

Roesch's

Catalog #8

Better Than Greens

*Your Catalog for Affordable, Better Health, and Health Education—
2500+ Supplements at Affordable Prices!*



**Our new catalog has MANY new Brands,
and hundreds of new products!**

As always, most are 20%-35% below retail!

(Sometimes prices Online are higher, due to MAP pricing. Rest assured, we will give you the same discounts ONLINE when you place your order, as we offer here in the catalog. Many companies just won't allow us to publish the lower prices Online.)

**If you are looking for something you don't see,
please don't hesitate to ask!**

Please share our catalog with your family and friends!

**Featuring
Better Than Greens—the
green drink many people believe is
the Best-Tasting,
Most Affordable, and
Most Effective green drink
on the market
Money Back Guarantee!**

About Us...



Hi There! and **WELCOME** to our catalog!

We are the Roesch's, Al & Tammy, and we live here in Kingsville, Ohio—in the northeast corner of the state. Al and I have been very interested in health our whole married life. We owned a successful health food store for 10 years, but one by one our 5 children grew up and left the nest, and the store was more than the two of us could manage, so we sold the store and started a mail-order business. I work the computer and talk with the customers on the phone and Al packs and ships all the orders. We are “early birds” so

you are welcome to call any time after 5 AM. We do go to bed early, so you won't reach us after 8 PM. We are open for business Sunday - Friday. We worship on the Sabbath, from sundown Friday night until sundown Saturday night, so you won't reach us during those hours. We are not Jewish, just old-fashioned Christian. We actually have home-church.

I am a Master Herbalist. I completed Dr. Christopher's Master Herbalist course back in 2001 and I love helping people maintain & regain their health, without the use of drugs. We believe that God cares just as much about the body as He does the soul...for what good is a soul without a body?! After all, He says, “I wish above ALL THINGS that you will prosper and BE IN HEALTH.” 1 John 3:2. We believe that Jesus is coming very soon and it is our desire to help people get ready physically and spiritually. Please call anytime if you have health concerns and I'll do my best to help you. The consultations are FREE.

We hope you enjoy browsing our catalog and that you find just what you are looking for. If you don't see what you are looking for, please call, not everything is in the catalog...and we are always adding more items. We are happy to try to bring in new products. If you are ever in the area, please feel free to stop and visit us! We are not always here, so if you are passing through, call ahead and make sure we are home. We would love to meet you!

Don't forget that we ship for FREE if your order is \$80.00 or more. Otherwise, shipping is **\$8 EAST of the Mississippi and \$10 West of the Mississippi, add \$12 on the West Coast.** Hawaii & Alaska, please ADD an additional \$7 for shipping. If you purchase by the case (*usually a case consists of 12 items*), you can deduct 10% from that item.

May God bless you as you try to take care of the temple He has given you!

Your new friends!

Al & Tammy

PS: If you are Online, check us out at www.betterthangreens.com. We try to keep the prices down as best as we can, but at times we must raise them, so if you mail your order in and the price has gone up, we will ship your order and you can mail us the difference. Thank you! (Sometimes prices Online are higher, due to MAP pricing.)



We have 12 Grandbabies, including our TRIPLETS, Emory, Payton and Avery ~ and believe me, TRIPLETS are a TRIP! They will be 3 in August.



Haley & Hayden, our LOCAL 2 Lil' Ones who spend a lot of time with us. When you call and hear “background noise”, it's probably them :).



Two of our Grandsons, John & Ashton, not so little anymore!

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Table of Contents

What's Good For...?

In this section, you will find our recommendations for what we would use for different health conditions.

The most important pages come first—NEW START: How to Prevent Disease Before it Starts.

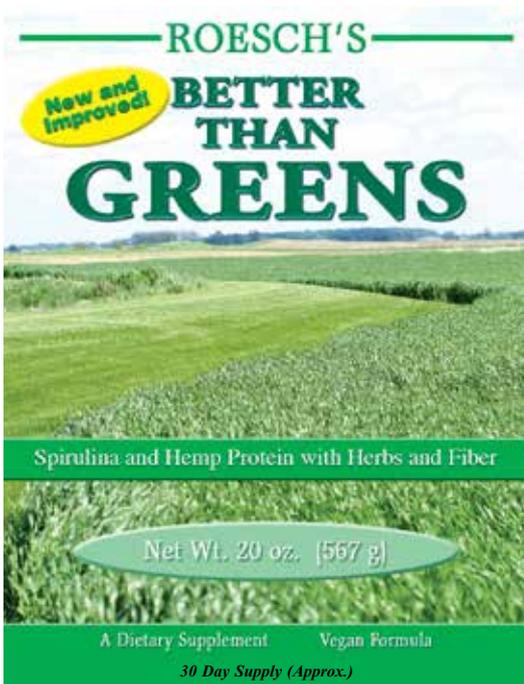
Feel free to call with any questions! 1-888-332-6343

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*Information in this catalog is not intended to diagnose, treat, prevent, or cure disease

Better Than Greens



We would like to introduce you to one of the best Green Food products on the market ~ Better Than Greens. What makes it so good? With most Green Food products, you get simply that - Green Foods. But with Better Than Greens, you get the Greens and SO MUCH MORE! Not only does Better Than Greens build the immune system like other Green Foods, but it also detoxes the body, the liver, the colon and the blood! It has 300 mgs. of Silymarin (Milk Thistle) extract per serving, which is known for being the best herbal liver rejuvenator there is! Plus, it tastes much better than most of the Green Foods out there.

As one of our customers put it, *“I LOVE Better Than Greens! So many of them taste like you are licking the bottom of a lawnmower! But this actually tastes good!”* Some of our customers tell us it tastes like MOCHA...we don't know why, as there is no MOCHA in it. It's so much easier to stick with taking something every day, if it tastes good, rather than trying to choke down something nasty every morning.

Ounce per ounce, it is about 1/2 the \$\$\$ of the other Green Foods. It is a 100% money back guarantee, and YOU are the Judge! If you want to try a FREE SAMPLE, just call or write us and we'll send one right out to you. We'll send you enough for a good taste.

Order Your 20 oz Container Today!

#352659

\$33.00

Many of our customers have been faithful users of various other Green Foods, and are convinced that not only are they saving lots of \$\$\$, but that they see better results with Better Than Greens, too. Many of the other Green Food companies are MLM (*Multi-Level-Marketing*) companies, where people sign up other people and those UPLINE get a cut, so the price of the product is marked way up. We don't like that kind of marketing. Our product costs less because it is OUR PRODUCT, NOW FOODS makes it for us, ships it to us, and we sell it to you. There are no other “middle men.”

Compare Better Than Greens to other products such as:

Master Formula • Nature Sunshine's Ultimate Green Zone • Green Magma
Miracle Greens • Hallelujah Acre's BarleyMax • AIM's Barley Life

	Net Weight	Protein	Calcium	MLM	You Pay
Better Than Greens	20 oz.	5 Grams	50 mgs.	NO	\$33.00
Master Formula	21 oz.	5 Grams	54 mgs.	YES	\$66.65 or \$59.95 (Dist)
Ultimate Green Zone	13 oz.	7 Grams	50 mgs.	YES	\$51.40 or \$34.25 (Dist)
Green Magma	11 oz.	1 Gram	25 mgs.	NO	\$36.00
Miracle Greens	16 oz.	.86 Gram	37 mgs.	NO	\$43.99
BarleyMax	8.5 oz.	.5 Gram	25 mgs	NO	\$43.95
Barley Life	12.7 oz.	1 Gram	50 mgs.	YES	\$59.80 or \$46.00 (Dist)

What's In It?

Ingredients in Better Than Greens

Organic Hemp Seed

Hemp seeds are one of the best sources of a complete plant-based protein and GLA and have a wide variety of health benefits, including their ability to improve heart health, stimulate digestion, build muscle mass, eliminate insomnia, treat anemia, and aid in weight loss. They also help to stimulate metabolic activity, boost the immune system, reduce symptoms of menopause and menstruation, improve skin and hair health, and build stronger bones. And no, Hemp seeds are NOT from the Marijuana plant and it's impossible to get high from them, nor will you fail a drug test!



Aquamin®

A bioavailable, multi-mineral complex from marine red algae. Aquamin® is an excellent source of calcium, a good source of magnesium, and has more than 70 additional trace minerals.

Research indicates that it may support proper bone mineralization, and may regulate key factors involved in the normal immune response to typical, everyday joint usage. In clinical studies Aquamin® is shown to help support joint comfort and mobility. A vegetarian-friendly vitamin D-2 is added to this formula to further support bone health.



Organic Spirulina

Spirulina is blue-green algae with a perfect spiral shape. This spiral shape is the reason for the name Spirulina. Spirulina is easily digestible, lowers cholesterol levels, prevents mercury poisoning, has immunomodulatory properties, increases red blood cell counts, and has anti-cancer potential. It also has anti-inflammatory properties, helps to control bronchial asthma, protects liver cells from toxin damage, and lots



more! Spirulina has 6X the protein found in eggs! It is also one of the highest forms of B-12 from a non-animal source. It cuts sugar cravings and helps a lot with weight loss. Mother's milk is the only better source of GLA and, believe it or not, Spirulina contains 25X's more carotene than carrots! No wonder it is one of God's SUPERFOODS!

Sunflower Lecithin Powder

Sunflower lecithin is very good for the heart and will help you reduce your cholesterol. It improves blood circulation and helps to prevent blood clots. It repairs, strengthens, and helps to produce brain and nerve cells, thereby improving study, focus, and memory. Sunflower lecithin also helps to reduce fat buildup in the liver, thereby reducing your chance of coming down with type 2 diabetes, cirrhosis, and even liver cancer. It contains phosphatidylcholine, a POWERFUL antioxidant, helping to prevent heart disease, cancer, and premature aging. It also helps keep blood pressure in the normal range. Healthy nerve function is another benefit of Sunflower lecithin. It also increases the speed that your wounds heal. It lubricates your joints, improves arthritis and joint pain. Sunflower lecithin is FREE FROM ESTROGEN. Soy-Free & Non-GMO.



Organic Inulin Powder

Is your Colon Happy or Angry? Inulin, a fructooligosaccharide (FOS), is a soluble prebiotic fiber that is resistant to digestion and reaches the large intestine essentially intact. Intestinal probiotic bacteria consume Inulin and in turn, produce the short-chain fatty acids that nourish the cells lining the colon. Inulin thus helps to maintain intestinal health and function. Inulin has a pleasant flavor that adds a mild sweetness to foods and drinks, but has a very low glycemic index and will not negatively impact serum glucose levels.

Organic Golden Flaxseed Meal

Organic golden flaxseed meal lowers blood cholesterol levels, is gluten free, helps to lower high blood pressure, and helps to increase energy, vitality, and stamina. It also helps to give an increased sense of calmness under stress, reduces the threat of blood clots, and protects against cancers, particularly hormone sensitive cancers such as breast and prostate. Flaxseed aids in the better regulation of blood sugar levels, eases inflammatory tissue conditions, including arthritis, and helps to alleviate dry skin, eczema and psoriasis. It also enhances the immune system, increases the metabolic rate with a positive impact on weight management, helps with Attention Deficit Disorder (ADD), and works as a natural laxative.



Organic Chlorella Powder

Chiarella is a single-celled, green freshwater algae. It is 50-60% protein and a complete protein at that! It binds to heavy metals and aids in detox. It also helps in lowering cholesterol. Chiarella helps lower blood pressure, prevents arteries from hardening, and helps to lower blood sugar. The antioxidants in Chiarella help improve asthma and other respiratory diseases. Chiarella is known for promoting eye health, liver health, improving digestion, and relieving PMS.

Organic Raw Maca Root

Maca is a medicinal plant grown high in the mountains of Peru. Maca root powder is high in carbs and rich in a number of nutrients, including vitamin C, copper, and iron. It also contains many bioactive plant compounds. Maca increases libido in both men and women. Maca can increase sperm production and improve sperm quality, thereby enhancing fertility in men. And in women, Maca can improve symptoms of menopause, including hot flashes and disrupted sleep at night. It may improve your mental well-being and mood by reducing depression and anxiety, especially in menopausal women. Another thing it is known for is improving exercise performance during endurance events. Maca can also improve your learning ability and your memory.



Elderberry Extract Powder

Elderberry Extract has been found to reduce the length and severity of symptoms caused by the influenza virus. Studies in animals show that Elderberry Extract benefits the heart, reduces cholesterol, uric acid, and blood sugar levels. It also shows promise to fight cancer and bacteria, help with UV protection, and it has a natural diuretic effect. It's a very good source of vitamin C, fiber and antioxidants.



Silymarin Extract Powder

Each serving contains 300 milligrams of Silymarin (Milk Thistle) extract. Silymarin is known for improving liver function—it is the best known herbal liver rejuvenator and is helpful in all liver diseases. It also helps to decrease acne lesions, and lower blood sugar levels in people with type 2 diabetes.



Acerola Extract Powder

Acerola Extract, made from the fruit of the cherry tree, helps to boost your immune system to better fight illness and disease.



Organic Stevia Extract Powder

Stevia lowers insulin and glucose levels and has zero calories. It also lowers cholesterol and triglycerides. It is a wonderful herb that we use to sweeten our Better Than Greens!



Pure Natural Vanilla Flavor- No Alcohol



**ALL NATURAL - NO MSG
NO PRESERVATIVES - VEGAN
NO HEAT USED IN PROCESSING**

What's So Great About It?

Benefits & Testimonials for Better Than Greens

Better Than Greens has helped many people with various problems.

Here is a partial list of health issues that have improved by using Better Than Greens for some people:

- Allergies
- Anemia
- Arthritis & Joint Pain
- B-12 Deficiency
- Cancer ~ Various Kinds
- Constipation
- Eczema
- Fibromyalgia
- General Overall Feeling of Good Health
- Immune System
- Lack of Energy
- Liver Disease
- Lupus
- PMS
- Polycystic Ovary Disease
- Pregnancy & Infertility
- Seizures
- Sinus Problems
- Ulcerative Colitis
- Weight Loss

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Most people don't take the time to write their testimony up, but here are a few from folks that have. Please take the time to read all of them, as many of them could be in multiple categories, but I don't want to waste space here in the category.

If you have a testimony to share, please mail it to us and we'll put it in the next catalog!

### Allergies:

Dear Tammy, As for the **Better Than Greens**, what a great product! My whole family has been on Claritan or some other type of medication since moving to The Woodlands almost 3 years ago. It gets worse this time of year when all the cold fronts start blowing in from up North. However, approximately 6 weeks ago, we began taking your **Better Than Greens** and noticed several things happening. First, we noticed that our hunger cravings started to disappear. It really curbs appetite! You know - the invasion of the frig that happens every night around 9 pm. Usually at this time of the season, I am scratching my eyes out and sneezing my head off. I hate taking Claritan because it dries me out so bad. Then I noticed that I did not need that Claritan anymore...and my wife stated she had taken the kids off to see what would happen. They no longer needed the Claritan either. Then I noticed that the kids were not passing out around 2-3 pm after lunch but were wanting to play - they stopped complaining of being tired. I noticed my own energy level increased as well. I don't understand all the ingredients and what they are supposed to do, but I do understand the changes that have occurred and am grateful that you have developed such a product.

Thank you most sincerely,

Mark Lavespere (B.S. Kinesiology/Personal Trainer) Texas

### Anemia:

I just wanted to let you know how much I enjoy your product! I was having trouble giving blood because my iron was low. It was fine as far as iron levels go, but I couldn't get it up high enough so that I could donate blood, which I like to do. Just last week I was able to give for the 1st time in a year! I also just ran my first 1/2 marathon and have enjoyed the energy your product gives me throughout the day and for workouts. I don't get that afternoon sluggish feeling and that I love!

Thanks!

Cathy Sebastian

\*\*\*\*\*

I'm a customer of yours and one of my friends, Joan \_\_\_\_ is no ordering from you and I just ordered two more samples for other friends that are interested. I was quite anemic (had to have a blood test before surgery in June). I have to have another surgery this coming week, but the good news is that my lab results showed no signs of anemia and I totally credit the **Better Than Greens**. So, I just wanted to drop a note to say thank you! BTW, do you have any kind of wholesale program? I'm building a website and would love to feature your product.

Thanks!

Jennifer, Murrieta, CA

\*\*\*\*\*

Tammy, I have been using the **Better Than Greens** ever since I have received it, (two months ago). I take at least 2 Tab. per day, one in the morning and one in the afternoon. It has greatly helped my anemia. I love it! My nails used to have ridges in them and now they are smooth and look great.

Thanks!

Debra Raybern, TX.

### **Arthritis:**

I've had Arthritis for 8 years and also have had allergies for the past 5 years. After taking **Better Than Greens** since its inception (about 1 year ago), allergies are non-existent. The pain I experienced in my knees, shoulders and neck from the arthritis is nearly gone. Now I can exercise without pain. The feeling of general well-being is wonderful. **Better Than Greens** along with proper nutrition and exercise have changed my life from that of living with suffering and pain to one of motivation because of feeling well again and particularly pain free from arthritis.

Thanks, Al & Tammy, for a truly great product!

Joseph Scaglione, Girard, OH.

### **B-12 Deficiency:**

Hello Tammy, I've been taking **Better Than Greens** for a few years. Not sure how many years now. Started when you had the store in Geneva, OH. I've had to take Vitamin B-12 since I was 27 years old because I had a deficiency. Had to take 1000 mcg's or my tongue got sore on the tip. If I missed taking it 2-3 days, I'd also feel less energy, too. This last order, I decided to see if there was enough B-12 in **Better Than Greens** so I wouldn't have to take vitamin pills also. Well to my happy surprise, I haven't taken a Vitamin B-12 since! I'm almost through my second can now and am ordering 3 more. I have more energy plus I sleep better, too. I used to take it before I went to bed but now, I take it in the mornings. I only take 2 Tab. a day, seems that works for me. It's nice not to that to take the Vitamins after all these years of having to. Just wanted you to know **Better Than Greens** has helped me, too.

Ron Carrick, Colorado.

### **Cancer:**

I have seen **Better Than Greens** help many family members and friends. I would like to share one true life story. My father-in-law was given one week to live, and my children and I flew right out to California to be with him. Only four months previously, he was diagnosed with cancer of his lung and esophagus, a lifelong cigarette smoker. Within those four months, the cancer had spread so quickly to almost all his

major organs. I brought **Better Than Greens** with us. When we got there, he was being tube-fed, and was unable to eat real food. I gave him the green drink, and even in his condition, he was skeptical to take it. His girlfriend finally convinced him to put it through the tube. **Better Than Greens** extended his life two months. He was able to eat real food. That was one of his last wishes. He was actually able to get down near the beach in his wheelchair and watch many sunsets. He gained so much life force and energy. From the state he was in, to being able to get up, eat, and actually live his last days was a miracle. I try to make it part of my mission when I run into people with cancer, or any ailment, to use **Better Than Greens**. The magic lies in the healing properties within the whole organic foods and herbs. I am thankful if I can help one person live a healthier happier life.

Peace.

Dina Biscotti, Conneaut, OH.

### **Cancer-Non-Hodgkins Lymphoma:**

Hi Tammy,

My name is Garnette and I have Non-Hodgkins Lymphoma. I took 9 treatments of chemo and have my bloods counts down so low the doctor had to stop the treatments. My white blood count was 0.7 and my red blood count was 9. My mother told me about **Better Than Greens** and I started taking it. I noticed the next day that I had more energy than I have had for a long time. After about 5 months of taking **Better Than Greens** my white blood count is 3 and my red is 11. The tumors in my chest and abdomen area are gone and I'm feeling wonderful. I have also starting to take the NATURAL CALM and that helps with all the symptoms I was having. The Lord is truly wonderful and loving. I cannot thank you enough for this product and the remarkable results I am having with it. I tell everyone I know about it and even if you are not sick you should take **Better Than Greens** my family has started to take it now...even my 90-year-old grandmother who wants more energy is buying a case. God bless you and your family as you continue to spread the Good News of healing with **Better Than Greens**.

Your Sister-In-Christ,

Garnette S. Dykes, Sacramento, CA

### **Cancer-Breast:**

I wanted to thank you once again for the shipment of **Better Than Greens**. I have found tremendous help from the product. I started taking it just for the benefit of having the greens be a larger part of my diet. I have gone through treatment for breast cancer and removal of my lymph nodes under my arm. I have now found that **Better Than Greens** is something I need on a very consistent basis and only found this out as I ran out of product for a length of time. I have a condition called Lymph edema (sometimes occurs following the removal of the lymph

nodes). Through trial and error, I have found that by taking this product along with another supplement, I am able to keep it pretty much under control. I have just gone about a week or week and half and I am experiencing significant problems with the edema. Thank you for the great product and prompt delivery. I have no doubt the edema will be taken care of in no time.

Patty, (Michigan)

### **Constipation:**

**Better Than Greens** tastes good! And it keeps our bowels moving easily - less constipation. As senior citizens, we tire less and have more strength than before.

Robert & Loretta Reese, Perry, OHIO

### **Eczema:**

Hello Roesch's,

Just wanted to let you know how pleased I am with the results so far with my purchase of **Better Than Greens**. I have been taking it now for about 3 weeks and taking 2tsp. a day and will increase it now to 3 times a day. I don't require as much sleep at night, I don't have body aches and pains when I get up. My knees no longer have pain/stiffness. My varicose veins are much lighter in color and the circulation in my legs has improved. I feel more awake during the day. I also have eczema and haven't had a breakout since taking the **Better Than Greens**. I am still in shock over the improvements. I used to take 10-15 different herbs/vitamins per day and no longer take any of them, just the **Better Than Greens**. The only side effects I had were slight cramps for 3-4 days. I can't thank you enough for this amazing product, I will be telling all my friends/family.

Thanks again,

Alvina, Manistee, MI.

### **Energy:**

I wanted to share this with you....I went to the doctor and had something called Biophotonic testing, which tells you how well your vitamins are working for you, and my results were 44,000. The doctor had not heard of anyone with a score this high before. The chart only goes to 40,000. The only thing it could be as far as I can tell would be the **Better Than Greens**. I only take 1 T/per day and have not been taking it for very long. Just thought you might be interested in knowing this.

Merry Christmas !!!!!!!!

Teresa Steadman, IDAHO

\*\*\*\*\*

By the way, Loving the **Better Than Greens**. I have completely stopped taking naps during the day, more energy, and sleeping fantastic. How does something I drink in the morning around 8:00 am allow me to sleep soundly at 10:00 pm. Great stuff. Told a friend today about it. She's combating possible chemo and drinking BarleyLife twice a day. I told her to contact you folks for **Better Than Greens**. And it's delicious.

Thank you so much,

T. Robinson, FL.

\*\*\*\*\*

Hi all,

I have suffered with Adrenal Fatigue for over 10 years. I tried many remedies, but nothing helped until I tried **Better Than Greens**. I cannot understand how this product could do the things it has done, but now I have energy! I used to feel utterly exhausted every day, but after only a day or two on 1T of **Better Than Greens** per day I started to see a difference. Now I am alert and don't feel that intensely heavy exhaustion. I now take 3T per day and feel great!

Thanks!

K. Abbey, Waukesha WI

\*\*\*\*\*

I just wanted to let you know how much I enjoy your product! I was having trouble giving blood because my iron was low. It was fine as far as iron levels go, but I couldn't get it up high enough for blood donation which I like to do. Just last week I was able to give for the 1st time in a year. I also just ran my first 1/2 marathon and have enjoyed the energy your product gives me through- out the day and for workouts. I don't get that afternoon sluggish feeling and that I love!

Thanks!

Cathy

\*\*\*\*\*

I'm so thankful for the **Better Than Greens**- I'm 65 years old and ever since I've been taking it, I have more energy and I feel better than I've felt in years. I've been telling everyone here in Elmira about it!

Thank you and God Bless!

Ruby Adams, Elmira, NY

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Hope you are doing fine with your work. Thank God that He has chosen to use you in order that those who are suffering with various disease may get cured through your **Better Than Greens**. Am having what they call neurofibromatosis, I have a very big swelling on my left hand, on the head neck and leg, since I was six. Am now 28. I was always tired and every now and then I fell sick because I use to lack so many minerals and some vitamins in ma body. I have used multivitamin tablets for many years with- out successes till when I was sent **Better Than Greens** by my Mom who is in the US. NOW WILL you

please be kind enough to send me another package of your product? I am in Tanzania and my address is ...

My mom Grace Mbwambo has talked to you, I have just wrote to thank you for your good service. Blessed,

Hilda, Tanzania, East Africa

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Dear Al & Tammy,

During March of this year my doctor informed me I had what she believed to be Polycystic Ovary Disease (PCOD). Doctors believe that the bottom-line factor of this condition is too much insulin running around in a person's body which causes all kinds of problems. My doctor explained that I wasn't diabetic, although I have a predisposition for it. When I went into her office my main complaints were always being tired and struggling all my life with being overweight. I had other physical symptoms and blood work results that confirmed my doctor's diagnosis. My body was getting a false sense of being hungry a short while after eating because of the overabundance of insulin. This was also contributing to the loss of energy I was feeling throughout my day and the struggle to lose weight.

My Dr.'s idea was to put me on an insulin sensitizer along with a no carbohydrate diet. I would have to get my liver checked while on this medication because it was so toxic. I was very nervous about going to such drastic measures. I started doing some research. I found information on the Internet and in some nutritional healing books on PCOD, obesity and nutrition. I came into Roesch's and received some more helpful information on nutrition and the **Better Than Greens**. I put all the information together. Everything supported each other. I decided on a few things. I told my Dr. that I wasn't comfortable going on the medication. The information I read said this drug was to be used when diet alone had failed. We had yet to talk about a nutritional overhaul for me! I also decided to replace my white flour and refined sugar intake with whole grains and healthy foods. One of the best decisions I made was to start on your **Better Than Greens**!

I can't say enough about how much better I feel since I started drinking **Better Than Greens** on a regular basis. I noticed a difference within the first week. I immediately started feeling more alert and less tired. Day by day I continued feeling better. my complexion became more colorful and smoother. My husband says I look ten years younger! Is that a compliment or what? Believe me, it curbs appetite! Great for weight loss! I have also lost forty pounds! I don't believe I could have done it without the **Better Than Greens**. I believe my body is now getting what it was so desperately lacking before. Compared to last year, I feel like a new person. In fact, I didn't realize just how bad I was really feeling until I started taking the **Better Than Greens**, and started feeling better!

I want to thank you for taking the time to talk with me when I came into your store, for having all the things I need to stay on a nutritionally sound path and for the **Better Than Greens**! I am truly grateful! May God continue to bless you!

Christine S. Koch, Geneva, OH

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Tammy,

I have been meaning to write you for a while to let you know what we think of the **Better Than Greens**. My mornings if started out with a **Better Than Greens** drink is always much more productive and I have the energy to fulfill the house chores and even extra. It used to be when I would get home from work at 5, it took all I had to even think of getting dinner ready, but about 3 months into taking the **Better Than Greens**, I was able to not just shut down and let the family fend for themselves. We are now back to family meals around the dinner table TOGETHER again. It has given me the youthful energy to keep up with our teenagers.

It is to the point now that if I don't take it my whole day is shot. I'm one that needs it in the morning to get me cleansed out for the day (if you know what I mean :)).

I've now been on **Better Than Greens** for 2 years and the month of January was so hectic that I didn't have time to take it. Well it wasn't but a few weeks that the pain in my legs (which is thought to be Fibromyalgia) came back with a tangent. I never thought much about the fact that the pain wasn't there when I was on it. But by going off of it for a few weeks it made itself know immediately. I made the effort to get back onto **Better Than Greens** and within one day I noticed a significant difference and 3 days later it is still improving. All I know is that it works for the leg pain and I will try not to go off it again. And on top of all this, I lost almost 50 lbs., and I owe it mostly to **Better Than Greens**!

Your happy customer, Thanks, and God bless,

Sherrie Janz, Madison, OH

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I have taken the **Better Than Greens** for some time now. The thing that I notice the most from it is the energy I have. Everywhere I go, people are always telling me I seem like I have so much energy. That is quite a compliment to me being that one of the biggest complaints of people today is lack of energy. In the past, I had quit taking it for a short time and noticed right away that I required more sleep.

Tammy Bowman, Conneaut, OH

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I am sending this email to say thank you for so many things. First, thank you for updating your customers on your site about the things that are going on in the business and in your family life. It makes me, a customer, feel like a friend and that is very rare. Secondly, thank you for being the vessel through which God is bringing this product to our home. My husband and I run an international ministry, which is fulfilling but very demanding of our time, since we are still in the building phase and him and I are wearing many hats in the business. In addition to taking of our two girls (our 4-year-old is being homeschooled, we have an 11-month-old). **Better Than Greens** have been a wonderful addition to our diet, providing

us with the extra energy we need. We had not purchased any, the last month or so because money was tight, my husband called me yesterday from the office and said honey order the **Better Than Greens**, I feel the difference it makes when I don't take it. At that point it became a priority financially because we know that we cannot do the work required from us in the ministry if we are too tired. We are not vegetarians, but we are conscious of our diet and try to stay away from unhealthy eating habits and combine exercise with our normal routine. Anyway, I didn't mean to say so much, but I just wanted to say thank you for your business and I will keep you and your family in my prayer. I would love your prayers as well. May God prosper the works of your hand as you continue to commit your ways to HIM.

Thanks, Gina, Falls Church, VA

PS: I've already spoken to many about the product, I plan to continue spreading the word.

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Tammy,

About 6 months ago I started taking **Better Than Greens**. I figured, "What the heck, what have I got to lose?" So I gave it a try. Well, let me tell you, it is the greatest thing I ever did! My energy level is at an all time high! A few years ago I was diagnosed with Ulcerative Colitis. I was taking 2 pills 4 times a day. Now, believe it or not, I am off all the medication and feeling better than ever! No more Ulcerative Colitis! Try it, you'll like it!

Tony Espirito, Geneva, OH.

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I had sometimes skipped taking **Better Than Greens** as I was almost out of it, but I found out, as I had no energy and was so tired, so I got some again & now I feel so much better again, so I do not want to be without! It makes me feel good all over & more energy, too!

Emma Byler, PA

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We ran out of **Better Than Greens** - It really makes a BIG difference in our energy level - all around feeling better - coping better - Send ASAP!

We are DRAGGING! Thanks! Your Amish Friends

### **Fibromyalgia:**

I had suffered from the excruciating muscle pain of Fibromyalgia for approximately ten years. I had always been a very physically active person with a high tolerance for pain. When my symptoms began, I thought, "I can handle this", but as the years passed the pain became more and more intense, spreading throughout my body. Most of the medical community didn't know what I had or were reluctant to recognize Fibromyalgia as a validated disease; therefore, they

didn't know how to treat it. I went through every test known to man; finally, a well-known rheumatologist diagnosed me with Fibromyalgia. At least I had a name to call this demon that had literally taken over my body and my life. I not only suffered from the horrible pain it inflicts, but also the depression that tends to accompany it. I was truly at my wits end when I read an article in our local newspaper about a local health food store that had patented a healthy organic powder that you mix with fruit juice. Among the many claims of improving your life, they claimed it would help people that suffered from the symptoms of Fibromyalgia. At first, I was skeptical, considering all the medicines I had tried already with no results, but I decided, "what the heck, I had nothing to lose". So, I visited Roesch's Natural Foods and purchased the powder called, **Better Than Greens**. The lady told me to try it for two months and see how I made out. Prior to taking **Better Than Greens**, my pain-level was at a 9 (0 being great and 10 being the worst).

Within 2 weeks, I felt a slight amount of relief, within a month, my pain-level had dropped to a 7. I continued a second month and my pain-level dropped to a manageable 5. I am now in my third month and my pain seems to be leveling off to a 4. I am really pleased with these results; a 4-pain level is something I can live with. I have more energy, my depression is much improved and I can actually perform my household chores without feeling like I want to die. If you suffer from Fibromyalgia or other pain related diseases, try **Better Than Greens**, it's worth a shot and it's cheaper than prescriptions and shots! It gave me back some of the life Fibromyalgia had robbed me of.

D. K. Klemencic, Ashtabula, OH.

### **General:**

Thank you for your prompt service in getting your product **Better Than Greens** to us! We are thoroughly pleased with this wonderful product! The taste is wonderful, and the color of the drink is fantastic! We know that we are getting a top-quality product with great health benefits! After many years of green drinks, we have found the best one! God Bless!

Steve and Glenda House

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Regarding the **Better Than Greens**- I take it daily; I haven't noticed anything yet, (only been taking it a week) but I believe that it is only good for your body-it has to be. I will clearly say that the taste is 10,000 times better than that Barley green stuff. In the past I tried that for about 5 days and couldn't hack it. I look forward to the taste, I put two tablespoons in orange juice.

George Hill, GA

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Al & Tammy,

**Better Than Greens** is the best thing I've put into my body. I wish I would have started years ago. Although at 53, I'm really feeling pretty good. I went on vacation to Florida last week and

forgot to take my **Better Than Greens** with me. Guess what? I missed it! I couldn't wait until this week and I'm back on it and what a difference! It really gives you that kick that you need to start your day. Thanks again! I'm telling all my friends about **Better Than Greens**!

Sincerely,

Bob Goss, Meadville, PA

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My husband and I are so pleased with **Better Than Greens**. It is the best tasting green powder I have ever taken. I feel more energy since I started taking this. I know this is the best green food product on the market today and both of us will be taking it until we are off of this earth.

Thank you so much!

Barb Wohlbrandt

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Hello Tammy, Today I got the **Better Than Greens** product and I must say it is the best tasting green product I have ever tried, and I have tried a lot of them. Thank you, Tammy, for such a fine and tasty green product.

God bless you,

Jerry Lassiter, Greenville, N.C.

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Hello Roesch's,

Just wanted to let you know how pleased I am with the results so far with my purchase of **Better Than Greens**. I have been taking it now for about 3 weeks and taking 2 tsp. a day and will increase it now to 3 times a day. I don't require as much sleep at night, I don't have body aches and pains when I get up. My knees no longer have pain/stiffness. My varicose veins are much lighter in color and the circulation in my legs has improved. I feel more awake during the day. I also have eczema and haven't had a breakout since taking the **Better Than Greens**. I am still in shock over the improvements. I used to take 10-15 different herbs/vitamins per day and no longer take any of them, just the **Better Than Greens**. The only side effects I had were slight cramps for 3-4 days. I can't thank you enough for this amazing product, I will be telling all my friends/family.

Thanks again,

Alvina, Manistee, MI.

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Hi Tammy, Just wanted to drop you a quick note to let you know how fabulous **Better Than Greens** is! I have two (sometimes three) servings a day, and it is without a doubt the best tasting green drink around, bar none! My body loves and craves it. Enclosed please find a check for \$75.00 for three more jars - Yikes, I am down to my last one!

Thanks again for such a great product! Kind Regards,

Susie, Fort Lauderdale, FL

### *Immune System:*

I so strongly believe in **Better Than Greens**, that I do not miss a day without taking it. It helps tremendously with my energy level and I also feel that it keeps me from getting colds and the flu. When I had some stomach problems before, I knew that even on the days that I was too sick to eat, I was still getting my nutrition from **Better Than Greens**, and I also feel it played a key role in my recovery.

Cheryl Hommes, Ashtabula, OH

### *Liver Disease:*

I had a stroke in '97 and after the neurosurgery, I began having seizures. I also have Hepatitis C. I found out about the **Better Than Greens** and started taking it right away. What a difference it makes! I have less seizures when I take the **Better Than Greens**...and it really makes a difference with the Hepatitis C, too. If I run out of the **Better Than Greens**, my liver count goes up to 20 million. The count comes down to 3-5 million when I am on the **Better Than Greens**. It is the only thing I take for my liver. I have much more energy when I take the **Better Than Greens**, and I actually crave it if I run out. I take 3 Tab. a day. If you have seizures or liver problems, you should give the **Better Than Greens** a try!

K. Morris, Roaming Shores, OH

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I tell everyone I talk to that they should use this stuff. I've been using this product since its introduction earlier this year. I learned three years ago that I have a virus in my blood called HCV. It's been there for about thirty years. This is a progressive liver disease that does not as yet have a cure. I'll be around when they find that cure and I owe it to **Better Than Greens**, I'm convinced of that. How do I know? Because of the way I feel! Several million other Vietnam-era vets have what I have; they should all be drinking this stuff!

WB, OH

### *Lupus:*

After being diagnosed with systemic lupus, I faced many challenges physically, and fatigue seemed to be the biggest hurdle I needed to learn to cope with. Although I take better care of myself now more than ever before, the solution to lupus came when I began to supplement with **Better Than Greens**. My energy level is amazing as well as my overall general physical well-being. I know it gives me the stamina to continue to live an active, full life.

Barbara Buckley, Geneva, OH

### **PMS:**

I'm writing to thank you for your wonderful product, **Better Than Greens**. I've been using this product for about four months now and I've noticed some really positive changes in my overall health. First and foremost, I no longer suffer from the typical pre-menstrual symptoms (PMS) such as bloating, weight gain, cramping and breast tenderness which I suffered from before. I also seem to have much more energy and just generally feel better than I ever have! Thanks for caring enough to want to share the benefits of this wonderful product with us, the consumer!

Lorrie Thompson, Ohio

### **Polycystic Ovary Disease:**

Dear Al & Tammy,

During March of this year my doctor informed me I had what she believed to be Polycystic Ovary Disease (PCOD). Doctors believe that the bottom-line factor of this condition is too much insulin running around in a person's body which causes all kinds of problems. My doctor explained that I wasn't diabetic, although I have a predisposition for it. When I went into her office my main complaints were always being tired and struggling all my life with being overweight. I had other physical symptoms and blood work results that confirmed my doctor's diagnosis. My body was getting a false sense of being hungry a short while after eating because of the overabundance of insulin. This was also contributing to the loss of energy I was feeling throughout my day and the struggle to lose weight.

My Dr.'s idea was to put me on an insulin sensitizer along with a no carbohydrate diet. I would have to get my liver checked while on this medication because it was so toxic. I was very nervous about going to such drastic measures. I started doing some research. I found information on the Internet and in some nutritional healing books on PCOD, obesity and nutrition. I came into Roesch's and received some more helpful information on nutrition and the **Better Than Greens**. I put all the information together. Everything supported each other. I decided on a few things. I told my Dr. that I wasn't comfortable going on the medication. The information I read said this drug was to be used when diet alone had failed. We had yet to talk about a nutritional overhaul for me! I also decided to replace my white flour and refined sugar intake with whole grains and healthy foods. One of the best decisions I made was to start on your **Better Than Greens**! I can't say enough about how much better I feel since I started drinking **Better Than Greens** on a regular basis. I noticed a difference within the first week. I immediately started feeling more alert and less tired. Day by day I continued feeling better. My complexion became more colorful and smoother. My husband says I look ten years younger! Is that a compliment or what? Believe me, it curbs appetite! Great for weight loss! I have also lost forty pounds! I don't believe I could have done it without the **Better**

**Than Greens**. I believe my body is now getting what it was so desperately lacking before. Compared to last year, I feel like a new person. In fact, I didn't realize just how bad I was really feeling until I started taking the **Better Than Greens**, and started feeling better!

I want to thank you for taking the time to talk with me when I came into your store, for having all the things I need to stay on a nutritionally sound path and for the **Better Than Greens**! I am truly grateful! May God continue to bless you!

Christine S. Koch Geneva, OH

### **Pregnancy:**

Tammy,

I just had to write & tell you how wonderful your **Better Than Greens** are, it has really made a difference in our lives since we've been taking it in March of 2001. Not only has it given us a boost of energy, but has also helped heal my husband's hands. He has to wear gloves all day where he works...his hands were dry, cracked and sore. Now they are much smoother.

I noticed a big change in my energy-level. I was up and ready to go at 7 am each day, getting most of my work done before my 7-year-old woke up. I was beginning to lose inches on my hips and thighs this summer then I got pregnant. We just experienced three miscarriages in less than 2 years...4 1/2 months later, (now 8 months later) the baby is growing, and we are doing fine.

I am glad we were at your store the day you were telling others about it, or we would never have tried it, and I wouldn't be expecting our 2nd child! I have been telling everyone how good it works!

