

TJ NUTRITION®

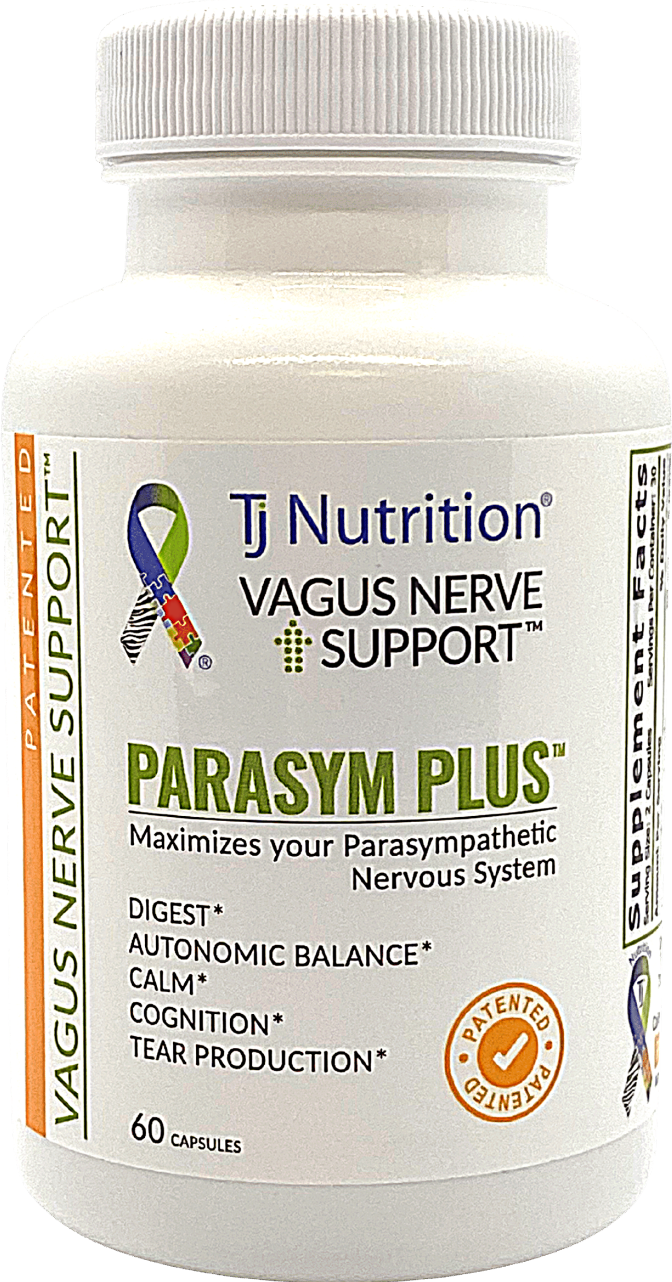
AFFILIATE TALKING POINTS



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**REST
DIGEST**



IDENTIFYING THE NEEDS

Parasym Plus™ can help so many people with many aspects of their health! We will share with you some thoughts on this product so you can better identify those who may benefit. This is the ONLY supplement, that is designed specifically to support the parasympathetic nervous system. Furthermore, it supports acetylcholine, a neural transmitter, which is needed by this system. All of these functions (managing inflammation, heart rate, and digestion) are under the control of the vagus nerve. See what this patented, multi-purpose supplement can do!



INFLAMMATION

Individuals who deal with chronic inflammation tend to have pain, anxiety, fatigue and brain fog.

Inflammation can be good because it speeds healing. But when out of control, it can damage tissue, vessels, and organs. Normally, the body helps prevent run-away inflammation with the vagus nerve. This is called the “anti-inflammatory pathway” of the body. When not optimal, the body no longer balances good and bad (chronic) inflammation. Parasym Plus™ helps boost that balance.

DIGESTION

Individuals with digestive issues of all types may benefit, specifically SIBO, SIFO, IBS, constipation, gastroparesis, bloating, and malabsorption.



