

VANESSA GABROVSKY CUÉLLAR, MD

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# WHOLE BODY HEALTH SUPPLEMENT CATALOG

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Whole Body Health supplements are unique combinations of nature's most powerful herbs and nutrients, chosen for their ability to promote wellness and optimize nutrition support for whole body health.

Our natural supplements are sourced from only the highest quality ingredients and botanicals. Each Whole Body Health product is formulated to offer extremely potent doses of each component along with high bio-availability formulas to ensure effective delivery of nutrition and support to the whole body.



\*The statements in this catalog have not been evaluated by the Food and Drug Administration.  
These products are not intended to diagnose, treat, cure, or prevent any disease.

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\$34.99

### **Whole Body Acetyl-L-Carnitine**

Acetyl L-Carnitine is the acetylated ester of L-carnitine, and plays an important role in the transfer and utilization of long-chain fatty acids, which are used in the production of energy. It supports biosynthesis of acetylcholine, the most abundant neurotransmitter in the body, regulating activities of vital organs and blood vessels and communication between nerves and muscles.

Serving Size: 1 capsules  
Servings Per Container: 90  
Product Size: 90 capsules

### **Ingredients**

*Acetyl L-Carnitine HCl* 800 mg



\$28.99

### **Whole Body Adrenal Health**

Whole Body Adrenal Health is a combination of standardized adaptogenic herbs and nutrients which are known to contribute to rejuvenating the adrenals. This product is designed to help support healthy cortisol levels, hypothalamic and pituitary function (HPTA axis), and catecholamine production (dopamine, norepinephrine, and epinephrine).

Serving Size: 3 capsules  
Servings Per Container: 30  
Product Size: 90 capsules

### **Ingredients**

*Vitamin C (as Ascorbic Acid)* 100 mg  
*Riboflavin (Vitamin B-2)* 5 mg  
*Vitamin B-6* 5 mg  
*Pantothenic Acid* 250 mg  
*Eleuthero* 250 mg  
*American Ginseng* 100 mg  
*Ashwagandha* 100 mg  
*Rhodiola* 100 mg  
*N-Acetyl L-Tyrosine* 75 mg  
*Licorice* 20 mg



\$59.99

### **Whole Body Anti-Oxidant Power**

S-Acetyl Glutathione (S-A-GSH) is a unique form of glutathione, one of the most powerful antioxidants naturally produced in the body. It has an acetyl group (COCH<sub>3</sub>) attached to the sulfur atom of cysteine in the glutathione molecule. S-A-GSH is well-suited for oral ingestion, because this acetyl group protects glutathione from breaking down in the gastrointestinal tract; once absorbed and inside the cells it is removed, thus leaving the glutathione molecule intact. This product also includes N-acetyl-cysteine (NAC) and vitamin B6, both of which are important for the production of glutathione.

Serving Size: 2 capsules  
Servings Per Container: 30  
Product Size: 60 capsules

### **Ingredients**

<i>Vitamin B-6</i>	10 mg
<i>N-Acetyl-L-Cysteine</i>	1 mg
<i>S-Acetyl Glutathione</i>	200 mg



\$23.99

### **Whole Body B-Supreme**

This very powerful B vitamin combination formula supplies most of the B vitamins in their coenzymated forms, so the body does not have to phosphorylate them in order to be used in biochemical reactions. This formula also includes a blend of active isomer naturally-occurring folates. TMG and choline are included to support methylation.

Serving Size: 1 capsule  
Servings Per Container: 60  
Product Size: 60 capsules

### **Ingredients**

<i>Thiamin (Vitamin B-1)</i>	100 mg
<i>Riboflavin (Vitamin B-2)</i>	50 mg
<i>Niacin (Vitamin B-3)</i>	50 mg
<i>Vitamin B-6</i>	50 mg
<i>Folate</i>	200 mcg
<i>Vitamin B-12</i>	250 mcg
<i>Biotin</i>	2000 mcg
<i>Pantothenic Acid</i>	100 mg
<i>Trimethylglycine</i>	200 mg
<i>Choline Dihydrogen Citrate</i>	100 mg



\$32.99

### **Whole Body Bone Health**

Whole Body Bone Health is a unique formula that requires only four tablets daily in order to deliver a synergistic blend of nutrients needed to support healthy bones. It offers the minerals calcium, magnesium, zinc, copper, manganese, potassium and boron, along with vitamins C, D and K – all in highly bioavailable and absorbable forms.