Mary Herrman, Conneaut, OH

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Dear Tammy,

I want to share with you my recent experience with **Better Than Greens**. I started taking it daily when I learned I was expecting. I had been taking vitamin supplements and continue to do so. After a few weeks I was amazed that I wasn't so exhausted as I had always been in my previous pregnancies. I expected to be even more tired because I am 45 and everyone warns of how hard it is to be pregnant and older. Not the case for me! This has been a great pregnancy with minimal sickness. For years I have been battling mid-morning fatigue. I have found that with proper sleep and using **Better Than Greens** daily, that I just don't have that problem anymore. I take it in the morning - 1 heaping teaspoon in water and juice. Some days, I take it in the afternoon, too.

When I shared with my mid-wife about this success, she expressed some concern that one of the ingredients, spirulina, would cause hemorrhaging during labor, and she asked me to discontinue taking it. So, I stopped using it. (*We have many pregnant moms on it and never have hemorrhaging problems,*

*we think the mid-wife is misinformed on spirulina...)* Within 48 hours, I was totally wiped out! I couldn't teach the children, keep up with meals or the housework. I was so tired. It was so hard to be patient. It was very obvious to me that there was something I was missing, because I had felt so good before. I called my mid-wife and told her I was going to resume **Better Than Greens** and she consented as long as I stop 6 weeks before delivery. I knew this would be a real test for **Better Than Greens**. Within 48 hours I could function again! Once again, I have energy! I am so thrilled. I don't look forward to going off **Better Than Greens**. I am hoping she will let me continue. I'll keep you posted. It is obvious to me that there is something in **Better Than Greens** that I desperately need!

Judy, Kingsville, OH

### **Seizures:**

I had a stroke in '97 and after the neurosurgery, I began having seizures. I also have Hepatitis C. I found out about the **Better Than Greens** and started taking it right away. What a difference it makes! I have less seizures when I take the **Better Than Greens**...and it really makes a difference with the Hepatitis C, too. If I run out of the **Better Than Greens**, my liver count goes up to 20 million. The count comes down to 3-5 million when I am on the **Better Than Greens**. It is the only thing I take for my liver. I have much more energy when I take the **Better Than Greens**, and I actually crave it if I run out. I take 3 Tab. a day. If you have seizures or liver problems, you should give the **Better Than Greens** a try!

K. Morris, Roaming Shores, OH

### **Sinus Problems:**

Hello! I would like to order 1 jar of **Better Than Greens**. It has taken away my sinus problems! I could feel a difference after taking it for one day. Now, a month later I seem to have more energy and no more coughing, stuffy nose & congested feeling in my head. Praise the Lord! Thank you!

JoAnna Miller

### **Ulcerative Colitis:**

Tammy,

About 6 months ago I started taking **Better Than Greens**. I figured, "What the heck, what have I got to lose?" So I gave it a try. Well, let me tell you, it is the greatest thing I ever did! My energy level is at an all-time high! A few years ago, I was diagnosed with Ulcerative Colitis. I was taking 2 pills 4 times a day. Now, believe it or not, I am off all the medication and feeling better than ever! No more Ulcerative Colitis! Try it, you'll like it!

Tony Espirito, Geneva, OH

### **Weight Loss:**

Dear Tammy,

I just wanted to let you know that I took your advice of cutting back the dose and the rash I had on my chest went away in 2 days. I'm now up to 3 tablespoons with no problems. Thanks!! And I \*LOVE\* **Better Than Greens**. I have found that, besides having more energy, it has reduced my appetite significantly, so it is not even a challenge to eat less! So, along with the exercise program I do, I'm looking forward to a HEALTHY weight loss!

I make a "shake" for breakfast where I use low fat milk and throw in a banana with the **Better Than Greens**. It is absolutely DELICIOUS! It's LITERALLY better, sweeter and more satisfying than your typical "sweets". **Better Than Greens** is a too-good-to-be-true treat!! But, the best part is that it IS true! :) And some days, actually fairly often, I'm not even hungry until dinner time, like 4:30 or 5:00 in the afternoon. Also, I don't crave high carb/fatty foods like I used to! I used to order food out so much, but usually when it crosses my mind now, I just think, "Nah! Not in the mood for that!" And when I do, I eat \*much\* less of it.

Thanks again!

April Jacobs, Philadelphia, PA

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I've been taking **Better Than Greens** for 3 months, now, and have lost 10 lbs. It really helps with weight loss. I find that if I forget to take it, I get real hungry so it works to curb my appetite. I feel I have more energy during the day and sleep sound at night. It tastes great with "Sunny Delight". I feel great since I started taking it.

Thanks so much!

Julie Schwartz, Geneva, OH

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I can't say enough about how much better I feel since I started drinking **Better Than Greens** on a regular basis. I noticed a difference within the first week. I immediately started feeling more alert and less tired. Day by day I continued feeling better. My complexion became more colorful and smoother. My husband says I look ten years younger! Is that a compliment or what? Believe me, it curbs appetite! Great for weight loss! I have also lost forty pounds! I don't believe I could have done it without the **Better Than Greens**. I believe my body is now getting what it was so desperately lacking before. Compared to last year, I feel like a new person. In fact I didn't realize just how bad I was really feeling until I started taking the **Better Than Greens**, and started feeling better!

Christine S. Koch, Geneva, OH

## Miscellaneous

Hi Tammy!

I just got some awesome reports from friends of mine I had told about **Better Than Greens**. I had let them try some but didn't really hear much from them again about what they thought. They are both missionary wives, serving in the \_\_\_\_\_. Well, apparently, they liked them, have stuck with them, and have gotten their parents started on them as well.

One found that they helped her greatly with joint pain she used to struggle with. She is only taking 1 TBS a day, but if she quits taking them, in just a couple weeks, her pain and stiffness is back. She says she tells everyone about them. And while some people turn their nose up, she says she doesn't care. She loves them and they help her feel better.

The other started having some major allergy problems while she was overseas. She had come back to the States just to see a chiropractor who also deals a lot with herbs and supplements for all areas of wellness. Anyway, he prescribed her a set of supplements that seemed to be helping her, but when she got back to \_\_\_\_, she started having problems again. She started taking **Better Than Greens** and they have turned her health around! She got her mom started on them too. Her mom was at a chiropractor appointment, and he did a simple mouth

swab to test the Alkaline/Acid level of her body. He was SUPER impressed at how alkaline she was. The only thing she had changed in her daily routine was adding **Better Than Greens**. He was amazed and told her to keep it up.

Anyway, I thought you'd like to hear how your product is helping some really great people. Thanks so much for everything!

Laura Joy Stinson, VA

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Hello, I would like to order 1 jar of **Better Than Greens**. It has taken away my sinus problems! I could feel a difference after taking it for one day. Now, a month later, I seem to have more energy & no more coughing, stuffy nose & congested feeling in my head. Praise the Lord! Thank you!

J. Miller, Millersburg, OH

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I had sometimes skipped taking **Better Than Greens** as I was almost out of it, but I found out, as I had no energy and was so tired, so I got some again & now I feel so much better again, so I do not want to be without! It makes me feel good all over & more energy, too!

Emma Byler, PA



# NEWSTART: A Prescription for Health

“The foundation for health is composed of 8 Building Blocks...”



**N = Nutrition**  
**E = Exercise**  
**W = Water**



**S = Sunshine**  
**T = Temperance**  
**A = Air**  
**R = Rest**  
**T = Trust in God**

*Just like with a house...if the foundation is faulty, the house is not stable...likewise if you have 5, 6, or even 7, of the 8 Health Building Blocks, but you are lacking 3, 2, or even 1 of them, your overall health will suffer. Here is a simple understanding of the 8 Laws of Health...if you change your diet/lifestyle to follow these basic, inexpensive suggestions, your health will improve.*



**Nutrition:** In a nutshell, the best nutrition is found by eating the diet God gave us when He created us. That diet consisted of FRUITS, GRAINS, & NUTS. Then God said, “I am giving you every plant on the face of the whole earth that bears its own seeds. I am giving you every tree that has fruit with seeds in it. All of them will be given to you for food.” Genesis 1:29.

After the entrance of sin into the world, God added VEGETABLES to the diet. The LORD God said to Adam, “You listened to your wife. You ate the fruit of the tree that I commanded you about. I said, ‘You must not eat its fruit.’ So I am putting a curse on the ground because of what you did. All the days of your life you will have to work hard to get food from the ground. You will eat the plants of the field, even though the ground produces thorns and thistles.” Genesis 3:17, 18. Vegetables contain many nutrients that are necessary for detoxing, rebuilding, and protecting the immune system. Before sin, none of that was necessary, but after sin entered the world, it was very necessary.

It was not until after the Flood, that God gave man permission to eat meat. Then God blessed Noah and his sons, saying to them, “Be fruitful and increase in number and fill the earth. ... Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything.” Genesis 9:1-3. When God said He gave permission for man to eat “everything” that meant everything within the already specified “safe list”. Like when you send your child into the store and you tell him, “You can buy anything you want!” ~ “Anything he wants” means anything from the store that he knows you already approve of. He cannot buy cigarettes or alcohol. It is the same principle here. God gave the “rules” for what animals are considered “clean” and which ones are “unclean”. The “clean” can be eaten, provided that the blood and fat is removed. “You must never eat any fat or blood. This is a permanent law for you, and it must be observed from generation to generation, wherever you live.” Leviticus 3:17 (NLT). See Leviticus Chapter 11 for the entire breakdown of clean versus unclean meats. The “unclean” animals were put here on earth to help keep the earth clean... they are “garbage picker-upers”. When we eat them, it is like eating the vacuum cleaner bag or the filtering

# NEWSTART: A Prescription for Health

system on your water purifier. God put them here for a purpose ~ to clean the earth, not to be eaten. So if you are going to continue to eat meat, make sure you read Leviticus 11, and ONLY eat the “clean” animals.

Let me explain a little more about meat and how it reacts on the body. Before the Flood, man was living until they nearly 1000 years old! After the Flood (*remember, it was AFTER the Flood that God gave man permission to eat meat*), within just 10 generations, man was doing good to make it to 150 years old! You see, this is what meat does:

1. It causes people to come to sexual maturity sooner (*that is why girls today have their first period at 8-10 years old, in the 1800's, they didn't start until they were 18*).
2. It causes people to reproduce sooner.
3. It causes people to age faster.
4. It causes people to die sooner. It speeds the whole process of life up, and it brings TONS of health problems with it.

Two of the very best books you could read on the subject are called, “*The China Diet*” and “*Abundant Health*”, both listed here in the catalog.

Just as we all know sugar causes kids to bounce off the wall, so meat causes people to be more carnal and aggressive. It causes the arteries to become blocked, and produces heart attacks and strokes. Meat is a HUGE factor in colon cancer. I could go on and on! I'm 60, and I've never had one bite of any kind of meat in my life.

As for MILK: milk was made for baby cows, not humans. And CHEESE? Cheese is not fit for human consumption! It causes all kinds of colon problems and allergies as well as clogging the arteries. Are your children sick a lot? Do they have constant ear aches? Are they coughing all the time? Do they wet the bed? Eliminate ALL the dairy products (*milk, cheese, ice cream, yogurt, etc*) and you will most likely see a HUGE improvement! I've not used any dairy products for over 47 years. Giving up dairy and refined sugars was the most important thing I ever did. If you have not seen the DVD, “*Forks Over Knives*”, please do. It truly is a life-changing DVD!

Another very important element of nutrition is whole grains. Determine to not eat any refined grains. No more WHITE bread, pasta, rice, etc. There is an old and true saying, “The whiter the bread, the sooner you are dead.” We grind all our own grains, and make almost all our own breads. We use no refined flour whatsoever.

Sugar is another very important factor. You know back in the 1800's sugar was “by prescription only!” How much better off we would be had that never changed! Refined sugar is just as bad as meat. It destroys the immune-system, and is LITERALLY FOOD FOR CANCER. If you really want to get well, no matter what your health problem is, you MUST cut out refined sugar. Honey is healthy, especially local honey, but get rid of the sugar!

Coffee and chocolate are very unhealthy. Caffeine causes depression, stomach ulcers, prostate cancer, breast cancer, hiatile hernia, high blood pressure, etc. It is one of the worst drugs in our society, but it's so much a part of society that most people don't see it for the awful drug it is. Ask for a FREE SAMPLE of Dandy Blend and switch to something healthy! And replace Chocolate with CAROB, an excellent substitute!

For everything you take out of your diet, you should replace it with something good for you. Otherwise you will not be getting a balanced diet, you won't feel well, and you will feel very deprived and probably go back to eating the old way. We offer two really good cookbooks...one inexpensive and one expensive. If you can afford the more expensive one, buy it. It is a cheap investment in your health!

**Exercise:** One of my favorite sayings is, “*I'd rather WEAR out than RUST out!*” Our society is becoming lazier and lazier with each passing generation. Exercise is one of the essential building blocks to a good healthy foundation. Exercise improves the circulation, the joints work better, EVERYTHING works better with exercise!



# NEWSTART: A Prescription for Health



**Water:** At least 8 glasses of water EVERYDAY! Many people's root problem is simply that they are dehydrated, but they don't know it.

Here are some symptoms of dehydration:

- Dry, sticky mouth
- Sleepiness or tiredness
- Thirst
- Decreased urine output - no wet diapers for 3 hours for infants and 8 hours or more without urination for older children/teens
- Few or no tears when crying
- Dry skin
- Headache
- Constipation
- Dizziness or lightheadedness...and many more!

Up the water and see how much better you feel!"

**Sunshine:** Many people hardly ever get outside to see the sun during the day, let alone spend any time letting the sun shine on them. Lack of sunshine causes your bones not to be as strong and it causes depression. The best source of Vitamin D is from the sun, and we've heard a lot about how important Vitamin D is! Taking a walk every day in the sunshine can do WONDERS for depression and your overall health!



**Temperance:** *What is that?* Here is the best definition of temperance I can find: *"To eat moderately of that which is good for you, and to not touch that which is unhealthy."* I've heard some preachers say that it is "OK to eat everything in MODERATION."

That just isn't true. There are some things that shouldn't be eaten at all. Read Leviticus Chapter 11. Once you know that something is bad for you, you should refuse to eat it—coffee, tea, alcohol,

smoking, etc. The things that are good for you, should be eaten in moderation...don't overeat just because something is healthy...because that makes it unhealthy. Temperance applies to more than just what we eat. It applies to how we work, sleep, and the choices we make in life.



**Air:** Fresh Air! Air is to the lungs as food is to the body. Open the windows in your house and let the fresh air in! Many people are sick from living in damp, mildewy houses. Protect the air you breathe! I wouldn't live in a house if someone smoked in the house. It is slow suicide.

**Rest:** Did you know that the hours before midnight are worth literally TWICE what the hours after midnight are, as far as sleep goes? That is true! We usually hit the hay around 8:00 pm and get up between 3:30-4:30 am. Your body repairs itself while you asleep. Having trouble getting to sleep? Try taking a hot shower before you jump into bed. For me, it works every time!



**Trust in God:** Trust in God is so important! This world is a mess! Everywhere you turn, things are falling apart. Faith in God will get us through every difficulty. But before you can have faith in Him, you must know Him. You must cultivate a relationship with Him every day, not just when things are not going well. I'd like to encourage you to order two books - *The Desire of the Ages* ~ Code #DAP, \$5.00 and *Steps to Christ* ~ Code #SCP - \$.50. Both will help you have a strong relationship with God.

This is a very simplified summary of the 8 Laws of Health. The book, *Abundant Health* goes into much more detail and is written in a very simple way. If you put these principles into practice, many health problems will begin to fade into the past. You will find yourself enjoying a whole new quality of life!

# What's Good For...?



*This is my favorite part of the catalog! It's like I'm imagining you coming to my shop with all these questions and hopefully I give you good advice and in a couple of weeks or months, you come back and tell me how much better you feel! ☺ That always makes me so happy!*

*There are various reasons why we get sick. Some of us INHERIT the health problems our parents or grandparents had, and some of us have lived lifestyles that cause health problems...And sometimes, there seems to be no apparent reason why we are sick. But no matter what, there are certain things we can do that will help us maintain and/or regain our health. Following the 8 Laws of Health is CRITICAL. The more we live in harmony with the health laws, the happier and healthier we will be, and the less money you will need to spend on Doctors and supplements.*

*Supplement wise, **the FOUNDATION product we recommend for EVERYONE is Better Than Greens.** If you are in good health, BTG's will go a long way towards helping you maintain your good health. If you are in poor health, give BTG's a chance to show you how much it can help you. Diet is a HUGE factor in the poor health of many...BTG's helps to fill in a lot of the vitamins/minerals that people are missing in their diet, and the longer you are on it, the healthier you become. The only people who should not take BTG's are the very few whose Doctor tells them not to eat GREEN FOOD. As you can see from the cover of the catalog, Little Ones LOVE BTG's ☺. And if you are pregnant, it will really help you to have energy and help make a better pregnancy and a healthy Baby!*

*So, now we'll look at some of the more common health issues people suffer with, and offer you some suggestions that have helped other customers. Always keep in mind that we also recommend following the 8 Laws of Health and our Foundation product, Better Than Greens, for nearly every one of these health conditions. Please also remember for the most part it's always safer to add ONE new supplement at a time. If you add two, and one causes a problem, you won't know which is the guilty one ☺. Start out with one for a week, if all is going well, then it's safe to add a second supplement. Please know I'm not trying to sell you all these products, I'm just trying to make it easier for you to find the products that are specific to each health issue. And remember, I'm not a Doctor...just a plain old Master Herbalist giving you suggestions as to what I'd do, if I were in your shoes ☺.*

*Yours—On the path to better health,*

*Tammy Roesch*

# What's Good For...

## Acid Reflux & Hiatal Hernias

## ADD, Hyperactivity, Lack of Focus

A HIATAL HERNIA happens when the upper part of the stomach and LES (*lower esophageal sphincter*) move above the diaphragm, making it easier for acid to move up into your esophagus, causing you to experience ACID REFLUX. Many women experience this during the last three months of pregnancy with the growth of the Baby pushing up on the mother's stomach. Smoking makes ACID REFLUX worse and greatly increases the risk of esophageal cancer. Foods that contribute to ACID REFLUX are: Alcohol, Carbonated Beverages, Chocolate, Citrus Fruits, Coffee/Tea (yes, even Decaf), Fatty or Fried Foods, Tomato Foods, Garlic & Onions, Mint and Spicy Foods. Being overweight is also a cause of ACID REFLUX as is eating a heavy meal and lying down afterwards or snacking close to bedtime. Aspirin and Ibuprofen are also causes of ACID REFLUX. Perhaps you have been prescribed Pepcid (famotidine) and Tagamet Prilosec, Nexium, Dexilant, or Prevacid? If so, know that these drugs are depleting your magnesium and your calcium levels, to possibly dangerously low levels. They are only treating the symptom, not curing the problem.

**Protocol:** Don't do the things that CAUSE the ACID REFLUX like eating late suppers or lying down after eating... stop eating the foods that contribute to it. If you are a coffee drinker, switch to Dandy Blend (*call for free sample*).

| Code #    | Product                                                            | Pg. # |
|-----------|--------------------------------------------------------------------|-------|
| #DGL6     | Pure Encapsulations DGL Plus with Aloe, Slippery Elm & Marshmallow | 253   |
| #PCZ6     | Pure Encapsulations Peptic-Care Zinc-L-Carnosine                   | 254   |
| #90C09045 | GAIA Reflux Relief, 45 or 90 Count                                 | 135   |
|           | Forever Living Aloe Gel                                            | 125   |
| #LIMON-1  | JARROW d-Limonene, Natural Orange Peel, 120 Softgels               | 169   |
| #MARS5    | Nature's Way Marshmallow Root                                      | 229   |
| #PROHY    | EuroMedica Pro-Hydra-7                                             | 230   |

After NON-CONSISTENT or even NON-EXISTENT Loving but Firm Discipline, Diet & Lifestyle are the two biggest causes of ADD, Hyperactivity & Lack of Focus. Just cutting out REFINED SUGAR alone can make a huge improvement. The more you follow the diet that God gave us when He created us, the less symptoms you will have. TV, Internet and artificial entertainment all work to increase ADD, Hyperactivity & Lack of Focus. A pilot study in India found that a flax oil supplement given to children with ADHD led to reduced hyperactive symptoms

<https://healthfully.com/519486-how-is-flaxseed-oil-used-to-treat-adhd.html>

Here is a link to a video that will help you understand HOW to improve you or your children's FOCUS:

<https://www.youtube.com/watch?v=rLzgoGej0IQ>

### Protocol for Children:

| Code #    | Product                        | Pg. # |
|-----------|--------------------------------|-------|
|           | Barlean's Omega Swirl Flax Oil | 61    |
| #644710   | Dr. Christopher's Kid-e-Trac   | 112   |
| #90776001 | GAIAKids Focus                 | 141   |
| #90782001 | GAIAKids Calm Support          | 140   |

### Protocol for Adults:

| Code #    | Product                                      | Pg. #   |
|-----------|----------------------------------------------|---------|
|           | Barlean's Flax Oil                           | 61      |
| #67989    | UDO's Oil DHA                                | 123     |
| #644600   | Dr. Christopher's MindTrac,                  | 105     |
|           | 15 mg of CBD Oil/day CV Sciences or GAIA     | 91, 142 |
| #104      | ENP Enhanced Focus                           | 117     |
| #0157     | NOW True Focus Amino Acids                   | 207     |
| #90A07060 | GAIA Mental Alertness                        | 133     |
| #90A08060 | GAIA Ginkgo Leaf                             | 133     |
| #D0409    | DEVA Omega 3, DHA-EPA Vegan                  | 100     |
| #N01618   | Nordic Naturals Algae Omega, Vegan DHA & EPA | 227     |

# What's Good For...?

## Adrenal Gland Fatigue

## Aging Gracefully

Are your adrenal glands burned out? Some people try to “burn the candle at both ends” by staying up late and getting up early...eventually, that will lead you to Adrenal Gland Fatigue. Do these symptoms sound like you:

- fatigue, particularly upon waking, with intermittent “crashes” throughout the day
- poor stress response and mood regulation
- cognitive issues or “brain fog”
- increased energy levels in the evenings
- cravings for salty and sweet foods
- overuse of caffeine and other stimulants
- a compromised immune system

If so, it's really important to follow ALL 8 of the Laws of Health.

### Protocol:

| Code #         | Product                                 | Pg. # |
|----------------|-----------------------------------------|-------|
| #689147        | Dr. Christopher's Adrenal Formula       | 102   |
| #90A48060      | GAIA Adrenal Health Jumpstart           | 150   |
| #90A49060      | GAIA Adrenal Health Nightly Restore     | 150   |
| #90A57060      | GAIA Adrenal Health Daily Support       | 150   |
| #02.NF.171B.90 | Nutritional Frontiers Adrenamax III     | 219   |
| #PE-13001      | Pure Essence AdrenalStability™ 30 VCaps | 256   |

No one likes growing old, but it happens to all of us, it's just part of life. The better we take care of this temple God has given us, the healthier and happier we will be all the way to the end.

### Protocol:

| Code #         | Product                                      | Pg. # |
|----------------|----------------------------------------------|-------|
| #90E82060      | GAIA Whole Body Support                      | 139   |
| #90C39040      | GAIA Reishi Mushroom                         | 146   |
| #90A69060      | GAIA Agile Mind                              | 133   |
| #5-060         | Diamond Etern-L Age Rewind                   | 113   |
| #01.NF.727.030 | Nutritional Frontiers Pro Red                | 224   |
| #01.NF.976.030 | Nutritional Frontiers Pro Purple             | 223   |
| #D0409         | DEVA Omega 3 DHA/EPA                         | 100   |
| #BAC03         | Pure Encapsulations Bacopa Monnieri          | 251   |
| #SM90          | Esteem Senior Total Man                      | 183   |
| #SW90          | Esteem Senior Total Woman                    | 183   |
| #N01618        | Nordic Naturals Algae Omega, Vegan DHA & EPA | 227   |
| #L68966        | Life Extension DHEA 100mg                    | 173   |
| #PE-26001      | Pure Essence Breast-D™ 30 VCaps              | 257   |
| #PE-26111      | Pure Essence DIM-D™ 30 VCaps                 | 257   |
| #PE-01502      | Pure Essence Longevity™ Men 120 Tabs         | 183   |
| #PE-01402      | Pure Essence Longevity™ Women 120 Tabs       | 183   |
| #PE-01802      | Pure Essence MyPure™ Cordyceps 60 VCaps      | 261   |

# What's Good For...?

## Alcoholism

Alcoholism is just as much a Spiritual issue as it is a Physical issue. Helping someone come to know Jesus as their Savior and Friend will do more to free them from Alcohol than anything else.

In the book we offer our customers for FREE called *The Ministry of Healing*, there is a Chapter called, "Helping the Tempted". **Be sure to ask for this FREE book on your next order.**

### Protocol:

| Code #                 | Product                                                           | Pg. # |
|------------------------|-------------------------------------------------------------------|-------|
| #4763                  | NOW Passion Flower (works as a sedative, makes withdrawal easier) | 202   |
| #4738                  | NOW Silymarin Double Strength Liver Detox                         | 202   |
| #4739                  |                                                                   |       |
| #4753                  |                                                                   |       |
| #4785                  | NOW Silymarin for detoxifying and rebuilding the liver            | 202   |
| #2448                  | NOW Liver Refresh                                                 | 193   |
| #2449                  |                                                                   |       |
| #90A72060              | GAIA Liver Cleanse                                                | 145   |
| #90C27020              | GAIA Liver Cleanse Tea                                            | 145   |
| #90A11060<br>#90A11120 | GAIA Liver Health                                                 | 146   |
| #D50008                | DEVA Liver Support                                                | 100   |
| #129012                | JARROW Liver Optimizer                                            | 169   |
| #T30191                | Transformation Liver Support                                      | 274   |

## Allergies (Seasonal)

Our bodies change as we age, they become more sensitive to some things and less to others.

### Protocol for Skin Allergies:

| Code #  | Product                   | Pg. # |
|---------|---------------------------|-------|
| #13603  | Dr. Diamond's Herpanacine | 113   |
| #667669 | THYME OUT                 | 230   |

### Protocol for Sinus Allergies:

| Code #         | Product                                    | Pg. # |
|----------------|--------------------------------------------|-------|
| #689109        | Dr. Christopher's Sinus Plus Formula       | 106   |
| #649809        | Dr. Christopher's Sinus Plus Extract       | 109   |
| #90A18060      | GAIA Sinus and Lung Supreme                | 147   |
| #90E20060      | GAIA Turmeric Supreme Sinus Support        | 145   |
| #06.NF.614.090 | Nutritional Frontiers AirMaxx              | 219   |
| #231272        | North American Herb & Spice Sinu Orega P73 | 187   |
| #E82503        | EuroMedica Sinutol Extra Strength          | 121   |
| #PE-00402      | Pure Essence AllerFree™ 60 VCaps           | 256   |
| #AHP003        | S.O.S.                                     | 55    |

### Protocol for Children with Allergies:

| Code #          | Product                       | Pg. # |
|-----------------|-------------------------------|-------|
| #90768001       | GAIAKids Sinus Support        | 141   |
| #90768002       |                               |       |
| #06.NF.533A.090 | Nutritional Frontiers AirMaxx | 219   |

# What's Good For...?

## Alzheimer's & Dementia

Prevention is the KEY here. Don't wait until you come down with Alzheimer's or Dementia as once you get it, you cannot get rid of it, the best you can do then is to try to slow it down. Following the 8 Laws of Health will go a long way in preventing you from coming down with it. Physical exercise EVERYDAY is a KEY factor in prevention. There are supplements you can take to help prevent and slow down the progression of the disease if you catch it early enough. Genetics is a factor also. If you have close family members who have suffered with Alzheimer's/Dementia, all the more reason that you do everything you can to prevent yourself from getting it.

### Protocol:

| Code #                  | Product                                                     | Pg. #   |
|-------------------------|-------------------------------------------------------------|---------|
| #0462<br>#0493<br>#0496 | NOW B-12, 5000 mcg/day                                      | 211     |
| #4681                   | NOW Ginkgo Biloba                                           | 201     |
| #3212                   | NOW CoQ10 100 mg/day                                        | 200     |
| #2260                   | NOW Lecithin Granules                                       | 207     |
| #0456                   | NOW B-6 100 mg/day                                          | 211     |
| #90A69060               | GAIA Agile Mind                                             | 133     |
| #90C38040               | GAIA Lion's Mane Mushroom Formula                           | 134     |
| #90A70040               | GAIA Nootropic Focus                                        | 133     |
| #90C14003               | GAIA Mind Spring                                            | 133     |
| #02.NF.208.090          | Nutritional Frontiers Brain Boost                           | 219     |
| #BAC03                  | Pure Encapsulations Bacopa                                  |         |
| #4791                   | NOW Saffron                                                 | 204     |
| #PE-91702               | Pure Essence MyPure™ Lion's Mane 60 VCaps                   | 261     |
|                         | CBD Oil is very calming for agitated Dementia & Alzheimer's | 91, 142 |
| #L43260                 | LIFE EXTENSION Optimized Saffron                            | 173     |
| #N01618                 | Nordic Naturals Algae Omega, Vegan DHA & EPA                | 227     |
| #PE-30002               | Pure Essence Brain Essence™ 60 VCaps                        | 256     |
| #PE-92302               | Pure Essence MyPure™ MycoMune 4X 60 VCaps                   | 262     |
| #L19                    | Pure Encapsulations Lithium (orotate) 5 mg                  | 253     |

## Anemia

Anemia is the most common blood condition in the US. It affects about 3.5 million Americans. Women and people with chronic diseases are at increased risk of anemia. Certain forms of anemia are hereditary, and infants may be affected from the time of birth. Women in the childbearing years are particularly susceptible to iron-deficiency anemia because of the blood loss from menstruation and the increased blood supply demands during pregnancy. Older adults also may have a greater risk of developing anemia because of poor diet and other medical conditions.

### Protocol:

1 Tablespoon of Black Strap Molasses (**MUST BE BLACK STRAP**) taken daily will do miracles in a very short time!

| Code #                              | Product                            | Pg. # |
|-------------------------------------|------------------------------------|-------|
| #90J04085                           |                                    |       |
| #90J04017<br>#90J04023              | Floradix Iron & Herbs              | 137   |
| #90J05080<br>#90J05120              | Floradix Iron Tablets              | 137   |
| #90J06085<br>#90J06017<br>#90J06023 | Floravital Iron & Herbs Yeast-Free | 136   |
| #1440                               | NOW Iron Supplements               | 209   |
| #1447                               | NOW Iron Liquid                    | 209   |
| #90894085<br>#90894016              | GAIA Plant Force Liquid Iron       | 137   |

# What's Good For...?

## Arthritis & Gout

Arthritis & Gout have direct connections to certain foods. Genetics plays a part, too. And so does over work and past injuries. Believe it or not, I came down with Gout this Spring, from eating too many oranges! I never knew one could get Gout from eating too many oranges! (The lesson is ~ Just because something is healthy, doesn't mean you can eat all you want of it.) Normally Gout comes from drinking alcohol and eating a diet high in meat (uric acid). We have some very good supplements for Arthritis & Gout, and the more you follow the 8 Laws of Health, the better results you will get.

### Protocol for Arthritis & Joint Pain:

| Code #                                             | Product                                                      | Pg. #   |
|----------------------------------------------------|--------------------------------------------------------------|---------|
| #101<br>#102                                       | ENP Vegetable Glucosamine                                    | 118     |
| #E12023                                            | EuroMedics Curaphen Extra Strength Professional Pain Formula | 120     |
|                                                    | CBD Oil from GAIA & CVScience CBD                            | 91, 142 |
| #FLP-064                                           | Aloe Heat Lotion                                             | 127     |
| #4937                                              | NOW CurcuFRESH Curcumin                                      | 203     |
| #90E22060<br>#90E22030                             | GAIA Turmeric Supreme Pain PM                                | 139     |
| #90E21060<br>#90E21120                             | GAIA Turmeric Supreme Pain                                   | 139     |
| #06.NF.291.030<br>#06.NF.291.060                   | Nutritional Frontiers Turmeric Plus                          | 226     |
| #03.NF.623.060<br>#03.NF.623.120<br>#03.NF.623.240 | Nutritional Frontiers X-FLAME, Reduce Pain & Swelling        | 226     |
| #PE-20010                                          | Pure Essence JointEssence™                                   | 259     |
| #BOS23                                             | Pure Encapsulations Boswellia AKBA                           | 252     |

### Protocol for Gout

| Code #   | Product                               | Pg. # |
|----------|---------------------------------------|-------|
| #4630    | NOW Black Cherry Juice Extract        | 201   |
| #FLP-064 | Aloe Heat Lotion                      | 127   |
| #UAF1    | Pure Encapsulations Uric Acid Formula | 255   |

## Bladder, Bed-Wetting, and Urinary Tract Infections (UTIs)

Do you have an Incontinence problem? Dr Christopher's Bladder Formula helps to strengthen the bladder. Drinking less water is not the answer, that will only cause other problems.

### Protocol for Incontinence:

| Code #  | Product                           | Pg. # |
|---------|-----------------------------------|-------|
| #689105 | Dr. Christopher's Bladder Formula | 102   |
| #E90813 | EuroMedica Bladder Manager        | 120   |

### Protocol for UTIs:

| Code #                  | Product                          | Pg. # |
|-------------------------|----------------------------------|-------|
| #2809<br>#2810<br>#2811 | NOW D-Mannose                    | 215   |
| #2812                   | NOW Cranberry Mannose Packets    | 215   |
| #2814                   | NOW Mannose Cranberry VCaps      | 215   |
| #3230                   | NOW Cranberry Concentrate        | 203   |
| #4690<br>#4692          | NOW Goldenseal Root              | 203   |
| #4632                   | NOW Cranberry Extract w/Uva Ursi | 201   |
| #90379001               | GAIA Goldenseal Root Extract     | 144   |
| #90A62060               | GAIA Cranberry Concentrate       | 152   |

### Protocol for Bed-Wetting:

Dr. Neil Nedley brings out in his book that there is a strong connection between Bed-wetting and DAIRY products. He recommends parents who have little ones wetting the bed, take them COMPLETELY off ALL DAIRY PRODUCTS (no milk, cheese, butter, yogurt, ice-cream, etc) for 30 days and see if you don't see an improvement.

| Code #  | Product                     | Pg. # |
|---------|-----------------------------|-------|
| #649705 | Dr. Christopher's Kid-e-Dry | 112   |

# What's Good For...?

## Blood Detox

Blood is the carrier of Oxygen & Nutrients and it removes Carbon Dioxide and Waste. When your blood is DIRTY, it's just a matter of time until you come down with some dreaded disease, such as: Diabetes, High Cholesterol, Being Overweight, Rheumatism, Liver Disease, Heart Disease, etc. Following the 8 Laws of Health, and living a clean lifestyle will keep your blood clean. But, if you are one of those people who refuses to give up your favorite unhealthy foods or vices, then you will need to take some good supplements to help compensate for the bad stuff you are putting into your body.

### Protocol:

| Code #     | Product                                     | Pg. # |
|------------|---------------------------------------------|-------|
| #2620      | Frontier Bulk Red Clover                    | 77    |
| #209645-31 | Starwest Bulk Yellowdock                    | 78    |
| #4608      | NOW Burdock Root                            | 203   |
| #4730      | NOW Red Clover                              | 204   |
| #49802     | Dr. Christopher's Blood Stream Glycerite    | 109   |
| #689102    | Dr. Christopher's Blood Stream              | 102   |
| #689502    | Dr. Christopher's Blood Stream Syrup        | 107   |
| #64800     | FLORA Organic Red Beet Crystals (DELICIOUS) | 122   |

## Blood Pressure

The Chart below will help you understand what is a HEALTHY blood pressure reading. Switching to a PLANT BASED diet might be all you need to do if your blood pressure is running too high. Cut out the coffee, it raises the pressure (switch to Dandy Blend) and make sure to drink enough water. If you are overweight, shedding a few pounds can make all the difference in the world.

### Blood Pressure Categories



| BLOOD PRESSURE CATEGORY                               | SYSTOLIC mm Hg (upper number) |        | DIASTOLIC mm Hg (lower number) |
|-------------------------------------------------------|-------------------------------|--------|--------------------------------|
| NORMAL                                                | LESS THAN 120                 | and    | LESS THAN 80                   |
| ELEVATED                                              | 120-129                       | and    | LESS THAN 80                   |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1            | 130-139                       | or     | 80-89                          |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2            | 140 OR HIGHER                 | or     | 90 OR HIGHER                   |
| HYPERTENSIVE CRISIS (consult your doctor immediately) | HIGHER THAN 180               | and/or | HIGHER THAN 120                |

[heart.org/bplevels](http://heart.org/bplevels)

### Protocol:

| Code #         | Product                             | Pg. # |
|----------------|-------------------------------------|-------|
| #91002         | Hypertenol                          | 268   |
| #3066          | NOW Blood Pressure Health           | 199   |
| #165094        | Kyolic Formula 109 Blood Pressure   | 155   |
| #165942        |                                     |       |
| #00.NF.020.180 | Nutritional Frontiers Seven Flowers | 224   |
| #129019        | JARROW FORMULAS Pressure Optimizer  | 170   |

# What's Good For...?

## Bones, Joints & Tendons

Have you had an injury and need something to help heal?

### Protocol:

| Code #         | Product                                              | Pg. # |
|----------------|------------------------------------------------------|-------|
| #209230-51     | Starwest Comfrey Root Powder                         | 73    |
| #689128        | Dr. Christopher's Complete Tissue & Bone VCaps       | 103   |
| #688528        | Dr. Christopher's Complete Tissue & Bone Syrup       | 107   |
| #688428        | Dr. Christopher's Complete Tissue & Bone Massage Oil | 110   |
| #688651        | Dr. Christopher's Complete Tissue & Bone Ointment    | 111   |
| #87328         | Dr. Christopher's BF&C Powder Bulk                   | 110   |
| #87329         | Dr. Christopher's BF&C C/S Bulk                      | 110   |
| #23010         | MRM Vegan Bone Maximizer                             | 177   |
| #BST-12        | New Chapter Plant Calcium Bone Strength              | 228   |
| #J40026        | JARROW BONE-UP                                       | 169   |
| #02.NF.888.060 | Nutritional Frontiers HA PLUS Vegetarian Powder      | 221   |
| #MAG48         | Pure Encapsulations Magnesium (glycinate)            | 254   |

## Brain Power, Memory & Cognition

Perhaps you are trying to increase your brain power so you can memorize more Bible verses? Or maybe you are getting up there in age and you just want to make sure that you don't lose what you already have? I have to remind you again the importance of DIET on the brain. Remember the Bible story of Daniel and his three friends and how they refused to eat the unhealthy foods that King Nebuchadnezzar set before them. Instead, they ate their simple, PLANT BASED DIET, and at the end of 3 years education, they were tested and found to be 10 TIMES ahead of their peers who ate the Kings unhealthy food. Diet & Lifestyle is so important, not just for your heart but also for your BRAIN.

### Protocol:

| Code #         | Product                               | Pg. # |
|----------------|---------------------------------------|-------|
| #25779         | Japanese Bushy Knotweed Root          | 75    |
| #BACO3         | Pure Encapsulations Bacopa            | 251   |
| #90A68060      | GAIA Bacopa                           | 133   |
| #90E83060      | GAIA Mental Clarity Mushrooms & Herbs | 133   |
| #90C14003      | GAIA Mind Spring                      | 133   |
| #90A07060      | GAIA Mental Alertness                 | 133   |
| #90A70020      | GAIA Nootropic Focus                  | 133   |
| #90A70040      |                                       |       |
| #90A47060      | GAIA Rhodiola Rosea                   | 151   |
| #90A47120      |                                       |       |
| #90E01050      | GAIA Resveratrol 150                  | 130   |
| #2395          | NOW CurcuBrain LongVida               | 207   |
| #4588          | NOW Bacopa                            | 207   |
|                | NOW CoQ10 Page                        | 200   |
| #3303          | NOW Brain Elevate Formula             | 207   |
| #3304          |                                       |       |
| #3386          | NOW Resveratrol                       | 197   |
| #02.NF.208.090 | Nutritional Frontiers Brain Boost II  | 219   |

# What's Good For...?

## Cancer

The word CANCER strikes fear into our hearts. Many consider it a DEATH SENTENCE. But there is hope, REAL HOPE, if we are willing to give up the ways of the World in eating, drinking, dressing and yes, even thinking. The thoughts you think have much to do with whether or not you win the battle with Cancer. First, I believe it's very important to stress that we must be willing to accept the outcome, even if it's death. We are ALL going to die at some point, so the most important thing is making sure that when it is time for you, that you are ready to meet Jesus. Make sure that you have accepted Him as your Savior, that you have repented of your sins and that you are living up to all the light He sheds on your pathway. If you are doing that, there is nothing to worry about. Just TRUST Him, be HAPPY and do all you can to get well.