The vagus nerve is a major nerve of the parasympathetic nervous system, controlling every aspect of digestion -- from swallowing, to gallbladder function, to normal bowel movements. Normalizing digestion and returning to normal bowel movements is an AMAZING thing! Low nutrient levels causing many symptoms can be the result of poor vagus nerve function, as can constipation. The gut plays an important role in the immune system and its health is a critical piece when normalizing the immune system. If someone needs digestive enzymes or acid boosters, suspect vagus nerve problems.

FAST HEART RATE

A fast heart rate can be a clue that the parasympathetic nervous system needs support!

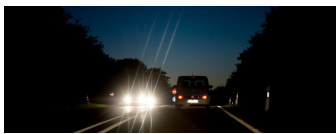
If the heart rate tends to go too fast, it may be due to poor vagus nerve function (and therefore, poor parasympathetic nervous system function). This nervous system is the "rest and digest" system of the body. When functioning optimally, heart rate slows normally.



OCULAR MOISTURE

Normalize ocular moisture and comfort.

Parasym Plus™ supports the production of acetylcholine -- a neurotransmitter needed by the parasympathetic nervous system. Another nerve that benefits from this support is the lacrimal nerve, which is responsible for tear production to keep the eyes moist, comfortable, and less prone to develop an infection. It can take a few weeks for the full effect, but ocular moisture and ocular comfort should begin to normalize fairly quickly on Parasym Plus™.



NIGHTTIME VISION

You may be surprised at how many patients will report difficulty driving at night time when asked!

The pupil of the eye changes size as lighting changes AND as the autonomic nervous system changes. When the parasympathetic nervous system is under-performing, pupil size can increase. At night, this can make it difficult to focus, and glare can be problematic. The eyes can even become sensitive to daylight! If nighttime vision is a problem due to large pupils, Parasym Plus™ may allow these to normalize within days.

COGNITION AND SHORT-TERM MEMORY

Is someone suffering from "brain fog", short-term memory, or a loss of executive function?



The brain uses acetylcholine to allow all of these mental tasks to occur! When acetylcholine levels are low in the brain, people often describe "brain fog", which feels like trying to think through oil! Thinking is sluggish, mental tasks often take more time to achieve than they should, and forgetfulness is common. Parasym Plus™ crosses the blood-brain barrier to support acetylcholine levels, which then support cognition. At TJ Nutrition®, we strongly believe in being proactive in brain health!

INTENSE EXERCISE

Athletes can improve their overall health by supporting acetylcholine.

Intense exercise, such as marathons, triathlons, and other extreme sports, increases inflammation that can be difficult to control. When this inflammation goes systemic (spreads throughout the body), not only does the vagus nerve perform poorly, but the inflammation begins to damage healthy tissue. These athletes can be prone to constipation/gastroparesis, poor nutrient absorption, fatigue and an overall feeling of being unwell. Parasym Plus™ helps control some inflammatory cells, such as macrophages, through a site on the cell called the alpha7-nicotinic acetylcholine receptor. More information is in the "News" section.

RELAX RECHARGE



WHO BENEFITS FROM NAC MAX™?

Those who deal with chronic inflammation and many invisible illnesses such as Chronic Fatigue Syndrome/ME, Chronic Lyme disease, POTS, fibromyalgia, and PTSD, as well as those who deal with autoimmune conditions, aging individuals and athletes can benefit.

CHRONIC INFLAMMATION

NAC MAX™ is a powerful blend that helps control damaging oxidation. It is a game-changer for those who suffer from oxidation due to inflammation.



Oxidation (and the production of free radicals) is a natural consequence of inflammation. But what are free radicals?

Inflammatory cells of all types spit out chemicals and other substances - one of these is free radicals, otherwise known as "reactive oxygen species" or ROS. Free radicals are oxygen molecules that have split into two single atoms with unpaired electrons. Electrons want to be in pairs, so they travel through the body seeking out other electrons they can steal to be paired once again. The first free radical steals an electron from a molecule, which then destabilizes that molecule and turns it into a free radical, which then seeks out another electron, and the cycle of free-radical damage continues!

