool for zesting the citrus and grating the Parmesan.

- Olive oil cooking spray
- 4 4-oz** boneless, skinless wild salmon fillets
- 18 tsp** each kosher salt and fresh ground black pepper, divided
- 2 tbsp** whole-wheat panko bread crumbs
- 1 tbsp** chopped fresh parsley
- 2 tsp** lemon zest, divided
- 2 tsp** lime zest, divided
- 1 tsp** olive oil
- 2** shallots, minced
- 1 cup** whole-wheat couscous
- 1½ cups** low-sodium vegetable broth
- 2 cups** de-ribbed and chopped kale
- 1 tbsp** fresh lemon juice
- ¼ cup** finely grated Parmesan cheese
- Lemon slices, optional

1. Preheat oven to 350°F. Line a large baking sheet with foil and mist with cooking spray. Season salmon with half of salt and pepper, dividing evenly. Transfer to baking sheet. In a small bowl, combine panko, parsley and 1 tsp each lemon zest and lime zest. Sprinkle over salmon, pressing into tops and sides of fish to adhere; set aside.

2. In a medium saucepan, heat oil on medium. Add shallots and sauté, stirring frequently, until translucent, 3 to 4 minutes. Add couscous and cook, stirring constantly, until lightly toasted, 1 to 2 minutes. Stir in broth and kale. Bring to a simmer, reduce heat to low and cover. Simmer gently until liquid is absorbed and couscous is tender, 18 to 20 minutes.

3. Transfer salmon to oven and bake until cooked through, 12 to 15 minutes.

4. To couscous, add lemon juice, remaining 1 tsp each lemon zest and lime zest and Parmesan and stir to combine. Season with remaining salt and pepper. Divide couscous mixture and salmon among serving plates. If desired, serve with lemon slices.

PER SERVING (1 fillet and ½ cup couscous mixture): Calories: 356, Total Fat: 11 g, Sat. Fat: 2 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 3 g, Omega-3s: 2,030 mg, Omega-6s: 660 mg, Carbs: 33 g, Fiber: 5 g, Sugars: 1 g, Protein: 32 g, Sodium: 305 mg, Cholesterol: 67 mg



WHY NOW?

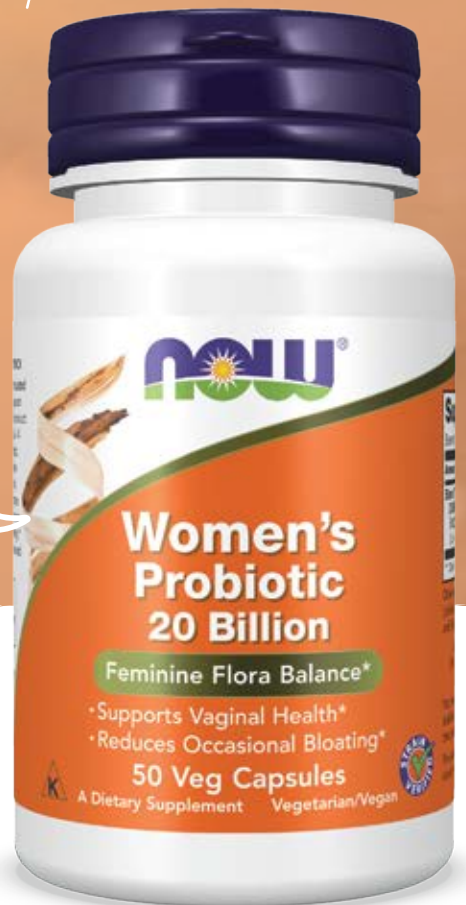
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- 🕒 For Feminine Flora Balance*
- 🕒 Reduces Occasional Bloating*
- 🕒 Features *L. rhamnosus* HN001 and *B. lactis* HN019

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