This year, more than 1 million Americans and more than 10 million people worldwide are expected to be diagnosed with Cancer, a disease commonly believed to be preventable.

Only 5-10% of all cancer cases can be attributed to genetic defects whereas the remaining 90-95% have their roots in the environment & lifestyle. The lifestyle factors include cigarette smoking, diet (fried foods, red meat), alcohol, sun exposure, environmental pollutants, infections, stress, obesity & physical inactivity. The evidence indicates that of all cancer-related deaths, almost 25-30% are due to tobacco, as many as 30-35% are linked to diet, about 15-20% are due to infections, and the remaining percentage are due to other factors like radiation, stress, physical activity, environmental pollutants, etc. Therefore, cancer prevention requires one to stop smoking, increase the eating of fruits & vegetables...caloric restriction, exercise, avoidance of direct exposure to sunlight, minimal meat consumption,

use of whole grains...Cancer is a preventable disease that requires major lifestyle changes. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2515569/>

The main thing that fights cancer is your own immune-system. So, to prevent or fight cancer, the best thing you can do is to boost your immune-system as FAST as you can. Changing your diet & lifestyle will help a lot...make sure to cut out all meat, dairy products, refined grains and ALL refined sugars. Here are a few supplements I would consider if I were fighting Cancer or some other serious illness:

### Protocol:

| Code #    | Product                                              | Pg. # |
|-----------|------------------------------------------------------|-------|
| #68090    | Floressence Tea                                      | 122   |
| #68070    | Floressence Tea                                      | 122   |
| #68072    | Floressence Tea                                      | 122   |
| #AHCCP    | Douglas Labs AHCC                                    | 167   |
| #P80012   | Prescribed Choice AHCC                               | 167   |
| #3054     | NOW Beta 1.3/1.6 Glucan                              | 205   |
| #10234    | Nutra BioGenesis PhytImmune                          | 218   |
| #90C35040 | GAIA Immune Mushroom Blend                           | 144   |
| #165341   | Kyolic Formula 103 Immune                            | 156   |
| #165342   | Kyolic Formula 103 Immune                            | 156   |
| #165343   | Kyolic Formula 103 Immune                            | 156   |
| #AM-IACCF | Aloha Medicinals Immune Assist Critical Care Formula | 166   |
| #AHP002   | Immune Extra 3                                       | 55    |

# What's Good For...?

## Candida

The 7 most common causes of Candida include a high sugar diet, antibiotics, chronic stress, the contraceptive pill, mercury in your fillings, and diabetes. Usually, two or more of these triggers are to blame. For example, a diet full of inflammatory foods and sugars is more likely to cause a Candida overgrowth when combined with a course of antibiotics. It's easy to see how following the 8 Laws of Health would make it much less likely for a person to come down with Candida or Yeast infection.

Here is a simple chart to help you know what foods to eat and what foods to avoid.

### Protocol:

| Code #         | Product                            | Pg. # |
|----------------|------------------------------------|-------|
| #165241        | Kyolic Formula 102                 |       |
| #165242        | Candida Cleanse & Digest           | 156   |
| #3308          | NOW Candida Clear                  | 195   |
| #3319          |                                    |       |
| #CAND6         | CandidaStat                        | 229   |
| #E00503        | Enzyme Science Candida Control     | 228   |
| #231234        | Super Strength Oreganol P73        | 187   |
| #06.NF.15F.120 | Nutritional Frontier CandiKill     | 220   |
| #06.NF.15F.240 |                                    |       |
| #NN-FUNGAL     | Northern Nutrition Fungal Zyme     | 188   |
| #CAP1          | Pure Encapsulations Capyillic Acid | 252   |

## FOODS TO TREAT CANDIDA

### HOW TO STARVE CANDIDA

Stop eating sweet, yeasty and fermented foods. Remove these from your diet:

|                                                                                                         |                                                                                                                   |                                                                                                      |                                                                                                    |                                                                                                      |                                                                                                    |
|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <br>Cakes              | <br>Breads or Pasties With Yeast | <br>Fruit Juice    | <br>Soda        | <br>Honey         | <br>Maple Syrup |
| <br>Agave Nectar       | <br>Sugars                       | <br>Sweet Biscuits | <br>Dried Fruit | <br>Melons        | <br>Grapes      |
| <br>Camembert and Brie | <br>Wine                         | <br>Cider          | <br>Blue Cheese | <br>Yellow Cheese | <br>Beer        |

### HOW TO IMPROVE CANDIDA

Eat these foods:

|                                                                                                       |                                                                                                  |                                                                                                       |                                                                                                           |                                                                                                 |                                                                                                    |
|-------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| <br>Garlic         | <br>Onion     | <br>Pumpkin Seeds | <br>Rutabaga (Swede) | <br>Thyme  | <br>Turmeric  |
| <br>Cayenne pepper | <br>Calendula | <br>Golden Seal   | <br>Lemon & Limes    | <br>Ginger | <br>Echinacea |

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In Addition:  
To do a Candida Cleanse restrict your diet to raw salads and steamed, non starchy vegetables. Remove sugars!

| Code #    | Product                           | Pg. # |
|-----------|-----------------------------------|-------|
| #PE-00901 | Pure Essence Candex™<br>40 VCaps  | 257   |
| #PE-00903 | Pure Essence Candex™<br>80 VCaps  | 257   |
| #PE-00902 | Pure Essence Candex™<br>120 VCaps | 257   |
| #CAND02   | Candisol 40 VCaps                 | 60    |

# What's Good For...?

## Chinese Corona Virus

The best thing is PREVENTION. Stay healthy or get healthy, so you don't come down with the virus in the first place, and if you do get it, your immune-system will be strong to fight it off. Follow the 8 Laws of Health.

We put a lot of stock in Dr. Neil Nedley, MD, President of Weimar Center of Health & Education. His recommendation for prevention and if you contract CCV is:

- 50 mg of Zinc/day
- 1200 mg of NAC/day
- Elderberry Syrup (or equivalent) every day,
- Vitamin D3, 5000 IU/day
- Vitamin C – 1000 mg 2X/day
- Quercetin – 1000 mg/2Xday
- Melatonin – 3mg/day or less if sublingual.

### Protocol:

| Code #  | Product                                                         | Pg. # |
|---------|-----------------------------------------------------------------|-------|
| #1520   | NOW Zinc                                                        | 210   |
| #0085   | NOW NAC                                                         | 191   |
| #0185   |                                                                 |       |
| #62803  | Flora Elderberry Crystals                                       | 122   |
|         | GAIA Elderberry Syrups & Gummies                                | 131   |
| #688552 | Dr. Christopher's Garlic Immune Syrup AKA THE ANTI-PLAGUE SYRUP | 107   |
| #114052 | JARROW Quercetin                                                | 170   |

## Circulation & Blood Clots

Poor Circulation is a big problem for many. It means your blood is not traveling through your body as it should, therefore the Oxygen and Nutrients the blood was designed to carry throughout the body are not going where they need to go.

But the problem is deeper. Poor circulation is a RESULT of other conditions such as ~ Obesity, Diabetes, Heart Conditions, and Arterial Issues. THOSE are the ROOT of the poor circulation. So, treating the Poor Circulation, is really like just picking off the bad leaves off the unhealthy tree, it's not getting to the real problem.

I'll give you some suggestions of products to improve your circulation but if you get to the root of the problem as to WHY you have Poor Circulation and deal with that, that is where you will get the best results.

### Protocol for Circulation:

| Code #         | Product                                                                                    | Pg. # |
|----------------|--------------------------------------------------------------------------------------------|-------|
| #689110        | Dr. Christopher's Blood Circulation                                                        | 102   |
| #649810        |                                                                                            |       |
| #165641        | Kyolic Garlic Formula 106 Circulation                                                      | 155   |
| #165642        |                                                                                            |       |
| #165643        |                                                                                            |       |
| #2260          | NOW Lecithin Granules                                                                      | 207   |
| #2262          |                                                                                            |       |
| #06.NF.535.120 | Nutritional Frontier CircuCORE                                                             | 220   |
| #06.NF.116.060 | Nutritional Frontiers Active B-12 Folate<br>(Can help improve Peripheral Arterial Disease) | 219   |
| #129026        | JARROW FORMULAS Venous Optimizer                                                           | 171   |
| #4626          | NOW Celery Circulation                                                                     | 199   |

### Protocol for Blood Clots:

| Code #         | Product                             | Pg. # |
|----------------|-------------------------------------|-------|
| #17.NF.898.120 | Nutritional Frontiers Nattokin Plus | 223   |
| #3140          | NOW Nattonkinase                    | 194   |
| #3141          |                                     |       |

# What's Good For...?

## Constipation, Diarrhea & Colon Health

When your septic system gets clogged up in your house, your house is a MESS. Likewise, when your colon gets clogged up, your body is a MESS. You should be eating 2-3 meals a day (not more than 3) and NOTHING in between meals, not even an apple. Ideally, you should have a bowel movement for each time you eat...as it comes in...it must go out. Otherwise, you are reabsorbing the toxins that you should be flushing out of your system. By eating a diet high in fiber, you will encourage your body to eliminate the way God made us to. If your diet consists of fruits, grains, nuts and vegetables without the refined foods and fast foods, and you are drinking plenty of water and getting enough exercise, you shouldn't have any problem with constipation. Constipation is at the ROOT of many serious health problems. I have customers, who before changing their diet and lifestyle would only have a bowel movement every 7-10 days! I cannot imagine that! Following the 8 Laws of Health will go a long way towards fixing any colon problem you might have.

### Protocol:

| Code #                             | Product                                             | Pg. # |
|------------------------------------|-----------------------------------------------------|-------|
| #5993                              | Fiber3 Organic                                      | 196   |
| #MSP64                             | Master Supplements TruFiber                         | 86    |
| #TM4020                            | SunFiber Invisible Fiber                            | 85    |
| #5975                              | NOW Psyllium Fiber                                  | 196   |
| #TMT09                             | Traditional Medicinals Smooth Move                  | 80    |
| #4620                              | NOW Cascara Sagrada                                 | 203   |
| #2454                              | NOW Easy Cleanse AM & PM 15 Day Cleanse             | 89    |
| #689101                            | Dr. Christopher's Lower Bowel Caps                  | 87    |
| #649801                            | Dr. Christopher's Lower Bowel Extract               | 87    |
| #634641                            | Dr. Christopher's Quick Colon                       | 88    |
| #D00164                            | DEVA Colon Assist                                   | 88    |
| #05.NF.929A.060<br>#05.NF.929A.120 | Nutritional Frontiers Super Biotics II              | 225   |
| #02.NF.313L.030                    | Nutritional Frontiers GI COMPLETE                   | 221   |
| #01.NF.240.176                     | Nutritional Frontiers Fiber                         | 90    |
| ##NN-GI                            | Northern Nutrition GI-Purify                        | 188   |
| #103028                            | JARROW Ideal Bowel Support                          | 169   |
| ##PF0104                           | Michael Tierra's TRI-CLEANSE (very helpful for IBS) | 86    |

### Protocol for Children:

| Code #  | Product                         | Pg. # |
|---------|---------------------------------|-------|
| #644709 | Dr. Christopher's Kid-e-Reg Ext | 112   |

**Diarrhea?** ~ If you have been having Diarrhea, we offer these suggestions:

### Protocol for Diarrhea:

| Code #          | Product                                             | Pg. # |
|-----------------|-----------------------------------------------------|-------|
| #J30041         | JARROW Saccharomyces Boulardii PLUS MOS             | 170   |
| #05.NF.399A.090 | Nutritional Frontiers SBC II                        | 224   |
| #2394           | NOW Saccharomyes Boulardii                          | 195   |
|                 | Charcoal Page                                       | 53    |
| #4750           | NOW Slippery Elm Caps                               | 204   |
| ##PF0104        | Michael Tierra's TRI-CLEANSE (very helpful for IBS) | 86    |

Also taking a FIBER supplement (*see left*) will help to absorb some of the fluid in your colon and slow down the diarrhea.

## Diabetes

Have you ever noticed how Diabetes seems to “run in the family”? Why do you think that is? It is because most times, SON eats like FATHER who eats like GRANDFATHER who ate like GREAT GRANDFATHER. If they all eat the same foods, they will naturally have the same health conditions. Type 2 Diabetes is a health issue that can be completely overcome by diet & exercise. Follow the 8 Laws of Health and watch your numbers improve quickly! In addition to changing your diet and exercising, we offer the following supplements which have helped many diabetics reduce or eliminate their medications.

### Protocol:

| Code #          | Product                                                                                                              | Pg. # |
|-----------------|----------------------------------------------------------------------------------------------------------------------|-------|
| #105            | ENP Blood Sugar Balance                                                                                              | 116   |
| #10298          | Nutra BioGenesis Diabetone Plus                                                                                      | 217   |
| #GST            | Douglas Laboratories Glucoset                                                                                        | 101   |
| #J90025         | JARROW Formulas Glucose Optimizer                                                                                    | 169   |
| #17.NF.406A.120 | Nutritional Frontiers Sugar Solve                                                                                    | 225   |
| #06.NF.116.060  | Nutritional Frontiers Active B12 Folate (Benefits those using Metformin, improves circulation in the small arteries) | 219   |
| #90A56060       | GAIA Glycemic Health                                                                                                 | 142   |

# What's Good For...?

## Digestion

You can be eating the most healthy foods, but if you are not digesting them, you are not receiving their benefit. The older we get, the fewer digestive enzymes our bodies make, which causes us to have more trouble digesting our foods. Bloating, gas, belching, nausea, burning in the stomach, bad breath, heart burn, etc... are all symptoms of poor digestion. Again, not to sound like a broken record, but following the 8 Laws of Health can alleviate a lot of these problems. Here are a few very important rules to follow to improve your digestion:

1. NEVER eat in-between meals, not even a crumb. Your poor stomach is just like every other muscle in your body, it needs to rest... and when you snack all day long it NEVER gets to rest. That is why so many people by the time they are 50, their stomachs are worn out. You see, it takes about 5 hours for your meal to digest. Say you eat breakfast at 7 and two hours later you eat just one peanut. Your entire breakfast stops in its tracks and waits for that peanut to catch up, then the digestion resumes. While the breakfast is waiting there for the peanut to catch up, it starts to ferment and causes gas and indigestion, as it is in this warm, moist environment. Every time you eat something before the previous meal is fully digested, you add HOURS to the digestion process...slowly weakening your stomach.
2. Don't drink with your meals. Before your food can be digested, the liquid has to be absorbed. Drinking with your meal slows down the digestion process, causing gas and indigestion.
3. Don't eat late dinners. Your metabolism is the slowest in the evening after a long day and your stomach is tired, just like the rest of your body. Eating a heavy meal in the evening, and laying down shortly afterwards, is the cause of many heart attacks.

4. Your biggest meal should be breakfast, a medium size lunch and little or no dinner. Al and I have eaten just 2 meals a day for 40 years. We have breakfast at 7AM and lunch at 2 PM. We love this plan! We feel very good. We have more time, lots of energy and it saves us \$\$\$.
5. Don't drink coffee. Caffeine causes lots of digestion problems. *Ask us for a sample of the Dandy Blend – our Herbal Coffee.*

As we age, our body makes less enzymes and it becomes necessary to supplement at times. We recommend enzymes that are from PLANT SOURCES and not animal enzymes, because when you take animal enzymes, your body thinks it doesn't have to make them anymore but if you take PLANT ENZYMES, your body keeps working at making enzymes on it's own.

### Protocol:

Check out our Transformation Enzymes on page 271. They are a top notch Enzyme company with specific enzymes for various health conditions.

Probiotics are also very beneficial for Digestive problems. Please check them out on page 195.

| Code #          | Product                                          | Pg. # |
|-----------------|--------------------------------------------------|-------|
| #2966           | NOW Plant Enzymes                                | 194   |
| #2967           |                                                  |       |
| #90J07085       | Floradix Gallexier Herbal Bitters (alcohol-free) | 134   |
| #FLP-715        | Forever Living Products Aloe Vera Gel            | 128   |
| #2918           | NOW Betaine HCl                                  | 195   |
| #2958           | NOW Optimal Digestive System                     | 194   |
| #17.NF.235B.90  | Nutritional Frontiers Cybzyme                    | 220   |
| #17.NF.235B.180 |                                                  |       |
| #01.NF.52E.090  | Nutritional Frontiers ProbZyme                   | 224   |
| #NN-PRO         | Northern Nutrition Pro-3-Zyme                    | 189   |
| #NN-ZYM180      | Northern Nutrition Zym-Boless                    | 189   |
| #NN-ZYM360      |                                                  |       |
| #123012         | Jarrow-Zymes Plus Vegetarian Pancreatin          | 171   |

# What's Good For...?

## Energy!

One of my favorite topics! There are very few people in the world who would say that they don't need more energy....but honestly, I'm one of those people. I have plenty of energy, just not enough time to do all the things I want to do! If you follow the 8 Laws of Health, you shouldn't be lacking in energy. The #1 "side-effect" from our Better Than Greens product is ENERGY! So if you are low on energy, you owe it to yourself to try the BTG's!

I hope that none of you are turning to the "ENERGY DRINKS" for your energy. They are very unhealthy for you and will help you burn your adrenal glands out, to the point where they may never recover. Caffeine doesn't give you REAL ENERGY....it too, robs the adrenal glands and in the LONG RUN you are more tired than before. What you need is a good healthy diet, exercise, plenty of water and SLEEP. You cannot "burn the candle on both ends" without it finally catching up with you. Remember that the sleep you get BEFORE midnight is worth TWICE what the sleep AFTER midnight is worth. That is why I go to bed between 8 and 8:30 PM. By 3:30 or 4:00 AM, I am ready to go!

### Protocol:

| Code #         | Product                                      | Pg. # |
|----------------|----------------------------------------------|-------|
| #01.NF.727.030 | Nutritional Frontiers Pro Red Powder         | 224   |
| #90E86060      | GAIA Adaptogen Performance Mushrooms & Herbs | 136   |
| #90C37040      | Cordyceps Mushroom                           | 136   |
| #90C15003      | GAIA Everyday Adaptogen                      | 136   |
| #90A06060      | GAIA Energy Vitality                         | 136   |
|                | B-12 (See NOW B-12 )                         | 211   |
| #64800         | Flora Organic Beet Crystals                  | 122   |
| #3168          | NOW PQQ Energy                               | 207   |
| #PE-02003      | Pure Essence EnergyPlus™ 60 VCaps            | 257   |
| #PE-02004      | Pure Essence EnergyPlus™ 120 VCaps           | 257   |

## Epstein Barr Virus

Epstein-Barr virus (EBV), also known as human herpesvirus 4, is a member of the herpes virus family. It is one of the most common human viruses. EBV is found all over the world. Most people get infected with EBV at some point in their lives. Symptoms include: fatigue, fever, inflamed throat, swollen lymph nodes in the neck, enlarged spleen, swollen liver, and a rash. Most people get over it with no issues but those who have weakened immune-systems can become very sick.

### Protocol:

| Code #    | Product                        | Pg. # |
|-----------|--------------------------------|-------|
| #4598     | NOW Astragalus                 | 201   |
| #4746     | NOW Olive Leaf Extract         | 202   |
| #68090    |                                |       |
| #68070    | Floressence Tea                | 122   |
| #68072    |                                |       |
| #90A46060 | GAIA Astragalus                | 143   |
| #90A46120 |                                |       |
| #90A15060 | GAIA Olive Leaf Extract        | 144   |
| #90A15120 |                                |       |
|           | Colloidal Silver Page          | 81    |
| #31831    | Nutra Biogenesis Monolaurin    | 218   |
| #6MONO    | Ecological Formulas Monolaurin | 115   |

# What's Good For...?

## Eye Health

Imagine! The Bible says about Moses, “And Moses was an hundred and twenty years old when he died: his eye was not dim, nor his natural force abated.” Deuteronomy 34:7. I am 60 years old, I wish I had the same testimony as Moses had...I've worn glasses all my life. I'm on the computer with the business many hours a day, like many of you....and that is really hard on your eyes. I know how important it is to take care of your eyes...

### Protocol:

| Code #          | Product                                      | Pg. # |
|-----------------|----------------------------------------------|-------|
| #136904         | Diamond Eye Health                           | 114   |
| #4668           | NOW Eyebright herb                           | 203   |
| #644108         | Dr. Christopher's Bilberry Eye               | 102   |
| #689120         | Dr. Christopher's Herbal Eyebright Formula   | 103   |
| #689420         | Dr. Christopher's Herbal Eyebright Extract   | 108   |
| #4612           | NOW Bilberry Complex                         | 201   |
| #3064           | Lutein 25 mg & Zeaxanthin 5 mg.              | 197   |
| #MACU3          | Pure Encapsulations Formula Macular Support  | 253   |
| #129003         | JARROW FORMULAS Vision Optimizer             | 171   |
| #L99336         | Life Extension MacuGuard w/Saffron & Astax   | 173   |
| #06.NF.308A.090 | Nutritional Frontiers 20/20 Eye Formula      | 219   |
| #N01618         | Nordic Naturals Algae Omega, Vegan DHA & EPA | 227   |
| #PE-19002       | Pure Essence VisionEssence™ 60 VCaps         | 267   |

## Fibromyalgia Protocol:

| Code #         | Product                         | Pg. # |
|----------------|---------------------------------|-------|
| #0076<br>#0081 | NOW Acetyl-L-Carnitine          | 190   |
| #0446          | NOW B-1                         | 211   |
| #3145          | NOW CoQ10 & Ubiquinol           | 200   |
| #1300          | NOW Magnesium Malate            | 209   |
| #2145          | D-Ribose                        | 190   |
|                | NOW 5-HTP                       | 190   |
| #23106         | MRM Vegan Vitamin D-3, 5000 IU  | 177   |
| #D66003        | DEVA Vitamin D-3, 5000 IU       | 100   |
| #BFC250HL      | Barleans's High Lignan Flax Oil | 61    |

## Fibromyalgia

Fibromyalgia is an auto-immune disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain and spinal cord process painful and nonpainful signals.

Symptoms often begin after an event, such as physical trauma, surgery, infection or significant psychological stress. In other cases, symptoms gradually accumulate over time with no single triggering event.

Women are more likely to develop fibromyalgia than are men. Many people who have fibromyalgia also have tension headaches, temporomandibular joint (TMJ) disorders, irritable bowel syndrome, anxiety and depression. While there is no cure for fibromyalgia, there are some natural supplements that help control the symptoms. Exercise, relaxation and stress-reduction measures also help.

<https://www.mayoclinic.org/diseases-conditions/fibromyalgia/symptoms-causes/syc-20354780>

The most effective supplements for fibromyalgia are those that support mitochondrial function, reduce pain, or which promote sleep. The first group of supplements to consider are those that improve energy production in muscle cells, helping muscles to relax and reducing the tightness and worsens pain. These include thiamin (vitamin B1), magnesium, acetyl-l-carnitine, ubiquinol coenzyme Q10 and ribose. Other supplements that help to reduce pain include cannabidiol or CBD oil, celadrin, omega-3, vitamin D3 and turmeric. Supplements that can improve sleep problems include CBD, 5-HTP, and cherry juice.

<https://drsarahbrewer.com/best-supplements-for-fibromyalgia?cn-reloaded=1>

## Fibromyalgia Protocol, Con't.:

| Code #                            | Product                                   | Pg. #   |
|-----------------------------------|-------------------------------------------|---------|
| #01.NF.539.120<br>#02.NF.539A.030 | Nutritional Frontiers Mag Complete        | 222     |
| #06.NF.291.030<br>#06.NF.291.060  | Nutritional Frontiers Turmeric Plus       | 226     |
|                                   | CBD Oil                                   | 91, 142 |
| #MAG48                            | Pure Encapsulations Magnesium (glycinate) | 254     |

# What's Good For...?

## Gallbladder Disease

Your gallbladder releases a greenish fluid called bile every time you eat to help your body digest fats and vitamins. The bile flows down to your small intestine through tubes called ducts. When something goes wrong with your gallbladder or the bile ducts, the upper right side of your belly may hurt. Symptoms of a gallbladder in trouble are: Pain, Nausea or Vomiting, Fever or Chills, Chronic Diarrhea, Jaundice, Unusual Stools or Urine. Normally, Gallbladder issues are caused by a high fat, refined, fast-foods type of diet. Follow the 8 Laws of Health and you are not likely to have any more Gallbladder issues.

### Protocol:

| Code #    | Product                                       | Pg. # |
|-----------|-----------------------------------------------|-------|
| #689101   | Dr. Christopher's Lower Bowel Formula         | 87    |
| #49801    |                                               |       |
| #649803   | Dr. Christopher's Liver & Gallbladder Formula | 87    |
| #689103   |                                               |       |
| #90J07085 | Floradix Gallexier Herbal Bitters             | 134   |
| #NN-ART   | Northern Nutrition Artichoke                  | 188   |
| #4592     | NOW Artichoke Caps                            | 201   |

## Olive Oil and Lemon Juice Liver and Gallbladder Flush Recipe

This liver-gallbladder cleanse can be performed either over 3 days or 7 days depending on what is convenient. The 3 day method is more difficult to perform and also more inconvenient for many people who have to go to work or take care of a family, but it is possibly more effective as the bowel also gets cleansed along the way. The first part of the cleanse consists of consuming a lot of apples or apple juice, which softens up the gall stones which block the bile ducts which lead to and from the liver and gall bladder. The second parts involved drinking a cup of lemon juice and olive oil which causes the gall bladder and liver to flush bile into the bowel, which pushes out the stones and toxins.

If undertaking the 3 day liver cleanse, then the person should consume as many apples, apple juice and apple cider as they can. No other food or solids should be taken during the 3 days. Be sure that the apple juice is either freshly squeezed, or if you are buying it already made, please make sure it with no additives, such as vitamin C or ascorbic acid or anything else.

If undertaking the 7 day live cleanse, the person should drink as much freshly squeezed or apple juice and apple cider vinegar as comfortable for the duration of the 7 days. Over 1 quart is recommended per day. During this week, do not eat meat, dairy or wheat products. Have no sugar and, if possible, stay away from coffee and cigarettes. You basically want to try to have only alkaline forming foods, This helps to detox the body. On the last day of the 7 days, consume a light vegetarian meal for lunch and have no dinner, except maybe an orange or grapefruit.

Now, whether you are doing the 3 day or 7 day liver cleanse, the instructions are the same. On the final day, around dinner time, drink a cup of prune juice, this will help with moving your bowels the following day, you may also take an enema now if you wish. 1 hour after the prune juice take a good herbal laxative that you know will get you moving, we recommend Dr. Christopher's Lower Bowel Formula. Start taking it a couple of days before the final day, and then whatever amount got you moving, increase it by 50%.

Some liver flushes recommend taking Epsom Salt (or magnesium sulfate) at this point, do not do this as it is dangerous and can damage the body.

Just before bed measure out 120 mL (~half a cup) of room temperature, unrefined extra-virgin olive oil (or you can use more if you want, up to 240 mL, if you want a stronger flush. But it is recommended to start with 120 mL on your first flush as you may feel sick). Mix the olive oil with the same amount of fresh organic lemon juice (120-240 mL) at room temperature. Squeeze the lemon juice and mix both in a blender. If you don't own a blender, shake the mixture well in a jar. Then drink it. Hold your nose and gulp it down fast. Or if you really like olive oil and lemon juice you can drink it slowly and savor the flavor :-).

At this point some people may feel nauseated, but don't worry and just try to hold the drink down, Now go bed and lie on your right side with your knees up to your chest for at least 30 mins, the longer the better.

The next morning, have another cup of herbal laxative and some more prune juice about 30 mins later. Some time on this day you should have a big experience on the toilet. Keep an eye out for the stones, you may not see them as they may have been liquefied by all the apples you ate.

Have a look at what comes out and look for little green balls or blobs. They are usually light green to dark green and sometimes turquoise. Black stones may appear, but that is very rare in western countries. The stones may range from a thick liquid (if you've consumed a lot of apples or juice!) to the size of your thumb. The normal size is a little larger than a watermelon seed to the size of a small coin.

Usually you can see them easily. If you found a lot of stones (approx. ½ cup or more if they were all in a blob), you should do the flush again in another two weeks.

To prevent the problem from recurring, you should remove unhealthy fatty foods & meat from your diet by adapting to a plant based diet.

If the colon is also not clean, it is recommended to perform the liver/gallbladder cleanse first, as it cleanses the colon first, then nourishes the liver/gallbladder while cleansing it with herbs. 2 weeks after this program then the olive oil/lemon flush can be performed. This is recommended because most liver problems begin in the colon, hence cleansing it first is important.

# What's Good For...?

## H. Pylori

H. pylori is a bacteria. It's the most common cause of peptic ulcer disease. H. pylori can also inflame and irritate the stomach lining (*gastritis*). Untreated, long-term H. pylori infection can lead to stomach cancer. H. pylori multiplies in the mucus layer of the stomach lining and duodenum. The bacteria secretes an enzyme called urease that converts urea to ammonia. This ammonia protects the bacteria from stomach acid. As H. pylori multiplies, it eats into stomach tissue, which leads to gastritis and/or peptic ulcer.

Symptoms and signs, if present, are those that arise from gastritis or peptic ulcer and include:

- Dull or burning pain in your stomach (*more often a few hours after eating and at night*). Pain lasts minutes to hours and may come and go over several days to weeks.
- Unplanned weight loss.
- Bloating.
- Nausea and vomiting (*bloody vomit*).
- Indigestion (*dyspepsia*).
- Burping.
- Loss of appetite.
- Dark stools (*from blood in your stool*).

### Protocol:

| Code #   | Product                                          | Pg. # |
|----------|--------------------------------------------------|-------|
| #PYLOR   | Douglas Laboratories Pylori-Plex                 | 101   |
| #31831   | Nutra BioGenesis Monolaurin                      | 218   |
| #LIMON-1 | JARROW d-Limonene, Natural Orange Peel           | 169   |
| #BIOC8   | Bio Botanical Research Biocidin Advanced Formula | 62    |
| #GIDET   | Bio Botanical Research G.I. Detox                | 62    |

## Hair, Skin & Nails

Your hair, skin & nails are sort of windows into your body, letting you know how your overall health really is. We've had many customers tell us that their, hair, skin & nails improved just by using the Better Than Greens every day. I've been using the same shampoo for nearly 40 years, and I love it ~ it's the Forever Living Products Aloe Vera Shampoo.

### Protocol:

| Code #    | Product                                     | Pg. # |
|-----------|---------------------------------------------|-------|
| #FLP-521  | Forever Living Aloe-Jojoba Shampoo          | 126   |
| #90A40060 | GAIA Hair, Skin & Nail Support              | 130   |
| #3381     | NOW Hair, Skin & Nails Vegan                | 248   |
| #3373     | NOW Clinically Advanced Hair, Skin & Nails  | 215   |
| #0471     | NOW Biotin                                  | 212   |
| #8404     | Bamboo Silica Beauty                        | 247   |
| #9760005  | Natureworks Body Essential Silica w/Calcium | 230   |
| #170230   | Shen Min Advanced Hair Formula for Men      | 248   |
| #170540   | Shen Min Advanced Hair Formula for Women    | 248   |

# What's Good For...?

## Headaches & Migraines

Often times, DEHYDRATION is at the root of headaches & migraines. MSG is a big cause of migraines, too. Make sure to drink plenty of water, get enough sleep and avoid stress as much as possible. Fatty foods and sugary foods bring a fog over our minds, try 10 days without any junk food and see if you don't see an improvement. A common side-effect of cleansing or detoxing is a headache. Another common reason people get headaches is if they missed their morning coffee or "caffeine fix". Caffeine is a drug, the same as heroine and meth...and it has side-effects. Caffeine narrows the blood vessels in your brain. Without caffeine, your blood vessels widen. The resulting boost in blood flow can trigger a headache. There is nothing good about coffee except the smell. It causes, (just to name a few things) high blood pressure, ulcers, hiatal hernias, prostate cancer, depression, breast cancer and osteoporosis. When you decide to kick the caffeine habit, your headaches may last up to a week, and then you will be free from the slavery of addiction.

### Protocol:

| Code #    | Product                                      | Pg. # |
|-----------|----------------------------------------------|-------|
| #15023    | Dandy Blend instead of Coffee                | 95    |
| #4670     | NOW Feverfew Herb                            | 201   |
| #10228    | Nutra BioGenesis Migra-Clear Ultra           | 217   |
| #MAG48    | Pure Encapsulations Magnesium glycinate      | 254   |
| #0447     | NOW B-2                                      | 211   |
| #90C82060 | GAIA Turmeric Supreme Extra Strength Gummies | 139   |

### Heart Health: Protocol for High Cholesterol:

| Code #                        | Product                                                                                           | Pg. # |
|-------------------------------|---------------------------------------------------------------------------------------------------|-------|
|                               | Check out the Red Yeast Rice. Red Yeast Rice works like the Statin drugs without the side-effects | 199   |
| #19.NF.170.090                | Nutritional Frontiers Cholesto Red                                                                | 220   |
| #165441<br>#165442<br>#165443 | Kyolic Cholesterol                                                                                | 156   |
| #E70326                       | EuroMedica Healthy Cholesterol/Triglycerides (heavily used in Europe)                             | 121   |

## Heart Health

Here comes the "broken record" again. If we would eat like God told us to eat, a PLANT based diet, the vast majority of heart problems would be eliminated. It's cholesterol that clogs up the arteries and causes heart attacks. The only place cholesterol comes from is from MEAT & DAIRY products. The Statin drugs people take to lower cholesterol cause liver, eye and muscle damage. Far better to take Red Yeast Rice, it works like the Statin drugs, without the side-effects, or Amla another herbal supplement that has a track record of boosting the good Cholesterol an average of 14% as well as lowering the bad Cholesterol. CoQ10 gets Oxygen to the heart and the brain....if you have any heart or head troubles, I highly recommend CoQ10, in Europe, everyone who has heart or head trouble, take CoQ10. Hawthorn Berry is known for strengthening the heart....it is in all good heart formulas. Lecithin works like the "roto-rooter" dissolving the bad fats in the arteries, causing the circulation to improve and is very good for the brain, it feeds your brain cells. The Lecithin Granules are 3X's as effective as the Lecithin softgels, and the granules do not taste bad at all.

### Protocol for Heart in General:

| Code #                        | Product                                        | Pg. # |
|-------------------------------|------------------------------------------------|-------|
|                               | NOW CoQ10                                      | 200   |
| #686744                       | Dr. Christopher's Hawthorn Berry               | 107   |
| #4708                         | NOW Hawthorn Berry Extract                     | 199   |
| #90A31160<br>#90A31120        | GAIA Hawthorn Berry                            | 142   |
| #2260<br>#2262                | Lecithin Granules                              | 207   |
| #90E19060                     | GAIA Turmeric Supreme Heart Formula            | 138   |
| #17.NF.28D.120                | Nutritional Frontiers Cardio Stack             | 220   |
| #06.NF.116.060                | Nutritional Frontiers Active B12 Folate        | 219   |
| #01.NF.393.060                | Nutritional Frontiers EnerDMG                  | 221   |
| #06.NF.535.120                | Nutritional Frontier CircuCORE                 | 220   |
| #165042<br>#165043<br>#165091 | Kyolic Cardiovascular                          | 155   |
| #E70326                       | EuroMedica Healthy Cholesterol & Triglycerides | 121   |
| #N01618                       | Nordic Naturals Algae Omega Vegan EPA & DHA    | 227   |

# What's Good For...?

## Heavy Metal Detox

Many of us have accumulated harmful lead, mercury or other heavy metals in our bodies over the years, from tooth fillings, water, food sources, industrial chemicals, medicines, paints, insecticides, etc. There are some natural ways to pull them out of your system.

### Protocol:

| Code #     | Product                                         | Pg. # |
|------------|-------------------------------------------------|-------|
| #NHCACP10  | Natural Health Corner Activated Charcoal Powder | 53    |
| #498950-06 | Activated Charcoal VCaps                        | 53    |
| #2632      | NOW Chlorella Tabs                              | 198   |
| #2638      | NOW Chlorella Powder                            | 198   |
| #689146    | Dr. Christopher's Heavy Metal Bugleweed         | 103   |
| #T95032    | Thorne's Heavy Metal Support                    | 270   |
| #T06701    | THORNE Pectinate                                | 270   |
| #0085      | NOW NAC                                         | 191   |
| #0086      |                                                 |       |
| #0185      |                                                 |       |
| #0104      | NOW Glutithione                                 | 191   |
| #117002    | JARROW FORMULAS Yaeyama Chlorella               | 169   |

## Hemorrhoids

Hemorrhoids are painful. Hemorrhoids usually stem from a diet deficient in fiber, causing one to strain while on the toilet. Pregnancy can bring them on, too. Normally, fixing the diet, following the 8 Laws of Health, is all it takes to get rid of them. We have been selling a product called Beyond Relief for 20 years for hemorrhoids and believe me, there is NOTHING on the market that works for hemorrhoids like this does!

A customer who used this product gave me a remarkable testimony a few years back. I have heard similar results from many people. Make sure to read his testimony below.

### Protocol:

| Code # | Product              | Pg. # |
|--------|----------------------|-------|
| #62316 | Esteem Beyond Relief | 119   |

Hi Tammy and Better Than Greens,

My name is George and as embarrassing as it is to admit—I suffer from hemorrhoids, the external kind. I had this problem about 3 years ago which ultimately ended in surgery. Why? Because no doctor that I talked with gave me any real advice that worked. Fiber, witch hazel pads, sitz baths, Prep H., blah blah blah—none of it worked. In fact, it only got worse. Surgery cured me—painful, expensive surgery.

Then about 1 month ago—in a flash another external hemorrhoid came back. I was crushed. I was so upset, I was literally near tears at the thought of going back to surgery. I decided this time—I will do my own research and not rely on a doctor's bubble gum advice.

First off, I do not work for Esteem or have any affiliation with them whatsoever. I saw their advertisement on a website and decided to do research on them (along with about 6 other products). I had many doubts and reservations—I mean, how can any product fix a problem that even a doctor could not fix, right?

I ordered Esteem "Beyond Relief" vein and hemorrhoid care from Tammy, and I said to myself, "Well for 20 dollars it will be worth it, even if I only get some relief". In other words, I wasn't expecting a cure, just "relief" Well, I was SO WRONG.

Within 48 hours—it was shrinking—literally. Within a week it was 1/4 the size it was before. Finally after 3 weeks—it is completely gone. I mean gone! Nothing was there. In fact, I am "better" than before. I am still floored.



I felt obligated to write a review to tell others about what had happened to me and how this Esteem Product literally saved my ass, pardon the pun.

In closing, feel free to contact me personally and ask me about the product. I'll tell it to you straight.

Also, here's one more piece of advice I followed to aid my cure, I read Online to give up eating red meat for 30 days to help further the healing "down there". Red meat seems to be a big cause for hemorrhoids.

Like I said, I'm still a tad embarrassed even talking about this problem—but I would like to help others beat this. It is beatable! I know that now.

George - from Florida flaook@knology.net

# What's Good For...?

## Hormone Issues

*Too much Estrogen?*

*Worried about Prostate, Breast  
or Uterine Cancer?*

### **Consider DIM-D!**

#### **What Is DIM (Dim D)?**

DIM (diindolylmethane), is a food-based compound found in cruciferous vegetables like broccoli, cabbage, cauliflower and Brussel's sprouts. Studies have shown that it has the ability to reduce the risk of certain cancers, especially those influenced by excessive estrogen levels, such as breast, uterine and prostate. DIM can also stimulate fat breakdown and encourage an increase in muscle mass.

#### **Vitamin D3 - Therapeutic Amounts**

The following excerpt comes from Dr. Scott Rollins, MD, founder and Medical Director at the Integrative Medicine Center of Western Colorado.