Free radicals can damage cells, proteins, and DNA. DNA damage can lead to abnormal conditions such as cancer, and damaged cells and protein can lead to accelerated aging, human disease, atherosclerosis, chronic pain, and similar degenerative changes.

NAC MAX™ contains a special blend of antioxidants that can help avoid this destructive cycle! It contains everything needed by the body to increase glutathione (the master antioxidant of the body), in addition to supporting antioxidation independent of glutathione. Some ingredients allow the body to recycle glutathione, and those are also included. It's a powerful blend that can help control dangerous oxidation.

This blend is much more powerful than N-acetyl cysteine alone.

So why not just take glutathione? Simply, glutathione is not absorbed well by the body. When taken orally, for example, levels may not increase even over months! Instead, we must provide everything the body needs to make its own glutathione, and levels can begin to increase within hours. Another reason to avoid glutathione is the feedback loop of the body. When glutathione is introduced into the body, this feedback loop shuts down the body's glutathione manufacturing process (this feedback loop tells the body there is plenty of glutathione -- no need to make more)!

You can control dangerous oxidation with NAC MAX , which is designed to maximize antioxidant levels. When oxidation is high,™not only are vessels and tissue damaged, but individuals will experience high levels of anxiety and even OCD-type tendencies.

One of the ingredients in NAC MAX (N-acetylcysteine) is a thoroughly researched amino acid that can have amazingly positive effects on brain chemistry! It works by controlling the glutamate that results from inflammation. Glutamate is a neurotransmitter (it allows communication between brain cells), but when levels increase, it is an "excitotoxin". When exposed to an excitotoxin, brain cells keep firing, and don't know when to stop! When this happens, anxiety, obsessive-compulsive tendencies, and even addiction can result. The science is strong! Here are some of the published journal articles that discuss this (more articles are located on the website):



Deepmala, et al. "Clinical Trials of N-Acetylcysteine in Psychiatry and Neurology: A Systematic Review." Current Neurology and Neuroscience Reports., U.S. National Library of Medicine, Aug. 2015.

Oliver, G, et al. "N-Acetyl Cysteine in the Treatment of Obsessive-Compulsive and Related Disorders: a Systematic Review." Current Neurology and Neuroscience Reports., U.S. National Library of Medicine, 30 Apr. 2015.

Pittenger C, Bloch MH, Williams K. Glutamate abnormalities in obsessive-compulsive disorder: neurobiology, pathophysiology, and treatment. Pharmacol Ther. 2011;132:314–332.

NAC MAX™ helps keep glutamate under control, and allows the brain to rest and recharge! It's important to support brain health and by doing so it balances dangerous oxidation AND glutamate! For similar reasons, NAC MAX also supports blood vessel health. Blood vessels remain their healthiest when the™inner lining of the vessel (the endothelium) releases nitric oxide. Nitric oxide allows the vessels to be slippery, to keep inflammatory cells from sticking to the delicate endothelial lining. NAC MAX , by maximizing glutathione levels, promotes healthy nitric oxide production. Blood vessel health is critical for superior organ function and brain function. That is a powerful combination!

HEALTHY BALANCE

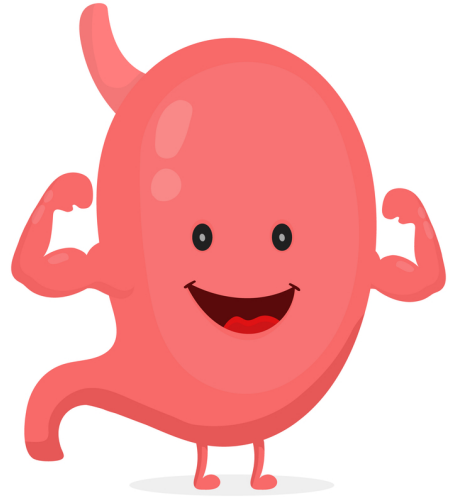


ITEMS TO CONSIDER

There are so many digestive enzymes on the market. So why are these special? Individuals who need vagus nerve support tend to be inflamed and need very gentle ingredients. These digestive enzymes were specially formulated with this in mind!