Serving Size: 4 tablets

Servings Per Container: 30

Product Size: 120 tablets

### **Ingredients**

<i>Vitamin C</i>	100 mg
<i>Vitamin D</i>	15 mcg
<i>Vitamin K</i>	1000 mcg
<i>Calcium</i>	800 mg
<i>Magnesium</i>	400 mg
<i>Zinc</i>	5 mg
<i>Copper</i>	1 mg
<i>Manganese</i>	2 mg
<i>Potassium</i>	50 mg
<i>Boron</i>	4 mg



\$49.99

### **Whole Body Calm**

Whole Body Calm is designed to promote activity of GABA and serotonin, which may help support healthy mood, cravings, and feelings of calm, satiety, and satisfaction.\* Whole Body Calm contains PharmaGABA™, a form of GABA naturally manufactured via a fermentation process, which is considered more effective than chemically produced synthetic forms. Support for the production of calming neurotransmitters is also provided by L-theanine and taurine.

Serving Size: 2 capsules

Servings Per Container: 30

Product Size: 60 capsules

### **Ingredients**

<i>Vitamin B-6</i>	2.5 mg
<i>Vitamin B-12</i>	1000 mcg
<i>Magnesium</i>	75 mg
<i>Inositol</i>	400 mg
<i>Taurine</i>	300 mg
<i>Chamomile</i>	200 mg
<i>Gamma-Aminobutyric Acid</i>	100 mg
<i>L-Theanine</i>	100 mg
<i>5-HTP (5-Hydroxytryptophan)</i>	50 mg
<i>Phosphatidylserine</i>	50 mg



\$39.99

### **Whole Body D-Supreme**

Whole Body D-Supreme features 2000 IUs of vitamin D, along with efficacious amounts of the other fat-soluble vitamins, A, E (tocopherols and tocotrienols), and K (K<sub>1</sub> and K<sub>2</sub>). While there are a myriad of beneficial health attributes associated with vitamin D, it is extremely important to keep it in balance with these other vitamins. Research is emerging on the intricate interrelationships between them, which should make one think twice about dosing any of these supraphysiologically without the others.

Serving Size: 1 capsule

Servings Per Container: 60

Product Size: 60 capsules

### **Ingredients**

<i>Vitamin A</i>	5000 IU
<i>Vitamin D</i>	2000 IU
<i>Vitamin E</i>	8 IU
<i>Vitamin K</i>	525 mcg
<i>High Gamma Mixed Tocopherols</i>	50 mg
<i>Tocotrienols</i>	10 mg



\$29.99

### **Whole Body Detox**

N-Acetyl Cysteine (NAC) is an amino acid that is a precursor to glutathione, the body's most powerful antioxidant, and helps promote optimal detoxification. NAC is heavily researched for its role in optimizing lung health, and is also used for rapid recovery after workouts. It is also beneficial for protection against normal exposure to heavy metals.

Serving Size: 1 capsule

Servings Per Container: 120

Product Size: 120 capsules

### **Ingredients**

<i>N-Acetyl-L-Cysteine</i>	900 mg
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\$69.99

### **Whole Body Energy**

Whole Body Energy helps maintain healthy glucose and insulin levels, while supporting the conversion of carbohydrates to be used for energy by providing nutrients for the TCA cycle. The chromium, zinc, manganese, and vanadium are true chelates from Albion, the leader in the manufacture of mineral chelates with superior absorption. It also includes a proprietary blend of active-isomer naturally occurring folates.

Serving Size: 3 capsules  
Servings Per Container: 60  
Product Size: 180 capsules

### **Ingredients**

<i>Vitamin A</i>	1500 IU
<i>Vitamin C</i>	250 mg
<i>Vitamin D</i>	200 IU
<i>Vitamin E</i>	14 IU
<i>Thiamin (Vitamin B-1)</i>	38 mg
<i>Riboflavin (Vitamin B-2)</i>	13 mg
<i>Niacin (Vitamin B-3)</i>	25 mg
<i>Vitamin B-6</i>	25 mg
<i>Folate</i>	200 mcg
<i>Vitamin B-12</i>	500 mcg
<i>Biotin</i>	2000 mcg
<i>Pantothenic Acid</i>	25 mg
<i>Iodine</i>	37 mcg
<i>Magnesium</i>	50 mg
<i>Zinc</i>	15 mg
<i>Selenium</i>	100 mcg
<i>Manganese</i>	2 mg
<i>Chromium</i>	250 mcg
<i>Molybdenum</i>	50 mcg
<i>Potassium</i>	100 mg
<i>Alpha Lipoic Acid</i>	300 mg
<i>Taurine</i>	300 mg
<i>Inositol</i>	250 mg
<i>Green Tea Extract</i>	100 mg
<i>Carnosine</i>	100 mg



\$17.99

### **Whole Body Gut Health**

Whole Body Gut Health has powerful antioxidant and intestinal cleansing benefits. It also helps to maintain a healthy microbial balance. This product is standardized for carvacrol and thymol, the principal phenolic compounds in oregano, with each softgel providing 36 mg carvacrol and thymol from an impressive 60-75% carvacrol oregano oil.