This is a very well-written and comprehensive account of the effects of DIM and how to best use this supplement to make the most out of its incredible benefits:

“Lower your risk of cancer, help lose weight and build muscle – all remarkable benefits of a simple food supplement called DIM. For men or women, DIM is something to consider as part of an overall supplement program.

“DIM, or diindolylmethane, is a plantbased compound found in cruciferous vegetables, such as brussel sprouts, cabbage, broccoli and cauliflower. DIM has been shown in studies to reduce the risk of certain cancers, especially those driven by abnormally high estrogen levels, such as breast, uterus and prostate cancer. DIM can also stimulate the breakdown of fat while encouraging muscle development.”

#### **Effects of DIM**

Both men and women can suffer from estrogen dominance – women due to their changing menstrual cycle and the onset of the menopause and men who develop increased estrogen levels as they age or if they become overweight.

When men suffer from excess estrogen, their testosterone levels are lowered. In both men and women, DIM works to increase active testosterone levels and helps to build muscle and burn fat.

#### **Why Should I Use DIM?**

Although DIM is not suitable for everyone, it has a lot going for it as a health supplement. Older men approaching their 60s and 70s may find that their estrogen levels are increasing while their testosterone levels are falling. This leads to weight gain which causes other health problems. Thus, taking a DIM supplement would be wise to lessen this risk.

#### **Protocol:**

| Code #    | Product            | Pg. # |
|-----------|--------------------|-------|
| #PE-26111 | Pure Essence DIM-D | 257   |

# What's Good For...?

## Immune System

In today's world, with all the many diseases out there, there has never been a more important time to take care of the immune system God gave you. It doesn't matter what church you attend, there are many people who are very sick, and who are requesting the prayers of others for healing. Yet, how many Pastors are teaching their church about health? Very few. Sadly, it really seems that many Christians believe that you can eat anything you want, as long as you pray over it, and somehow that prayer turns unhealthy food into healthy food. What a deception! For the most part, the people in the Church are just as sick as the people in the World because they eat the same thing as those in the World.

It's like this...if a person smokes and then comes down with lung cancer, do you really think God is going to heal him so he can continue to smoke and destroy the temple God gave him if he refuses to give up his cigarettes? Absolutely not! God will hear and answer our prayers if we are willing to turn from our sins. It is PRESUMPTION, not FAITH, to ask God to heal us when we refuse to walk in the light He has shed on our pathway. Junk foods & sugar shouldn't be a part of the Christians diet. "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31.

Don't be discouraged by this! Take heart! Thank God that you are still alive and have time to reform your life. As our world is getting worse by the day and as we near the return of Jesus, perilous times are going to come our way. NOW is the time to do all within your power to get healthy, get off drugs and learn how to take care of health problems naturally.

Recommended on this page are some products to help you boost your immune system.

### Protocol:

| Code #                              | Product                                                             | Pg. # |
|-------------------------------------|---------------------------------------------------------------------|-------|
| #352659                             | Better Than Greens                                                  | 5     |
| #10234                              | Nutra BioGenesis PhytImmune                                         | 218   |
| #165341<br>#165342<br>#165343       | Kyolic Formula 103 Immune                                           | 156   |
| #3033                               | NOW Beta Glucan with Immune Enhancer                                | 205   |
| #644107                             | Dr. Christopher's Immune System                                     | 104   |
| #688552                             | Dr. Christopher's Super Immune Garlic Syrup (AKA Anti Plague Syrup) | 107   |
| #90A80020                           | GAIA Turmeric Immune Support                                        | 145   |
| #90C13003                           | GAIA Immune Shine – Mushrooms and Herbs                             | 144   |
| #90C35040                           | GAIA Immune Mushroom Blend                                          | 144   |
| #90E85060                           | GAIA Everyday Immune Mushroom & Herbs                               | 143   |
| #90A04060                           | GAIA Echinacea Goldenseal                                           | 143   |
| #90A16060<br>#90A16120              | GAIA Oil of Oregano                                                 | 144   |
| #90A15060<br>#90A15120              | GAIA Olive Leaf                                                     | 144   |
| #90A65020<br>#90A65040<br>#90A65080 | GAIA Quick Defense                                                  | 144   |
| #90C40040                           | GAIA Turkey Tail Mushroom                                           | 146   |
| #17.NF.628C.060                     | Nutritional Frontiers Immunomax III                                 | 222   |
| #01.NF.393.060                      | Nutritional Frontiers EnerDMG                                       | 221   |
|                                     | See Manuka Honey Section                                            | 175   |
| #P80012                             | Prescribed Choice AHCC                                              | 167   |
| #AHCCP                              | Douglas Labs AHCC Plus                                              | 101   |
| #RCT-IMM                            | Rapid Cell Therapy Immunol                                          | 268   |
| #AM-IACCF                           | Aloha Medicinals Immune Assist Critical Care Formula                | 166   |
| #E89466                             | EuroMedica Andriographis EP80 Extra Strength                        | 120   |
| #PE-29021                           | Pure Essence Immune Support System™ 60 Tabs                         | 257   |
| #PE-91601                           | Pure Essence MyPure™ Maitake 30 VCaps                               | 262   |
| #PE-91602                           | Pure Essence MyPure™ Maitake 60 VCaps                               | 262   |
| #AHP001                             | Allera Health Products ImmuneExtra                                  | 55    |
| #AHP003                             | Allera Health Products S.O.S.                                       | 55    |

# What's Good For...?

## Inflammation

Inflammation is a BIG topic. It is a natural reaction to injury or infection. The affected tissues swell, redden, become warm and tender, and may be painful. Proteins called cytokines attack the threatening germ and repair damaged tissues. Too much inflammation can do the body harm, however, leading to immobility, weight loss, and a weakening of muscle tissue and the power to fight disease. Disorders that involve specific types and/or locations of inflammation include bursitis, carpal tunnel syndrome fibromyalgia, osteoarthritis, and tendinitis, just to name a few. Cardiovascular disease also may be at least partially a result of inflammation in the linings of the arteries. Things that can trigger inflammation include drug overuse, exposure to environmental toxins, free radical damage, infections, injury trauma, and bacterial, fungal, or viral infection.

Any organ or tissue of the body, internal or external, can become inflamed. Internal inflammation is often caused by bacterial infection, but can also be caused by disorders such as allergies, anemia, arthritis, asthma, autoimmune diseases, Crohn's disease, osteoarthritis, peptic ulcer disease, or ulcerative colitis. External inflammation is most often the result of injury, but can also result from (or be aggravated by) allergies, infection, and other factors. Unfortunately, it is often difficult to identify the source or sources of inflammation.

*Prescription for Nutritional Healing*, pgs. 517, 518.

### Protocol:

| Code #                                                               | Product                                        | Pg. # |
|----------------------------------------------------------------------|------------------------------------------------|-------|
| #03.NF.623.060<br>#03.NF.623.120<br>#03.NF.623.240<br>#03.NF.268.030 | Nutrition Frontiers X-Flame                    | 226   |
| #FLP-064                                                             | Forever Living Products Heat Lotion            | 127   |
| #NN-Turmeric                                                         | Northern Nutrition Turmeric HP                 | 189   |
| #90A63060<br>#90A63120                                               | GAIA Turmeric Supreme                          | 138   |
| #90E23060<br>#90E23120                                               | GAIA Turmeric Supreme Joint                    | 139   |
| #02.NF.888.060                                                       | Nutritional Frontier HA Plus Vegetarian Powder | 221   |
| #3121                                                                | NOW D-Flame                                    | 206   |

## Infection, Virus & Fungus

Infections, viruses & funguses range from minor to major, and sometimes the minor ones turn into major ones, if you don't "nip them in the bud." We have a wide variety of products that can help you do just that.

### Protocol:

| Code #                                       | Product                                              | Pg. # |
|----------------------------------------------|------------------------------------------------------|-------|
| #689131                                      | Dr. Christopher's Infection Formula                  | 106   |
| #3033                                        | NOW Beta Glucan w/Immune Enhancer                    | 205   |
| #3055                                        | NOW Immune Renew                                     | 205   |
| Colloidal Silver Page                        |                                                      | 81    |
| #90A16060<br>#90A16120                       | GAIA Oregano Oil                                     | 144   |
| North American Herb & Spice Oregano Products |                                                      | 186   |
| #1814                                        | NOW Garlic                                           | 204   |
| #689552<br>#688552                           | Dr. Christopher's Garlic Immune Syrup                | 107   |
| #RCT-IMM                                     | Rapid Cell Therapy Immunol                           | 268   |
| #AM-IACCF                                    | Aloha Medicinals Immune Assist Critical Care Formula | 166   |
| #D0044                                       | DEVA Black Cumin Seed Oil                            | 99    |
| #ORE21                                       | Nature's Way Oregon Grape Root                       | 229   |

## Kidney Health

One of our customers was having a lot of trouble with his kidneys so they put a port in him as they figured it wouldn't be long and he would be on the dialysis machine. He was in his 80's. I told his wife that they should try the Dr. Christopher Kidney Formula and they did. After a month he went back to the Doctor and the Doctor said, "For some reason, your kidneys are working better, come back in 3 months." 3 months later, he went back and this time the Doctor said, "Well, you don't need to come back for 6 months, whatever you are doing is working, keep it up!"

### Protocol:

| Code #  | Product                                       | Pg. # |
|---------|-----------------------------------------------|-------|
| #689104 | Dr. Christopher's Kidney Formula              | 104   |
| #2463   | NOW Kidney Cleanse                            | 193   |
| #4645   | NOW Dandelion (works like a natural diuretic) | 203   |
| #1908   | NOW Water Out                                 | 193   |
| #NN-KB8 | Northern Nutrition KB-8                       | 189   |

# What's Good For...?

## Liver & Hepatitis

The liver is one of the most important organs in your body. More than 500 vital functions have been identified with the liver. It is the ONLY organ in your body that can regenerate itself. What a blessing that is! Even if you have abused your liver by drinking alcohol, smoking cigarettes and/or taking drugs, (yes, all Prescription drugs harm the liver, too), when you “turn over a new leaf”, God has made your liver to be able to RENEW itself. What a God we serve! When you wreck your car or burn down your house, you are just out of luck, but when you wake up to the fact that you are destroying your liver, God gives you a second lease on life, and your liver will regenerate and continue to clean your blood and process all the nutrients and work to make you healthy. I have had customers who never drank a drop of alcohol in their life, but because of PRESCRIPTION MEDICATION (especially arthritis meds and cholesterol meds) their liver is in horrible shape, as bad as that of an alcoholic. And still, if they make the necessary changes, their liver will bounce back! Silymarin (*Milk Thistle Herb*) is the most powerful product to clean and rebuild the liver.

### Protocol:

| Code #                  | Product                                       | Pg. # |
|-------------------------|-----------------------------------------------|-------|
| #649803<br>#689103      | Dr. Christopher's Liver & Gallbladder Formula | 104   |
| #90A72060               | GAIA Liver Cleanse                            | 145   |
| #90A11060<br>#90A11120  | GAIA Liver Health                             | 146   |
| #90A13060<br>#90A13120  | GAIA Milk Thistle Seed                        | 146   |
| #90C27020               | GAIA Liver Cleanse Tea                        | 145   |
| #D50008                 | DEVA Liver Support                            | 100   |
| #T30191                 | Transformation Liver Support                  | 274   |
| #2248<br>#2249          | NOW Liver Refresh                             | 193   |
| #4737<br>#4738          | NOW Silymarin                                 | 202   |
| #4738<br>#4739<br>#4753 | NOW Silymarin 2X                              | 202   |
| #4785                   | NOW Silymarin Extra Strength                  | 193   |
| #01.NF.423.090          | Nutritional Frontiers LivClear                | 222   |
| #01.NF.458.090          | Nutritional Frontiers LivClear II             | 222   |
| #NN-HEP90<br>#NN-HEP180 | Northern Nutrition HEP-3                      | 188   |
| #129012                 | JARROW FORMULAS Liver Optimizer               | 169   |
| #PE-16001               | Pure Essence LiverEssence™ 30 Vcaps           | 260   |
| #PE-16002               | Pure Essence LiverEssence™ 60 Vcaps           | 260   |

## Lung Issues Sinusitis, Bronchitis, Pneumonia, COPD & Asthma

I can relate to those who have lung issues. I inherited bad lungs and if I get sick, that is ALWAYS where it settles. Thankfully, we have some excellent products to help with breathing issues.

### Protocol:

| Code #                        | Product                                                 | Pg. #      |
|-------------------------------|---------------------------------------------------------|------------|
| #644401                       | Dr. Christopher's Sinus & Lung Ext.                     |            |
| #649815<br>#689115            | Dr. Christopher's Lung & Bronchial Formula              | 109<br>105 |
| #689119                       | Dr. Christopher's Chest Formula                         | 103        |
| #689539                       | Dr Christopher's Respiratory Relief Syrup               |            |
| #90A18060                     | GAIA Sinus & Lung Supreme                               | 147        |
| #90C34040                     | GAIA Respiratory Mushroom Blend                         | 147        |
| #90A19060                     | GAIA Mighty Lungs                                       | 148        |
| #90A14060                     | GAIA Nettle                                             | 144        |
| #90E20060                     | GAIA Turmeric Supreme Sinus Support                     | 145        |
| #90A20060                     | GAIA Black Seed Oil                                     | 148        |
| #231207<br>#231502<br>#231505 | North American Herb & Spice Oregaresp Oil               | 187        |
| #231234<br>#231694            | North American Herb & Spice Super Strength Oreganol P73 | 187        |
| #0085<br>#0086<br>#0185       | NOW NAC                                                 | 191        |
| #4591                         | NOW Andrographis                                        | 201        |
| #23106                        | MRM Vegan D-3 5000                                      | 177        |
| #10269                        | Nutra BioGenesis Pulmonary Factors                      | 218        |
| #140136                       | Ridgecrest Herbals Clear Lungs                          | 229        |
| #E82503                       | EuroMedica Sinutol Extra Strength                       | 121        |
| #E84306                       | EuroMedica BosPro                                       | 120        |

# What's Good For...?

## Lyme's Disease

Lyme's Disease comes from being bitten by the Deer Ticks (*and now they are saying even other bugs carry Lyme's Disease*). Early signs and symptoms include fever, chills, headache, fatigue, muscle and joint pain, and swollen lymph nodes — all common in the flu. In up to 80% of Lyme infections, a rash is one of the first symptoms. Without treatment, symptoms can progress. They might include:

- Severe headache or neck stiffness
- Rashes on other areas of the body
- Arthritis with severe joint pain and swelling, particularly in the knees
- Loss of muscle tone or “drooping” on one or both sides of the face.
- Heart palpitation or an irregular heartbeat
- Inflammation of the brain and spinal cord
- Shooting pains, numbness, or tingling in the hands or feet

Antibiotics is the route most take. But if you want to go the natural route, this is what we recommend:

### Protocol:

| Code #                 | Product                                                       | Pg. # |
|------------------------|---------------------------------------------------------------|-------|
| #90A46060<br>#90A46120 | GAIA Astragalus                                               | 143   |
| #90C37040              | GAIA Cordyceps Mushroom                                       | 136   |
| #90C39040              | GAIA Reishi Mushroom                                          | 146   |
| #90E01050              | GAIA Resveratrol (Japanese Knotweed Ext.)                     | 130   |
| #90A63060<br>#90A63120 | GAIA Turmeric Supreme Extra Strength                          | 138   |
| #4591                  | NOW Andrographis                                              | 201   |
| #4628                  | NOW Cat's Claw                                                | 201   |
| #2528                  | Frontier BULK Cat's Claw C/S                                  | 73    |
| #31831                 | Nutra BioGenesis Monolaurin                                   | 218   |
| #6MONO                 | Ecological Formulas Monolaurin                                | 115   |
| #E89466                | EuroMedica Andrographis EP80 Extra Strength                   | 120   |
| #3386                  | NOW Resveratrol (Japanese Knotweed Ext)                       | 168   |
| #25779                 | Japanese Bushy Knotweed Root Hu Zhang, Bulk C/S Root BULK     | 75    |
| #Y15045                | C.org Japanese Bushy Knotweed Rhizome (Hu Zhang) Powder, Bulk | 75    |

## Steven Buhner's Core Protocol for Lyme's Disease

Here is Stephen Buhners (the famous Master Herbalist who has had a lot of success with LD) CORE Protocol for Lyme's Disease. There is MUCH more info at his website:

<http://buhnerhealinglyme.com>

### 1. Japanese knotweed root (*Polygonum cuspidatum*)

- Powder: 1 tsp — 1 TBS of the root powder 3x daily. Start at the lower dose and work up, OR . . (#Y15045C.org Japanese Bushy Knotweed Rhizome (Hu Zhang) Powder 1 lb. — )
- Tincture: ¼ — 1 tsp 3-6x daily, OR . . . (make your own tincture #25779 Japanese Bushy Knotweed Root Hu Zhang, C/S Root, 1 lb)
- Tablets/Capsules (NOW & GAIA HERB): These are normally labeled as *resveratrol* on the bottle. They are in fact knotweed root standardized for resveratrol content. (*Note: Don't use grape resveratrol it won't work very well.*)(#3386 NOW Resveratrol & #90E01050 GAIA Resveratrol, pg.)

### 2. Cat's claw bark (*Uncaria tomentosa*)

- Powder: 1 tsp 3x daily, OR . . . (#201208-51Starwest Cat's Claw Wild Crafted Powder 1 lb.)
- Tincture: ¼ — ½ tsp 3x daily, OR . . . (#2528 Frontier Cat's Claw C/S, 1 lb)
- Tablets/capsules (NOW #4618 or #4621): 1—4 500 mg tablets/capsules 3x day.

### 3. Andrographis (*Andrographis paniculata*)

- Capsules: Begin with a small dose and work up. I would recommend 600 mg (1 capsule) 3x daily to begin with, for one week. Then, if there are no side effects, increase the dose to 2 capsules 3x daily. Please check the side effects on this herb: Unpleasant allergic reactions can occur. (#E89466 Andrographis EP80 Ex Strength 60 caps, )

### 4. If you have neuroborreliosis, add:

#### Gou-Teng (*Uncaria rhynchophylla*)

- Tincture: ½ — 1 tsp 3—6x daily, depending on severity of brain infection.

5. Collagen support protocols (*see book*) are often essential, as well.

# What's Good For...?

## Men

Men sometimes don't like to admit it, but they sometimes need some help, too. 1 out of every 4 men over 50 and 1 out of every 3 men over 60 suffer from ED (*Erectile Dysfunction*). ED is a symptom of a much bigger problem ~ Poor Circulation. If you get to the root of why you have poor circulation, and fix that, EVERYTHING else works better. Smoking, drinking and drugs (*many prescription drugs*) cause ED as does being overweight, diabetes & high blood pressure. The same foods that clog your heart and cause a heart attack, cause ED. I know, I sound like a broken record but if we follow the diet God gave us in the beginning, almost all the health problems would vanish.

### Protocol in General:

| Code #                           | Product                                | Pg. # |
|----------------------------------|----------------------------------------|-------|
| #644104                          | Dr. Christopher's Male Tonic           | 105   |
| #689122                          | Dr Christopher's Male Urinary          | 105   |
| #3875<br>#3876<br>#3878<br>#3880 | NOW Adam, Men's Multi                  | 214   |
| #3890<br>#3891                   | NOW Men's Extreme Sports Multi         | 214   |
| #PE-05003                        | Pure Essence LifeEssence™ Men 120 Tabs | 259   |
| #PE-26111                        | Pure Essence DIM-D                     | 257   |

### Protocol for Erectile Dysfunction:

| Code #         | Product                        | Pg. # |
|----------------|--------------------------------|-------|
| #06.NF.535.120 | Nutritional Frontier CircuCORE | 220   |

As men age, the Prostate gland often enlarges, causes men to have to urinate more often. If you are finding yourself getting up often in the night to go to the bathroom, there is a good chance your prostate gland is enlarged. An enlarged prostate can also lead to urinary tract and kidney problems, so it's important for men 50 years and older, to take a good supplement that will help to shrink the prostate gland and alleviate the bathroom trips as well as prevent urinary tract and kidney issues.

### Protocol for High PSA:

| Code #                 | Product                                | Pg. # |
|------------------------|----------------------------------------|-------|
| #3340<br>#3341         | NOW Prostate Support                   | 206   |
| #3349                  | NOW Prostate Health Clinical Strength  | 206   |
| #644109                | Dr. Christopher's Prostate Formula     | 105   |
| #90A55060<br>#90A55120 | GAIA Prostate Health                   | 147   |
| #06.NF.453B.060        | Nutritional Frontiers PSA              | 224   |
| #L69567                | Life Extension Ultra Prostate Formula  | 174   |
| #PE-17002              | Pure Essence ProstateEssence™ 60 VCaps | 264   |

### Protocol for Low Libido:

| Code #                                    | Product                         | Pg. # |
|-------------------------------------------|---------------------------------|-------|
| #90A12060<br>#90A12120                    | GAIA Male Libido                | 147   |
| #17.NF.111B.120                           | Nutritional Frontiers TESTO 180 | 226   |
| #2138<br>#2168<br>#2197<br>#2198<br>#2202 | NOW Testo Jack                  | 206   |

Men can have Hormone Imbalances, too. This is a really good product to get the hormones balanced out. Imbalanced hormones can be the cause of ED.

### Protocol for Hormone Balance:

| Code #          | Product                              | Pg. # |
|-----------------|--------------------------------------|-------|
| #06.NF.314C.090 | Nutritional Frontier EstroCleanse    | 221   |
| #26111          | Pure Essence DIM-D — Lowers Estrogen | 257   |

# What's Good For...?

## Mental Issues Depression & Anxiety

Depression and Anxiety are rampant, especially since the Chinese Corona Virus lockdown. Depression affects approximately 57.7 million American adults or about 26.2% of the US population over 18 years old, every year. There are no supplements that will fix a bad marriage or remedy your financial woes, but we do have some good supplements that encourage you to think positive and rationally, that will help you focus on the good and look on the bright side of life. If you or a loved one are struggling with depression or anxiety, my first recommendation is that you purchase the hardback book called, “*Depression ~ The Way Out*” by Dr. Neil Nedley. It is EXCELLENT. It’s PRACTICAL, it tells you what to do and what not to do and if you put it into practice, you will find peace and happiness sooner than you think possible.

### Protocol:

| Code #                  | Product                                 | Pg. # |
|-------------------------|-----------------------------------------|-------|
| #D-01                   | Depression the Way Out                  | 65    |
| #D0409                  | DEVA Omega 3 DHA-EPA                    | 100   |
| #644600                 | Dr. Christopher's Mind Trac             | 110   |
| #90A22060               | GAIA St. John's Wort                    | 151   |
| #4760<br>#4761          | NOW St. John's Wort                     | 202   |
| #3351                   | NOW Mood Support                        | 207   |
| #HA-903-270             | Holistic Acres Fresh Start              | 56    |
| #0127<br>#0128<br>#0141 | NOW SAME                                | 191   |
| #0087<br>#0088<br>#0089 | NOW GABA                                | 191   |
| #06.NF.116.060          | Nutritional Frontiers Active B12 Folate | 219   |
| #02.NF.194.120          | Nutritional Frontiers Mood Lift         | 222   |
| #90A52060               | GAIA Emotional Balance                  | 151   |
| #90A58060<br>#90A58120  | GAIA Holy Basil Leaf                    | 151   |
|                         | Omega 3 – Barlean's Page                | 61    |

## Nerves, Stress & Anxiety

Do you feel like you are on “pins and needles”? Does it not take much to make you cry? Stress is a factor in the lives of everyone, the difference is, how we handle it. I honestly do not know how people who do not have a relationship with Jesus, make it through life. When I am worried and stressed out, being able to pray and ask God for help, and knowing He is listening and will do all He can to help me...gives me peace of mind and calms my nerves. There are some very good supplements for nerves & stress, too.

**Protocol:** Check out the B Vitamins on page 211. B Vitamins are very necessary!

| Code #                 | Product                                     | Pg. # |
|------------------------|---------------------------------------------|-------|
| #103                   | ENP B Complex                               | 116   |
| #649834                | Dr. Christopher's Nerve Formula             | 109   |
| #1275                  | NOW Cal/Mag Stress Formula                  | 208   |
| #90A54030              | GAIA Stress Response                        | 152   |
| #0155                  | NOW True Calm                               | 207   |
| #90A59030<br>#90A59060 | GAIA Calm A.S.A.P.                          | 150   |
| #90B04030              | GAIA Hemp & Herbs – Calm                    | 138   |
| #T10031                | Transformation Calmzyme                     | 274   |
| #17.NF.32B.060         | Nutritional Frontiers Calm Day              | 220   |
| #06.NF.116.060         | Nutritional Frontiers Active B12 Folate     | 219   |
| #90E12060<br>#90E12120 | GAIA Ashwagandha                            | 150   |
| #90A10060              | GAIA Kava Root                              | 151   |
| #90A47060<br>#90A47120 | GAIA Rhodiola Rosea                         | 151   |
| #06.NF.364A.120        | Nutritional Frontiers Re-Laxx               | 224   |
| #PE-15002              | Pure Essence CalmEssence™ 30 Vcaps          | 257   |
|                        | Ionic-Fizz™ Pure Essence Magnesium Plus™    | 258   |
| #PE-92002              | Pure Essence MyPure™ Reishi 4X 60 Vcaps     | 263   |
| #PE-18060              | Pure Essence Stress Support System™ 60 Tabs | 266   |

# What's Good For...?

## Neuropathy

Peripheral neuropathy is a form of nerve damage. This causes the nerve signals that are transmitted from the brain and spinal cord, as well as to other parts of the body, to become distorted. People with peripheral neuropathy often feel numbness or burning or a tingling sensation in the hands and feet. This can lead to weakness and paralysis, along with anywhere from dull to excruciating pain in the extremities. It's very painful and often hard to find something that helps with the pain. We have a few products that have helped others suffering with Neuropathy. B-Vitamins are known to be very important.

### Protocol:

| Code #         | Product                             | Pg. # |
|----------------|-------------------------------------|-------|
| #E84206        | EuroMedica Nerve Complex            | 121   |
| #0438          | NOW B-100                           | 211   |
| #103           | ENP B-Complex Liquid                | 116   |
| #01.NF.11E.060 | Nutritional Frontier Neuropath-Ease | 223   |

## Osteoporosis

Bone is living tissue that is constantly being broken down and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the loss of old bone. The older we get, the more likely we are to have osteoporosis, especially if we are women. Caffeine leaches calcium out of the bones and causes osteoporosis ~ quit coffee and join the Dandy Blend club! (*ask for a free sample*). Also, believe it or not, DAIRY PRODUCTS cause you to lose bone. It's so high in protein, that the protein pulls the calcium out of the bones. 80% of Black people are allergic to dairy products, and because they don't use dairy products, they have STRONGER BONES and BETTER TEETH than white people. Remember, the COW doesn't drink milk to make big strong bones...she eats GREEN GRASS & GRAINS. The best Osteo and Bone Formulas come from PLANT FOODS.

### Protocol:

| Code #         | Product                                                                                      | Pg. # |
|----------------|----------------------------------------------------------------------------------------------|-------|
| #23010         | MRM Vegan Bone Maximizer — EXCELLENT!                                                        |       |
| #10230         | Nutra BioGenesis OsteoGenesis ES                                                             | 217   |
| #104002        | JARROW Bone Up                                                                               | 169   |
| #BST12         | New Chapter Bone Strength Take Care                                                          | 228   |
| #06.NF.116.060 | Nutritional Frontier Active B12 Folate<br>(Has been shown to reduce incidence of fractures.) | 219   |
|                | Ionic-Fizz™ Pure Essence Super D-K Calcium Plus™                                             | 258   |

# What's Good For...?

## Pain Relief

There are different products for different kinds of pain. For toothaches, rub some Clove Oil on the tooth/gum. For something you would use Aspirin for, try White Willow bark, it's actually what Aspirin is made from, without the side effects. Check out the CBD Oils on page 91, 142. Many people find wonderful relief using CBD Oil. If you have fallen or pulled a muscle, our Forever Living Products Aloe Vera Heat Lotion (pg. 127) is HARD to beat. For stomach pain, try the FLP Aloe Gel. If you are treating a burn or open wound, use the B&W Ointment, pg . 56.

### Protocol:

| Code #                           | Product                                                      | Pg. # |
|----------------------------------|--------------------------------------------------------------|-------|
| #7540                            | NOW Clove Oil                                                | 57    |
| #215694                          | Nature's Answer White Willow Bark Extract                    | 230   |
| #4775                            | NOW White Willow Bark                                        | 202   |
| #FLP-064                         | Forever Living Products Heat Lotion                          | 127   |
| #FLP-715                         | Aloe Vera Products                                           | 128   |
| #FLP-734                         |                                                              |       |
| #FLP-777                         |                                                              |       |
| #06.NF.291.030<br>#06.NF.291.060 | Nutritional Frontiers Turmeric Plus                          | 226   |
| #90E21060<br>#90E21120           | GAIA Turmeric Supreme PAIN                                   | 139   |
| #90E22030<br>#90E22060           | GAIA Turmeric Supreme Pain PM                                | 139   |
| #E12023                          | EuroMedica Curaphen Extra Strength Professional Pain Formula | 120   |

## Parasite Removal

Eating meat, especially meat that hasn't been cooked well, increases your likelihood of contracting Parasites. Pork carries the most parasites of all the meats. Remember, God put the PIG here to clean up the earth. He is like the vacuum cleaner or garbage disposal, that is why he is in the UNCLEAR LIST of meats to eat. (Leviticus 11). Fish also contain a lot of Parasites. Allowing the dog to kiss the Baby is a good way to pick up Parasites, too. Parasites can do a lot of damage, as they rob you of your nutrition. Thankfully, we have some good Parasite cleanses.

### Protocol:

| Code #               | Product                              | Pg. # |
|----------------------|--------------------------------------|-------|
| #HA-905A<br>#HA-905C | Holistic Acres Parasite Destroyer    | 56    |
| #689517              | Dr. Christopher's Parasite Syrup     | 107   |
| #01.NF.734.180       | Nutritional Frontiers ParaCleanse    | 223   |
| #4982                | NOW Green Black Walnut Fresh Extract | 204   |

# What's Good For...?

## Shingles

Shingles is known as a disease that mainly strikes older adults, because the varicella zoster virus that causes it often emerges from its slumber late in life. Varicella is the same virus responsible for chickenpox. After you recover from chickenpox in childhood, the virus lies dormant in your nerve cells. It can reawaken as the painful, blistering shingles rash when your immune system naturally weakens with age.

Over the last 6 decades, there has been a steady uptick in the number of shingles cases in the United States -- even among younger adults. A 2016 study found that rates of shingles have been climbing since the mid-1940s in all age groups. <https://www.webmd.com/skin-problems-and-treatments/shingles/news/20180904/shingles-on-the-rise-among-younger-people> Shingles is a painful rash that develops on one side of the face or body. The rash consists of blisters that typically scab over in 7-10 days and fully clears up within 2-4 weeks. My father came down with shingles nearly 40 years ago, and it was one of the rare times he didn't go to work that I can ever remember in the 60+ years he worked (he's 82 and still working, running a crane, taking down trees!) The Medical World will tell you, "There's no cure for shingles, but prompt treatment with prescription antiviral drugs can speed healing and reduce your risk of complications."

We called a MD friend of ours who was also very natural minded and he told us that if Dad would put the Forever Living Aloe Gelly on the shingles, drink the Forever Living Aloe Juice and take extra Vitamin C, he would be better in no time. We did that and he was right! It started getting better RIGHT AWAY and in a few days he was back to normal and in 40 years, there has never been any nerve pain come back from it. Praise God for all the Natural Remedies He has given us!

### Protocol:

| Code #   | Product                                | Pg. # |
|----------|----------------------------------------|-------|
| #FLP-061 | Forever Living Products Aloe Gelly     | 127   |
| #FLP-777 | Forever Living Products Peach Aloe Gel | 128   |

## Sleep

Sleep is one of the 8 Laws of Health and super important... it's impossible to get well or stay well if you are not getting enough good quality sleep. And it really is true that the hours BEFORE midnight are worth TWICE what the hours AFTER midnight are worth. And make sure to not go to bed after having just had a big meal. That's a very unhealthy thing to do. Sometimes, falling asleep when there is a lot on your mind, isn't easy. Personally, I don't like drinking teas for help with sleeping because it isn't long and you have to get up to go to the bathroom....and your mind starts thinking all over again...I find that taking a really hot shower right before I go to bed relaxes me and helps me go to sleep faster, as does reading spiritual things...that is almost like a sleeping pill for me! It brings peace and calmness to my mind. I always recommend to people that they find two or three supplements that help them sleep and then rotate them, so that their body doesn't get used to them...otherwise sometimes your body builds up a resistance to them and they just don't work.

### Protocol:

| Code #                              | Product                                                       | Pg. # |
|-------------------------------------|---------------------------------------------------------------|-------|
| #17.NF.338.060<br>#17.NF.338.120    | Nutritional Frontiers SLEEP (works very well for most people) | 225   |
| #4768                               | NOW Sleep Formula                                             | 208   |
| #90C12050                           | GAIA Sleep & Relax                                            | 149   |
| #90A25030<br>#90A25060<br>#90A25120 | GAIA Sound Sleep                                              | 149   |
| #90B07030                           | GAIA Hemp & Herbs SLEEP                                       | 149   |
| #90E15030<br>#90E15060<br>#90E15120 | GAIA Sleep Thru                                               | 149   |
| #J90490                             | JARROW Sleep Optimizer                                        | 170   |
| #NN-NEURO                           | Northern Nutrition Neuro-Calm                                 | 189   |
| #BRF6                               | Pure Encapsulations Best-Rest Formula                         | 252   |

# What's Good For...?

## Skin Issues

### Acne, Psoriasis, Eczema & Rosacea

Our skin is often a WINDOW into our body, and if we pay attention, it can be the heads up to possibly prevent a more serious health problem down the road. God has made our skin in an amazing way. Everyday we are exposed to viruses, bacteria, and diseases of all kinds. Thankfully, God has made our skin to be wonderful barrier that is able to keep out the vast majority of the bad things that would like to make us sick. But anytime we have skin problems, especially if there are open sores, we open ourselves up to attack. A healthy diet will go a long way towards making healthy skin. Your skin is your biggest ELIMINATORY organ. It's very important to take showers every day and keep those little skin pores clean so that they can throw off the toxins in your body, otherwise you will reabsorb them, thereby increasing your chances of getting sick (and you might get smelling bad, too. ). We have a wonderful skin supplement for Acne, Psoriasis, Eczema, Rosacea, etc ~ called Herpanacine. It's the BEST. We recently learned that Caprylic Acid is extremely beneficial in getting rid of Acne.

#### Protocol:

| Code #         | Product                                         | Pg. # |
|----------------|-------------------------------------------------|-------|
| #13601         | Dr. Diamond's Herpanacine                       | 113   |
| #13603         |                                                 |       |
| #3347          | NOW Caprylic Acid                               | 195   |
| #CAPI          | Pure Encapsulations Caprylic Acid               | 252   |
| #02.NF.888.060 | Nutritional Frontiers HA PLUS Vegetarian Powder | 221   |

## Spasms, Tense Muscles & Muscle Fatigue

Otherwise known as muscle cramps, spasms occur when your muscle involuntary and forcibly contracts uncontrollably and can't relax. These are very common and can affect any of your muscles. They can involve part or all of a muscle, or several muscles in a group. The most common sites for muscle spasms are the thighs, calves, feet, hands, arms and abdomen. When occurring in the calves, especially, such cramps are known as "charley horses." A leg cramp that happens at night when you're at rest or asleep is called a "nocturnal leg cramp."

#### Protocol:

| Code #          | Product                                          | Pg. # |
|-----------------|--------------------------------------------------|-------|
| #06.NF/364A.120 | Nutritional Frontier Re-LAXX                     | 224   |
| #NN-MAG         | Northern Nutrition MAG Synergy                   | 189   |
| #MUSC5          | Pure Encapsulations Muscle/Cramp Tension Formula | 254   |
| #MAG48          | Pure Encapsulations Magnesium (glycinate)        | 254   |
| #649834         | Dr. Christopher's Nerve Formula                  | 109   |
|                 | Ionic-Fizz™ Magnesium Plus™ Page                 | 184   |

# What's Good For...?

## Strep Throat

There is a strong connection between Strep Throat and Dairy products. If you are continually coming down with Strep Throat, do an experiment and completely eliminate all dairy products and see if you don't see a drastic improvement. Most people end up on Antibiotics to get rid of the Strep Throat. If you do, be sure to take Probiotics and put the good bacteria back into your system that the Antibiotics destroys along with the Strep Throat. Manuka Honey is known to kill the Strep Throat Virus ~ check the Honey out on page 175.

### Protocol:

| Code #      | Product                                              | Pg. # |
|-------------|------------------------------------------------------|-------|
|             | NOW Probiotic Page                                   | 195   |
| #4050-03060 | Extra Strength Silver Lozenge with Manuka Honey      | 83    |
| #NP250-2    | Natures Path/Silver Wings Colloidal Silver Spray     | 81    |
| #2000-0410  | Silver Biotics Liquid Immune Spray                   | 82    |
| #AMI-IACCF  | Aloha Medicinals Immune Assist Critical Care Formula | 166   |

## Thyroid Issues Protocol:

| Code #                           | Product                                                                                                               | Pg. # |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------|
| #3368<br>#3369                   | NOW Thyroid Energy (HYPO)                                                                                             | 193   |
| #689132                          | Dr. Christopher's Thyroid Maintenance (HYPO)                                                                          | 106   |
| #90A30060<br>#90A30120           | GAIA Thyroid Support (HYPO)                                                                                           | 152   |
| #THY60                           | DaVinci Thyroid Basics (HYPO) supports healthy T3 & T4 ratios                                                         | 97    |
| #THY35                           | Pure Encapsulations Thyroid Support Complex (HYPO) Promotes Thyroid hormone production                                | 255   |
| #03.NF.466.090<br>#03.NF.466.180 | Nutritional Frontiers Iodine Plus HYPO (has worked better than Prescription meds for some)                            | 222   |
| #689112                          | Dr. Christopher's Glandular Formula (HYPER)                                                                           | 103   |
| #689133                          | Dr. Christopher's Master Gland Formula (HYPER) Use after trying Glandular Formula for 6 weeks if still having trouble | 105   |

## Thyroid Issues

**Hypothyroidism (under-active thyroid)** signs and symptoms may include: Fatigue increased sensitivity to cold Constipation Dry skin Weight gain Puffy face Hoarseness Muscle weakness Elevated blood cholesterol level Muscle aches, tenderness and stiffness Pain, stiffness or swelling in your joints Heavier than normal or irregular menstrual periods Thinning hair Slowed heart rate Depression Impaired memory Enlarged thyroid gland (goiter). Stay away from all fluorine (it has been shown to decrease thyroid activity). This would include fluorine based drugs, supplements and fluoridated water & toothpaste.

**Hyperthyroidism (over-active thyroid)** can mimic other health problems, which can make it difficult for your doctor to diagnose. It can also cause a wide variety of signs and symptoms, including: Unintentional weight loss, even when your appetite and food intake stay the same or increase, rapid heartbeat (tachycardia) — commonly more than 100 beats a minute, irregular heartbeat (arrhythmia), pounding of your heart (palpitations), increased appetite, nervousness, anxiety and irritability, tremor — usually a fine trembling in your hands and fingers, sweating, changes in menstrual patterns, increased sensitivity to heat, changes in bowel patterns, especially more frequent bowel movements, an enlarged thyroid gland (goiter), which may appear as a swelling at the base of your neck, fatigue, muscle weakness, difficulty sleeping, skin thinning, fine, brittle hair.

Diagnosing thyroid issues can be complicated and expensive. The first thing to do is to make sure you are following the 8 Laws of Health as best as you can. You might be amazed at how much things improve. If you are still having symptoms, we recommend that you choose from the products listed here and try them for 6 weeks and see if there is not an improvement.

# What's Good For...?

## Varicose Veins

Varicose veins hurt, they ache, throb, burn, itch and make your legs feel heavy. The cause is often weak or damaged heart valves that lead to varicose veins. "Muscle contractions in your lower legs act as pumps, and elastic vein walls help blood return to your heart. Tiny valves in your veins open as blood flows toward your heart then close to stop blood from flowing backward. If these valves are weak or damaged, blood can flow backward and pool in the vein, causing the veins to stretch or twist."