PROTEASE

Protease, an enzyme that helps digest proteins, can be irritating to the stomach lining. This is a great case of "more is not always better!" Instead, TJ Nutrition® - Vagus Nerve Support™ Digestive Enzymes contains just the right amount of protease to assist in the digestion of protein, yet be gentle on the stomach lining.



TWO FORMS OF PROTEASE

Protease 4.5 works best at the pH level found in the intestines. Protease 3.0 also digests proteins, but works better in a more acidic environment, and can even survive the high acid levels of the stomach..

MAINTAIN HEALTHY LEVELS OF CANDIDA

Candida, a fungus that occurs normally in the gut, must remain in balance with other beneficial organisms in the gut. Balance is important, and if overgrowth occurs, all aspects of digestion and motility can become compromised. TJ Nutrition® - Vagus Nerve Support Digestive Enzymes contains beta-glucanase which weakens candida's biofilms. These biofilms are made of beta-glucan.

NO CELLULASE.

Cellulase is a common ingredient in many other digestive enzyme blends, but we were careful to exclude this enzyme because it breaks down fiber (cellulose) -- something humans require to maintain soft stools and normal bowel movements. Cellulase is not an enzyme that is produced by humans and humans are not meant to break down fiber (cows and termites use cellulase, but not humans)!

NO INULIN.

Inulin is often included in enzyme supplements (it is a prebiotic), but inulin promotes excess gas production. Inulin is one of the "FODMAPS" (a short-chain carbohydrate) known to increase bloating.

VEGETARIAN LIPASE TO DIGEST FATS

This is a special form of lipase that is gentle, yet an effective vegetarian (plant) form of lipase. Some forms of lipase are made from ox bile, something we avoid in this special blend.

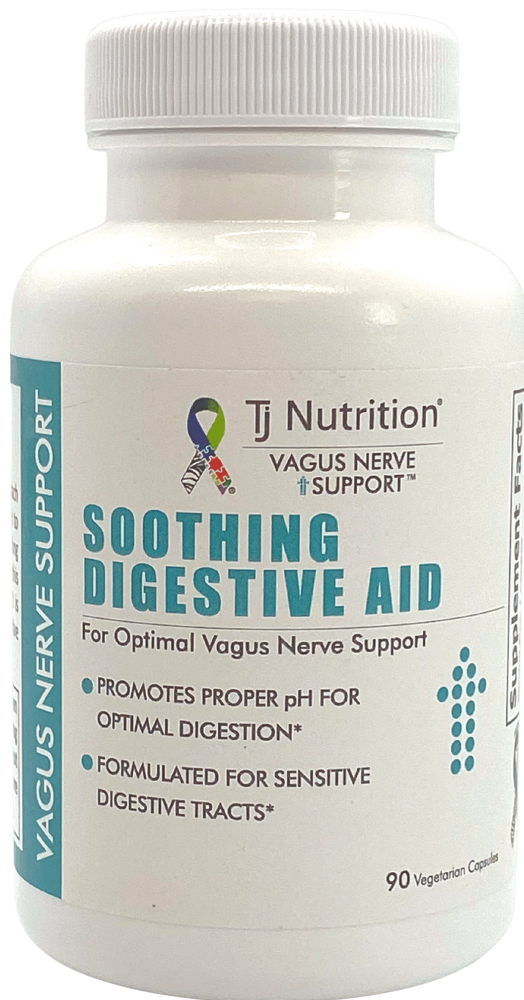
TIMED-RELEASE

The stomach is acidic, which helps in the initial breakdown of food. Mother Nature allows the release of digestive enzymes from the pancreas and bile from the gallbladder where the pH is not as acidic. Otherwise, the digestive enzymes are destroyed by stomach acid! When taking digestive enzymes, they must be specially coated so that they are released in the intestines -- not in the stomach! TJ Nutrition® - Vagus Nerve Support™ Digestive Enzymes are specially coated to be properly timed-release so stomach acid does not to destroy them. For this same reason, acid, such as Betaine HCl, should NEVER be included in the same capsule as an enzyme!