Serving Size: 1 softgel

Servings Per Container: 60

Product Size: 60 softgels

### **Ingredients**

*Oregano Oil* 60 mg



\$34.99

### **Whole Body Inflammation**

Whole Body Inflammation is a combination of herbs, nutrients and proteolytic enzymes for modulating the inflammatory response, supporting the natural clearance of proteins like kinin and fibrin, and for supporting healthy lymphatic drainage. The ingredients in Whole Body Inflammation provide natural anti-inflammatory effects and protect against oxidative stress.

Serving Size: 2 capsules

Servings Per Container: 30

Product Size: 60 capsules

### **Ingredients**

*InflammENZ Proprietary Blend* 222 mg

*\*(Proteases, Serratiopeptidase, Trypsin, Chymotrypsin)*

*Turmeric* 200 mg

*Boswellia* 200 mg

*Ginger Extract* 200 mg

*Quercetin* 75 mg





\$35.00

### **Whole Body Joint Crème**

This soothing topical cream can be used for joint and muscle discomfort. It is a wonderful complement to our encapsulated Joint Health product. Topical application provides tissue-warming and surface-cooling effects, utilizing a complex and complete formulation.

\*Massage into skin as needed for relief. Can be repeated several times a day as desired.

Product Size: 3 oz

### **Ingredients**

*Aloe vera gel, deionized water, Celadrin, emu oil, capric/caprylic triglycerides, herbal blend (white willow bark, capsicum, arnica, chamomile, calendula, witch hazel), polysorbate 60, glucosamine, chondroitin, glycerol monostearate, MSM, glycerine, menthol, cajeput oil, acetyl myristoleate, carbomer, hyaluronic acid, vitamin E, triethanolamine, balsam of peru oil, phenoxyethanol, oil of oregano, peppermint oil, tea tree oil, eucalyptus oil, carnosine.*



\$45.99

### **Whole Body Joint Health**

Whole Body Joint Health gives joints nutritional support for repair, lubrication, free movement, and healthy function. Joints, cartilage, ligaments, tendons and synovial fluid (for joint lubrication) undergo a continuous but slow turnover and remodeling process. This is affected by many physiological factors such as diet, supplements, activity, stress, gut health, allergies, immune status, infections, aging, hormones, toxic load and/or various medications.

Serving Size: 4 capsules

Servings Per Container: 30

Product Size: 120 capsules

### **Ingredients**

Niacin (Vitamin B-3)	500 mg
Zinc	10 mg
Selenium	100 mcg
Copper	1 mg
Manganese	1 mg
Glucosamine Sulfate	1 g
Methylsulfonylmethane	750 mg
N-Acetyl-L-Cysteine	200 mg
Green Lipped Mussel	100 mg
Boswellia Extract	75 mg
Turmeric	75 mg
Cetyl Myristoleate	50 mg
Hyaluronic Acid	20 mg
Trans Resveratrol	10 mg
Collagen II	2 mg



\$29.99

### **Whole Body Omega Synergy**

This unique omega 3-6-7-9 formula contains a blend of wild deep-sea sourced fish oils containing the omega-3 fats (EPA/DHA), the most important omega-6 fat (GLA from borage oil), the omega-7 fat palmitoleic acid, and the omega-9 fat oleic acid from certified virgin organic macadamia nut oil. EPA helps keep GLA metabolism in an anti-inflammatory mode. In addition, docosahexaenoic acid (DHA) plays as many important roles in human health as EPA, along with promoting brain wellness.

Serving Size: 2 softgels  
Servings Per Container: 30  
Product Size: 60 softgels

### **Ingredients**

<i>Omega-3 Fatty Acids</i>	
*EPA	270 mg
*DHA	180 mg
<i>Omega-6 Fatty Acids</i>	
*GLA	160 mg
<i>Omega-7 Fatty Acids</i>	
*Palmitoleic Acid	85 mg
<i>Omega-9 Fatty Acids</i>	
*Oleic Acid	400 mg



\$69.99

### **Whole Body Probiotics**

Whole Body Probiotics is a high dose, dairy-free alternative, delivering 15 billion organisms per dose in a caplet form – and using the same advanced patented delivery system to ensure delivery of the highest number of live organisms to the intestinal tract.