<https://www.mayoclinic.org/diseases-conditions/varicose-veins/symptoms-causes/syc-20350643>

Hawthorn berry strengthens the heart.

### Protocol:

| Code #                 | Product                              | Pg. # |
|------------------------|--------------------------------------|-------|
| #62316                 | Esteme Products - Beyond Relief      | 119   |
| #4713                  | NOW Horse Chestnut Extract           | 202   |
| #3123                  | NOW Vein Supreme                     | 199   |
| #689145                | Dr. Christopher's V-Vein Caps        | 106   |
| #49841                 | Dr. Christopher's V-Vein Massage Oil |       |
| #4699                  | NOW Hawthorn Extract                 | 199   |
| #90A31060<br>#90A31120 | GAIA Hawthorn Supreme                | 142   |

## Weight Loss

There are always exceptions to every rule, but for the most part, if you are trying to lose weight, the two biggest factors are #1 Eating less calories and #2 Getting more exercise. Yes, I have to say it again: Following the 8 Laws of Health will make it highly unlikely that you will have a weight problem, as you will learn to make healthy food choices and eat temperately, and exercise regularly. That is the answer to "How can I lose weight?". The biggest hurdle you must get over is in the mind ~ you must retrain your thinking, so that you learn to love healthy food and learn self-control. That is why EDUCATION is so important and why it's so important to start with your children when they are little, to teach them to love healthy foods and to not overeat. Going to 2 meals a day instead of 3 and having no late suppers is very important. We have some very good tasting PROTEIN SHAKES that can be used as meal replacers and some helpful supplements, but NOTHING takes the place of eating a healthy diet and exercise.

### Protocol:

| Code #         | Product                            | Pg. # |
|----------------|------------------------------------|-------|
| #02.NF.100.030 |                                    |       |
| #02.NF.102.030 | Nutritional Frontiers Super Shakes | 225   |
| #02.NF.104.030 |                                    |       |
| #03.NF.170.090 | Nutritional Frontiers CONTROL II   | 220   |
| #689173        | Dr. Christopher's Metaburn         | 105   |
| #89111         | Dr. Christopher's Appetite Formula | 102   |
| #3342          |                                    |       |
| #3343          | NOW Relora Appetite Management     | 193   |
| #1435          | NOW Garcinia                       | 193   |
| #FLP-289       | Forever Lean                       | 129   |
| #L25034        | LIFE EXTENSION Mood Improve        | 173   |
| #L43260        | LIFE EXTENSION Optimized Saffron   | 173   |

# What's Good For...?

## Women Menopause

Some women breeze through menopause easily, and for others, it's very difficult. Some are plagued with hot flashes, night sweats, mood swings, weight gain, thinning hair and vaginal dryness. As our bodies age and we pass the child bearing years, our hormones change. It usually begins to happen when you are around 45-50 years old. It can last anywhere from a few months up to 10 years. If you are one of those women who are struggling through menopause, there are some good supplements you can take that will help you. \*Dietary wise, cut out meat & dairy products...the animals are given so many hormones and when you eat those products, you get the hormones they were given 2<sup>nd</sup> hand, that it really messes up your own hormones.

### Protocol for Menopause:

| Code #    | Product                              | Pg. # |
|-----------|--------------------------------------|-------|
| #3325     | NOW Menopause Support                | 215   |
| #3295     | NOW Female Balance                   | 215   |
| #4607     | NOW Black Cohosh                     | 201   |
| #90A17060 | GAIA Women's Balance                 | 154   |
| #328108   | Life-Flo Progesterone Care           | 229   |
| #3338     | NOW Progesterone Cream               | 215   |
| #3346     |                                      |       |
| #90A86060 | GAIA Nighttime Comfort               | 153   |
| #90A33060 | GAIA Black Cohosh                    | 153   |
| #689123   | Dr. Christopher's Hormonal Changease | 104   |
| #NN-ESTRO | Northern Nutrition Estro-DTX         | 188   |
| #PE-00805 | Pure Essence ProFema™ 30 Tabs        | 264   |
| #PE-00806 | Pure Essence ProFema™ 60 Tabs        | 264   |
| #PE-00703 | Pure Essence Transitions™ 60 VCaps   | 267   |
| #PE-00704 | Pure Essence Transitions™ 120 VCaps  | 267   |

### Protocol for Hormone Balance:

| Code #         | Product                               | Pg. # |
|----------------|---------------------------------------|-------|
| #06.NF314C.090 | Nutritional Frontier EstroCleanse     | 221   |
| #90E14060      | GAIA Vitex                            | 154   |
| #90E14120      |                                       |       |
| #90A17060      | GAIA Women's Balance                  | 154   |
| #90A29060      | GAIA Women's Libido                   | 154   |
| #90A87060      | GAIA Fertility Support                | 153   |
| #3295          | NOW Female Balance                    | 215   |
| #49821         | Dr. Christopher's Female Reproductive | 109   |
| #689121        | Dr. Christopher's Female Reproductive | 103   |
| #644105        | Dr. Christopher's Female Tonic        | 103   |

### Protocol for Low Interest in Sex:

| Code #    | Product             | Pg. # |
|-----------|---------------------|-------|
| #90A29060 | GAIA Women's Libido | 154   |
| #3374     | NOW Libido Fem      | 215   |

### Protocol for Nursing:

| Code #    | Product                                                      | Pg. # |
|-----------|--------------------------------------------------------------|-------|
| #90A50060 | GAIA Lactation Support                                       | 153   |
| #90A50120 |                                                              |       |
| #689144   | Dr. Christopher's Lactation Formula                          | 104   |
| #1724     | Traditional Medicinals Mother's Milk Tea                     | 80    |
| #PE-01302 | Pure Essence Mother & Child™ PostNatal Multivitamin 120 Tabs | 182   |

# Activated Charcoal

## What is ACTIVATED CHARCOAL?



**Activated Charcoal** is a UNIVERSAL FIRST-AID antidote for parents, doctors, homes, hospitals, pets, livestock, gardeners, and farms. Activated Charcoal is used around the world as a universal antidote for hundreds of poisons (*including arsenic, mercury, pesticides, strychnine, warfarin, hemlock and...*) and as a detox for drug overdose, (*including aspirin, barbiturates, Prozac, paracetamol, phenobarbital, amphetamine, cocaine, THC, morphine, opium and...*), and it is recommended by the Poison Control Centers of America, including the Animal Poison Control Center. Our activated charcoal is made from hardwood and from coconut shells, which produces an even higher charcoal than the hardwood. It is available in VCaps and Powder.

| CODE #                                                       | DESCRIPTION                                                                                                                                                                                                         | SIZE                                            | YOU PAY!                                              |
|--------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------|
| #498950-06                                                   | <b>Starwest 100% Pure Activated Charcoal VCaps:</b> Ingredients: activated charcoal, micro crystalline cellulose, maltodextrines, magnesium stearate, stearic acid, silica. Vegetarian and gluten free. 280 mg/VCap | 100 VCaps                                       | \$12.75                                               |
| #2915                                                        | <b>NOW Activated Charcoal (Retail \$19.99)</b><br>NOW Charcoal is made from coconut shells                                                                                                                          | 200 VCaps                                       | \$12.00                                               |
| #NHCACP10<br>#NHCACP24<br>#NHCACP5<br>#NHCACP20<br>#NHCACP45 | <b>100% Pure Activated Charcoal Powder</b>                                                                                                                                                                          | 10 oz.<br>24 oz.<br>5 lbs.<br>20 lbs<br>45 lbs. | \$15.00<br>\$25.00<br>\$65.00<br>\$180.00<br>\$260.00 |
| #B-R01                                                       | <b>Charcoal RX:</b> Explains why every home should have charcoal on hand for emergencies, and common illnesses.<br><i>by Dr. Agatha Thrash</i>                                                                      | 108 pages                                       | \$6.95                                                |

“One of the most beneficial remedies is pulverized charcoal in a bag and used in fomentations. This is a most successful remedy. If wet in smartweed, boiled, it is still better. I have ordered this in cases where the sick were suffering great pain, and when it has been confided to me by the physician that he thought it was the last before the close of life. Then I suggested the charcoal, and the patient has slept, the turning point came, and recovery was the result. To students, when injured with bruised hands, and suffering with inflammation, I have prescribed this simple remedy with perfect success. The poison of inflammation is overcome, the pain removed, and healing goes on rapidly. The more severe inflammation of the eyes will

be relieved by a poultice of charcoal, put in a bag and dipped in hot or cold water as will best suit the case. This works, like a charm. PH144 24.1

“I expect you will laugh at this; but if I could give this remedy some outlandish name, that no one knew but myself, it would have greater influence.”

—Letter 82, 1897. PH144 24.2

“I will tell you a little about my experience with charcoal as a remedy. For some forms of indigestion, it is more efficacious than drugs. A little olive oil into which some of this powder has been stirred, tends to cleanse and heal. I find it is excellent....” PH144 24.3

# Allera Health Products ~ ProLigna



I'd like to introduce you to three very exciting products! These products are made from PINE CONES. Why am I so excited about these products? Well, over 100 years ago, Ellen White said this, in reference to the PINE ~ **“There are life-giving properties in the balsam of the pine, in the fragrance of the cedar and the fir, and other trees also have properties that are health restoring. (Ministry of Healing, 264).** God showed her many things in reference to health that science is JUST NOW coming to find out! These are three products that have a proven track record to really boost your immune-system. Feel free to call with any questions.

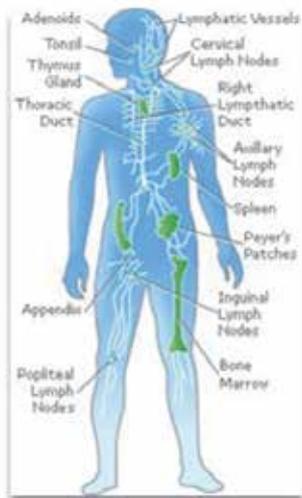
## What is ProLigna®?

*ProLigna is a patented water extract of Scotch Pinecones*

- Made from a sustainable source of pinecones—young pinecones harvested from the forest floor of Scotch pine forests in Wisconsin and Minnesota.
- All natural and proven free from allergens, heavy metals, pesticides, herbicides and microbiological contamination.
- Proven safe for humans in a 2008 double-blind, placebo-controlled clinical trial at 3 U.S. medical centers.
- Backed by over 31 independent, peer-reviewed research studies published in high-impact scientific journals.
- Protected by 10 patents on making and using ProLigna®



(also known as PPC) for immune enhancement, antiviral, antibacterial and anticancer activities.



## What Does ProLigna (PPC) Do?

- Promotes Dendritic Immune Cell development 9 fold in 9 days
- Promotes disease fighting T cell response while reducing allergy-causing response
- Promotes anti-inflammatory properties

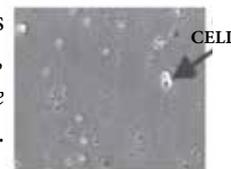
## GM-CSF: COLONY STIMULATING FACTORS

GM-CSF are synthetic (man-made) versions of substances (Colony Stimulating Factors) naturally produced in your body. These substances, called colony stimulating factors, help the bone marrow to make new white blood cells.

When certain cancer medicines fight your cancer cells, they also affect those white blood cells that fight infection. To help prevent infections when these cancer medicines are used, colony stimulating factors may be given. Colony stimulating factors also may be used to help the bone marrow recover after bone marrow transplantation and stem cell transplantation.

## ProLigna® Promotes Immune Cell Development

Microscopic images of immune dendritic cells (*the “generals of the immune system”*) produced in 9 days following treatment of human blood cells with GROWTH MEDIA ALONE (*control*), GM-CSF (*a potent cytokine infused into the body*), or PPC—ProLigna® pine cone extract.



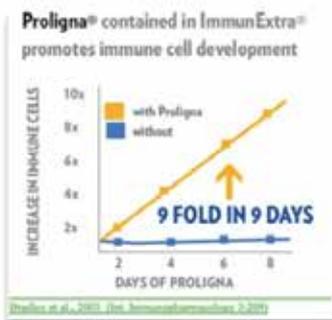
CONTROL



GM-CSF



PPC



**Conclusion:** PPC is even better than the “gold standard” GM-CSF at promoting immune cell development.

(adapted from Bradley et. al., 2006, J. Immunopharmacology)

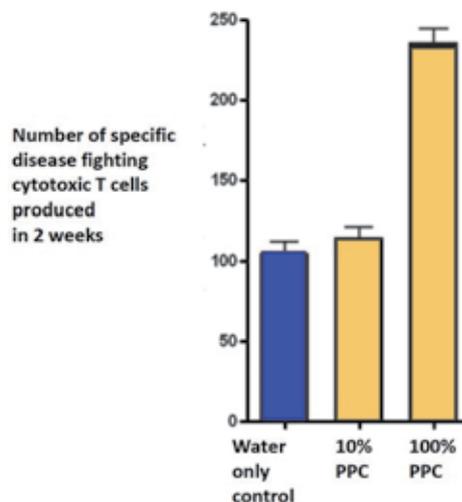
# Allera Health Products ~ ProLigna

## Proligna® Promotes Disease-Fighting T Cell Immune Response

This experiment shows that mice can mount an immune response to a “foreign protein” nearly 2.5 fold better when PPC is added to their drinking water for 2 weeks. Note the large increase in specific immune T cells in the mice with 100% PPC in their drinking water.

100% PPC in water is the mouse equivalent of 1 capsule per day.

(Research performed by scientists at the H. Lee Moffitt Cancer Research Center, a National Cancer Institute Center of Excellence)



“There is a long history of pinecone extract use in Japan and around the world. In my experience, pinecone extract has been extremely effective for immune support.”

 - AKIKO TANAKA, PH.D.  
PRESIDENT, TAMPA BAY RESEARCH INSTITUTE

| Code #  | Product Name | Description                                                                                                                                                                                                                                                                                                                                                                                                                                        | Count    | Retail  | You Pay! |
|---------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #AHP001 | ImmunExtra   | <b>ImmunExtra™</b> is an all-natural daily supplement that optimizes immune cell activity. A healthy immune system is the body’s first defense against the effects of bacteria and viruses. ImmunExtra™ is the only supplement based on ProLigna™, a patented botanical compound developed from pine cones, a natural remedy used in Japan for centuries.                                                                                          | 60 VCaps | \$42.98 | \$36.53  |
| #AHP002 | ImmunExtra3  | <b>ImmunExtra3</b> is an all natural, vegetarian, clinically-tested supplement containing Proligna®, a botanical extract derived from pine cones that optimizes your immune system. Until now ImmunExtra3 has been available only in the professional market. The product is designed for any advanced or extreme immune compromised situation. ImmunExtra3 is safe to take for extended periods if necessary. 3 times the strength of ImmunExtra. | 60 VCaps | \$59.99 | \$52.80  |
| #AHP003 | S.O.S.       | <b>Seasonal Optimum Support.</b> This safe, all-natural formula is an easy way to keep you healthy through every season. Seasonal Optimum Support contains quadruple daily dose of Proligna®, Meaningful amounts of Echinacea, Elderberry, and Propolis.                                                                                                                                                                                           | 60 VCaps | \$44.98 | \$38.23  |

# Amish B & W Ointments • Herbal Formulas

| CODE # | B&W Ointment                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | SIZE   | PRICE    | INGREDIENTS                                                                                                                                                       |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| #B&W1  |  <p>This is one of the best remedies for Burns and Wounds on the market. The Amish have had tremendous success with this formula. John Keim is the Herbalist who came up with the formula. Many types and degrees of burns and wounds have been successfully treated, using this ointment and following the directions in the booklet - BURN AID. In many cases, it prevents skin grafting!</p> <p>And is so much less painful than the way that burns are treated in the burn units in the hospitals across the Country. Add \$6 shipping for the 64 oz.</p> | 1 oz.  | \$4.50   | Honey, Lanolin, Olive Oil, Wheat Germ Oil, Marshmallow Root, Aloe Vera Gel, Wormwood, Comfrey Root, White Oak Bark, Lobelia, Vegetable Glycerin, Bees Wax, Myrrh. |
| #B&W2  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 2 oz.  | \$8.60   |                                                                                                                                                                   |
| #B&W4  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 4 oz.  | \$13.45  |                                                                                                                                                                   |
| #B&W8  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 8 oz.  | \$26.60  |                                                                                                                                                                   |
| #B&W12 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 12 oz. | \$38.80  |                                                                                                                                                                   |
| #B&W16 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 16oz.  | \$45.65  |                                                                                                                                                                   |
| #B&W32 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 32 oz. | \$86.60  |                                                                                                                                                                   |
| #B&W64 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 64 oz. | \$163.75 |                                                                                                                                                                   |

| CODE # | Burn Kits & Books                                                                                                                                                                                                     |                                                                             | PRICE    |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------|
| #BKT   | <b>First-Add Burn Kits:</b> Contains everything you need, instructions, supplies & even the emergency phone number if you have questions. Comes in a nice plastic case to keep it clean and dry and for easy storage. | <b>Burn Kit Toddler</b> -<br>Covers approx. 4 Dressings for a Small Burn    | \$46.50  |
| #BKJ   |                                                                                                                                                                                                                       | <b>Burn Kit Junior</b> -<br>Covers Approx. 4 Dressings for an Adult Forearm | \$67.50  |
| #BKS   |                                                                                                                                                                                                                       | <b>Burn Kit Senior</b> -<br>Covers Approx. 4 Dressings for an Adult Thigh   | \$130.00 |
| #PIB   | <b>Plain Interest Booklet:</b> A breakthrough for burns! First hand testimonies using B&W Ointment for the treatment of burns & wounds. Filled with very interesting stories & information.                           | 46 Pages                                                                    | \$1.25   |
| #CFTBW | <b>Comfort for the Burned &amp; Wounded:</b> Formulator of B&W Ointment. Lots of very interesting testimonies using B&W Ointment. 2007 Edition, by John Keim                                                          | 113 Pages                                                                   | \$9.50   |
| #BAB   | <b>Burn Aid Booklet:</b> Excellent little HOW TO Booklet, describing with pictures, how to treat burns & wounds with B&W Ointment, by John Keim.                                                                      | 33 Pages                                                                    | \$5.00   |

## Fundament Des Lebens "Foundation of Life" Products

*Faithfully formulated for You by John Keim*

|                                |                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                               |                    |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|--------------------|
| #HA-901                        | <b>Fraulein Eckstein:</b> "Female Cornerstone" is plant food for nourishing the female body, allowing the body to choose the missing ingredients needed to develop an healthy female body to perform the changes that are normal in all ages, without the painful experiences. Helps many women who suffer from painful menses. Sug. Retail is \$44.00                                  | 120 Tabs                                                                                                      | \$42.00            |
| #HA-902                        | <b>Weibes Spezial:</b> "Prenatal Complex", an excellent Prenatal. It will support the progesterone hormone to help enable full term pregnancies. You will have less undesirable pregnancy symptoms & better ease of labor. This is a Gluten-Free product. Sug. Retail is \$40.00.                                                                                                       | 120 Tabs                                                                                                      | \$37.00            |
| #HA-903-270                    | <b>Frischen An Fang:</b> "Fresh Start" Powerful product for Depression, and other Mental Illnesses. Takes the place of True Hope Empower Plus.                                                                                                                                                                                                                                          | 270 Caps                                                                                                      | \$75.00            |
| #HA-904                        | <b>Eingeweide Starken:</b> "Intestinal Strength" Immune Support/Probiotic Formula. Helps reduce gas & bloating, increases appetite and energy levels. Eases diarrhea and constipation. Settles colicking of nursing baby if mother faithfully supplies her own body with this supplement. Retards Candida and fungal over growth encouraging colitis correction. Sug. Retail - \$46.00. | 180 Caps                                                                                                      | \$43.00            |
| #HA905A-Adult<br>#HA905C-Child | <b>Parasitische Zerstoren:</b> "Parasite Destroyer" is an unique blend that removes parasites while strengthening the body's natural defense against new parasitic infestation. Available for Adults (HA905A Adult) and Children (HA905C-Child). Sug. Retail is \$35.00/\$35.00                                                                                                         | <br>180 Caps<br>180 Caps | \$33.00<br>\$30.00 |

# Aromatherapy Essential Oils, by NOW

| CODE # | 100% Pure & Natural    | SIZE   | Retail   | You Pay  |
|--------|------------------------|--------|----------|----------|
| 7515   | Anise Oil              | 1 oz.  | \$7.49   | \$5.40   |
| 7526   | Atlas Cedar Oil        | 1 oz.  | \$6.99   | \$5.05   |
| 7513   | Balsam Fir Needle Oil  | 1 oz.  | \$11.99  | \$8.60   |
| 7516   | Basil Oil              | 1 oz.  | \$12.99  | \$9.35   |
| 7518   | Bergamont Oil          | 1 oz.  | \$14.99  | \$10.80  |
| 7520   | Camphor Oil White      | 1 oz.  | \$5.99   | \$4.30   |
| 7644   | Cardomon Oil           | 10 ml  | \$15.99  | \$11.50  |
| 7482   | Carrot Oil             | 1 oz.  | \$24.99  | \$18.00  |
| 7525   | Cedarwood Oil          | 1 oz.  | \$5.99   | \$4.30   |
| 7621   | Chamomile Oil          | 10 ml  | \$35.99  | \$26.00  |
| 7528   | Chamomile Oil          | 1 oz.  | \$74.99  | \$54.00  |
| 7533   | Cinnamon Bark Oil      | 1 oz.  | \$29.99  | \$22.00  |
| 7530   | Cinnamon Cassia Oil    | 1 oz.  | \$8.99   | \$6.50   |
| 7535   | Citronella Oil         | 1 oz.  | \$5.99   | \$3.40   |
| 7536   | Citronella Oil         | 4 oz.  | \$16.99  | \$12.25  |
| 7538   | Clary Sage Oil         | 1 oz.  | \$18.99  | \$13.70  |
| 7540   | Clove Oil              | 1 oz.  | \$6.99   | \$5.00   |
| 7490   | Clove Oil              | 2 oz.  | \$11.99  | \$8.60   |
| 7541   | Clove Oil              | 4 oz.  | \$21.99  | \$15.80  |
| 7652   | Cypress Oil            | 1 oz.  | \$9.99   | \$7.20   |
| 7545   | Eucalyptus Oil         | 1 oz.  | \$5.99   | \$3.40   |
| 7491   | Eucalyptus Oil         | 2 oz.  | \$8.99   | \$6.50   |
| 7546   | Eucalyptus Oil         | 4 oz.  | \$14.99  | \$10.80  |
| 7592   | Eucalyptus Oil         | 16 oz. | \$44.99  | \$32.40  |
| 7527   | Eucalyptus Radiate Oil | 1 oz.  | \$8.99   | \$6.45   |
| 7542   | Frankincense Oil       | 1 oz.  | \$24.99  | \$18.00  |
| 7552   | Germanium Oil          | 1 oz.  | \$19.99  | \$14.40  |
| 7550   | Ginger Oil             | 1 oz.  | \$10.99  | \$7.90   |
| 7553   | Grapefruit Oil         | 1 oz.  | \$9.99   | \$7.20   |
| 7473   | Grapefruit Oil         | 4 oz.  | \$29.99  | \$23.00  |
| 7556   | Hyssop Oil             | 1 oz.  | \$31.99  | \$21.50  |
| 7558   | Juniper Berry Oil      | 1 oz.  | \$24.99  | \$18.00  |
| 7560   | Lavender Oil           | 1 oz.  | \$13.99  | \$10.05  |
| 7492   | Lavender Oil           | 2 oz.  | \$22.99  | \$16.55  |
| 7561   | Lavender Oil           | 4 oz.  | \$39.99  | \$28.80  |
| 7593   | Lavender Oil           | 16 oz. | \$149.99 | \$108.00 |
| 7463   | Spike Lavender Oil     | 1 oz.  | \$14.99  | \$10.80  |
| 7582   | Lemongrass Oil         | 1 oz.  | \$5.99   | \$4.30   |
| 7618   | Lemongrass Oil         | 4 oz.  | \$16.99  | \$12.25  |
| 7638   | Lemon Eucalyptus Oil   | 1 oz.  | \$9.99   | \$7.20   |
| 7565   | Lemon Oil              | 1 oz.  | \$6.49   | \$4.65   |
| 7569   | Lemon Oil              | 4 oz.  | \$19.99  | \$14.40  |
| 7567   | Lime Oil               | 1 oz.  | \$6.99   | \$5.00   |
| 7566   | Marjoram Oil           | 1 oz.  | \$13.99  | \$10.05  |
| 7568   | Myrrh Oil              | 1 oz.  | \$39.99  | \$28.80  |
| 7581   | Nutmeg Oil             | 1 oz.  | \$13.99  | \$10.05  |
| 7570   | Orange Oil             | 1 oz.  | \$4.99   | \$3.00   |
| 7578   | Orange Oil             | 4 oz.  | \$8.99   | \$6.50   |
| 7573   | Oregano Oil            | 1 oz.  | \$16.99  | \$12.25  |

| CODE # | 100% Pure & Natural | SIZE   | Retail  | You Pay |
|--------|---------------------|--------|---------|---------|
| 7494   | Oregano Oil         | 2 oz.  | \$29.99 | \$21.60 |
| 7575   | Patchouli Oil       | 1 oz.  | \$15.99 | \$11.50 |
| 7579   | Patchouli Oil       | 4 oz.  | \$42.99 | \$30.95 |
| 7580   | Pennyroyal Oil      | 1 oz.  | \$9.99  | \$7.20  |
| 7585   | Peppermint Oil      | 1 oz.  | \$7.99  | \$5.75  |
| 7495   | Peppermint Oil      | 2 oz.  | \$12.99 | \$9.35  |
| 7586   | Peppermint Oil      | 4 oz.  | \$21.99 | \$15.80 |
| 7591   | Peppermint Oil      | 16 oz. | \$69.99 | \$50.40 |
| 7590   | Pine Oil            | 1 oz.  | \$9.99  | \$7.20  |
| 7600   | Rosemary Oil        | 1 oz.  | \$8.99  | \$6.50  |
| 7496   | Rosemary Oil        | 2 oz.  | \$14.99 | \$10.80 |
| 7601   | Rosemary Oil        | 4 oz.  | \$27.99 | \$20.15 |
| 7610   | Sage Oil            | 1 oz.  | \$12.99 | \$9.35  |
| 7620   | Spearmint Oil       | 1 oz.  | \$6.99  | \$5.00  |
| 7623   | Tangerine Oil       | 1 oz.  | \$5.99  | \$3.60  |
| 7643   | Tangerine Oil       | 4 oz.  | \$12.99 | \$9.35  |
| 7625   | Tea Tree Oil        | 1 oz.  | \$8.99  | \$6.50  |
| 7489   | Tea Tree Oil        | 2 oz.  | \$16.99 | \$12.25 |
| 7626   | Tea Tree Oil        | 4 oz.  | \$26.99 | \$19.40 |
| 7628   | Tea Tree Oil        | 16 oz. | \$74.99 | \$54.00 |
| 7635   | Thyme Oil White     | 1 oz.  | \$14.99 | \$10.80 |
| 7706   | Turmeric Oil        | 1 oz.  | \$14.99 | \$10.80 |
| 7636   | Vetiver Oil         | 10 ml. | \$16.99 | \$12.30 |
| 7640   | Wintergreen Oil     | 1 oz.  | \$11.99 | \$8.60  |
| 7650   | Ylang Ylang Oil     | 1 oz.  | \$37.99 | \$27.35 |
| CODE # | ORGANIC             | SIZE   | Retail  | You Pay |
| 7398   | Atlas Cedar         | 1 oz.  | \$9.99  | \$7.20  |
| 7414   | Bergamot Oil        | 1 oz.  | \$24.99 | \$18.00 |
| 7417   | Cinnamon Cassia Oil | 1 oz.  | \$16.99 | \$12.20 |
| 7407   | Citronella Oil      | 1 oz.  | \$8.99  | \$6.50  |
| 7408   | Clove Oil           | 1 oz.  | \$13.99 | \$11.50 |
| 7410   | Eucalyptus Oil      | 1 oz.  | \$8.99  | \$6.50  |
| 7413   | Eucalyptus Oil      | 4 oz.  | \$27.99 | \$20.15 |
| 7418   | Geranium Oil        | 1 oz.  | \$29.99 | \$21.60 |
| 7430   | Lavender Oil        | 1 oz.  | \$24.99 | \$18.00 |
| 7431   | Lavender Oil        | 4 oz.  | \$74.99 | \$54.00 |
| 7420   | Lemon Oil           | 1 oz.  | \$12.99 | \$9.35  |
| 7415   | Lemongrass Oil      | 1 oz.  | \$9.99  | \$7.20  |
| 7440   | Orange Oil          | 1 oz.  | \$6.99  | \$5.00  |
| 7441   | Orange Oil          | 4 oz.  | \$13.99 | \$10.05 |
| 7443   | Oregano Oil         | 1 oz.  | \$29.99 | \$21.60 |
| 7445   | Patchouli           | 1 oz.  | \$21.99 | \$15.80 |
| 7452   | Peppermint Oil      | 1 oz.  | \$16.99 | \$12.25 |
| 7457   | Peppermint Oil      | 4 oz.  | \$44.99 | \$32.40 |
| 7460   | Rosemary Oil        | 1 oz.  | \$13.99 | \$10.00 |
| 7465   | Spearmint Oil       | 1 oz.  | \$11.99 | \$8.65  |
| 7470   | Tea Tree Oil        | 1 oz.  | \$12.99 | \$9.35  |

# Aromatherapy Essential Oils, by NOW, Continued

| CODE # | Essential Oil BLENDS      | SIZE  | Retail  | You Pay |
|--------|---------------------------|-------|---------|---------|
| 7475   | Blue Tansy Oil 10%        | 1 oz. | \$28.99 | \$20.85 |
| 7630   | Bottled Bouquet           | 1 oz. | \$14.99 | \$10.80 |
| 7804   | Bug Ban Oil Blend         | 1 oz. | \$12.99 | \$9.35  |
| 7604   | Cheerup Buttercup         | 1 oz. | \$12.99 | \$9.35  |
| 7605   | Clear the Air Oil Blend   | 1 oz. | \$12.99 | \$9.35  |
| 7775   | Clear the Air Oil Blend   | 4 oz. | \$39.99 | \$28.80 |
| 7548   | Frankincense 20%          | 1 oz. | \$9.99  | \$7.20  |
| 7631   | Good Morning Sunshine     | 1 oz. | \$12.99 | \$9.35  |
| 7632   | Helictrysum               | 1 oz. | \$28.99 | \$20.90 |
| 7557   | Jasmine Absolute 7.5%     | 1 oz. | \$26.99 | \$19.40 |
| 7555   | Jasmine Scented Synthetic | 1 oz. | \$7.99  | \$5.75  |
| 7728   | Lavender & Tea Tree Oil   | 1 oz. | \$12.99 | \$9.35  |
| 7729   | Lemon & Eucalyptus        | 1 oz. | \$6.99  | \$5.00  |
| 7726   | Lemon & Eucalyptus        | 4 oz. | \$15.99 | \$11.50 |
| 7606   | Mental Focus              | 1 oz. | \$12.99 | \$9.35  |
| 7543   | Myrrh 20%                 | 1 oz. | \$12.99 | \$9.35  |
| 7611   | Naturally Lovable         | 1 oz. | \$12.99 | \$9.35  |
| 7612   | Nature's Shield           | 1 oz. | \$19.99 | \$14.40 |
| 7576   | Nieroli 7.5%              | 1 oz. | \$29.99 | \$21.60 |
| 7577   | Oil of Oregano 25%        | 1 oz. | \$11.99 | \$8.60  |
| 7608   | Peace & Harmony           | 1 oz. | \$12.99 | \$9.35  |
| 7634   | Peace, Love & Flowers     | 1 oz. | \$12.99 | \$9.35  |
| 7607   | Peaceful Sleep            | 1 oz. | \$12.99 | \$9.35  |
| 7777   | Peaceful Sleep            | 4 oz. | \$39.99 | \$28.80 |
| 7597   | Rose Absolute 5%          | 1 oz. | \$15.99 | \$11.50 |
| 7668   | Sandalwood 14%            | 1 oz. | \$29.99 | \$21.20 |
| 7633   | Smiles for Miles          | 1 oz. | \$12.99 | \$9.35  |
| 7596   | Vanilla Concentrate       | 1 oz. | \$29.99 | \$21.20 |

| CODE # | Essential Oil BLENDS HOLIDAY | SIZE  | Retail  | You Pay |
|--------|------------------------------|-------|---------|---------|
| 7647   | Candy Cane Oil Blend         | 1 oz. | \$14.99 | \$10.80 |
| 7648   | Woodland Walk Oil Blend      | 1 oz. | \$14.99 | \$10.80 |

| CODE # | Essential Oil ROLL-ONS       | SIZE  | Retail | You Pay |
|--------|------------------------------|-------|--------|---------|
| 7901   | Eucalyptus Roll-On, Organic  | 10 ml | \$7.99 | \$6.00  |
| 7902   | Seasonal Defense Roll-On     | 10 ml | \$7.99 | \$6.00  |
| 7903   | Mind That Energy Roll-on     | 10 ml | \$7.99 | \$6.00  |
| 7905   | Lavender Roll-On, Organic    | 10 ml | \$7.99 | \$6.00  |
| 7906   | Peppermint Roll-On, Organic  | 10 ml | \$7.99 | \$6.00  |
| 7907   | Tea Tree Roll-On, Organic    | 10 ml | \$7.99 | \$6.00  |
| 7908   | Head Relief Roll-On, Organic | 10 ml | \$7.99 | \$6.00  |

| CODE # | Empty Brown Glass Bottles  | SIZE   | Retail | You Pay |
|--------|----------------------------|--------|--------|---------|
| 7691   | 2 oz. Glass Bottle/Sprayer | 6 Pack | \$8.90 | \$6.40  |
| 7693   | 10ml Glass Bottle Roll-on  | 6 Pack | \$7.50 | \$5.40  |
| 7688   | 1 oz. Glass Bottle/Dropper | 6 Pack | \$9.99 | \$7.20  |

| CODE # | Essential Oil Diffuser                | Retail  | You Pay |
|--------|---------------------------------------|---------|---------|
| 7521   | Ultrasonic Bamboo Diffuser            | \$49.99 | \$38.40 |
| 7486   | Ultrasonic Black Metal Touch Diffuser | \$49.99 | \$38.40 |

# Bairn Biologics, Candisol

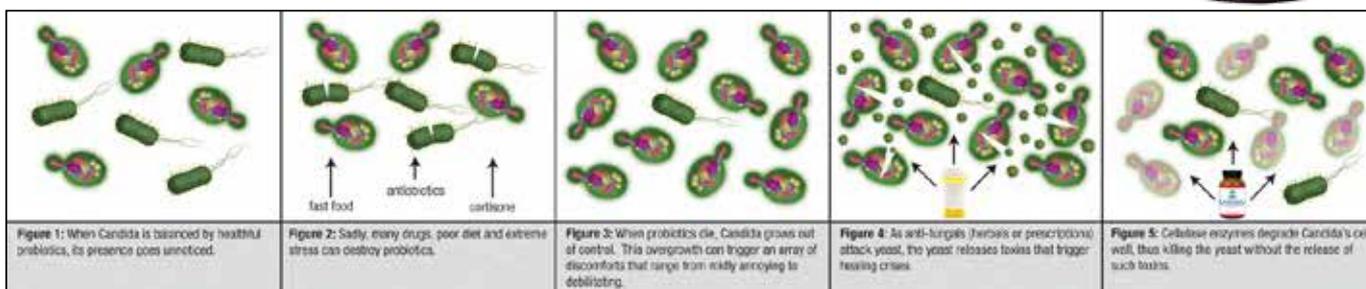


*The Best, Most Powerful Yeast/Candida Formula Available!*

*Vegetarian Enzymes to Support a Healthy Gastrointestinal Tract\**



## *Candisol®: Enzymes to Digest Yeast Overgrowth\**



### What Is Candida?

Candida albicans is a single celled yeast organism that is impossible to keep out of the body. Normally, it does no harm, because it is kept in check by beneficial bacteria (probiotics) like acidophilus (see Figure 1). These bacteria, however, can be destroyed by birth control pills, antibiotics, steroids, cortisone drugs, chlorinated water, poor diet and extreme stress (see Figure 2). When this occurs, Candida can grow out of control (see Figure 3).

Candida causes problems by releasing toxins into the bloodstream. These toxins trigger many discomforts, including localized (primarily vaginal or rectal) itching, depression, irritability, dizziness, unclear thinking, difficulty focusing, extreme fatigue, loss of memory, gas, bloating, diarrhea, constipation, extreme weight gain or loss, etc. More than 100 million Americans are thought to suffer from Candida overgrowth.

### Can I Control It?

For many years, the mainstays in Candida management have been anti-fungal drugs and herbs (see Figure 4). However, these agents have limitations. First, anti-fungal drugs may cause liver damage. Second, anti-fungal drugs and herbs cause yeast to release even more toxins, which cause "die off reactions" (intensifications of symptoms) that many people cannot tolerate. Third, yeast can become resistant to drugs, so that the drugs lose their effectiveness.

### Enzymes to the Rescue!

Since Candida's cell wall is made mostly of fiber (see Figure 6), fiber digesting enzymes can break it down. When this occurs, the yeast dies.

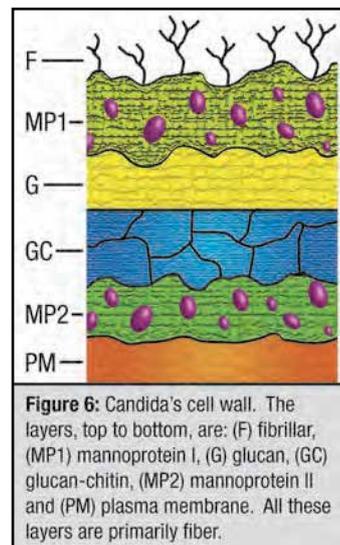
The enzymes that best digest the cell wall of Candida are cellulase, hemicellulase, xylanase, and beta-glucanase.

While digestive aids may contain these enzymes, they do not provide enough of them to combat Candida. For this, a specialty formulation is needed.

Such formulations must be taken on an empty stomach.\*

Because Candida cannot change the structure of its cell wall, it cannot become resistant to these enzymes.

Because the enzymes do not stimulate the yeast to release toxins, they do not trigger a die-off reaction (see Figure 5). In short, you won't have to feel worse before you feel better. Best of all, fiber digesting enzymes are completely safe.\*



**Figure 6:** Candida's cell wall. The layers, top to bottom, are: (F) fibrillar, (MP1) mannoprotein I, (G) glucan, (GC) glucan-chitin, (MP2) mannoprotein II and (PM) plasma membrane. All these layers are primarily fiber.

**\*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.**

# Bairn Biologics, Candisol

## How Much Enzyme Activity Do I Need?

For the past several years we have used fiber digesting enzymes against Candida. We have found about 200,000 daily units of cellulase and hemicellulase to be ideal.

Candisol® provides 210,000 total units of daily cellulase and hemicellulase activity.\*

## When Will I Start Feeling Better?

As with all things, individual results will vary. However, nearly everyone notes substantial improvements within one to four weeks.\*

While die-off reactions do not occur with Candisol® a few people may experience nausea, a “burning sensation” in the stomach, or abdominal cramping. This is because the enzymes may aggravate pre-existing disturbances in the gastrointestinal tract. If this occurs, we suggest using one half of a capsule, twice daily, emptied into eight ounces of warm water, and building up from there.\*

To minimize any sensitivity to Candisol®, we suggest one capsule your first day, two your second day, and so on, until you reach the full, four capsule per day regimen.\*

## Frequently Asked Questions

### Can Children Use Candisol®?

Candisol® is safe for everyone. For children, use one-half capsule, twice daily, for each 40 pounds of body weight. For ages 14 and up, adult recommendations may be followed.\*

### When Will I Be Completely Yeast-Free?

No one will ever be completely yeast free. Indeed, most experts believe that small amounts of yeast are beneficial. The goal is to keep populations beneath levels that cause problems.\*

### How Long Should I Use Candisol®?

Two capsules of Candisol® in the morning, an hour before breakfast, and two at bedtime, at least two hours after eating (always use with eight ounces of water) normally produce profound improvement in 10 to 30 days. The time needed for maximum benefit, however, varies, because we each have:

- Different amounts of yeast to overcome
- Different levels of immune support
- Different levels of healthy probiotics
- Different dietary habits
- Varying levels of stress

The longer you have had a yeast problem, the longer you will likely need to use Candisol®. When you're feeling as well as you think you should, cut back from four capsules per day to three for a week; then, to two per day for another week; and finally to one a day. If you continue to feel well, continue with one capsule per day. If you begin to feel worse as you cut back, use four capsules daily for another month, and then cut back again. There is no “one size fits all” solution for Candida.\*

When you have attained maximum benefit, you will be able to use one capsule per day without regressing. Sugar, antibiotics, birth control pills, chlorinated water or stress may trigger renewed outbreaks of Candida.\*

Should I use Probiotics With Candisol®?

