

THE BEST OF

supplements 2010

These 75 supplement gems—chosen with the help of naturopaths, herbalists, and health food store owners—beat out hundreds of other products

BY THE EDITORS OF BETTER NUTRITION

These days, with the dizzying array of natural products to choose from, we can't help feeling like grown-up kids in a candy store. Today, however, we're more likely to reach for vitamin-fortified gummy bears or an energy elixir fortified with antioxidants and green foods powder—how cool is

that? These selections dazzled us with their innovation, convenience, and effectiveness, including new offerings that made us wonder, "Why didn't they think of that before?" as well as tried-and-true standbys. So without further ado—drum roll, please—here are our top 75 picks.

HOW WE CHOSE OUR WINNING PRODUCTS

It's not an easy job selecting 75 winning supplements for our Best of Supplement Awards—there are hundreds of high-quality products on health food store shelves! How did we do it? We had a lot of help. Here's a quick overview of the criteria we used to help us make our final selections.

ADVISORY BOARD: We did extensive surveys and interviews with health food store retailers and holistically oriented physicians, naturopaths, herbalists, natural health experts, and other practitioners. We would especially like to thank and acknowledge the following people:

Tori Hudson, ND	Karta Purkh Singh
Karolyn Gazella	Khalsa, DN-C, RH
Vera Tweed	Carolyn Dean, MD
Kim Erickson	Michael T. Murray, ND
Sam Russo, ND	Lise Alschuler, ND

MANUFACTURER NOMINATIONS: Manufacturers were also invited to nominate their top products.



Photo this page by Jacqueline Hopkins Photography

FIBER

- 1. Gaia Herbs Chia Fresh Daily Fiber.** Gaia Herbs Chia Fresh Daily lets you fill up on fiber and omega-3 and -6 fatty acids from chia seed, which is also rich in phosphorus and potassium. Please note: The packing has recently changed on this product.
- 2. Sunsweet Naturals SupraFiber.** Your daily fiber drink never tasted so good than with this fruity fiber elixir, rich in insoluble and soluble fiber and a unique fiber blend from prune, blueberry, açai, and acacia fibers.
- 3. Health Plus Inc. The Original Colon Cleanse.** Cleanse your colon, detoxify your body, and boost your immune system with this popular fiber-based formula, which features soluble fiber from psyllium husks.

DIGESTION

Supplements for Improving Digestive Health

- 4. Enzymedica Digest Gold + Probiotics.** Get a comprehensive blend of digestive enzymes with specially coated probiotics for optimal digestive health—all in one capsule!



- 5. Enzymatic Therapy DGL Ultra, German Chocolate Flavor.** These tasty tablets instantly provide soothing relief from digestive problems, including acid reflux. DGL is a form of the herb licorice, known for its digestive-healing properties.

MULTIVITAMINS

- 6. Life's Fortune Full Spectrum Multivitamins & Mineral.** Fans of this whole food-based multivitamin swear it provides more energy and

vitality than any other multi. The truly comprehensive formula is rich in antioxidants, vitamins, minerals, protein, enzymes, and superfoods such as spirulina.

- 7. New Chapter Organics Every Man's and Every Woman's One Daily.** These are not your average multis. Packed with organic ingredients from superfoods, including nutrient-rich broccoli and kale, these one-a-day formulas are perfect as the foundation of a healthy nutrition program.

WOMEN'S HEALTH

Supplements for Female Wellness

- 1. Emerita Menopause Plus Formula.** A combination of proven herbs including black cohosh, red clover, and chaste tree, supply phytoestrogens and help women achieve balance.
- 2. UAS Labs Cran-Gyn DDS** supports both urinary tract and gastrointestinal health with a proprietary blend of cranberry extract and D-Mannose, plus 5 billion CFU Lactobacillus acidophilus cultures.
- 3. TWO-TIME WINNER. Jarrow Formulas Fem-Dophilus.** Two probiotic strains, Lactobacillus rhamnosus and Lactobacillus reuteri, protect vaginal and urinary tract health.

MEN'S HEALTH

Supplement for Sexual and Overall Wellness

- 4. Sprunk-Jansen Masculine.** Increase your libido and stamina without drugs with this safe herbal formula, based on traditional Greek and Arabic medicine. It also helps boost energy and reduce mental fatigue.



ALLERGIES

Supplements for Easing Seasonal Allergies and Sinus Problems

- 5. Natural Factors Aller-7 Formula.** If allergies are making you itchy, scratchy, sneezy, and dopey, relief is one the way. This all-in-one formula combines seven potent hay-fever-fight-

ing herbal extracts that really work.

- 6. Xlear Nasal Spray with Xylitol.** Xylitol, a natural sweetener, also has unique hydrating properties that can keep nasal passages from getting dry and irritated. This convenient carry-anywhere spray soothes sinuses anytime.