Serving Size: 1 caplet  
Servings Per Container: 60  
Product Size: 60 caplets

### **Ingredients**

<i>Proprietary Probiotic Blend</i>	15 billion cfu
*B. Lactose B1-04	
*L. Acidophilus La-14	
*L. Casei Lc-11	
*L. Salivarius Ls-33	
*L. Rhamnosus Lr-32	
*B. Breve Bb-03	
*B. Longum B1-05	
*S. Thermophilus St-21	



\$44.99

### **Whole Body Rejuvenation**

Whole Body Rejuvenation is a unique antioxidant formula derived from a combination of some of nature's most powerful herbs and spices, along with other classic and novel antioxidant compounds. These ingredients were chosen due to their ability to maintain the function and integrity of both water-based and lipid-based body structures and compounds, including cell membranes, LDL cholesterol, proteins, and enzymes.

Serving Size: 3 capsules

Servings Per Container: 30

Product Size: 90 capsules

### **Ingredients**

<i>Vitamin A</i>	8300 IU
<i>Vitamin E</i>	20 IU
<i>Acerola Extract</i>	400 mg
<i>High Gamma Mixed Tocopherols</i>	120 mg
<i>Grape Seed Extract</i>	90 mg
<i>Curcumin C3 Complex</i>	80 mg
<i>Garlic</i>	60 mg
<i>Tocotrienols</i>	30 mg
<i>Ginkgo</i>	25 mg
<i>Quercetin</i>	25 mg
<i>Rutin</i>	25 mg
<i>Clove</i>	25 mg
<i>Allspice</i>	25 mg
<i>Sweet Basil</i>	25 mg
<i>Sage</i>	25 mg
<i>Rosemary Extract</i>	22 mg
<i>Marigold Extract</i>	7.5 mg
<i>Lycopene</i>	7.5 mg
<i>Trans Resveratrol</i>	5 mg



\$49.99

### Whole Body Resveratrol

Exciting research continues to emerge concerning the powerful polyphenol resveratrol, which is found in peanuts, berries, the skin of red grapes, red wine, and in the Japanese knotweed plant, also known as polygonum. Resveratrol research has proven it to be a very potent antioxidant which, among other things, acts as a sirtuin activator, meaning it activates the SirT1 gene, which is believed to provide an anti-aging effect. The polygonum source used in Whole Body Resveratrol is standardized to 50% resveratrol, all in the trans form.

Serving Size: 1 capsule  
Servings Per Container: 60  
Product Size: 60 capsules

### Ingredients

<i>Trans Resveratrol</i>	200 mg
<i>Quercetin</i>	200 mg



\$44.99

### Whole Body Wellness

Whole Body Wellness is an herbal formula that is designed to support healthy immune system function during cold and flu season. It contains herbs that support normal natural killer (NK) cell activity and the balance of cytokines, which are the regulatory proteins released by immune cells as part of a normal immune system response.\* The standardized herbs in this formula contain optimal and consistent amounts of the most active ingredients. Whole Body Wellness is suitable for long term use and for all age groups.

Serving Size: 4 capsules  
Servings Per Container: 30  
Product Size: 120 capsules

### Ingredients

<i>Echinacea</i>	600 mg
<i>Astragalus Extract</i>	200 mg
<i>Elderberry</i>	200 mg
<i>Andrographis</i>	200 mg
<i>Green Tea Extract</i>	100 mg
<i>Arabinogalactan (Larch Tree)</i>	100 mg
<i>Lauric Acid</i>	100 mg
<i>Cordyceps Mushroom</i>	50 mg
<i>Shiitake Mushroom</i>	50 mg
<i>Maitake Mushroom</i>	50 mg
<i>Reishi Mushroom</i>	50 mg
<i>Beta 1,3 Glucan</i>	9 mg



**Vanessa Gabrovsky Cuéllar, MD**  
***Orthopaedic Hand and Wrist Surgery***  
***Whole Body Health and Well-Being***

Dr. Vanessa G. Cuéllar is an orthopaedic surgeon specializing in hand and wrist disorders, and combines a traditional Western medical training with integrative, holistic medicine at her practice in Beverly Hills. Dr. Cuéllar's practice includes an in-depth analysis of genetic, molecular, and dietary factors contributing to Whole Body Health and Well-Being.

Dr. Vanessa Cuéllar also holds a Master's Degree in Art History, concerning the Spanish Baroque period.

She is fluent in French, Spanish, and Bulgarian.

Her husband, Dr. Jason M. Cuéllar, is an orthopaedic spine surgeon practicing in Beverly Hills.

*You're in good hands!*



For more information on our Whole Body Health & Well-Being program, please contact our office or visit us online at:

[www.handsurgeryhealth.com](http://www.handsurgeryhealth.com)

[www.whole-body-health-and-well-being.myshopify.com](http://www.whole-body-health-and-well-being.myshopify.com)

Email: [frontdesk@handsurgeryhealth.com](mailto:frontdesk@handsurgeryhealth.com)

Phone: (310) 256-4363

VANESSA GABROVSKY CUÉLLAR, MD INC

450 N. Roxbury Drive, 3rd Floor

Beverly Hills, CA 90210