We strongly recommend using a high quality probiotic supplement with Candisol®. Since there are many brands of both high and low quality probiotics on the market, it is important to let your healthcare practitioner guide you to a brand he or she trusts.\*

### Should I use Probiotics With Candisol®?

Have Clinical Studies Been Done On Candisol®?

### Have Clinical Studies Been Done On Candisol®?

Laboratory studies show the enzymes in Candisol® inhibit the growth of Candida albicans in vitro. A clinical study of 52 patients found that Candisol® is safe, effective, well tolerated, and causes no significant side effects. The physicians that conducted this study concluded that “Candisol® should be the first choice for treatment of enteric Candida”. Candisol® is recommended by physicians, nurses, natural health practitioners, and health clinics throughout the country.\*

### Must I Follow the “Candida Diet”?

While some find that Candisol® permits them to eat foods that are not allowed in normal Candida diets, this is not recommended. You are using Candisol® to reduce yeast populations. Eating foods that feed yeast will lengthen the time you'll need to use it.\*

**SUGGESTED USE:** To support a healthy gastrointestinal tract, two capsules, twice daily, between meals. For maintenance, one capsule at bedtime. Always use with at least 6 oz. of water.

| Supplement Facts            |                    |     |
|-----------------------------|--------------------|-----|
| Serving Size: 2 Capsules    |                    |     |
| Servings Per Container: 60  |                    |     |
|                             | Amount Per Serving | %DV |
| Cellulase (vegetarian)      | 65,000 CU          | *   |
| Hemicellulase (vegetarian)  | 40,000 HCU         | *   |
| Xylanase (vegetarian)       | 2000 XU            | *   |
| Beta-glucanase (vegetarian) | 200 BGU            | *   |

\*Daily Value (DV) not established.

**Other Ingredients:** microcrystalline cellulose, L-leucine, HPMC (vegetable capsule).

**Distributed By:** Bairn Biologics, Inc.,  
P.O. Box 95966, Las Vegas, NV 89193



| Code #  | Product Name | Count     | You Pay! |
|---------|--------------|-----------|----------|
| #CAND01 | Candisol     | 40 VCaps  | \$26.80  |
| #CAND02 |              | 120 VCaps | \$64.28  |

# Barlean's Flax and Omega-3 Oils



At Barlean's we have a responsibility to provide you with the absolute finest, freshest and best tasting organic oil that nature has to offer. Thus, each lot of flaxseed we use to manufacture our oils is stringently tested and 100% guaranteed to be both all-organic and non-genetically modified.

## Barlean's HiLignan Flax Oil

| Code      | Product                                         | Size     | Retail  | You Pay!       |
|-----------|-------------------------------------------------|----------|---------|----------------|
| #B08HL    | Pure, Organic, Non-GMO Flax Oil. Delicate Taste | 8 oz.    | \$12.58 | \$10.95        |
| #B12HL    |                                                 | 12 oz.   | \$18.93 | \$16.50        |
| #B16HL    |                                                 | 16 oz.   | \$23.99 | \$21.70        |
| #B32HL    |                                                 | 32 oz.   | \$45.88 | \$40.30        |
| #BFC100HL |                                                 | 100 Gels | \$14.47 | <b>\$12.70</b> |
| #BFC250HL |                                                 | 250 Gels | \$34.22 | <b>\$30.30</b> |

## Blackberry & Strawberry-Banana Omega-3 Smoothie

These are sooooo delicious!

**Ingredients:** Organic Flaxseed Oil, Water, Xylitol, Glycerin, Gum Arabic, Natural Flavors, Citric Acid, Xanthum Gum, Guar Gum, Vegetable juice (for color) ascorbyl palmitate to ensure freshness.

- An Excellent Source of Omega-3's - 2620 per serving!
- Made with 100% Organic Cold-Pressed Flax Oil
- 100% Vegetarian
- Delicious All-Natural Flavors
- Sweetened with Xylitol



## Barlean's VEGAN Omega Smoothie Flax Oil

| CODE #  | Product                       | Size   | Retail  | You Pay! |
|---------|-------------------------------|--------|---------|----------|
| #BE08SB | Strawberry-Banana Omega Swirl | 8 oz.  | \$13.85 | \$12.50  |
| #BE16SB | Strawberry-Banana Omega Swirl | 16 oz. | \$25.97 | \$23.40  |
| #BE16B  | Blackberry Omega Swirl        | 16 oz. | \$25.97 | \$23.40  |

## Pomegranate Blueberry Total Omega Vegan Smoothie ABSOLUTELY DELICIOUS!

**Ingredients:** Total Omega Vegan Blend (Organic flaxseed oil, borage oil, DHA Algal Oil), Water, Xylitol, Glycerin, Gum Arabic, Natural Flavors, Vegetable Juice, Citric Acid, Xanthan Gum, Guar Gum, Sorbic Acid, Vitamin E (as d-alpha tocopherol), ascorbyl palmitate.

- Complete & balanced Vegan Omega Nutrition
- Delicious All-Natural Pomegranate/Blueberry Flavor
- Made with Organic Flaxseed Oil
- 100% Vegetarian Plant-Based DHA



## Barlean's VEGAN Omega Smoothie

| CODE #     | Product                                          | Size  | Retail  | You Pay! |
|------------|--------------------------------------------------|-------|---------|----------|
| #BE16TOVP8 | Pomegranate Blueberry Total Omega Vegan Smoothie | 16 oz | \$35.33 | \$32.00  |

## Benefits of Flaxseed Oil

According to the Flax Council of Canada, there are numerous benefits of which omega-3 is at the top of the list. ALA (alpha-linolenic acid) constitutes 57% of the total fatty acids in flax, making flax the richest source of ALA in the North American diet. Every tablespoon of flaxseed oil contains 8 grams of ALA, and this is a polyunsaturated fatty acid.

Flaxseed oil has been found to be beneficial for those who suffer from Crohn's Disease and Colitis.

Several studies have found that this oil seems to be able to calm the inner lining of the inflamed intestines. Another benefit exists as there is a high content of mucilage in flax and this is an effective natural laxative.

Flaxseed oil is beneficial in helping to reduce high cholesterol. It's important to keep in mind however, that this alone cannot be totally effective in reducing cholesterol levels, an overhaul of overall diet must work in conjunction with flaxseed oil.

The risk of heart disease is lower in individuals who take flaxseed oil. Evidence indicates that those who eat a lot of ALA are less likely to suffer a fatal heart attack and it reduces high blood pressure.

Some people are afflicted with Sjogren's syndrome, which is a dryness of the eyes. Flaxseed oil helps to improve this condition.

### Flaxseed oil also helps to:

- Reduce the risk of cancer.
- Aid in the growth of healthy hair and nails.
- Promote healthy skin.
- Reduce menopause symptoms.
- Plays a role in burning body fat.
- Also excellent for depression & ADD

# Bio-Botanical Research

## *Biocidin ~ G.I. Tract Support*



Biocidin® is a synergistic combination of botanical medicines, which targets the entire GI tract, and supports microbiome balance for healthy digestion and elimination. The botanicals also have systemic applications in microbial challenges wherever they occur. Independent laboratory testing has concluded that Biocidin® has broad reaching effects, including addressing biofilms.

- Laboratory and clinically tested for effectiveness for over 30 years.
- Recommended as nutritional support by leading practitioners of Functional and Integrative Medicine
- Research indicates potential in addressing biofilms and chronic/resistant cases of imbalanced terrain.\*
- Includes botanicals to assist detoxification pathways and to address inflammation.\*
- To decrease possible die-off or detoxification-type reactions we always recommend concurrent usage of G.I. Detox™+ with Biocidin®.

Serving Size: 1 Drop • Servings Per Container: 600 • Amount Per Serving ~ Proprietary Herbal Blend: 30 mg

**Ingredients:** Bilberry extract (25% anthocyanosides), Noni, Milk Thistle, Echinacea (purpurea & angustifolia), Goldenseal, Shiitake, White Willow (bark), Garlic, Grapeseed extract (min 90% polyphenols), Black Walnut (hull and leaf), Raspberry, Fumitory, Gentian, Tea Tree oil, Galbanum oil, Lavender oil (plant & flower), Oregano oil (plant & flower)

**Other Ingredients:** Vegetable glycerin, < 5% alcohol (potato and/or cane source)

| Code # | Product Name | Description               | Count | Retail  | You Pay! |
|--------|--------------|---------------------------|-------|---------|----------|
| #BIOC8 | Biocidin     | Biocidin Advanced Formula | 1 oz  | \$59.97 | \$55.00  |

## *G.I. Detox ~ G.I. Tract Support*



A binding formula to support enhanced clearance of endotoxins, metals, and xenobiotic compounds. Removal of debris and toxins is essential when restoring microbial balance to the GI tract. Binding agents are especially integral to protocols using Biocidin®, as the breakdown of biofilms, mycotoxins, and pathogens can cause die-off or herxheimer-type detox reactions. Endotoxins from gram-negative bacteria such as LPS, heavy metals, and metabolites of yeast, mold, or bacteria can all contribute to an increased toxic burden and promote inflammation. Our new formulation excels in supporting clearance of these toxins.

- Assists in binding toxins including LPS, metals, and unwanted microbial by-products
- Recommend for use with Biocidin® to avoid detoxification reactions
- Assists in “mop-up” phase of biofilm removal
- May assist as nutritional support for mold and mycotoxin clearance
- Perfect for when food or water quality is compromised

**Ingredients:** Proprietary Herbal Blend: 520 mg, Zeolite Clay; Activated Charcoal; Aloe Vera (inner leaf); Silica (as Monomethylsilanetriol); Apple Pectin; Humic Acid; Fulvic Acid

| Code # | Product Name | Description         | Count    | Retail  | You Pay! |
|--------|--------------|---------------------|----------|---------|----------|
| #GIDET | G.I. Detox   | G.I. Detox+ Formula | 60 VCaps | \$31.50 | \$29.95  |

# Biotics Research



Blood pressure increases with age as a consequence of the interaction of our environment, genetics and lifestyle, including exercise and the dietary intake of macro and micronutrients.

Nutrient-gene interactions and oxidative stress influences vascular biology in humans.

Bio-CardioSirt BP® supplies a unique (*patent pending*) combination of 7 key micronutrients that have clinically proven to support normal, healthy blood pressure levels.

Bio-CardioSirt BP® is available in bottles of 8 ounces (#2905), providing a full 30 day supply.

| Supplement Facts                              |                    |               |
|-----------------------------------------------|--------------------|---------------|
| Serving Size: 1 rounded scoop (approx. 7.8 g) |                    |               |
| Servings Per Container: 30                    |                    |               |
|                                               | Amount Per Serving | % Daily Value |
| Vitamin C (as magnesium ascorbate)            | 1,000 mg           | 1666%         |
| Vitamin D (as cholecalciferol)                | 2,000 IU           | 500%          |
| Vitamin B6 (as pyridoxine hydrochloride)      | 100 mg             | 5000%         |
| Biotin                                        | 2,000 mcg          | 667%          |
| Magnesium (as magnesium ascorbate)            | 87 mg              | 22%           |
| Proprietary Blend                             | 6,150 mg           |               |
| Taurine                                       |                    | *             |
| MegaNatural®-BP grape seed extract            |                    | *             |

\*Daily Value not established

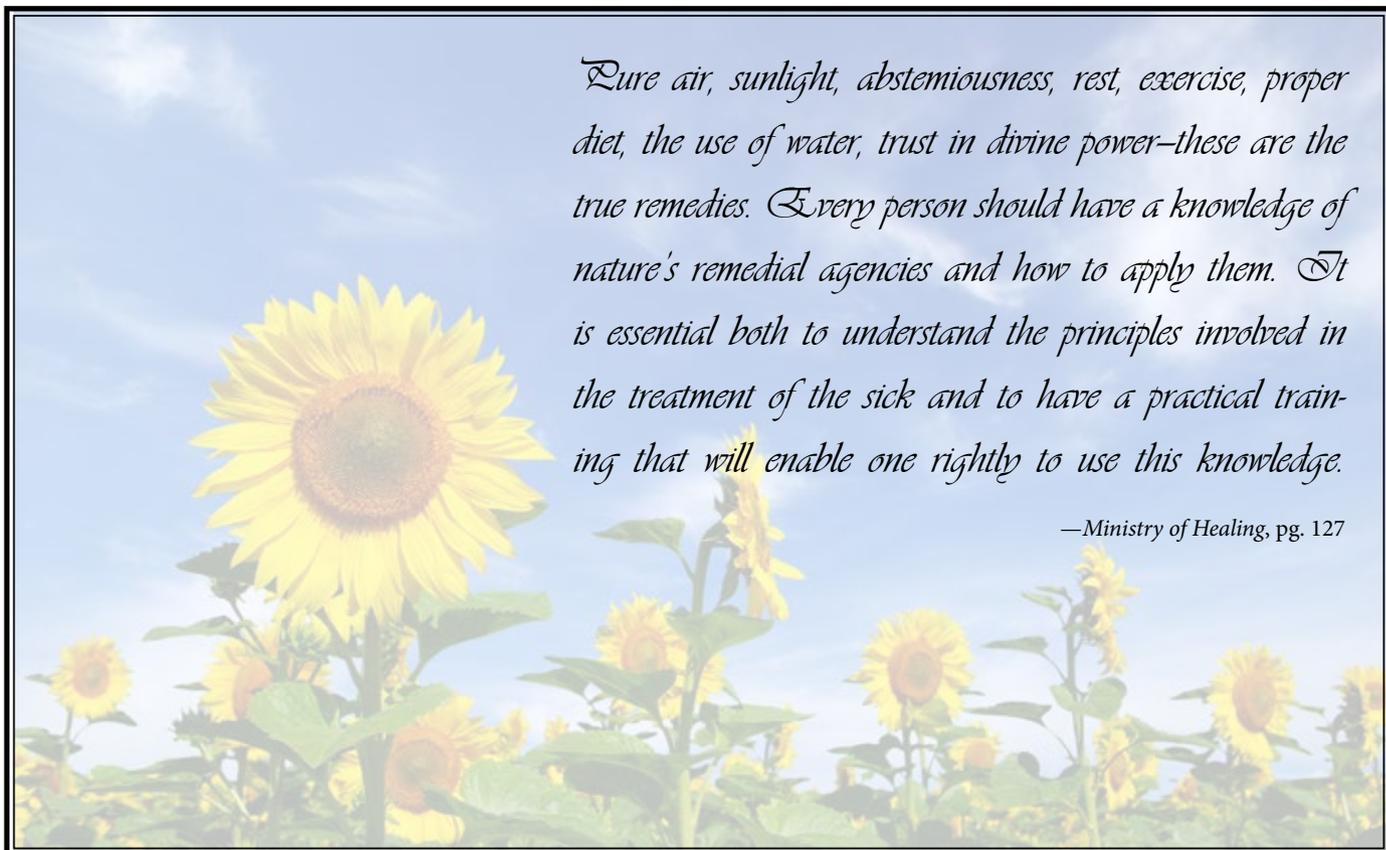
**M** MegaNatural®-BP and its logo are trademarks of Constellation Brands Inc.

This product is gluten and dairy free.  
Patent Pending

**RECOMMENDATION:** One (1) rounded scoop mixed with six (6) to eight (8) ounces of water or beverage of choice each day as a dietary supplement or as otherwise directed by a healthcare professional.

**KEEP OUT OF REACH OF CHILDREN**  
Store in a cool, dry area .  
Sealed with an imprinted safety seal for your protection.

| CODE # | PRODUCT            | COUNT | Retail  | You Pay! |
|--------|--------------------|-------|---------|----------|
| #2905  | Bio-CardioSirt BP® | 8 Oz. | \$49.95 | \$37.40  |



*Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.*

—Ministry of Healing, pg. 127

# Books and DVDs

## “Study to show thyself approved...”

This is perhaps the most important section in the whole catalog. There is only one thing more important than our physical health and that is our spiritual health. There are so many books written about both spiritual & physical health, we need to pray the prayer of Solomon, “Give me now wisdom and knowledge...” 2 Chronicles 1:12, so as not to be deceived, for where there is truth, there is also a counterfeit lurking nearby.

Many people don't realize it, but the Bible has much to say about health. God gave us a wonderful promise - “If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that health thee.” Exodus 15:26. Have you noticed that sadly, people who attend church are not much healthier than those who do not? There seems to be nearly as much cancer, strokes, heart trouble, etc. among those who are Christians, as those who are not. Why is that? Is God not fulfilling His part of the bargain, or are Christians not “diligently hearkening to the voice of the Lord?” There is no doubt in my mind, it is the latter. We serve the same God as did our forefathers, God has not changed. But, sadly, many of His people have become lax in their ways, they eat like the world, and they are so close to the world that it is difficult to tell them apart from the world.

If we as Christians want to claim the promises of good health, we need to find out what our part of the bargain is. Thankfully, the Bible is full of health principles. When you read books on health, you always want to research the subject, and see what the Bible has to say. Just as there are many false doctrines being taught, so there are many fads and dangerous health ideas being taught.

Unfortunately, too many Christians listen to their Pastor, and accept what he says as gospel, without studying for themselves, and consequently, are led astray. The same parallel applies to health. Too many people go to the Doctor and accept what he says, without researching for themselves. They take his drugs, and because ALL drugs have side-effects, they soon have a second health problem - and back to the Doctor they go...to get yet another drug...We need to be as the Bereans in the Bible of whom it was said, “They received the word with all readiness of mind, and searched the Scriptures daily, whether those things were so.” Acts 17:11. Just because your Pastor or Doctor tells you something, doesn't mean it is “gospel”. Study for yourself, ask God for wisdom and knowledge, and then, walk in the light He gives you. As you walk in the light He will give you more light. You will be greatly blessed and be able to help many others.

What you read and study is to the mind, what food is to the body. Just as it is so important to choose healthy food for the body, so it is important to choose to read books filled with truth and knowledge, for the mind. On the next couple of pages we offer books and study material to help you in your quest for health.

## Focus On...Forks Over Knives... **This DVD could literally save your life!**



**Forks Over Knives** ~ Examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering yet under-appreciated researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn.

Dr. Campbell, a nutritional scientist at Cornell University, was concerned in the late 1960's with producing “high quality” animal protein to bring to the poor and malnourished areas of the third world. While in the Philippines, he made a life-changing discovery: the country's wealthier children, who were consuming relatively high amounts of animal-based foods, were much more likely to get liver cancer. Dr. Esselstyn, a top surgeon and head of the Breast Cancer Task Force at the world-renowned Cleveland Clinic, found that many of the diseases he routinely treated were virtually unknown in parts of the world where animal-based foods were rarely consumed.

These discoveries inspired Campbell and Esselstyn, who didn't know each other yet, to conduct several groundbreaking studies. One of them took place in China and is still among the most comprehensive health-related investigations ever undertaken. Their research led them to a startling conclusion: degenerative diseases like heart disease, type

2 diabetes, and even several forms of cancer, could almost always be prevented – and in many cases reversed – by adopting a whole-food, plant-based diet. Despite the profound implications of their findings, their work has remained relatively unknown to the public.

The filmmakers travel with Drs. Campbell and Esselstyn on their separate but similar paths, from their childhood farms where they both produced “nature's perfect food,” to China and Cleveland, where they explored ideas that challenged the established thinking and shook their own core beliefs.

The idea of food as medicine is put to the test. Throughout the film, cameras follow “reality patients” who have chronic conditions from heart disease to diabetes. Doctors teach these patients how to adopt a whole-food, plant-based diet as the primary approach to treat their ailments – while the challenges and triumphs of their journeys are revealed.

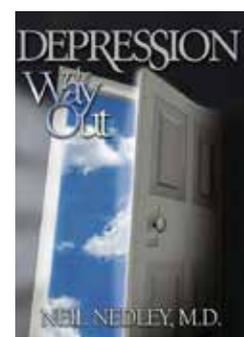
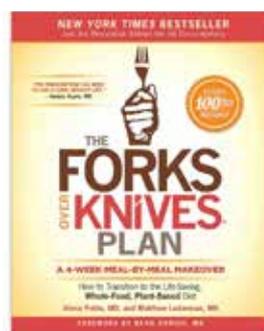
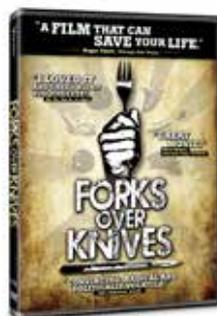
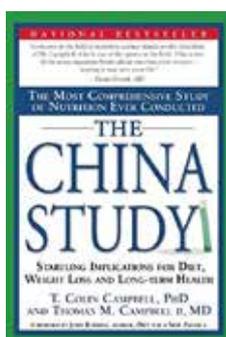
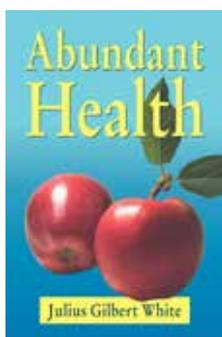
**FORKS OVER KNIVES** utilizes state of the art 3-D graphics and rare archival footage. The film features leading experts on health, examines the question “why we don't know”, and tackles the issue of diet and disease in a way that will have people talking for years.

**FORKS OVER KNIVES** was filmed all over the United States, and in Canada and China.

Code #FOK

\$15.00

# Books and DVDs



| CODE # | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | PRICE   |
|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| #T5887 | <b>The China Study</b> - Revised & Expanded by T. Colin Campbell, Ph. D & Thomas Campbell II. The Bestseller That Changed Millions of Lives with the Health Benefits of a Whole Foods, Plant-Based Diet. One of the BEST books you can buy! Paperback.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | \$16.95 |
| #D01   | <p><b>Depression: The Way Out</b>, by Neil Nedley, MD. This book is an exceptionally high quality hardback. 8 x 10 inches and 266 pages in size, it has over 200 full-color charts and illustrations. Throughout the book there is an abundance of references to the latest medical studies on depression. And to top it all off, it's easy to read and understand.</p> <p>In his unique position as an internal medicine specialist, Neil Nedley, M.D., approaches the problem of depression from a health-based viewpoint. Instead of merely medicating the symptoms of depression, Dr. Nedley has sought to find a cure for this lonely illness in his book, and he gives you an in-depth comprehension of how depression affects the body mentally, physically, and spiritually.</p> <p><b>Depression: The Way Out</b> explores how our brain - the part of our body that makes us whole - can become the component that makes us miserable. With each chapter, Dr. Nedley clarifies the causes of depression and the effects it has on a person, how nutrition and lifestyle play important roles, and the medications and herbs used for treatment with their benefits and side-effects. Proven techniques to control stress are also revealed.</p> <p>For those in the grip of this dark disease, Dr. Nedley brings hope with his successful twenty-week cure that has brought relief to so many of his patients.</p> <p><u>Chapter titles include:</u> <b>The Marvelous Mind and the Invisible Disease</b><br/> <b>Depression's Hidden Dangers • What Causes Depression?</b><br/> <b>Healthy Food, Better Mood: Nutritional Treatments for Depression</b><br/> <b>Lifestyle Treatments for Depression • Herbs and Medications</b><br/> <b>Stress and Anxiety • Stress Without Distress</b><br/> <b>The Frontal Lobe of the Brain • The Twenty-Week Cure</b></p> | \$39.00 |
| #FOK   | <b>FORKS OVER KNIVES DVD</b> - see page 64 for description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | \$15.00 |
| #T7181 | <b>Forks Over Knives Plan</b> ~ by Alona Pulde, MD & Matthew Lederman, MD ~ Clear, Easy-To-Follow Plan That Outlines Steps To Transform Your Diet To Plant-Based Eating that Includes 100 New Recipes.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | \$25.99 |
| B-A03  | <b>Abundant Health by Julius Gilbert White</b> ~ This book is one of the BEST! Written simply, yet very well documented. If you are thinking on changing your diet, and don't know how to explain to your friends and family who will ask you all kinds of questions about why you are doing what you are doing, this book has the answers! 462 pages.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | \$19.95 |

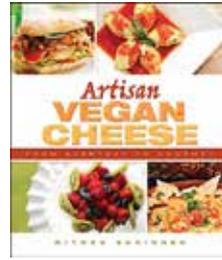
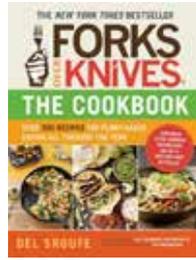
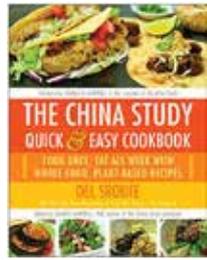
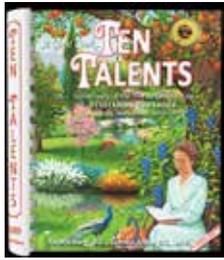
I highly recommend this book for anyone suffering with depression or if you live with someone with depression, get this book! There is so much you can do to help them!

# Books and DVDs



| CODE #                                                                                                                                                                                            | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | PRICE   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| #8598                                                                                                                                                                                             | <b>Aromatherapy for Everyone</b> ~ Discover the Scents of Health & Happiness with Essential Oils. By now, everyone knows that essential oils can relax, stimulate, and even heal. But how do you choose the oil that's right for you? Aromatherapy for Everyone provides easy-to-follow information on using forty-six natural plant oils. You will learn which oils to use, which oils to avoid, how to mix oils, and how to derive maximum benefits. Paperback, by P. J. Pierson. | \$9.95  |
| #F287                                                                                                                                                                                             | <b>Dr. Christopher's School of Natural Healing,</b> ~ This is a beautiful edition of Dr. Christopher's world renowned work. This text combines his methods & famous formulas in an easy-to-use volume for personal & classroom study. Now expanded, revised & updated, this book will enlighten generations to come. Hardcover, 662 pgs. 6X9. Suggested Retail = \$79.95.                                                                                                           | \$69.95 |
| #C683                                                                                                                                                                                             | <b>Back to Eden,</b> by Jethro Kloss ~ Back to Eden has been a classic for many years. Every home should have a copy to refer to when sickness strikes. Paperback.                                                                                                                                                                                                                                                                                                                  | \$8.95  |
| #T683                                                                                                                                                                                             | <b>Edible Wild Plants</b> - North American Field Guide to over 200 Natural Foods, by Thomas S. Elias & Peter A. Dykeman. A season-by-season guide to identification, harvest and preparation of more than 200 common edible plants to be found in the wild. Hundreds of edible species are included... This handy paperback guide includes jelly, jam, and pie recipes, a seasonal key to plants,, and a chart listing nutritional contents.                                        | \$19.95 |
| #T7426                                                                                                                                                                                            | <b>Colloidal Silver ~ The Natural Antibiotic</b> by Kuhni & von Holst. Safe, powerful and affordable medicine to boost immunity and reduce pain and inflammation.                                                                                                                                                                                                                                                                                                                   | \$13.40 |
| #T897                                                                                                                                                                                             | <b>Complete Book of Essential Oils &amp; Aromatherapy</b> ~ #1 BEST SELLER ~ The Complete Book of Essential Oils and Aromatherapy, Revised and Expanded: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments, 600+ pgs.                                                                                                                                                                                                  | \$22.00 |
| #NRE                                                                                                                                                                                              | <b>Natural Remedies Encyclopedia</b> ~ This book is a "must have" for all who are interested in God's method of healing. It is the most comprehensive, easily understood health encyclopedia we have ever seen. 570 Color Pics, 1200+ pages. Retail for \$99                                                                                                                                                                                                                        | \$48.00 |
| <b>Prescription For Health SERIES, Some of the Most Complete, Authoritative Reference Books On the Market. We are selling them at 10% Discount. Buy ANY 3 and Get An Additional 10% Discount.</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |         |
| #H507                                                                                                                                                                                             | <b>Prescription For Nutritional Healing,</b> 5th Edition, by Phyllis Balch ~ A Practical A-Z Reference To Drug-Free Remedies Using Vitamins, Minerals Herbs & Food Supplements. The BEST-SELLING, Complete & Authoritative A-Z Guide to Dealing With Over 250 of the Most Common Ailments & Diseases.                                                                                                                                                                               | \$27.00 |
| #T5525                                                                                                                                                                                            | <b>Prescription For Natural Cures,</b> Revised Ed., by James Balch, MD, Mark Stengler, ND & Robin Balch, ND. Up-to-Date, User-Friendly References On Natural Healing Now in a Revised 3rd Edition With Alternative Remedies for Nearly 200 Ailments.                                                                                                                                                                                                                                | \$26.85 |
| #T1352                                                                                                                                                                                            | <b>Prescription For Dietary Wellness,</b> 2nd Ed. by Phyllis Balch, C.N.C ~ Authoritative Information & Practical Advice to Achieve Optimal Health By Changing the Way You Eat!                                                                                                                                                                                                                                                                                                     | \$22.50 |
| #T6271                                                                                                                                                                                            | <b>Prescription For Drug Alternatives,</b> by James Balch, MD, Mark Stengler, ND & Robin Balch, ND ~ All-Natural Options for Better Health Without the Side-Effects!                                                                                                                                                                                                                                                                                                                | \$22.45 |
| #T3064                                                                                                                                                                                            | <b>Prescription For Herbal Healing,</b> 2nd Edition, by Phyllis Balch, CNC ~ Easy-to-Use A-Z References to Hundreds of Common Disorders & Their Herbal Remedies.                                                                                                                                                                                                                                                                                                                    | \$27.00 |

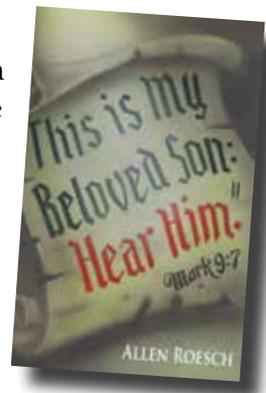
# Vegan Cookbooks



| CODE #   | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | PRICE   |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|
| #TCE101E | <b>Ten Talents Cookbook</b> , by Rosie Hurd ~ Best Vegan Cookbook in the World! I bought the first edition 40 years ago, and this one has SO MUCH MORE! It is an award-winning classic natural foods vegetarian/vegan cookbook/health manual emphasizing God's Original Diet for humans. Takes you back to the Garden of Eden & the diet as found in the Bible. ~ Genesis 1:29.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | \$34.95 |
| #B-001   | <b>Of These Ye May Freely Eat</b> ~An inexpensive Vegetarian Cookbook with VERY good recipes. Made with simple & common ingredients. Over 250 vegan recipes. Paperback - 95 pgs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | \$2.95  |
| #T6829   | <b>Forks Over Knives Cookbook</b> ~ Companion Cookbook to the FORKS OVER KNIVES DVD. Featuring Plant-Based Eating All Through the Year.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | \$18.95 |
| #T7318   | <b>China Study Quick &amp; Easy Cookbook</b> ~ by Del Sroufe ~ Using the China Study Diet.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | \$19.95 |
| #T6835   | <b>Artisan Vegan Cheese</b> - by Miyoka Schinner ~ Shares the Secrets For Making Homemade Non-Dairy Cheeses That Retain All the Complexity of Their Dairy Counterparts.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | \$19.95 |
| #BK-BBB  | <p><b>Brighten Up Breakfast</b>, by Erica Nedley ~ Whether you're preparing a healthy breakfast for your family or hosting brunch with friends, the recipes in this book will not let you down. A mix of classic and contemporary, Brighten Up Breakfast contains everything you need to make the first meal of the day nutritious and satisfying.</p> <p>More than 100 mouth-watering recipes—over half of them gluten free—will inspire you to make mornings brighter with fluffy pancakes, creamy hot cereals, enticing savory dishes, on-the-go-options, and hearty casseroles.</p> <p>You'll also learn how to nourish your family's bodies and minds with powerful brain-boosting ingredients. Each recipe has been intentionally created to include the nutrients that promote peak mental performance. Informative facts throughout the book give you the knowledge to incorporate these mind and mood enhancing foods in your other meals, as well.</p> <p>Beautifully photographed and thoroughly detailed, this versatile cookbook will quickly become an essential part of your morning mealtime.</p> <p>Hardback: 250 color pages Retail = \$24.95</p> | \$22.45 |

# Books for the Soul

**“This Is My Beloved Son: Hear Him”**, by Allen Roesch ~ The WORLD is in chaos.... “Wars and rumors of wars...” Morality is at an ALL TIME LOW. Families are falling apart. Our country is falling apart. Our government and politicians are almost hopelessly corrupt. Our hospitals are overflowing with people dying of cancer, heart attacks and more. Mental illness is at an all-time high.



**“Mark this: there will be terrible times in the last days.” 2 Timothy 3:1**

Does that seem like a pretty bleak picture? Well, it’s no bleaker than God Himself portrays for us.

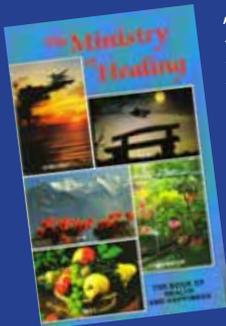
But there’s hope, and there’s answers, and there’s certainty--but only in one place: in Christ and in His word. And the book we’re offering takes you to precisely those two places: to Christ and His word. It consists of 20 chapters, each one based on a passage by Jesus; and each one full of wonderful and important Bible passages—shared and explained in a clear and simple way. Many difficult and misunderstood subjects are addressed and made clear; and most importantly, from the first to the last chapter it stresses that the words that Christ speaks to us are life (John 6:63). And of all that Christ has ever said to us, none is more important than this:

**“What good is it if someone gains the whole world but loses his soul?” Mark 8:36**

**One reader wrote:** “Today I read the whole chapter 18 (WHO & WHAT is the MARK of the BEAST) of the book. WOW! The presentation is so simple and easy to understand!”  
(RP ~ Philippines)

**Another reader wrote:** “I enjoyed your husbands book tremendously... I have passed it on to a friend to read...and when I get it back, I have another friend who would like to look at it.”  
(B ~ Canada)

**Hardback \* 20 Chapters \* 240 Pages**  
**Code #TIMBS - \$5.00**  
**If you cannot afford the book, but would like to read it, please tell us and we’ll send it to you for FREE.**



***The Ministry of Healing*** provides a well-rounded look at the principles of healthful living, beginning with the ministry of Jesus and extending to the life and ministry of every Christian. Many things contribute to good health—cheerfulness, fresh air, exercise, diet, and positive relationships with other people, to name a few. Crucial also is a personal relationship with the Creator who gave us life and everything we need for health and happiness. In this book Ellen White deals with sickness of the soul and the healing balm to be found by trusting God for all things. Written in simple, beautiful language, *Ministry of Healing* will point you to a life full of joy and gladness—a life in touch with the Source of healing power.

**CODE #B-TMH ~Paperback ~ 1 Free Per Customer, just ask for one when you order.**

# Books for the Soul ~ Yours for the Asking!

We have a burden to share the amazing truths of God's Word with our customers. These truths give hope, peace and freedom. Allen has written four booklets that highlight different gospel truths. We would be delighted to send these to you—**they are yours for FREE!** Simply request one or all when you call or write.

## Tract #1—Which Way? Eternal Hellfire



Will poor lost human beings burn forever and ever and ever and ever and ever? (Truly, an extremely disturbing scenario to contemplate.) Find out the truth in this little tract. Also, the answer to the question: Do Christians go to heaven when they die, or at the resurrection?

## Tract #3—Which Way? Sabbath or Sunday



“There is nothing in Scripture that requires us to keep Sunday rather than Saturday as a holy day.”

{*Christianity Today*, Nov. 5, 1976,  
Harold Lindsell, former editor—a Baptist}

“One will search the Scriptures in vain for authority for changing from the seventh day to the first.”

{*Ten Rules for Living*, Clovis G. Chapell—a Methodist}

Were those men right? Find out; ask for this tract.

## Tract #2—“Written with the Finger of God”



In all the history of the world, in all the recorded revelations of what the Almighty, all-wise, and all-loving God of the universe has done for the blessing and salvation of the beings He has created and loves so much, those words, “written with the finger of God,” are spoken in reference to one thing and one thing only: the Ten Commandments. What should that tell us in regard to how important the Ten Commandments are to God—and how important they should be to us?

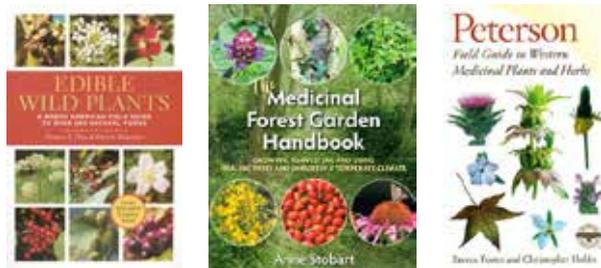
## Tract #4—The Mark of the Beast



The Beast—*Who is it?* His Mark—*What is it?*

A serious mistake is made in trying to figure out what the mark of the beast is without first figuring out who the beast is. You'll know who the beast is—and what his mark is—after reading this tract.

# Bulk Herbs & Herbal Resources



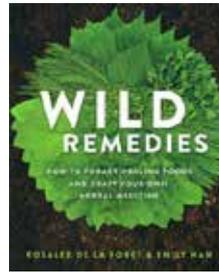
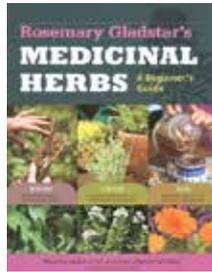
I cannot believe how INFLATION has affected the BULK HERB prices! Some herbs have nearly doubled in price!

If there ever was a time to put some real effort into learning about Herbs, how to identify them in the wild, harvest and use them, NOW is the time! I highly recommend these books.

