Store supplements in a cool, dry, dark place like a kitchen cabinet—do not leave on the windowsill or on top of the refrigerator or microwave.

Read labels carefully—some products require refrigeration after opening.

Flaxseeds and flaxseed oil, fish oil, and other EFAs are safe to refrigerate, which can extend the shelf life of the product.

Look for expiration dates to guarantee potency and freshness.

Don’t take a vacation from your supplements when you’re on vacation. Look for travel-size or travel-friendly products or use a pill case.

*Editor’s note: Products were chosen by the editors of Better Nutrition. Special thanks to the following contributing writers/editors: Jonny Bowden, PhD, CNS, Jack Challem, Kim Erickson, Karolyn Gazella, Sherrie Strausfogel, Lisa Turner, Vera Tweed, and Neil Zevnik.
Need some help picking a high-quality nutritional supplement? The selection is bigger than ever, making it harder than ever to sort through the many choices at health food stores. But don’t worry. We have the solution to your supplement shopping dilemmas. No matter what you’re looking for—whether it’s a basic multivitamin or a more specialized formula to help reduce blood sugar—we’ve taken the guesswork out of the process by combing through hundreds of products for you. The result is this comprehensive guide, which brings together our favorites from 60 leading natural product companies.

American BioSciences IMMPOWER
Why we love it: It’s one of the strongest immune supplements out there. Can be used year-round and/or during cold and flu season.

American Health ESTER-C WITH D3
Why we love it: It’s highly bioavailable, nonacidic vitamin C with vitamin D3—a one-two immune and bone health punch.

Boiron OSCILLOCCINUM
Why we love it: This is one of the few products that can stop the flu virus in its tracks. Keep it on hand during cold and flu season.

Quantum Health ZINC ELDERBERRY LOZENGES
Why we love it: These travel-friendly raspberry lozenges deliver immune-boosting zinc plus antiviral elderberry.

Rainbow Light COUNTER ATTACK
Why we love it: Formulated by a well-known herbalist, the combination of herbs is a powerful defense against cold and flu symptoms.

Xlear XYLITOL SINUS NASAL SPRAY
Why we love it: Made with the natural ingredient xylitol, this spray soothes mucous membranes and helps to naturally deter bacteria.
We’ve put together this handy list featuring our Best of Supplements Awards winners—all 60 of them! Happy shopping, from your friends at Better Nutrition.

- American BioSciences ImmPower
- American Health Ester-C with D3
- Amerifit Brands Omega-3
- Arthur Andrew Medical Syntol
- Barlean’s Swirl in Lemon Zest
- Beveri Nutrition Golden Flaxseeds
- Bioforce Sanhelios Curbita
- Bluebonnet Rainforest Animalz (whole line)
- Boiron Oscillococcinum
- Carlson Labs Nutra-Support Energy
- Country Life Omega 3 Mood
- Diamond Formulas Herpanacne Skin Support
- Doctor’s Best Best Stabilized R-Lipoic Acid
- Dr. Venessa’s Formulas Thyroid Balance
- Enzymatic Therapy Whole Body Cleanse
- Enzymedica Digest Spectrum
- Essential Formulas Dr. Ohhira’s Probiotics Original Formula
- EuroPharma Curamin
- Flora Floradix Iron + Herb Supplement
- Gaia Herbs Sound Sleep
- Garden of Life RAW Protein
- Health Plus The Original Colon Cleanse
- Hero Nutritional Slice of Life Multi + Sugar Free
- Himalaya Herbal Healthcare LiverCare
- Irwin Naturals Aller-Pure
- Jarrow Formulas Neuro Optimizer
- Lane Labs Hips, Shoulders, Knees & Toes
- Lewis Labs Brewer’s Yeast
- Maximum Living Mineral Rich
- Mega Food Blood Builder
- Membrell JOINTHealth
- Michael’s Naturopathic Cardio Pack +
- Natrol Tonalin CLA
- Natural Factors PGX Daily
- Natural Vitality Natural Calm
- Nature’s Answer UTanswer
- Nature’s Plus Advanced Therapeutics Rx Fat Loss SynaptaLean
- Nature’s Way DIM-Plus Estrogen Metabolism
- Nelsons Bach RESCUE Gum
- New Chapter Wholemega
- Nordic Naturals Omega-3 Effervescent
- North American Herb & Spice Oreganol P73
- NOW Sports D-Ribose Powder
- Nutrition NOW Rhino Gummy Multi-Vitamin
- Only Natural Ultimate African Mango Extract
- Paradise Herbs & Essentials ORAC-Energy Greens
- Quality of Life Labs Oligonol
- Quantum Health Zinc Elderberry Lozenges
- Rainbow Light Counter Attack
- ReNew Life Ultimate Flora Critical Care 50 Billion
- ReserveAge Organics CocoaWell True Energy
- Solaray B-Complex 100
- Solgar Ubiquinol 100 mg
- Source Naturals Life Force Multi
- Superior Source MicroLingual B12, 1,000 mcg
- UAS Labs ProbioPlus DDS
- Udo’s Udo’s Oil 3-6-9 Blend
- Vibrant Health Green Vibrance
- Wakunaga Kyolic Formula 110 with CoQ10
- Xlear Xyitol Sinus Nasal Spray

