

TRUEHOPE EMPOWERPLUS PRODUCT GUIDE FALL 2022

For more information about Truehope products and/or our support program, please call our Healthcare Professional department at 1.866.397.3795 or visit us at Truehope.com



EMPowerplus™ ULTIMATE

Truehope EMPowerplus™ ULTIMATE is our newest, most powerful form of EMPowerplus. An ultra-high concentration of the same 36 essential ingredients for optimal health. With advanced Apex bio-availability technology, Ultimate is the most efficiently absorbed product we offer, requiring only one capsule a day. Who should take it: Not recommended for children under the age of 12.



EMPowerplus *Advanced*™

Truehope EMPowerplus *Advanced*™ capsules allow you to have one product for the entire family, nourishing the bodies and minds with the multivitamins and nutrients each needs.

Who should take it: Advanced is an incredible daily supplement for all ages when taken correctly.

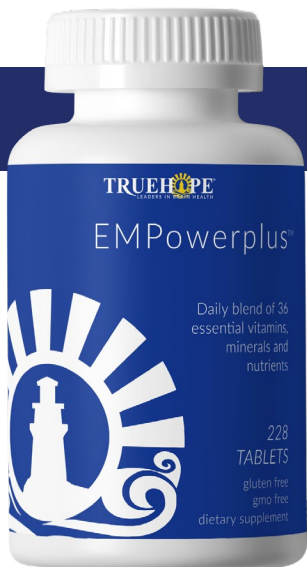


EMPowerplus Methylated *Advanced*™

Truehope EMPowerplus Methylated *Advanced*™ is our original and unique formulation of 36 nutrients, only differing in using the methylated forms of two vitamins, B12 and folate.

We created this formula for those whose bodies cannot methylate B vitamins as most can. Individuals that suffer with the rare MTHFR gene expression will benefit most from this product.

If you are uncertain that this methylated formula is right for you, please call and speak with a support representative that will help you with your choice of products.



EMPowerplus™ Classic Tablets

Truehope EMPowerplus Classic is the original combination of 36 nutrients designed to provide nutritional support for the central nervous system. The classic formulation is only available in tablet form at this time.

EMPowerplus™ Powders

Truehope EMPowerplus Powders is the same combination of 36 nutrients available in tablet and capsule form to provide nutritional support for the central nervous system. It is in powder form for anyone struggling with swallowing capsules or tablets.

With two great flavors—**Mandarin Orange** or **Berries & Banana**—EMPowerplus powders are a great additive to smoothies, yogurt, favorite juice, or even just a glass of cold water.





BMD *Advanced*™

Truehope BMD *Advanced*™ is a bone mineral developer that reduces the risk of developing osteoporosis. It provides balanced and highly-absorbable restorative minerals necessary for healthy bone density. As well as helping develop and maintain bone, BMD *Advanced* aids in maintaining healthy cartilage, teeth, and gums.*



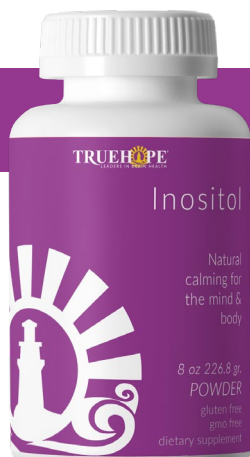
OLE - Olive Leaf Extract

Truehope OLE™ is a natural, antioxidant-rich extract from the olive leaf that supplies particular daily needs to promote and maintain a healthy bowel and immune system. It has also proven powerful and effective use as an anti-fungal.*



AminoPower *Advanced*™

Truehope AminoPower *Advanced*™ has been specifically formulated and balanced for the human body to deliver every essential amino acid to promote and maintain health. Because the free-form amino acids and supportive nutrients in AminoPower *Advanced* need no digestion, your body rapidly absorbs them. Amino acids are essential for virtually every function of life: from fueling and repairing your intestinal tract to enhancing brain performance and mood by promoting the synthesis of neurotransmitters.*



Inositol

Truehope Inositol has been shown in studies to significantly benefit people who suffer with anxiety and panic. An all natural Vitamin B8 complex, Inositol naturally enhances brain function and provides a profound calming effect.*



GreenBAC™

Truehope GreenBAC™ is a rich blend of eight bacteria, as well as botanicals, algae, enzymes, and ingredients designed to maintain and promote a healthy digestive system. This combination of super foods, combined with friendly bacteria, creates a powerful regulating effect on an unruly gut and helps promote and maintain the healthy bowel function. Each serving contains billions of bacteria as well as plenty of prebiotics that help bacteria thrive.



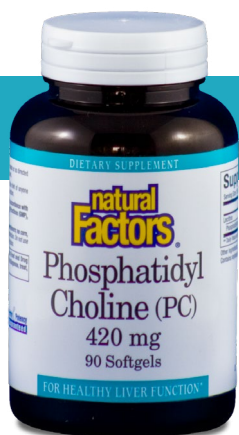
Nascent Iodine *Advanced*™

Truehope Nascent Iodine *Advanced*™ is an essential element for healthy thyroid hormone production, and an efficient metabolism. Sufficient levels of iodine increase cell absorption of nutrients which includes vitamins and minerals.

(ADDITIONAL PRODUCTS ON NEXT PAGE)

NON-TRUEHOPE PRODUCTS

There are a few products available from Truehope but not manufactured by or for Truehope. These products lend themselves very well to our products. When used in conjunction with select Truehope products, these can assist in restoring both mental and physical health and wellness.



Phosphatidyl Choline

Natural Factors Phosphatidyl Choline

Scientific research has revealed the outstanding benefits of choline for both liver and brain function. Phosphatidyl choline is a phospholipid derived from soy, making it a completely natural substance. Truehope EMPowerplus™ users have found that choline can slow racing thoughts and address other troubling symptoms resulting from elevated mood. Extensive data also demonstrate that the symptoms of tardive dyskinesia can be reduced by choline or lecithin.*



Phosphatidyl Serine

Natural Factors Phosphatidyl Serine is a phospholipid that supports healthy brain function and lowers cortisol levels. Participants who add serine to their program transition more easily from medications to EMPowerplus™. Stress caused by medication reductions as well as general stress raise cortisol levels. Some of the symptoms associated with high cortisol levels are anxiety/panic, depression, and feeling exhausted. Even if a person is not taking medications when they start the program, phosphatidyl serine can be suggested if raised cortisol levels are suspected. Serine is a natural component of the brain and is integral to all brain cell activity.*



Tart Cherry

Tart Cherry is a rich source of powerful antioxidants, including kaempferol, quercetin, anthocyanins, and melatonin. Research indicates that tart cherries can help maintain healthy joints and cardiovascular health, reduce body inflammation, and soothe muscle soreness. It also helps with gout. In our experience, continued use of this product can help relieve general aches and pains. It can be taken with or without food, and it works as a natural anti-inflammatory.*

*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.