We've had a very hard time getting some herbs in, due to the Chinese Corona Virus. The time may not be very far down the road when people will have a hard time buying their Prescription meds, and they will be FORCED to find something natural. NOW is the time to learn all you can, so you can take care of yourself and help others when that time comes!

| CODE # | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Retail  | You Pay! |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|
| #T683  | <p><b>Edible Wild Plants North American Field Guide</b><br/>by Thomas S. Elias &amp; Peter A. Kykeman<br/><i>North American Field Guide To Over 200 Natural Foods</i><br/>This is THE nationwide season-by-season guide to identifying, harvesting and preparing over 200 nutritious, delicious, healthful plants of the wild.<br/>Full-color photos. 1982. 5 1/2" x 8 1/4". 286 pp.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | \$19.95 | \$17.95  |
| #T7732 | <p><b>Medicinal Forest Garden Handbook</b>, by Anne Stobart<br/>Growing, Harvesting And Using Healing Trees And Shrubs In A Temperate Climate<br/>Practical information on growing, harvesting and using medicinal trees and shrubs sustainably in a temperate climate, whether for self-sufficiency or profit.<br/>The author draws on her direct experience of creating a medicinal forest garden to provide supplies for herbal medicine in practice. She provides advice on the design of new planting projects which can meet the needs of different users from small gardens to smallholdings and agroforestry.<br/><b>Includes:</b></p> <ul style="list-style-type: none"> <li>• How medicinal trees can contribute to health and the environment</li> <li>• Practical advice on designing with medicinal trees and shrubs using permaculture principles, as well as their propagation and establishment</li> <li>• Combinations of woody and other layers of medicinal plants suitable for creating a medicinal forest garden or inclusion in other growing projects</li> <li>• Management for a sustainable harvest including coppicing and pollarding of medicinal trees and shrubs</li> <li>• Key medicinal constituents of woody plants and research studies into their effects</li> <li>• How to harvest and preserve products from medicinal trees and shrubs effectively</li> <li>• Recipes for making a range of herbal health care products</li> <li>• Detailed monographs on medicinal trees and shrubs, providing fully referenced information about their medicinal potential and uses, alongside cultivation and harvest details.</li> </ul> <p>Full color photos. 2020. 8 3/4" x 11" x 1". 288 pp.</p> | \$33.95 | \$30.55  |
| #T5586 | <p><b>Peterson Field Guide to Western Medicinal Plants and Herbs</b><br/>by Steven Foster and Christopher Hob<br/>Peterson Guides are the ultimate, containing an encyclopedia of material. Each guide sorts the plants in a variety of ways: leaf design, bloom color, root, and growth pattern. It is a total herb identification guide for a ton of different herbs. These are highly recommended by not only myself but many other herbal professionals as well.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | \$26.00 | \$23.40  |

# Bulk Herbs & Herbal Resources



| CODE # | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Retail  | You Pay! |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|
| #T6722 | <p><b>Rosemary Gladstar's Medicinal Herbs</b>, by Rosemary Gladstar</p> <p><i>Renowned Herbalist Offers A Fresh Introduction To Growing And Using Herbs To Treat Conditions</i></p> <p>Profiles twenty-four of the most common and versatile healing plants that can be easily grown in almost any climate to provide low-cost healing remedies for common ailments. Examines the basics of growing, harvesting, preparing, and using each herb. Promoted products: herbal plants, supplements, seeds, and tinctures. 2012. 7" x 9" x 1/2". 224 pp.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | \$14.95 | \$13.45  |
| #T7732 | <p><b>Wild Remedies</b>, by Rosalee De La Forêt &amp; Emily Han</p> <p><i>How To Forage Healing Foods And Craft Your Own Herbal Medicine</i></p> <p>That's not a weed-it's a healing meal! Learn how to use wild plants for food and medicine in this illustrated guide from two expert herbalists.</p> <p>Millions of people are interested in natural and holistic health, yet many are missing out on the key ingredient: Nature itself!</p> <p>Rekindle your connection with the earth as you craft your own herbal medicine with 75 delicious recipes and powerful healing remedies. Herbalists Rosalee de la Forêt and Emily Han expertly guide you through the benefits of two dozen of the most important and commonly found wild plants-many of which you can easily grow in your own garden, if foraging isn't right for you. Detailed illustrations and beautiful photography ensure that you won't make a plant-identification misstep as you learn how to tend and properly harvest the plant medicine growing right in your own neighborhood.</p> <p>After reading Wild Remedies, you'll never look at your backyard, a public park, or any green space in the same way again. Instead of "weeds," you'll see delicious foods like Dandelion Maple Syrup Cake, Nettle Frittata, and Chickweed Pesto. You will revel in nature's pharmacy as you make herbal oils, salves, teas, and many more powerful remedies in your own kitchen. Full-color photos.</p> <p>2020. 7 1/2" x 9" x 1". 424 pp.</p> | \$29.99 | \$26.99  |

# Bulk Herbs & Herbal Resources

Our BULK Herbs all come in 1 lb. bags and they come from either Frontier Herbs or Starwest Herbs, unless otherwise noted.

## ABBREVIATION GUIDE:

C/S = Cut & Sifted  
Pw = Powder

Org. = Organic  
WC = Wildcrafted

WHL = Whole

| Code #    | Description                  | Source   | Retail   | You Pay! |
|-----------|------------------------------|----------|----------|----------|
| 696       | Alfalfa Leaf, C/S Org.       | Frontier | \$17.50  | \$13.15  |
| 773       | Alfalfa Leaf, Pwd. Org.      | Frontier | \$20.00  | \$15.00  |
| 503       | Aloe Cape, Pwd.              | Frontier | \$31.60  | \$23.70  |
| 505       | Arnica Flowers, WHL          | Frontier | \$104.00 | \$78.00  |
| 209140-31 | Astragalus Root, C/S Org.    | Starwest | \$33.40  | \$25.05  |
| 209140-51 | Astragalus Root, Pwd. Org.   | Starwest | \$36.40  | \$27.30  |
| 209142-31 | Barberry Root, C/S WC        | Starwest | \$31.30  | \$23.50  |
| 355       | Basil Leaf, C/S Org.         | Frontier | \$21.00  | \$15.75  |
| 2525      | Beet Pwd, Org.               | Frontier | \$32.00  | \$26.40  |
| 528       | Bilberry Leaf, C/S           | Frontier | \$20.10  | \$15.50  |
| 209151-31 | Bilberry Leaf, C/S Org.      | Starwest | \$25.80  | \$19.35  |
| 209151-51 | Bilberry Leaf, Pwd. Org.     | Starwest | \$28.20  | \$21.15  |
| 2695      | Black Cohosh Root, C/S Org.  | Frontier | \$50.00  | \$37.50  |
| 209152-31 | Black Cohosh Root, C/S Org.  | Starwest | \$53.00  | \$39.75  |
| 209152-51 | Black Cohosh Root, Pwd. Org. | Starwest | \$47.50  | \$35.60  |
| 209156-51 | Black Walnut Hull, Pwd. Org. | Starwest | \$54.60  | \$40.95  |
| 209156-31 | Black Walnut Hulls, C/S Org. | Starwest | \$45.50  | \$34.15  |
| 514       | Blessed Thistle, C/S Org.    | Frontier | \$24.20  | \$18.15  |
| 209155-51 | Blessed Thistle, Pwd. Org.   | Starwest | \$37.90  | \$28.40  |
| 515       | Bloodroot, C/S WC            | Frontier | \$110.00 | \$82.50  |
| 209169-31 | Boneset Herb, C/S Org.       | Starwest | \$56.30  | \$42.25  |
| 209170-31 | Buckthorn Bark, C/S Org.     | Starwest | \$22.80  | \$17.10  |
| 523       | Burdock Root, C/S            | Frontier | \$12.30  | \$9.25   |
| 810       | Burdock Root, C/S Org.       | Frontier | \$21.00  | \$15.75  |
| 209175-31 | Burdock Root, C/S Org.       | Starwest | \$35.20  | \$26.40  |
| 962       | Burdock Root, Pwd. Org.      | Frontier | \$30.00  | \$22.50  |
| 209179-51 | Calamus Root, Pwd. Org.      | Starwest | \$29.50  | \$22.15  |
| 525       | Calendula Petals, WHL        | Frontier | \$24.00  | \$18.00  |

# Bulk Herbs & Herbal Resources

| <b>Code #</b> | <b>Description</b>                 | <b>Source</b> | <b>Retail</b> | <b>You Pay!</b> |
|---------------|------------------------------------|---------------|---------------|-----------------|
| 2614          | Caraway Seed, WHL, Org.            | Frontier      | \$17.00       | \$12.75         |
| 2651          | Cardamon Seed, Pwd. Org.           | Frontier      | \$75.50       | \$56.60         |
| 209741-51     | Carrot, Pwd. Org.                  | Starwest      | \$29.40       | \$22.15         |
| 527           | Cascara Sagrada Bark, Aged, C/S WC | Frontier      | \$16.50       | \$12.40         |
| 201208-51     | Cat's Claw, Inner Bark, Pwd. WC    | Starwest      | \$19.30       | \$14.50         |
| 529           | Catnip Leaf Flower, C/S Org.       | Frontier      | \$34.00       | \$25.50         |
| 2528          | Cat's Claw, C/S                    | Frontier      | \$34.00       | \$25.50         |
| 795           | Cayenne 35K-HU, Pwd. Org.          | Frontier      | \$17.90       | \$13.40         |
| 114           | Cayenne 90K-HU, Pwd.               | Frontier      | \$13.50       | \$10.15         |
| 209190-51     | Chamomile Flowers, Pwd. Org.       | Starwest      | \$42.50       | \$31.90         |
| 398           | Chamomile Flowers, WHL Org.        | Frontier      | \$33.80       | \$25.35         |
| 201255-31     | Chapparral Leaf, C/S WC            | Starwest      | \$25.55       | \$19.15         |
| 2907          | Chaste Tree Berries, Whole, Org.   | Frontier      | \$19.00       | \$14.25         |
| 2906          | Chaste Tree Berry, Pwd. Org.       | Frontier      | \$28.50       | \$21.40         |
| 121           | Chia Seeds, Whole                  | Frontier      | \$21.00       | \$15.75         |
| 535           | Chickweed Herb, C/S                | Frontier      | \$14.90       | \$11.20         |
| 209205-31     | Chickweed Herb, C/S Org.           | Starwest      | \$36.40       | \$27.30         |
| 537           | Chicory Root Roasted, Granules     | Frontier      | \$14.00       | \$10.50         |
| 538           | Cleavers Herb, C/S                 | Frontier      | \$26.00       | \$19.50         |
| 539           | Coltsfoot Herb, C/S                | Frontier      | \$19.00       | \$15.35         |
| 541           | Comfrey Leaf, C/S Org.             | Frontier      | \$19.90       | \$14.95         |
| 209225-31     | Comfrey Leaf, C/S Org.             | Starwest      | \$34.40       | \$25.80         |
| 209225-51     | Comfrey Leaf, Pwd. Org.            | Starwest      | \$34.40       | \$25.80         |
| 209230-51     | Comfrey Root Powder Organic        | Starwest      | \$36.40       | \$27.30         |
| 542           | Comfrey Root, C/S Org.             | Frontier      | \$18.00       | \$13.50         |
| 543           | Comfrey Root, Pwd. Org.            | Frontier      | \$19.00       | \$14.25         |
| 2609          | Coriander Seed Ground, Org.        | Frontier      | \$16.80       | \$12.60         |
| 544           | Cornsilk (Green), C/S              | Frontier      | \$15.00       | \$11.25         |
| 209240-31     | Cornsilk, C/S Org.                 | Starwest      | \$31.30       | \$23.50         |
| 209240-51     | Cornsilk, Pwd. Org.                | Starwest      | \$34.40       | \$25.80         |
| 209243-31     | Cramp Bark, C/S                    | Starwest      | \$72.80       | \$54.60         |
| 2650          | Curry, Pwd Org.                    | Frontier      | \$21.50       | \$16.15         |

# Bulk Herbs & Herbal Resources

| Code #    | Description                             | Source   | Retail   | You Pay! |
|-----------|-----------------------------------------|----------|----------|----------|
| 963       | Dandelion Root, C/S Org.                | Frontier | \$29.90  | \$22.40  |
| 2560      | Dandelion Root, Pwd. Org.               | Frontier | \$37.20  | \$27.90  |
| 2699      | Dill Seed, WHL, Org.                    | Frontier | \$15.90  | \$11.90  |
| 209265-31 | Echinacea Angustifolia Herb C/S Organic | Starwest | \$48.50  | \$36.40  |
| 964       | Echinacea Angustifolia Root, C/S Org.   | Frontier | \$60.00  | \$45.00  |
| 209270-31 | Echinacea Angustifolia Root, C/S Org.   | Starwest | \$89.10  | \$66.80  |
| 209270-51 | Echinacea Angustifolia Root, Pwd. Org.  | Starwest | \$93.40  | \$70.05  |
| 811       | Echinacea Purpurea Root, C/S Org.       | Frontier | \$42.00  | \$31.50  |
| 209285-31 | Echinacea Purpurea Root, C/S Org.       | Starwest | \$70.00  | \$52.50  |
| 966       | Echinacea Purpurea Root, Pwd. Org.      | Frontier | \$50.00  | \$37.50  |
| 209285-51 | Echinacea Purpurea Root, Pwd. Org.      | Starwest | \$77.50  | \$58.15  |
| 558       | Elder Flowers WHL                       | Frontier | \$28.80  | \$21.60  |
| 557       | Elderberries                            | Frontier | \$24.40  | \$18.30  |
| 209290-01 | Elderberries, Org.                      | Starwest | \$37.50  | \$28.15  |
| 201430-01 | Elderberries, WC                        | Starwest | \$28.80  | \$21.60  |
| 2730      | Elderberries, WHL Org.                  | Frontier | \$32.00  | \$24.00  |
| 209300-31 | Elecampane Root, C/S Org.               | Starwest | \$31.90  | \$23.90  |
| 209309-51 | Eyebright Herb, Pwd. Org.               | Starwest | \$35.50  | \$26.65  |
| 2693      | Fenugreek Herb, Pwd. Org.               | Frontier | \$14.50  | \$10.90  |
| 356       | Fenugreek Seeds, WHL, Org.              | Frontier | \$11.00  | \$8.25   |
| 808       | Feverfew Herb, C/S Org.                 | Frontier | \$29.00  | \$21.75  |
| 2195      | French Green Clay Powder                | Frontier | \$17.50  | \$13.20  |
| 2193      | French Red Clay Powder                  | Frontier | \$16.50  | \$12.40  |
| 2886      | Frontier Carrot Powder, Organic         | Frontier | \$34.00  | \$25.50  |
| 568       | Gentian Root, C/S                       | Frontier | \$31.80  | \$23.85  |
| 2610      | Ginger Root Pwd. Org.                   | Frontier | \$25.50  | \$19.20  |
| 621       | Ginger Root, C/S Org.                   | Frontier | \$33.50  | \$25.10  |
| 209850-51 | Ginger Root, Pwd. Org.                  | Starwest | \$26.50  | \$19.90  |
| 2697      | Ginkgo Leaf, C/S Org.                   | Frontier | \$26.85  | \$20.15  |
| 209325-31 | Ginkgo Leaf, C/S Org.                   | Starwest | \$25.50  | \$19.15  |
| 2589      | Goldenseal Root, Pwd. Org.              | Frontier | \$251.80 | \$180.00 |
| 813       | Goldenseal Root, Pwd. Org. 4 oz.        | Frontier | \$73.50  | \$55.15  |
| 209345-51 | Gotu Kola Herb, Pwd.                    | Starwest | \$50.00  | \$37.50  |

# Bulk Herbs & Herbal Resources

| <b>Code #</b> | <b>Description</b>                                    | <b>Source</b> | <b>Retail</b> | <b>You Pay!</b> |
|---------------|-------------------------------------------------------|---------------|---------------|-----------------|
| 209346-31     | Gymnema Sylvestre, C/S Org.                           | Starwest      | \$23.60       | \$17.70         |
| 209346-51     | Gymnema Sylvestre, Pwd. Org.                          | Starwest      | \$27.30       | \$20.50         |
| 209349-01     | Hawthorn Berries Whole, Organic                       | Starwest      | \$25.00       | \$18.75         |
| 4448          | Hawthorn Berry, Pwd. Org.                             | Frontier      | \$24.00       | \$18.00         |
| 2576          | Hawthorn Berry, WHL Org.                              | Frontier      | \$15.60       | \$11.70         |
| 397           | Hibiscus Flowers, C/S Org.                            | Frontier      | \$19.90       | \$14.95         |
| 968           | Horsetail Herb, C/S Org.                              | Frontier      | \$18.50       | \$13.90         |
| 988           | Hyssop Herb, C/S Org.                                 | Frontier      | \$18.50       | \$14.25         |
| 2649          | Italian Seasoning, C/S Org.                           | Frontier      | \$21.50       | \$16.20         |
| Y15045C       | Japanese Bushy Knotweed Rhizome (Hu Zhang), Pwd. Org. | Chinese Herbs | \$50.00       | \$40.00         |
| 25779         | Japanese Bushy Knotweed Root Hu Zhang, C/S Root       | Chinese Herbs | \$50.00       | \$40.00         |
| 2545          | Juniper Berries, WHL Org.                             | Frontier      | \$17.90       | \$13.45         |
| 209375-51     | Juniper Berry, Pwd. Org.                              | Starwest      | \$33.40       | \$25.05         |
| 209385-31     | Kelp Granules, C/S Org.                               | Starwest      | \$12.20       | \$9.15          |
| 209385-51     | Kelp, Pwd. Org.                                       | Starwest      | \$11.60       | \$8.70          |
| 594           | Lavender Flowers, WHL                                 | Frontier      | \$50.40       | \$37.80         |
| 1310          | Lavender Flowers, WHL Org.                            | Frontier      | \$63.60       | \$47.70         |
| 2579          | Licorice Root, C/S Org.                               | Frontier      | \$27.90       | \$20.95         |
| 2587          | Licorice Root, Pwd. Org.                              | Frontier      | \$34.00       | \$25.50         |
| 201760-31     | Lily of the Valley, C/S WC                            | Starwest      | \$29.40       | \$22.05         |
| 209422-31     | Lobelia Herb C/S Organic                              | Starwest      | \$28.20       | \$21.15         |
| 201773-31     | Lobelia Herb, C/S                                     | Starwest      | \$26.60       | \$19.95         |
| 886           | Marshmallow Root, C/S Org.                            | Frontier      | \$29.20       | \$21.90         |
| 2765          | Marshmallow Root, Pwd. Org.                           | Frontier      | \$33.00       | \$24.75         |
| 4436          | Milk Thistle Seed, Pwd. Org.                          | Frontier      | \$29.00       | \$23.20         |
| 209435-51     | Milk Thistle Seed, Pwd. Org.                          | Starwest      | \$28.80       | \$21.60         |
| 952           | Milk Thistle Seed, WHL, Org.                          | Frontier      | \$23.90       | \$17.95         |
| 209438-31     | Moringa Leaf, C/S Org.                                | Starwest      | \$27.90       | \$20.95         |
| 209438-51     | Moringa Leaf, Pwd. Org.                               | Starwest      | \$31.90       | \$23.90         |
| 2581          | Motherwort Herb, C/S Org.                             | Frontier      | \$34.00       | \$25.50         |
| 209440-31     | Motherwort Herb, C/S Org.                             | Starwest      | \$54.60       | \$40.95         |

# Bulk Herbs & Herbal Resources

| Code #    | Description                            | Source   | Retail  | You Pay! |
|-----------|----------------------------------------|----------|---------|----------|
| 209455-51 | Mullein Leaf Powder, Organic           | Starwest | \$31.90 | \$23.90  |
| 2756      | Mullein Leaf, C/S Org.                 | Frontier | \$27.20 | \$20.40  |
| 209455-31 | Mullein Leaf, C/S Org.                 | Starwest | \$30.40 | \$22.80  |
| 344       | Mustard Seed, WHL, Org.                | Frontier | \$9.80  | \$7.35   |
| 201850-31 | Myrrh Gum Pieces, WC                   | Starwest | \$48.50 | \$36.95  |
| 201850-51 | Myrrh Gum, Pwd, WC                     | Starwest | \$57.60 | \$43.20  |
| 618       | Nettle Leaf C/S                        | Frontier | \$18.90 | \$14.20  |
| 961       | Nettle Leaf, C/S Org.                  | Frontier | \$21.90 | \$16.40  |
| 2634      | Nettle Leaf, Pwd. Org.                 | Frontier | \$33.80 | \$25.35  |
| 2566      | Nettle Root, C/S Org.                  | Frontier | \$30.00 | \$22.50  |
| 209461-31 | Nettle Root, C/S Org.                  | Starwest | \$42.50 | \$31.90  |
| 209462-51 | Noni Fruit Powder, Organic             | Starwest | \$22.80 | \$17.10  |
| 846       | Oatstraw Green Tops, C/S Org.          | Frontier | \$25.00 | \$18.75  |
| 209465-51 | Oatstraw, Pwd. Org.                    | Starwest | \$28.80 | \$21.60  |
| 2759      | Olive Leaf, Pwd. Org.                  | Frontier | \$25.00 | \$18.75  |
| 281       | Oregano Fancy-Grade, C/S Org.          | Frontier | \$22.00 | \$16.50  |
| 175       | Oregano Herb, C/S                      | Frontier | \$15.80 | \$11.85  |
| 782       | Oregon Grape Root, C/S WC              | Frontier | \$30.00 | \$22.40  |
| 201885-31 | Oregon Grape Root, C/S WC              | Starwest | \$44.20 | \$33.15  |
| 201885-51 | Oregon Grape, Root Pwd. Org.           | Starwest | \$47.10 | \$35.35  |
| 17        | Parsley Leaf Flakes                    | Frontier | \$20.50 | \$15.40  |
| 625       | Passion Flower Herb, C/S               | Frontier | \$21.90 | \$16.40  |
| 209483-51 | Passion Flower Powder, Organic         | Starwest | \$43.80 | \$32.10  |
| 702       | Pau d'Arco Bark, C/S                   | Frontier | \$14.00 | \$10.50  |
| 954       | Pau d'Arco Pwd.                        | Frontier | \$22.00 | \$16.50  |
| 630       | Peppermint Leaf, C/S Org.              | Frontier | \$25.50 | \$19.15  |
| 201952-31 | Pipsissewa Herb, Rough Cut Org.        | Starwest | \$46.10 | \$34.65  |
| 209504-31 | Plantain Leaf, C/S Org.                | Starwest | \$36.40 | \$27.90  |
| 201965-51 | Poke Root, Pwd. WC                     | Starwest | \$60.70 | \$45.50  |
| 201975-31 | Prickly Ash Bark, C/S                  | Starwest | \$64.80 | \$48.60  |
| 812       | Queen of the Meadow (Gravel Root), C/S | Frontier | \$29.00 | \$21.75  |
| 209525-51 | Red Clover Blossom, Pwd. Org.          | Starwest | \$46.90 | \$35.20  |

# Bulk Herbs & Herbal Resources

| Code #    | Description                       | Source   | Retail   | You Pay! |
|-----------|-----------------------------------|----------|----------|----------|
| 2620      | Red Clover Blossoms, WHL Org.     | Frontier | \$46.20  | \$34.65  |
| 209353-51 | Red Henna Leaf Powder Organic     | Starwest | \$331.35 | \$23.50  |
| 638       | Red Raspberry Leaf, C/S           | Frontier | \$16.30  | \$12.25  |
| 732       | Red Raspberry Leaf, C/S Org.      | Frontier | \$21.00  | \$15.75  |
| 202020-31 | Red Root, C/S                     | Starwest | \$95.40  | \$71.55  |
| 2828      | Rooibos Tea, C/S Org.             | Frontier | \$27.60  | \$20.70  |
| 2910      | Rosehip Pwd, Org.                 | Frontier | \$17.00  | \$12.75  |
| 209540-31 | Rosehips Seedless C/S Organic     | Starwest | \$25.50  | \$19.20  |
| 999       | Rosehips, whole Seedless, Org.    | Frontier | \$18.00  | \$13.50  |
| 2887      | Rosemary Leaf, Pwd. Org.          | Frontier | \$16.50  | \$12.40  |
| 379       | Rosemary, WHL Org.                | Frontier | \$17.00  | \$12.75  |
| 697       | Roses, Pink, Buds & Petals        | Frontier | \$54.00  | \$40.50  |
| 4893      | Roses, Red, Buds & Petals, Org.   | Frontier | \$48.00  | \$36.00  |
| 336       | Sage Leaf Powder Organic          | Frontier | \$24.50  | \$18.40  |
| 4407      | Salt, Pink Himalyan Coarse        | Frontier | \$14.00  | \$10.50  |
| 209548-31 | Sarsaparilla Root, C/S Org.       | Starwest | \$45.55  | \$34.10  |
| 2540      | Sarsaparilla Root, Indian, C/S    | Frontier | \$31.15  | \$23.60  |
| 652       | Sassafras Bark, C/S WC            | Frontier | \$71.10  | \$53.40  |
| 209550-31 | Saw Palmetto Berries, C/S Org.    | Starwest | \$66.70  | \$50.00  |
| 202095-31 | Saw Palmetto Berries, C/S WC      | Starwest | \$57.60  | \$43.20  |
| 2401      | Saw Palmetto Berries, Pwd.        | Frontier | \$42.00  | \$31.50  |
| 209550-51 | Saw Palmetto Berry, Pwd. Org.     | Starwest | \$69.70  | \$52.30  |
| 209554-51 | Schisandra Berry, Pwd. Org.       | Starwest | \$94.00  | \$70.50  |
| 844       | Scullcap Herb, C/S Org.           | Frontier | \$36.00  | \$27.00  |
| 209555-31 | Scullcap Herb, C/S Org.           | Starwest | \$64.00  | \$48.00  |
| 2909      | Senna Leaf Powder Organic         | Frontier | \$28.50  | \$21.40  |
| 2702      | Senna Leaf, C/S Org.              | Frontier | \$19.60  | \$14.70  |
| 2565      | Sheep Sorrel Herb, C/S Org.       | Frontier | \$30.00  | \$22.50  |
| 209570-51 | Sheep Sorrel Herb, Pwd. Org.      | Starwest | \$36.40  | \$27.30  |
| 657       | Shepherd's Purse Herb, C/S        | Frontier | \$18.00  | \$13.50  |
| 659       | Slippery Elm Inner Bark C/S       | Frontier | \$60.00  | \$45.00  |
| 2905      | Slippery Elm Inner Bark, C/S Org. | Frontier | \$49.95  | \$37.40  |

# Bulk Herbs & Herbal Resources

| Code #    | Description                        | Source   | Retail  | You Pay! |
|-----------|------------------------------------|----------|---------|----------|
| 658       | Slippery Elm Inner Bark, Pwd.      | Frontier | \$43.00 | \$32.25  |
| 2820      | Slippery Elm Inner Bark, Pwd. Org. | Frontier | \$65.00 | \$48.75  |
| 209578-51 | Slippery Elm Powder Organic        | Starwest | \$80.00 | \$60.00  |
| 781       | Spearmint Leaf, C/S Org.           | Frontier | \$22.40 | \$16.80  |
| 393       | St. John's Wort, C/S Org.          | Frontier | \$15.90 | \$11.90  |
| 200       | Thyme Herb C/S Fancy Grade         | Frontier | \$16.00 | \$12.00  |
| 378       | Thyme Leaf, C/S Org.               | Frontier | \$31.90 | \$23.95  |
| 209535-31 | Turkey Rhubarb Root, C/S           | Starwest | \$33.40 | \$25.05  |
| 2637      | Turkey Rhubarb Root, Pwd.          | Frontier | \$19.80 | \$14.85  |
| 209535-51 | Turkey Rhubarb Root, Pwd. Org      | Starwest | \$34.90 | \$26.20  |
| 202       | Turmeric Root Powder               | Frontier | \$13.80 | \$10.35  |
| 2604      | Turmeric Root Powder, Organic      |          | \$17.50 | \$13.15  |
| 7015      | Turmeric Root Pwd, Org.            | Frontier | \$21.40 | \$16.05  |
| 2605      | Turmeric Root, C/S Org.            | Frontier | \$16.40 | \$12.30  |
| 2571      | Uva Ursi Leaf, C/S Org.            | Frontier | \$25.00 | \$18.75  |
| 209605-31 | Uva Ursi Leaf, C/S Org.            | Starwest | \$27.00 | \$20.25  |
| 209605-51 | Uva Ursi Leaf, Pwd. Org.           | Starwest | \$33.40 | \$25.05  |
| 2549      | Valerian Root Pwd, Org.            | Frontier | \$40.00 | \$30.00  |
| 209612-31 | Vervain Herb, C/S Org.             | Starwest | \$25.80 | \$19.35  |
| 209618-31 | Watercress Herb, C/S Org.          | Starwest | \$42.50 | \$31.90  |
| 209611-31 | White Oak Bark, C/S Org.           | Starwest | \$36.40 | \$27.30  |
| 2718      | White Willow Bark, C/S Org.        | Frontier | \$17.80 | \$13.35  |
| 209614-51 | White Willow Bark, Pwd. Org.       | Starwest | \$23.10 | \$17.35  |
| 2760      | Wild Yam Root, C/S Org.            | Frontier | \$34.00 | \$25.50  |
| 209622-31 | Witch Hazel Leaf, C/S Org.         | Starwest | \$42.20 | \$31.65  |
| 202365-51 | Wood Betony Herb, Pwd. WC          | Starwest | \$31.90 | \$23.95  |
| 392       | Wormwood Herb, C/S Org.            | Frontier | \$24.00 | \$18.00  |
| 209615-31 | Wormwood Herb, C/S Org.            | Starwest | \$23.70 | \$17.75  |
| 209620-31 | Yarrow Flowers, C/S Org.           | Starwest | \$27.30 | \$20.50  |
| 970       | Yarrow Herb, C/S Org.              | Frontier | \$19.50 | \$14.60  |
| 689       | Yellowdock Root, C/S               | Frontier | \$36.00 | \$28.50  |
| 209645-31 | Yellowdock Root, C/S Org.          | Starwest | \$30.90 | \$23.20  |
| 202400-51 | Yucca Root, Pwd.                   | Frontier | \$30.40 | \$22.80  |

# Bulk Herbs ~ Herbal Accessories

With the Chinese Corona Virus, we've had tons of out of stock products, and NOW's EMPTY CAPSULES have been out for months. The only other ones I could find were from STARWEST. They are more expensive, but are very good quality.

| CODE #         | EMPTY GELATIN & VEGGIE CAPS           | COUNT                                                                                                      | Retail                 | You Pay!          |
|----------------|---------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------|-------------------|
| #5102<br>#5104 | NOW Vegetarian Caps - '0' Size        |  300 VCaps<br>1000 VCaps | \$9.99                 | \$7.20            |
| #5106<br>#5108 | NOW Vegetarian Caps - '00' Size       |                                                                                                            | 250 VCaps<br>750 VCaps | \$26.99           |
| #5111          | NOW Gel Caps '000' Largest - Teaspoon | 200 Caps                                                                                                   | \$16.99                | \$10.20           |
| #5136<br>#5131 | NOW Gel Caps '00' Size                | 250 Caps<br>750 Caps                                                                                       | \$6.99<br>\$16.99      | \$4.80<br>\$11.40 |
| #5156<br>#5150 | NOW Gel Caps '0' Size                 | 250 Caps<br>1000 Caps                                                                                      | \$4.99<br>\$12.99      | \$3.60<br>\$9.00  |
| #5171          | NOW Gel Caps #1                       | 500 Caps                                                                                                   | \$9.99                 | \$7.20            |
| #5210          | NOW Gel Caps #3 (Smallest)            | 1000 Caps                                                                                                  | \$14.99                | \$10.20           |

| CODE #                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | STARWEST EMPTY GELATIN & VEGGIE CAPS | COUNT     | You Pay! |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-----------|----------|
| STARWEST Vegetable Capsules are made from kosher carbohydrate gum derived from naturally occurring vegetable cellulose (plant fiber). Nature uses cellulose as the structure of all life-giving plants, which means it's the perfect ingredient. 100% free from animal by-products (gelatin), and free of starch, wheat, dairy, and preservatives, these Certified Kosher are completely neutral to the digestion process and do not interfere in the digestion and absorption of the ingredients within. All capsules are clear. |                                      |           |          |
| #497095                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Starwest Vegetarian Caps - '0' Size  | 100 VCaps | \$4.95   |
| #497100                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                      | 500 VCaps | \$18.45  |
| #497130                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Starwest Vegetarian Caps - '00' Size | 100 VCaps | \$5.40   |
| #497135                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                      | 500 VCaps | \$19.75  |
| STARWEST Kosher Certified Gelatin Capsules are easy to swallow and digest, and feature a positive mechanical lock that eliminates common problems such as dented ends and separation after filling. All capsules are clear.                                                                                                                                                                                                                                                                                                       |                                      |           |          |
| #497003                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Starwest Gelatin Caps - '0' Size     | 500 Caps  | \$10.90  |
| #497005                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                      | 1000 Caps | \$15.25  |
| #497023                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Starwest Gelatin Caps - '00' Size    | 500 Caps  | \$13.50  |
| #497025                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                      | 1000 Caps | \$25.80  |

| CODE   | TEA BALLS & CAPSULE FILLERS    | You Pay! |
|--------|--------------------------------|----------|
| 500116 | Capsule Machine -0-            | \$16.00  |
| 500115 | Capsule Machine -00-           | \$16.00  |
| 6015   | 2" Mesh Tea Ball               | \$2.35   |
| 6013   | 3" Mesh Tea Ball               | \$2.95   |
| 6012   | 1 3/4" Tea Infuser with Handle | \$2.95   |

| CODE # | GLASS EYE CUP | RETAIL  | YOU PAY! |
|--------|---------------|---------|----------|
| #31807 | Eye Cup       | \$11.99 | \$9.00   |



# Bulk Herbs ~ Herbal Tea



| CODE #  | PRODUCT                     | <i>Traditional Medicinal Tea Bags ~ 16 Bags/Box</i>                                                                                                                                                                        | RETAIL | YOU PAY! |
|---------|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------|
| #1702   | Breathe Easy                | Promotes respiratory health                                                                                                                                                                                                | \$6.49 | \$5.95   |
| #1734   | Chamomile w/Lavender        | Settles your nervous system and relaxes your digestive system, especially good when stressed or tense. ORGANIC                                                                                                             | \$6.49 | \$5.95   |
| #225139 | Hawthorn Heart              | Promotes heart health. ORGANIC                                                                                                                                                                                             | \$6.49 | \$5.95   |
| #1724   | Mother's Milk               | 100% Organic Mother's Milk promotes healthy lactation* and is traditionally used to increase breast milk production.                                                                                                       | \$6.49 | \$5.95   |
| #1725   | Pregnancy Tea               | Organic Pregnancy* Tea supports a healthy pregnancy* by combining herbs used for thousands of years by women in Europe and North America to tone uterine muscles, provide nourishment and prepare the womb for childbirth. | \$6.49 | \$5.95   |
| #1736   | Red Raspberry               | 100% Organic - Caffeine Free Organic Raspberry Leaf tea supports the female system* by aiding healthy menstruation as well as toning the uterus in preparation for childbirth.                                             | \$6.49 | \$5.95   |
| #1704   | Smooth Move                 | For relief of occasional constipation. Smooth Move generally produces a bowel movement in 6-12 hours.                                                                                                                      | \$6.49 | \$5.95   |
| #1701   | Throat Coat                 | Great for sore throats & singers....                                                                                                                                                                                       | \$6.49 | \$5.95   |
| #230732 | Turmeric                    | Turmeric w/Meadowsweet & Ginger ~ Good for inflammation & pain. ORGANIC                                                                                                                                                    | \$6.49 | \$5.95   |
| CODE #  | PRODUCT                     | <i>NOW Herbal Tea Bags ~ 24 Bags/Box</i>                                                                                                                                                                                   | RETAIL | YOU PAY! |
| #4221   | Better Off Red              | Made with Organic Rooibos * Natural polyphenols and flavonoids                                                                                                                                                             | \$4.49 | \$3.95   |
| #4244   | Chamomile                   | Comfy Chamomile Tea, Organic ~ Relax, let the stress out.                                                                                                                                                                  | \$4.49 | \$3.95   |
| #4222   | Dandelion                   | Organic Dandelion, Natural Diuretic & Cleansing                                                                                                                                                                            | \$4.49 | \$3.95   |
| #4235   | Ginger Mint Comfort         | Tummy-pleasing ginger and mint blend                                                                                                                                                                                       | \$4.49 | \$3.95   |
| #4229   | Heavenly Hip Hibiscus       | Anti-aging benefits with the refreshing punch of hibiscus flowers                                                                                                                                                          | \$4.49 | \$3.95   |
| #4238   | Hip Hibiscus, Org           | Anti-aging benefits with the refreshing punch of hibiscus flowers, Organic                                                                                                                                                 | \$4.49 | \$3.95   |
| #4231   | Nighttime                   | Soothing, relaxing bedtime brew                                                                                                                                                                                            | \$4.49 | \$3.95   |
| #4232   | Ojibwa                      | Herbal cleansing tea                                                                                                                                                                                                       | \$4.49 | \$3.95   |
| #4233   | Pau D'Arco                  | Good to fight fungus                                                                                                                                                                                                       | \$4.49 | \$3.95   |
| #4243   | Peppermint, Org.            | Warm & refreshing, Organic                                                                                                                                                                                                 | \$4.49 | \$3.95   |
| #4236   | Senna                       | A traditional herbal stimulant to help relieve occasional constipation                                                                                                                                                     | \$4.49 | \$3.95   |
| #4237   | TLC (Throat & Lung)         | Excellent tea for throat & lung care.                                                                                                                                                                                      | \$4.49 | \$3.95   |
| #4240   | Women's Righteous Raspberry | Wonderful tea to help women be all she can be!                                                                                                                                                                             | \$4.49 | \$3.95   |

# Colloidal Silver - Silver Wings

Colloidal silver is used to treat infections due to yeast; bacteria (tuberculosis, Lyme disease, bubonic plague, pneumonia, leprosy, gonorrhoea, syphilis, scarlet fever, stomach ulcers, cholera); parasites (ringworm, malaria); and viruses (HIV/AIDS, pneumonia, herpes, shingles, warts).

Colloidal silver is also used for lung conditions including emphysema and bronchitis; skin conditions including rosacea, cradle cap (atopic dermatitis), eczema, impetigo, and psoriasis; and inflammation (sometimes due to infection) of the bladder (cystitis), prostate (prostatitis), colon (colitis), nose (rhinitis), stomach (gastritis), tonsils (tonsillitis), appendix (appendicitis), and sinuses (sinusitis).

Other uses include treatment of cancer, diabetes, arthritis, lupus, chronic fatigue syndrome, leukemia, hay fever and other allergies, trench foot, and gum disease. Colloidal silver is also used to prevent flu, H1N1 (swine) flu, and the common cold. Some women take colloidal silver during pregnancy to aid the baby's growth and health as well as the mother's delivery and recovery.

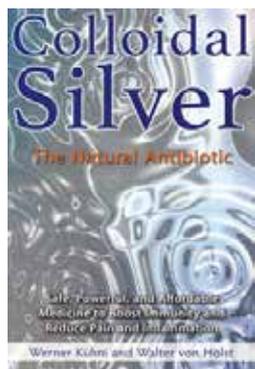
Colloidal silver is applied directly to the skin for acne, burns, eye infections, fungal infections, throat infections, skin infections, and Staphylococcus infections.

<https://www.webmd.com/vitamins-supplements/ingredientmono-779-colloidal%20silver.aspx?activeingredientid=779>

| <i>Natural Path/Silver Wings Colloidal Silver</i> |                   |                      |          |          |
|---------------------------------------------------|-------------------|----------------------|----------|----------|
| Code #                                            | Description       | Count                | Retail   | You Pay! |
| NP50-1                                            | 50 Parts/Million  | 1 oz. Vertical Spray | \$11.99  | \$8.80   |
| NP50-2                                            | 50 Parts/Million  | 2 oz.                | \$13.95  | \$11.95  |
| NP250-2                                           | 250 Parts/Million | 2 oz. Spray          | \$15.99  | \$11.60  |
| NP250-4                                           | 250 Parts/Million | 4 oz.                | \$28.99  | \$20.75  |
| NP250-16                                          | 250 Parts/Million | 16 oz.               | \$85.99  | \$69.00  |
| NP500-2                                           | 500 Parts/Million | 2 oz.                | \$21.59  | \$15.95  |
| NP500-4                                           | 500 Parts/Million | 4 oz.                | \$36.99  | \$29.50  |
| NP500-16                                          | 500 Parts/Million | 16 oz.               | \$99.99  | \$79.00  |
| NP500-32                                          | 500 Parts/Million | 32 oz.               | \$183.99 | \$151.00 |



## Don't Miss This Book!



### COLLOIDAL SILVER

by Werner Kühni & Walter von Holst

*Practical Guide Explores the Many Uses and Benefits of Colloidal Silver for Boosting Immunity, Reducing Pain, Inflammation, and More*

Explores the many uses and benefits of colloidal silver and its treatment of over 80 common diseases and conditions. Details the correct dosages and applications for each ailment and for daily use. Promoted products: colloidal silver.

2016. 6" x 9" x 3/8". 152 pp.

CODE: #T7426      Retail = \$14.95 • You Pay = \$13.50

# Colloidal Silver - Silver Biotics



Silver Biotics is a high-quality line of colloidal silver that we have just started carrying. The SilverSol Technology® they use helps to maximize the healing properties of colloidal silver. They stand behind their product with a 60-day money back guarantee!