**SUPPLEMENT SHOPPING LIST**

### fiber, detox, & cleansing

- **Enzymatic Therapy WHOLE BODY CLEANSE**
  - Why we love it:
  - Simply, it works—it flushes away the bad (i.e., toxins) to give your body a fresh start.

- **Enzymedica DIGEST SPECTRUM**
  - Why we love it:
  - Works across the board. Several strains of plant-based enzymes help ensure that multiple sensitivities (including to gluten) are addressed.

- **Health Plus THE ORIGINAL COLON CLEANSE**
  - Why we love it:
  - Pure psyllium husk is the secret to this bestselling colon product, which works quickly to detoxify the body and promote regularity.

### weight loss

- **Nature’s Plus ADVANCED THERAPEUTICS SYNAPTALEAN Rx–FAT LOSS**
  - Why we love it:
  - It’s a smartly designed formula with green tea extract, rhodiola, and tyrosine for appetite reduction, fat burning, stress reduction, and craving control.

- **Natural Factors PGX DAILY**
  - Why we love it:
  - Nothing compares to this patent-pending mix of fibers. Studies show that PGX helps promote weight loss via effective blood sugar regulation. Also helps tame appetite and cravings.

### heart health

- **Michael’s Naturopathic Programs CARDIO PACK +**
  - Why we love it:
  - It offers the top heart health nutrients—CoQ10, fish oil, vitamin D3, and resveratrol—in a convenient 4-pill daily packet.

- **Wakunaga KYOLIC COQ10 FORMULA 110**
  - Why we love it:
  - It blends Aged Garlic Extract—a clinically proven ingredient for cardiovascular health—with CoQ10, an essential nutrient for the heart.
essential fatty acids

Amerifit Brands
OVEGA-3
Why we love it:
The star ingredient here, Life’s DHA, comes from algae, which is super-rich in essential fatty acids and a vegetarian source of omega-3s.

Barlean’s
OMEGA SWIRL
LEMON ZEST
Why we love it:
Where do we start? The sublime flavor (think lemon merengue pie) and creamy texture will fool you—you’ll think it’s dessert, not fish oils.

Country Life
OMEGA 3 MOOD
Why we love it:
It’s both pure (molecularly-distilled) and potent—with EPA (1,000 mg) from cold-water fish to support mood, emotional well-being, and brain function.

Nordic Naturals
OMEGA-3
EFFERVESCENT
Why we love it:
It’s a fizzy drink mix that delivers high-potency, easy-to-absorb fish oils in a yummy orange cream flavor.

Udo’s Choice
UDO’S OIL
3-6-9 BLEND
Why we love it:
Organic flax, sesame, and sunflower seed oils are combined for the perfect balance of essential fats.

New Chapter
WHOLEMEGA
Why we love it:
It’s a first-of-its-kind fish oil that features 100% wild Alaskan salmon oil. Many Hollywood celebrities count this as one of their beauty secrets.