When choosing a digestive enzyme, it is important to understand what is included, as more is not always better! For those needing vagus nerve support, this special formulation is optimal.

We have done the research for you!

DIGEST SOOTHE



UNDERSTANDING THE GUT

Vagus Nerve Support™ Soothing Digestive Aid is a great addition for those individuals needing some TLC for their digestive system!

What is special about this digestive aid, and how is it like no others out there?

The vagus nerve is the anti-inflammatory pathway of the body. People who need vagus nerve support tend to have sensitive guts. Because the vagus nerve allows normal stomach acid production AND allows motility (movement of stool through the gut), the Vagus Nerve Support™ Soothing Digestive Aid was formulated to assist with both of these functions - while also soothing the gut. It supports acid in the stomach AND motility!

INGREDIENTS

Apple cider vinegar is a powerful antioxidant.

When vagus nerve functioning is not optimal, inflammation and oxidation occur. Apple cider vinegar is a source of dietary polyphenols - compounds synthesized by plants to defend against damaging oxidation



ACIDITY

Apple cider vinegar is acidic, providing a boost of acid when eating to assist with normal digestion.

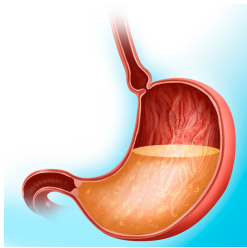
Normally, the vagus nerve communicates with the stomach when it is time to boost acid production. If the vagus nerve needs support (or if individuals are taking medication that decreases stomach acid), normal levels of acid may be reduced, and the digestion of food can be problematic. Vagus Nerve Support™ Soothing Digestive Aid provides this controlled level of acid.

NORMALIZE PH LEVELS

Apple cider vinegar assists with pancreatic function.

The body is amazing, and organs communicate with each other during the digestive process. Appropriate stomach acid levels stimulate the pancreas and small intestine to produce necessary digestive enzymes. When the vagus nerve is not functioning optimally and stomach acid levels are reduced (or when taking medication that decreases stomach acid), the pancreas also does not perform well. This gentle boost of acid helps normalize communication to the pancreas.





ANTIGLYCEMIC PROPERTIES

Apple cider vinegar also has antiglycemic properties (it can reduce blood sugar in both healthy and diabetic individuals when ingesting carbohydrates).

The level of acetic acid found in Vagus Nerve Support™ Soothing Digestive Aid is 35% (400mg of 35% acetic acid) -- a much higher (and more expensive) concentration than the majority of other brands out there. Why is this a good thing? Stomach acid is VERY acidic (it has a very low pH). If you need to boost your acidity, low levels of acid will not be effective! Only high levels of acidity will work. It's OK! Your stomach is designed for high levels of acid!

But you should never DRINK acid -- such as liquid apple cider vinegar.

The esophagus (throat) is NOT designed to handle acid. High levels of acid that are normal in the stomach are damaging to the esophagus! If you drink apple cider vinegar and it does not damage the esophagus, then it is NOT acidic enough to assist stomach acidity. The secret is to put the acid in a capsule, avoiding the esophagus entirely, but opening up in the stomach where it is needed.

How does stomach acid help you?

- It breaks down lipids and proteins allowing you to absorb nutrients from these foods
- Stomach acid is essential for Vitamin B12 absorption
- Normal stomach acid production is necessary to avoid anemia resulting from low iron levels
- Stomach acid allows proper calcium absorption, important for bone development
- Stomach acid prevents the overgrowth or imbalance of bacteria in the stomach

Another ingredient, ginger, is amazing!

A recent search in peer-reviewed literature revealed thousands of studies on the benefits of ginger for the gastrointestinal tract! Ginger helps alleviate nausea and soothes the digestive tract. It promotes motility, which is normally under the control of the vagus nerve. The higher concentration of acetic acid is tolerated by even the most sensitive digestive tracts with the addition of ginger.

By promoting normal motility, ginger helps maintain the proper balance of bacteria in the digestive tract, which then minimizes abnormal gas production and bloating. Feel your best with Vagus Nerve Support Soothing Digestive Aid! You can feel confident when recommending TJ Nutrition® - Vagus Nerve Support™ Soothing Digestive Aid.