Beveri Nutrition
GOLDEN
FLAXSEED
Why we love it:
The unique milling process creates a super-fine flax meal with a complex, nutty flavor. Mixes well with most foods.
**multivitamins & antioxidants**

**Only Natural ULTIMATE AFRICAN MANGO EXTRACT**
Why we love it: Also called Irvingia Gabonensis; this potent African mango extract helps curb your appetite and promote weight loss without side effects.

**Flora FLORADIX IRON + HERBS**
Why we love it: Iron can be constipating, and this one’s not. The liquid formula makes it easy to absorb, and added digestive herbs help, too.

**EuroPharma Terry Naturally CURAMIN**
Why we love it: Relieves all kinds of pain with curcumin (found in turmeric), including arthritis pain and inflammation—without the side effects of NSAID drugs.

**North American Herb & Spice OREGANOL P73**
Why we love it: It’s an all-in-one immune tonic—great for boosting immunity, reducing the severity of colds, flu, and other infections, and combating Candida.

**Hero Nutritional SLICE OF LIFE MULTI + SUGAR FREE**
Why we love it: These delicious gummies are sugar free, easy-to-absorb, and packed with a full day’s supply of vitamins and minerals.

**Source Naturals LIFE FORCE**
Why we love it: This high-dose multi features bioavailable forms of key vitamins and minerals, along with enzymes and other energizing nutrients.

**Quality of Life Labs OLIGONOL**
Why we love it: Polyphenols from lychee and other foods promote healthy aging inside and out.

**Bluebonnet RAINFOREST ANIMALZ**
Why we love it: It’s naturally sweetened and each product has been tested and approved by kids. Bottles include information about the rainforest, too.

**Herbs**

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women’s health

Nature’s Answer
UT ANSWER
Why we love it:
D-mannose and cranberry create a synergistic duo, helping improve urinary tract health in three days. Powerful stuff!

Mega Food
BLOOD BUILDER
Why we love it:
The iron, vitamin B₁₂, and other ingredients come from whole food for optimal absorption and effectiveness.

Nature’s Way
DIM-PLUS
ESTROGEN METABOLISM
Why we love it:
You can feel and see the difference. Benefits include better mood and skin. Also: Less bloating, and fewer hot flashes and PMS symptoms.

Bioforce
SANHELIOS CURBITA
Why we love it:
It’s the only product that naturally addresses leaky bladder without embarrassment or side effects. Works for women and men.

minerals

Natural Vitality
NATURAL CALM
Why we love it: Balances your calcium levels and restores magnesium in a highly absorbable powder form. Mixed with warm water, this raspberry-lemon Anti-Stress Drink is the perfect nightcap.

Maximum Living
MINERAL RICH
Why we love it: It provides a daily boost of minerals in a single tasty shot. Includes important minerals such as calcium, magnesium, and zinc, along with B vitamins.

beauty & skin

Diamond Formulas
HERPANACINE SKIN SUPPORT
Why we love it: Acne and other skin problems virtually disappear with this fantastic time-proven blend of herbs, vitamins A and E, selenium, and zinc.

For more information visit our website at www.onlynaturalinc.com or call 1-800-866-2887
**probiotics**

Arthur Andrew Medical
SYNTOL AMD
This antifungal combats Candida with the help of powerful probiotics strains. Fans of this product say it works better than prescription medications!

Essential Formulas
DR. OHHIRA’S PROBIOTICS ORIGINAL FORMULA
Why we love it: Developed by a renowned microbiologist, this classic, full-spectrum formula incorporates 12 naturally cultured probiotic strains.

UAS Labs
PROBIOPLUS DDS
Why we love it: Includes multiple strains of friendly bacteria in a non-dairy formula for optimal digestion and immunity.

ReNew Life
ULTIMATE FLORA CRITICAL CARE 50 BILLION
Why we love it: The high potency-formula is great for people with irritable bowel syndrome and leaky gut syndrome.