ALKALINE KIDNEY SUPPORT



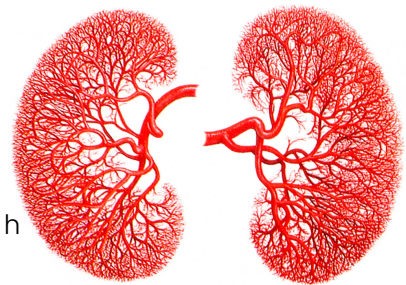
UNDERSTANDING THE GUT

Many individuals struggle with a propensity for kidney stones and need your help! Thera pH™ combines ingredients that have all been clinically proven to reduce the risk of kidney stones. Individuals who are taking Diamox (acetazolamide) are a high-risk group for kidney stones and need Thera pH™.

The benefits of Thera pH™ are numerous, but an important one is that it promotes normal urine chemistry. Normal urine chemistry involves a nice balance of minerals and controlled levels of oxalate, calcium, uric acid, and phosphorus. When urine chemistry goes wonky, crystals can form and eventually turn into the dreaded kidney stone!

SO WHO BENEFITS?

There are clinically proven ways to help keep urine chemistry in normal ranges. This is especially important in people who take Diamox (acetazolamide) or other carbonic anhydrase inhibitors (Topamax, for example). This is also important in obesity, dehydration, when diets are high in protein and fat, during weight gain and some medical conditions (such as hyperparathyroidism, gout, inflammatory bowel disorders, and gastric bypass surgery).



INGREDIENTS



The ingredients in Thera pH™ have been shown to result in a 29% reduction in urinary oxalate levels, a 48% increase in both citrate and magnesium levels and a 22% reduction in calcium oxalate levels. You can support your magnesium levels while maintaining normal urine chemistry!

Individuals taking Diamox (or Topamax) will be especially interested in Thera pH™. For these people, high intracranial pressure can cause a ton of symptoms (dizziness, neck pain, blurred vision, headaches, eye pain, nausea, motion sickness, flushing, and others) but treatment with Diamox can be a life-saver. Migraine headaches can also be rough and include pain, nausea, and light sensitivity, but Topamax provides much-needed relief for many. Long-term use of Diamox or Topamax, however, can contribute to the formation of crystals (and ultimately kidney stones). Thera pH™ can help them maintain normal urine chemistry and allow them to remain on medications that can be so helpful! Some people can then stay on low-risk medications (such as Diamox) and avoid invasive and risk-prone surgeries such as brain shunts.

Thera pH™ can also promote an alkaline state. What does that mean?

A SPECTRUM OF PH



There is a spectrum of pH (acid or alkaline) levels in both the blood and the urine. When acidity predominates in the urine, this acidosis promotes the formation of kidney stones (calcium oxalate or uric acid stones, for example). Medications such as carbonic anhydrase inhibitors (Diamox, Topamax) a change in urinary pH can occur. Citrate electrolytes (magnesium citrate, potassium citrate, and calcium citrate) help shift the urine toward a more alkaline state. It is also important to drink plenty of water to stay fully hydrated when on a quest to avoid these stones.

MORE MAGNESIUM



Thera pH™ is also a great way to get more magnesium!

Magnesium is necessary for over 300 biochemical actions in the body in addition to normal muscle and nerve function.

Remember that the published peer-reviewed studies are numerous (and can be found on the website).

You can feel confident when prescribing Thera pH™!

TJ NUTRITION®

PRICE SHEET

Affiliate Customers
Receive 10% Off

Customers can order at
www.vagusnervesupport.com



\$62.80

Vagus Nerve Support™
Parasytm Plus™



\$45.00

Beta Balance
NAC MAX™



\$27.95

Vagus Nerve Support™
Soothing Digestive
Aid





\$30.00

Beta Balance™
Thera pH™



\$28.00

Vagus Nerve Support™
Digestive Enzymes



These three products work well together for those dealing with digestive issues!

Welcome to the TJ Nutrition® team!