**green foods**

Paradise Herbs & Essentials
ORAC-ENERGY GREENS
Why we love it: It’s a multivitamin, antioxidant, energy aid, and immune booster all rolled into one. It mixes well in smoothies or juice.

Vibrant Health
GREEN VIBRANCE
Why we love it: Green foods are juiced and then converted into crystals in this concentrated, energizing blend. Try with water or almond milk.

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**Energize Today**

With Adrenal Xtra Energy Support™

- Ashwagandha Root
- Pantothenic Acid 1500 mg
- Vitamin C 500 mg
- Rhodiola Extract & Whole Herb

*Energize: to revitalize; to give life; to empower; to stimulate
Michael’s strives to provide exceptional formulas at affordable prices

How have you supported your adrenals today?

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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Available at fine health food stores everywhere

Visit us on the web: www.michaelshealth.com
Doctor’s Best
BEST STABILIZED R-LIPIOIC ACID
Why we love it: Stabilized so it won’t degrade at high temperatures, it’s a strong defense against free radicals.

Garden of Life
RAW PROTEIN
Why we love it: It’s a 100% raw, vegan source of protein from organic sprouts with fat-soluble vitamins (A, D, E, K), probiotics, and enzymes.

Lewis Labs
BREWER’S YEAST
Why we love it: Just like package says, it really does taste great. This nutrient-dense food is also a good source of certain B vitamins.

Natrol
TONALIN CLA
Why we love it: It features Tonalin, a clinically studied form of conjugated linoleic acid (CLA), which helps melt away body fat and keep it off.

Solaray
B-COMPLEX 100
Why we love it: The base of whole rice and aloe vera boost the vitamins’ bioavailability. Also, you get therapeutic doses of all the Bs, including B6.

Now Sports
D-RIBOSE POWDER
Why we love it: Mixed with water or juice, D-ribose builds energy at the cellular level and is especially great for fibromyalgia patients.

Superior Source
MICROLINGUAL B12
Why we love it: You just can’t beat the instant-dissolve tablets and Micro-lingual technology. Provides an immediate boost.

Solgar
UBIQUNOL 100 MG
Why we love it: These softgels boast ubiquinol, which has been shown to be more bioavailable than other forms of CoQ10. Try for energy and heart health.

Carlson Labs
NUTRA-SUPPORT ENERGY
Why we love it: It gives you real, lasting energy by fortifying your body with the nutrients it needs to meet everyday demands—and then some.

ReserveAge Organics
COCOWELL TRUE ENERGY
Why we love it: It delivers instant energy and focus without jitters. Great before a workout, big test, or company meeting.

Nelson Bach
RESCUE GUM
Why we love it: It’s an inexpensive, travel-friendly way to save your sanity. A mix of homeopathic remedies soothe tension and calm nerves instantly.

Himalaya Herbal Healthcare
LIVERCARE
Why we love it: This clinically studied herbal blend is a winner for many reasons: It supports all areas of liver health, including detoxification. You’ll notice more energy with continued use.

Dr. Venessa’s Formulas
THYROID BALANCE
Why we love it: It helps regulate a healthy metabolism to counteract the symptoms of hypothyroidism such as weight gain, hormonal imbalance, and thinning hair.

Gaia Herbs
SOUND SLEEP
Why we love it: This unique blend of natural relaxants, including valerian and GABA, helps you fall asleep and stay asleep. 100% vegetarian liquid caps.

Irwin Naturals
ALLER-PURE
Why we love it: It contains a proprietary mix of herbs shown to reduce common allergy symptoms—and help prevent future problems.

Jarrow Formulas
NEURO OPTIMIZER
Why we love it: The star ingredient here is Cognizin, a form of choline shown to enhance brain health and function.

Lane Labs
HIPS, SHOULDERS, KNEES & TOES
Why we love it: It utilizes the enzyme serrapeptase, which has been shown to reduce inflammation and improve joint mobility without side effects.

Membrell
JOINTHEALTH
Why we love it: It’s an innovative answer for joint pain: natural eggshell membranes help ease all types of joint pain and discomfort.