- No artificial ingredients, dyes, or flavors
- No preservatives
- No additives
- Gluten free
- Sugar free
- Non-GMO
- Vegan
- Probiotic friendly
- Scientifically tested
- Clinically proven
- Used and recommended by Doctors
- Made in the USA
- 60-day money back guarantee

| CODE #     | PRODUCT                                          | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                | Size   | Retail  | You Pay! |
|------------|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|----------|
| 2000-04030 | Extra Strength Immune Support w/ Dropper 30 PPM  | Designed to give your immune system extra support for when you need it most <ul style="list-style-type: none"> <li>• Extra Strength 30PPM nano silver solution</li> <li>• Family safe</li> <li>• Made with SilverSol Technology®</li> <li>• Independent studies have shown SilverSol Technology to be up to 10x more effective than products containing up to 3,000 ppm silver.</li> </ul> | 4 oz.  | \$25.95 | \$19.46  |
| 2000-0410  | Daily Immune Support Supplement, 10 PPM          | Silver Biotics® Immune Support Supplement is the perfect daily defense boost for your immune system. Designed to help boost the immune system. <ul style="list-style-type: none"> <li>• Safe for children</li> <li>• Powerful 10 PPM nano silver solution</li> <li>• Made with SilverSol Technology®</li> </ul>                                                                            | 4 oz.  | \$17.95 | \$13.46  |
| 2000-0810  |                                                  |                                                                                                                                                                                                                                                                                                                                                                                            | 8 oz.  | \$28.95 | \$21.71  |
| 2000-1610  |                                                  |                                                                                                                                                                                                                                                                                                                                                                                            | 16 oz. | \$40.95 | \$30.71  |
| 2000-3210  |                                                  |                                                                                                                                                                                                                                                                                                                                                                                            | 32 oz. | \$56.95 | \$42.71  |
| 2001-16014 | ASAP Pro Healthmax Immune System Support, 14 PPM | Designed to help support your immune system <ul style="list-style-type: none"> <li>• Powerful 14 PPM nano silver solution</li> <li>• Family safe</li> <li>• Made with our patented nano silver technology</li> <li>• Amount Per Serving: Purified Silver (14 PPM) 70 mcg.</li> </ul>                                                                                                       | 16 oz. | \$40.95 | \$30.70  |

# Colloidal Silver - Silver Biotics

| CODE #      | PRODUCT                                                 | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Size   | Retail  | You Pay! |
|-------------|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|----------|
| 2002-16035  | <b>ASAP Pro Healthmax Immune System Support, 35 PPM</b> | <p>Extra Strength 35 PPM nano silver solution</p> <ul style="list-style-type: none"> <li>• Family safe</li> <li>• Made with our patented nano silver technology</li> <li>• Amount Per Serving: Purified Silver (35 PPM) 200 mcg.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 16 oz. | \$56.95 | \$42.70  |
| 4050-03060  | <b>Extra Strength Lozengers w/ Manuka Honey</b>         | <p>Soothe your throat, while supporting your immune system</p> <ul style="list-style-type: none"> <li>• Safe and effective alternative to products made with chemicals</li> <li>• Made with Cooling Organic Mint and Raw New Zealand Manuka Honey</li> <li>• Made with all natural and organic ingredients</li> <li>• Infused with SilverSol Technology® to support the immune system</li> <li>• Gluten-Free * Soy-Free * Nut-Free</li> <li>• Does not contain preservatives, dyes or artificial flavors</li> <li>• Independent studies have shown SilverSol Technology to be up to 10x more effective than products containing up to 3,000ppm silver</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 21/Bag | \$11.99 | \$9.59   |
| #2350-04024 | <b>Armor Gel Sunburn &amp; Wound Relief</b>             | <p><b>Armor Gel™</b> is a NATURAL SUNBURN RELIEF wound care gel that cools, soothes, and moisturizes your 1st and 2nd degree burns with no alcohol, no toxins, no scent, and no dyes.</p> <ul style="list-style-type: none"> <li>• Made with natural ingredients</li> <li>• Safe for the whole family (<i>even your furry friends</i>)</li> <li>• Fast SUNBURN RELIEF and moisturizer – Cools and soothes</li> <li>• Multi-tasker for sunburns, minor cuts, lacerations, skin irritations and 1st &amp; 2nd degree burns</li> <li>• Provides a layer of protection for skin that lasts up to 3 days</li> <li>• No stinging, staining or sticking</li> <li>• No alcohol, No petroleum products</li> <li>• No sulfa compounds, Chloride free, Unscented</li> <li>• Shown to reduce levels of Staphylococcus aureus, E. Coli, MRSA and Candida</li> <li>• Designed for use in moist wound care management</li> <li>• May inhibit growth of microorganisms within wound dressing</li> </ul> <p>Armor Gel™ has been evaluated in standard tests that show it can reduce the levels of common microorganisms including: Staphylococcus aureus, Pseudomonas aeruginosa, E. coli, MRSA and VRE, as well as fungi such as Candida albicans and Aspergillus niger.</p> | 4 oz.  | \$24.95 | \$22.49  |

# Colloidal Silver - Silver Biotics

|             |                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |        |         |         |
|-------------|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|---------|
| #2000-1520  | Silver Gel                 | <p><b>Silver Biotics Silver Gel</b> - Use daily to soothe rejuvenate and renew skin.</p> <p>All natural *Naturally promotes healing * Cools and soothes skin * Helps protect and beautify skin * Unscented * Dye free * No staining * Non-stinging * No sticking * No BPA * Safe for children</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 1.5 oz | \$11.49 | \$8.62  |
| #2000-04020 |                            | <p>4 oz.</p> <p>\$24.95</p> <p>\$18.71</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 4 oz.  | \$24.95 | \$18.71 |
| #3000-05520 | Whitening Coral Toothpaste | <ul style="list-style-type: none"> <li>• Contains SilverSol®, Above-Sea Coral Calcium, Xylitol and Essential Oils</li> <li>• Above-Sea Coral Calcium helps to clean, whiten and re-mineralize your teeth</li> <li>• Freshens your breath with essential oils for a natural, winter mint taste</li> <li>• Probiotic friendly</li> <li>• Made with natural ingredients</li> <li>• Naturally promotes healthy teeth and gums up to 12 hours</li> <li>• Use with our Tooth Gel to promote healthy teeth and gums all day</li> <li>• Fluoride-free</li> <li>• No BPA * No parabens * No harsh preservatives * No synthetic colors * No harmful sulfates * No SLS * No gluten</li> <li>• Safe for Children</li> <li>• 60-day money back guarantee</li> </ul> <p>Independent studies have shown SilverSol Technology to be up to 10x more effective than products containing up to 3,000ppm silver.</p> | 4 oz.  | \$14.95 | \$11.21 |
| #3000-0422  | Tooth Gel                  | <ul style="list-style-type: none"> <li>• Triple action formula with SilverSol®, Xylitol and Therapeutic Grade Peppermint Oil</li> <li>• Probiotic friendly</li> <li>• Independent clinical trials showed significant results in as little as 1 week</li> <li>• Up to 12 hours of protection</li> <li>• Independent studies have shown SilverSol Technology® to be up to 10x more effective than products containing up to 3,000ppm silver</li> <li>• Naturally promoted healthy teeth and gums with natural and organic ingredients</li> <li>• No Triclosan, Glycerin, Fluoride, Parabens, or Sodium Laurel Sulfates</li> <li>• Non-Abrasive</li> <li>• No BPA</li> </ul>                                                                                                                                                                                                                        | 4 oz.  | \$13.95 | \$10.46 |

# Colon Health



For however many meals you eat per day, that is how many times you should eliminate each day. Constipation is a real problem in America for several reasons: 1.) People eat too much fast food and not enough whole foods. 2.) People don't drink enough water. 3.) People don't exercise enough. People who eat healthy, drink plenty of water and exercise regularly, rarely have a problem with constipation.

Constipation is a BAD thing. If you are not eliminating properly, you are re-absorbing the toxins. And then it's just a matter of time until you develop a more serious health problem than constipation. So, I thought I'd try to bring all the Colon Cleanse Products together to make it easy for you to compare and decide which one is for you.

Just like we do a SPRING & FALL House Cleaning each year, it's a good idea to do a WHOLE BODY DETOX once or twice a year. But before you do that detox, make sure you clean the Colon FIRST so that when the toxins are dumped out of your blood and liver into the colon, the colon is clean and they will pass through without being reabsorbed.

| Code #  | Product Name                  | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Count                     | Retail  | You Pay! |
|---------|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|---------|----------|
| #TM4020 | Tomorrow's Nutrition SUNFIBER | <ul style="list-style-type: none"> <li>• True Regulating All-Natural Fiber</li> <li>• Promotes Digestive Health</li> <li>• Proven Prebiotic</li> <li>• Dissolves Fast &amp; Clear</li> <li>• No Grit, No Taste</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 7.7 oz.,<br>31 Servings   |         | \$33.00  |
| #GIBEN  | DaVinci G. I. Benefits        | <p>GI Benefits is the most advanced formula on the market today for optimal gastro intestinal health. It has been designed to support gut health, soothe the digestive tract lining, promote regularity, microbial balance and support proper immune function.</p> <ul style="list-style-type: none"> <li>• It does not typically cause gas or bloating</li> <li>• It promotes small intestinal health</li> <li>• It supports the intestinal lining and helps with leaky gut; addressing leaky gut can ward off food sensitivities, balance the immune-system and improve brain function</li> <li>• It promotes good bacteria</li> <li>• It comes in a delicious berry drink mix</li> </ul> | 13.55 oz.,<br>30 Servings | \$71.70 | \$53.80  |

# Colon Health

| Code #    | Product Name                                                                                                   | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Count     | Retail  | You Pay! |
|-----------|----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #MSP64    | <b>Master Supplements</b><br><b>TruFiber</b><br><b>50 Servings</b>                                             | TruFiber® features SunFiber®, Inulin and Fiberase®. SunFiber® and Inulin are clinically proven to improve regularity while enhancing the growth of probiotics (see trufiber.net for references). Fiberase® enzymes enhance the prebiotic activity of dietary fiber to further stimulate probiotics. Each serving provides 14% of the Daily Value for fiber.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 6.35 oz.  | \$29.95 | \$27.00  |
| # NN-GI   | <b>Northern Nutrition</b><br><b>GI-Purify ~</b><br><b>Complete Colon</b><br><b>Cleansing</b><br><b>Formula</b> | This is a complete colon cleansing formula. Loaded with fiber, astringent herbs (to make toxins release from the gut wall), and peristaltic herbs for a stimulating, thorough cleansing. Dosages can be easily adjusted for individuals that just need mild cleansing to those who need to use it for a more intense cleansing. It is nicely formulated with natural orange flavor & sweetened with stevia for a very reasonable taste.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 14.39 oz. | \$36.95 | \$27.75  |
| #PF0104   | <b>Michael Tierra's</b><br><b>Tri-Cleanse</b><br><b>Internal</b><br><b>Cleanser</b>                            | <p style="text-align: center;"><b>With Psyllium &amp; 3 Other Soluble Fibers &amp; Triphala –<br/>A Unique Ayurvedic Compound</b></p> <p>Many of today's bulking agents and internal cleansers produce noticeable and seemingly beneficial effects. However, it is important to proceed with care when using such products. While most bulking fibers are beneficial for elimination, they can impair assimilation, or may include dependency-forming laxative agents, such as buckthorn, cascara, rhubarb or senna. Planetary Herbals TRI-CLEANSE is different. It is formulated specifically to support digestive and eliminative functions without causing weakness or dependency. Some of the most highly respected bulking fibers, including psyllium and flax seeds, are combined with the legendary Triphala combination of Ayurvedic herbalism, and with the digestive-supporting warming carminatives anise and ginger. The result is a comprehensive, approach to internal cleansing.</p> | 10 oz     | \$18.98 | \$17.00  |
| #90C19020 | <b>GAIA</b><br><b>Natural</b><br><b>Laxative</b><br><b>Herbal Tea Bags</b>                                     | <p>Gaia Herbs Natural Laxative Herbal Tea is an all-natural aromatic brew that works gently overnight to provide relief from occasional constipation with a blend of traditional herbs known to support the body's natural elimination processes.</p> <p>With a blend of herbal ingredients including Senna, Licorice, Lemon Balm, and Fennel.</p> <p>A gentle formula that provides relief from occasional constipation.</p> <p>A comforting aromatic brew.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 16 Bags   | \$5.99  | \$4.79   |

# Colon Health

| Code #    | Product Name                          | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Count                      | Retail                                                                                                                                                                                                                                                                                                                                                                                                                            | You Pay!         |
|-----------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| #689101   | Dr. Christopher's Lower Bowel Formula | <p>The Lower Bowel Formula is one of Dr. John R. Christopher's most famous and popular formulas. To some this formula is known as an herbal laxative, however, to many herbalists it is much more than this. One of the most important and beneficial factors of this formula is how it stimulates peristaltic action within the lower bowel. Take according to personal need. As there are no two people alike in age, size, or physical construction and the bowel itself will differ in persons as much as the finger prints, most people will start with two capsules or 30 drops of the glycerine based extract three times a day, and then regulate the dosage from there. If the stool seems too loose then lower the dose, but if it is difficult to get a bowel movement and the stool is hard and takes a long time, then increase the dose until the movements become soft and well-formed. In very difficult cases, one could take up to 40 of these capsules a day. After the hard material which is hard fecal matter that may have been stored on the intestinal wall for years has broken loose and is eliminated, one can gradually decrease but do not taper off the Lower Bowel Formula dosage so much that you lose this advantageous momentum and continuity of elimination. In most cases, improper diet has caused the peristaltic muscles to become sluggish, and in some cases, to quit working. It will take six to nine months with the aid of the Lower Bowel Formula for the average individual to clean out the fecal matter and to rebuild the bowel structure sufficiently to have the peristaltic muscles working entirely on their own. Most people have pounds of old dried fecal matter that is stored in the colon, which is toxifying the system, and keeping the food from being properly assimilated. Because of this putrefied condition, many people consume far more food than the body actually requires. In the process they wear out their bodies trying to get sufficient nutrition and are still always hungry and eating. After the bowel is cleaned, the body is able to normally assimilate the nutrients through the cell structures in the colon instead of being trapped in a maze of waste. Food is more readily assimilated, and a person can sustain himself on about one-third the quantity of his prior food consumption and have four or five times more power, vitality and life. When the body is completely clean, these aids will no longer be necessary and then your food will be your medicine and your medicine will be your food. After following this program properly and the bowels are cleansed, this formula should only be used when needed.</p> | 100 VCaps                  | \$                                                                                                                                                                                                                                                                                                                                                                                                                                | \$               |
| #49801    |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Glycerine Extract<br>2 oz. | \$15.00                                                                                                                                                                                                                                                                                                                                                                                                                           | \$11.50          |
| #87301    |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Bulk Herb<br>1 lb.         | \$71.20                                                                                                                                                                                                                                                                                                                                                                                                                           | \$53.40          |
| #90C11090 |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | GAIA Natural Laxative      | <p>Gaia Herbs Natural Laxative is an all-natural herbal formula that works gently overnight to provide relief from occasional constipation with a blend of traditional herbs known to support the body's natural elimination processes.</p> <p>With a blend of herbal ingredients including Senna leaf, Cape Aloe, Caraway, Dandelion, and Fennel.</p> <p>A gentle formula that provides relief from occasional constipation.</p> | 90 Vegan Tablets |

# Colon Health

| Code #          | Product Name                              | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Count     | Retail  | You Pay! |
|-----------------|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #634641         | Dr. Christopher's Quick Colon Cleanse     | <p>Dr. Christopher's Quick Colon Formula was originally referred to as TNT #1 formula because of the immediate forceful Lower Bowel action. Dr. Christopher believed that most diseases started by the accumulation of impurities in the lower bowel, there are too many ailments to list.</p> <p>Dr. Christopher's Quick Colon Caps helps clear the bowel of toxic waste, encourages normal bowel function &amp; supports the intestinal system. Cautions: Do not use this product when abdominal pain, nausea or vomiting are present. Rectal bleeding or failure to have a bowel movement after use of laxative may indicate a serious problem. Discontinue use and consult your health care provider.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 100 VCaps | \$21.99 | \$13.20  |
| # 01.NF.137.120 | Nutritional Frontiers Frontier GI Cleanse | <p>Frontier Cleanse is a gluten free dietary supplement designed to help balance, soothe and replenish the Gastro Intestinal Tract.</p> <p>A Balance &amp; Capture Blend containing Soluble Fiber (Fibersol-2™ Brand), Psyllium Seed Husk, FOS (Fructooligosaccharides), Flax Seed Meal and Apple Pectin to support regularity, the immune system and healthy microbial balance.</p> <p>A Soothe &amp; Replenish Blend containing N-Acetyl Glucosamine, L-Glutamine, Peppermint, Chamomile, Aloe Leaf Powder, Horsetail Rush, Rosemary and Ginger Root Powder to nourish and soothe the GI Tract as well as support overall function.</p> <p>A Reds &amp; Greens Blend containing Alfalfa Powder, Spirulina, Beet Juice Powder, Chlorella-Cracked Cell Powder, Parsley Juice Powder, Broccoli Powder, Red Raspberry Powder, Acerola Berry Juice Powder, Cranberry Juice Powder, Watercress and Blessed Thistle for detoxification, energy and to reduce oxidative stress.</p> <p>A Remove &amp; Detox Blend containing Arabinogalactans, Bentonite Clay, Olive Leaf Extract, Black Walnut (Green Hull) Powder, Kelp, Artichoke, Burdock, Garlic and Dandelion Root</p> | 120 VCaps | \$35.90 | \$26.95  |
| #00164          | DEVA Vegan Colon ASSIST                   | <p>Let's start with the granddaddy of them all: magnesium (as magnesium oxide). This mineral can get things going by drawing more water to the colon while at the same time it may help relax things down there.</p> <p>Vegan Colon Assist gives you an extra 230 milligrams of magnesium in your daily diet. That's over 50% of your daily value.</p> <p><b>Included:</b> Triphala Fruit-Blend Extract (amla fruit, behada fruit, and harada fruit); Aloe vera; Senna (leaf); Slippery elm (bark); Dandelion (leaf); Psyllium Husk (powder); Fennel (seed); Ginger (root); Cinnamon (bark); Clove (buds). These fruit and herbal ingredients act in orchestrated synergy to produce a combined sensation that is greater than what each of them could do on their own.</p>                                                                                                                                                                                                                                                                                                                                                                                            | 90 Tabs   | \$12.99 | \$11.70  |

# Colon Health

| Code # | Product Name            | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Count        | Retail  | You Pay! |
|--------|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------|----------|
| #2454  | NOW Easy Cleanse® AM PM | <ul style="list-style-type: none"> <li>• Simple 15-Day Program</li> <li>• Gentle Cleansing Formula*</li> <li>• Supports Digestive and Metabolic Health*</li> <li>• Supports a Healthy Digestive System*</li> <li>• Helps Eliminate Toxins*</li> <li>• Supports Healthy Elimination*</li> <li>• Supports Regularity*</li> <li>• A.M. - 60 Veg Capsules</li> <li>• P.M. - 60 Veg Capsules</li> </ul> <p>NOW® Easy Cleanse® is a digestive cleansing program that was developed to support the body's own detoxification mechanisms, easing the elimination of toxins from the body. By supporting liver and intestinal function, this unique combination of herbal extracts and nutrients serves as a simple way to assist in the elimination of the typical by-products of metabolism, as well as waste materials derived from common everyday environmental exposures. Easy Cleanse® also promotes a healthy, functional digestive system.</p> <p>Easy Cleanse® A.M. Detox Formula is a unique blend of specialized herbs, nutrients, and green foods that support gastrointestinal health. This innovative formula works around the clock to assist the body in a natural detoxification and elimination of toxins, thereby supporting optimal digestive system function.</p> <p>Easy Cleanse® P.M. Cleansing Formula works while you sleep to support a natural elimination of toxins that have accumulated throughout the day. Easy Cleanse® P.M. has gentle, bulking fibers that naturally bind to normal metabolic by-products, cholesterol, and fat, and facilitate their elimination from the body.</p> | Veg Capsules | \$23.99 | \$13.40  |

# Colon Health

| Code #          | Product Name               | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Count                   | Retail  | You Pay! |
|-----------------|----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|---------|----------|
| # 01.NF.240.176 | Nutritional Frontier Fiber | <p><b>Frontier Fiber</b> is a revolutionary fiber supplement that mixes easily in any hot or cold beverage without the lumps, grit, or thick consistency or tastes of other fiber supplements!</p> <ul style="list-style-type: none"> <li>• No Lumps • No Grit • Not Thick • Bake with it</li> <li>• Clear and Tasteless • For children and adults</li> </ul> <p><b>Provides 5 grams of soluble fiber per serving and is designed to support:</b></p> <ul style="list-style-type: none"> <li>• Proper bowel function • Regularity • Fecal volume</li> <li>• Beneficial intestinal micro flora</li> <li>• A clean and healthy digestive tract</li> <li>• Cholesterol, triglyceride, and blood sugar levels within normal ranges</li> </ul> <p>Most Americans do not get enough dietary fiber in their diets. It is estimated that on the average, Americans eat 12 grams of fiber daily, which is below the recommended daily amount of 25 to 30 grams suggested by the American Heart Association Science Advisory Board.</p> <p><b>Fibersol-2</b><br/>Frontier Fiber contains Fibersol-2 brand fiber, which supports balanced intestinal micro flora and because it is so soluble and less dense, it mixes instantly and does not cause bloating or gas like other fiber products.<br/>Fibersol-2™ brand fiber is:</p> <ul style="list-style-type: none"> <li>• All natural • Sugar-free • Low-calorie • 90% soluble fiber</li> <li>• From digestion-resistant Maltodextrin</li> </ul> <p><b>The Frontier Fiber Convenience!</b><br/>For people on the go 1 serving of 5 grams in your 2 beverages a day will help you meet your recommended daily amount of fiber! Also try it in: Pro Reds, water, juice, yogurt, apple-sauce, oatmeal, pudding, mashed potatoes, juice, and even sauces or soups.</p> <p><b>Superior Fiber Supplement</b><br/>Frontier Fiber is a sugar-free, low calorie, all natural fiber product from digestion-resistant Maltodextrin. Frontier Fiber is a unique fiber formulation; no grit, no lumps, no flavor. It dissolves clearly in any cold or hot drink. It won't change the texture, taste or color of your favorite soft food or beverage. Add Frontier Fiber to water, coffee, soda, yogurt, applesauce, oatmeal, pudding, mashed potatoes, juice and even sauces or soups. The possibilities are endless!<br/>Frontier Fiber is an excellent source of fiber as well as a natural way to support proper bowel function, cholesterol levels and healthy intestinal microflora.</p> | 30<br>Servings,<br>6.21 | \$19.00 | \$14.60  |

# CV Sciences CBD Oil



## America's Favorite Hemp Company

Always from EU certified hemp seeds.

Non-GMO. Vegetarian. Gluten Free.

Always third party tested.

### RAW Formula

Because everyone responds to CBD differently, we recommend starting low and going slow to achieve maximum results and you can do just that with Raw Softgels because each softgel contains just 5 mg of CBDA/CBD.

Filled with our Raw Formula full spectrum hemp extract, these award-winning CBD gel caps are a superior way to take CBD-rich hemp extracts.

Our Raw Formula hemp extract is unique because it contains a mixture of raw and decarboxylated hemp extract - both CBD and CBD Acid (CBDA). CBDA is the raw version of the molecule that occurs in the plant. It is sometimes mistakenly called the 'inactive form' of CBD - but that's hugely incorrect. If you look at the research, CBDA has a wide range effects already studied by scientists. It causes a different array of effects from CBD and it seems like CBDA and CBD complement each other's positive effect. If you've heard of people across the country, juicing the raw hemp plant and drinking it, they're doing that for the CBDA. It works. But softgels are an easier way to take it than trying to fit a bunch of hemp into a blender.

But a full-spectrum hemp extract contains more than cannabinoids. There's also the terpenes that give the smell to the plant and also modulate how the cannabinoids interact with our own endocannabinoid system. Then there's the fatty acids of hemp which the plant uses to produce its cannabinoids - and we also use as building blocks to create our own endocannabinoids. It's a winning combination.

**Softgels:** Just 4 ingredients: CBD-rich hemp extract made of modified corn starch, extra virgin olive oil as the carrier, carrageenan, sorbitol, and in a vegetarian softgel capsule. It's an ideal method for sensitive palates or sensitive stomachs.



| CODE # | PRODUCT | DESCRIPTION | COUNT        | Retail  | You Pay! |
|--------|---------|-------------|--------------|---------|----------|
| 183    | 5 mg    | RAW Formula | 30 Vsoftgels | \$19.99 | \$14.99  |
| 148    |         |             | 60 Vsoftgels | \$39.99 | \$29.99  |

### Total Plant Complex



Nothing is added to and nothing is removed from our Original Formula. Original formulation is easily made by activating the CBD while still retaining the other naturally occurring plant constituents in hemp (such as minor cannabinoids, terpenes, fatty acids, plant sterols, vitamins E & K and other bio active plant compounds), just as nature intended.

Filled with our Total Plant Complex Formula full spectrum hemp extract, these award winning CBD gel caps are a superior way to take CBD-rich hemp extracts.

Our Total Plant Complex Formula hemp extract has been heated and decarboxylated so that the cannabinoids are converted from their raw form, causing all of the CBDA to become CBD. But a full-spectrum hemp extract contains more than cannabinoids. There's also the terpenes that give the smell to the plant and also modulate how the cannabinoids interact with our own endocannabinoid system. Then there's the fatty acids of hemp which the plant uses to produce its cannabinoids - and we also use as building blocks to create our own endocannabinoids. It's a winning combination.

| CODE # | PRODUCT | DESCRIPTION         | COUNT        | Retail  | You Pay! |
|--------|---------|---------------------|--------------|---------|----------|
| 343    | 10 mg   | Total Plant Complex | 30 Vsoftgels | \$24.99 | \$18.75  |
| 344    |         |                     | 60 Vsoftgels | \$48.99 | \$36.75  |

# CV Sciences CBD Oil

## Extra Strength Formula



Award winning Extra Strength Softgels are the industry standard and best-selling hemp CBD softgels for over 5 years. Our patented precision molecular distillation process concentrates the pure power of hemp directly into the most celebrated 15mg CBD softgel on earth.

Filled with our Gold Formula full spectrum hemp extract, these award-winning CBD gel caps are our most concentrated way of taking CBD-rich hemp extracts.

Our Gold Formula hemp extract is what makes these our most concentrated way to consume CBD-rich hemp extracts. It takes 10 kilograms of our regular extract, distilled down to produce just 3 kilograms of our concentrated Gold Formula extract.

This is ideal for people who realize that they need higher levels of daily CBD for their health. As for all our CBD products, everything is produced from full spectrum hemp - complete with all the cannabinoids, terpenes, fatty acids, and other healthful components that occur in the hemp plant.

| CODE # | PRODUCT | DESCRIPTION            | COUNT        | Retail  | You Pay! |
|--------|---------|------------------------|--------------|---------|----------|
| 184    | 15 mg   | Extra Strength Formula | 30 Vsoftgels | \$39.99 | \$29.99  |
| 107    |         |                        | 60 Vsoftgels | \$69.99 | \$52.40  |
| 389    |         |                        | 90 Vsoftgels | \$84.99 | \$63.75  |

## Maximum Strength Formula

Max Strength contains more CBD per serving than Extra Strength, is a different formula than Extra Strength altogether and is for customers seeking more cannabidiol (CBD) and fewer minor cannabinoids and cofactors.

Our first advice is “start low, go slow.” But the second part is, “don’t be afraid to go high and fly.” MAX STRENGTH was created to meet the growing demand for higher concentrations of CBD derived from Co2 extracted agricultural hemp.



Some people only need 5 mg. of CBD per day. But when tested clinically, CBD is often given in the hundreds of milligrams range. Our Softgel MAXIMUM STRENGTH is the easiest way to get 50 mg. in a full spectrum hemp extract. If you have never tried CBD before, we recommend starting with a lower serving size for the first week or two, to see how it works for you. If these amounts don’t get you the health outcomes you’re looking for, the it’s time to the MAXIMUM STREGTH Softgels with 50 mg of CBD.

| CODE # | PRODUCT | DESCRIPTION              | COUNT        | Retail   | You Pay! |
|--------|---------|--------------------------|--------------|----------|----------|
| 390    | 50 mg   | Maximum Strength Formula | 30 Vsoftgels | \$79.99  | \$59.99  |
| 391    |         |                          | 60 Vsoftgels | \$119.99 | \$89.99  |

## Extra Strength Balm



The cannabinoids produced by the hemp plant interact with the endocannabinoids in our skin to soften, smooth, and beautify. And it’s not only the cannabinoids. Our CBD hemp extract also includes the vitamin E, the terpenes that give the plants their smell and perhaps most importantly, the rich fatty acids that moisturize. Helps many with pain.

| CODE # | PRODUCT | DESCRIPTION         | COUNT  | Retail  | You Pay! |
|--------|---------|---------------------|--------|---------|----------|
| 108    | 100 mg  | Extra Strength Balm | 1.3 oz | \$29.99 | \$22.50  |

# CV Sciences CBD Oil



## Extra Strength Roll-Ons

Our CBD roll-ons are the highest-quality CBD skincare products you will find. For both our PlusCBD line made from full-spectrum hemp and Happy Lane line that contains 0.00% THC\*, they're crafted with a moisturizing mix of favorite botanicals including jojoba, aucklandia lappa root, licorice, poria cocos extract, and cinnamon, plus menthol and camphor. It's the smoothest way to sink hemp into your skin.

| CODE # | PRODUCT | DESCRIPTION | COUNT   | Retail  | You Pay! |
|--------|---------|-------------|---------|---------|----------|
| 368    | 200 mg  | Roll-Ons    | 1.13 oz | \$27.99 | \$22.40  |
| 369    | 500 mg  |             | 1.13 oz | \$49.99 | \$37.50  |

## CBD Gummies



We make the best gummies for getting CBD and all the other beneficial compounds from a hemp extract into your system. They're an easy and tasty way to take a precisely measured serving of CBD. **Infused with our Gold Formula extract**, these gummies contain much more than CBD. They have an array of minor cannabinoids, terpenes, and perhaps most importantly, fatty acids.

The plant uses those fatty acids as building blocks to produce its cannabinoids- *and it turns out that we use those same building blocks to produce our own endocannabinoids* that help us with health and homeostasis. But it's not just the hemp extract. We curated a careful list of organic ingredients for our products.

\*No Artificial Sweeteners \* No Gluten \* Vegan \* Non-GMO \* Always 3<sup>rd</sup> Party Tested.

| CODE # | PRODUCT      | DESCRIPTION                | COUNT | Retail  | You Pay! |
|--------|--------------|----------------------------|-------|---------|----------|
| 392    | Cherry Mango | CBD Gummies, 10 mg/serving | 30 ct | \$27.99 | \$20.99  |
| 393    |              |                            | 60 ct | \$44.99 | \$33.75  |
| 394    | Citrus Punch |                            | 30 ct | \$27.99 | \$20.99  |
| 395    |              |                            | 60 ct | \$44.99 | \$33.75  |

## CBD Liquid Pumps



Our CBD Liquid Pump is the easiest option for those new to CBD Oil or for those who want a quick and easy way to measure out a precise custom serving of hemp CBD. Comes in an array of sizes & flavors.

| CODE # | PRODUCT                                | DESCRIPTION             | COUNT   | Retail   | You Pay! |
|--------|----------------------------------------|-------------------------|---------|----------|----------|
| 102    | Original Formula 5 mg/ serving         | 100 mg - Peppermint     | 1 oz    | \$19.99  | \$15.00  |
| 104    |                                        | 500 mg - Peppermint     | 1.86 oz | \$54.99  | \$41.25  |
| 103    |                                        | 100 mg - w/ Monk Fruit  | 1 oz    | \$19.99  | \$15.00  |
| 105    |                                        | 500 mg - w/ Monk Fruit  | 1.86 oz | \$54.99  | \$41.25  |
| 494    |                                        | 500 mg - Unsweetened    | 1.86 oz | \$54.99  | \$41.25  |
| 94     | Extra Strength Formula 10 mg/serving   | 250 mg - Peppermint     | 1 oz    | \$31.99  | \$23.99  |
| 96     |                                        | 750 mg - Peppermint     | 1.86 oz | \$59.99  | \$44.99  |
| 95     |                                        | 250 mg - w/ Monk Fruit  | 1 oz    | \$31.99  | \$23.99  |
| 97     |                                        | 750 mg - w/ Monk Fruit  | 1.86 oz | \$59.99  | \$44.99  |
| 347    | Maximum Strength Formula 25 mg/serving | 1500 mg - Peppermint    | 1.86 oz | \$119.99 | \$89.99  |
| 348    |                                        | 1500 mg - w/ Monk Fruit | 1.86 oz | \$119.99 | \$89.99  |

# CV Sciences CBD Oil



## Happy Lane ~ 0% THC

Try our NEW Happy Lane CBD products. For those with sensitive positions or sensitive systems, these contain CBD with 0.00% THC. Made from hemp grown in Kentucky, our Happy Lane products come in chews, liquids, gummies, capsules, and a roll-on.

| CODE # | PRODUCT           | DESCRIPTION         | COUNT   | Retail  | You Pay! |
|--------|-------------------|---------------------|---------|---------|----------|
| HL01   | Chews<br>25 mg    | Berry Extraordinary | 3 ct    | \$5.99  | \$4.50   |
| HL03   |                   |                     | 15 ct   | \$15.99 | \$12.00  |
| HL02   | Gummies 25 mg     | Cherry Jubilee      | 10 ct   | \$12.99 | \$9.75   |
| HL04   | Liquid 300 mg     | Peppermint Magic    | 1 oz    | \$19.99 | \$14.99  |
| HL05   | Roll-On 250 mg    | Roll-On             | 1.13 oz | \$19.99 | \$15.00  |
| HL06   | Softgels<br>25 mg | Softgels            | 10 ct   | \$9.99  | \$7.50   |
| HL07   |                   |                     | 30 ct   | \$29.99 | \$22.50  |
| HL08   |                   |                     | 60 ct   | \$49.99 | \$37.50  |

*Our Lord Jesus Christ came to this world as the unwearied servant of man's necessity... The burden of disease and wretchedness and sin He came to remove. It was His mission to bring to men complete restoration; He came to give them health and peace and perfection of character.*

—Ministry of Healing, pg. 17

# Dandy Blend - Coffee Substitute



**Dandy Blend** is the best coffee substitute on the market! We have held many cooking classes and Dandy Blend is always voted as the best flavor and the closest to real coffee. Not only does it taste good, but it has many health benefits as well. And it is affordable.

**Ingredients:** Totally soluble extracts of roasted barley, roasted rye, roasted chicory root, roasted dandelion root & roasted beet root. Naturally sweet from the fructose contained in the roasted chicory & dandelion root.

## Dandy Blend Has Been Helpful For:

- Celiac & Gluten Intolerance
- Competitive Weight Lifters
- Asthma Sufferers
- Helping with Weight Loss
- Gastroesophageal Reflux
- Diabetes
- PMS Sufferers
- Lower Cholesterol
- Pregnant Moms
- Heart Disease
- High Blood Pressure
- Cancer Patients



## Dandy Blend Facts:

- Sugar-Free
- Dairy-Free
- Pesticide-Free
- Gluten-Free
- Low Carb
- Low Calorie
- Wheat-Free
- Fat-Free
- No Acidity
- Caffeine-Free
- No Bitterness
- Great Coffee Taste!
- Mineral Rich
- Rich & Smooth
- High Antioxidant

| Code   | Size                           | Retail  | You Pay! |
|--------|--------------------------------|---------|----------|
| #15015 | Free Sample                    |         |          |
| #15014 | Box of 25 Singles              | \$9.43  | \$7.30   |
| #15023 | 7 oz - 100 Servings            | \$12.05 | \$9.30   |
| #15022 | 14 oz - 200 Servings           | \$20.95 | \$16.20  |
| #15017 | 2 lbs - 450 Servings           | \$34.60 | \$26.95  |
| #15030 | 3.5 oz - 50 Servings - ORGANIC | \$9.49  | \$8.50   |
| #15031 | 10 oz - 142 Servings - ORGANIC | \$27.70 | \$21.00  |

## Coffee Causes:

- High Blood Pressure
- Depression
- Osteoporosis
- Acidosis
- Gout
- Imperfect Balance
- Heart Racing
- Insomnia
- Fatigue
- Racing but disconnected thoughts
- Poor Memory
- Finger Tremor
- Anxiety
- Head Aches
- Restlessness
- Heart Palpitations
- Vertigo
- Agitation
- Restless Leg Syndrome
- Fibroid Cysts
- AND MUCH MORE!

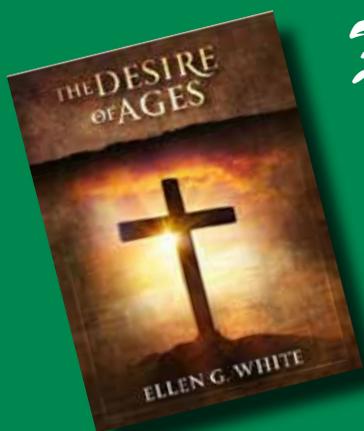
## Dangers of Caffeine

*There is so much information to share about the dangers of caffeine, but I don't have much space, so I'll list only a few of them. I believe caffeine is one of the most dangerous drugs in America, because so few see it as the horrible drug it is and it is so much a part of our American society. Many foods contain caffeine - chocolate, tea, soda & many drugs to name a few.*

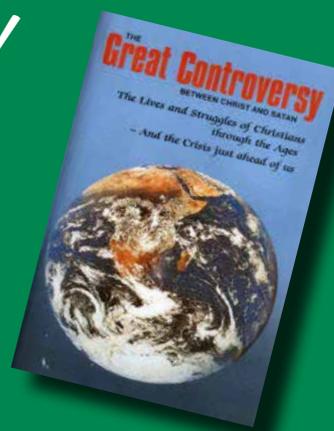
- Caffeine does not provide energy - only chemical stimulation, which leads to depression, chronic fatigue, irritability, mood swings & panic attacks.
- Caffeine gives the illusion of heightened alertness by dilating pupils, quickening heart rate & raising blood pressure. It DOES NOT increase overall mental activity.
- Caffeine raises blood pressure, causes adrenal exhaustion, changes the brain bio-chemistry, causes ulcers (even decaf). Causes hormonal imbalances and a long list of health disorders in women.

CONTINUED ON PAGE 96

- Caffeine cripples the liver. If you refuse to give it up, you should take Milk Thistle Extract everyday to protect your liver.
- Caffeine causes birth defects. SIDS is greatly increased in infants whose mothers use caffeine.
- Decaf coffee is no better, it is made by using carcinogenic chemicals and it raises cholesterol more than regular coffee.
- Coffee causes a marked increase in the excretion of uric acid. There is more uric acid in a cup of coffee than in a cup of urine!
- Tea & Cola has the same effect as coffee.
- Caffeine is one reason that diabetes has soared.
- Caffeine significantly increases heart arrhythmias.
- Coffee/caffeine causes gout...very painful arthritis.
- Caffeine causes miscarriages, fetal deaths & lower sperm count.
- Blood pressure many times will drop 20 points when coffee is given up.
- Caffeine greatly increases the chances of breast & bladder cancer in women & prostate cancer in men.
- The fatal dose of caffeine is 10 gms. Many people take 1/10th the lethal dose every day, just by drinking coffee.
- One cup of coffee/day causes 1/4T loss of bone calcium (Osteoporosis) per year in women over 50. That is 14% bone loss every 10 years! Far better than taking estrogen pills & calcium tablets - just quit drinking coffee!



*Free for the Asking!*



As Christians, our goal should be to follow Jesus, to become like Him in character.

How much do you know about the Life of Christ? Jesus said, "Learn of Me..."

We believe this book is one of the best sources to do that, outside of the Bible. *The Desire of the Ages* ~ our favorite book on the Life of Christ!

CODE #DAPB ~ FREE

*He is watching over you, trembling child of God. Are you tempted? He will deliver. Are you weak? He will strengthen. Are you ignorant? He will enlighten. Are you wounded? He will heal. The Lord "telleth the number of the stars;" and yet "He healeth the broken in heart, and bindeth up their wounds."*

—*The Desire of Ages*

Anyone with common sense cannot help but sense that the world is upside down. Whether you look at Nations, States, Governments, Churches, Families or Individuals, there is TROUBLE EVERYWHERE.

Many are asking, "Where is this all going?" "When will it end?" "What is coming next?" "What is behind all these things happening?" We'd like to offer you a book that will give you Biblical answers to all those questions ~ *The Great Controversy*.

It was written nearly 150 years ago...but as we all know, TRUTH never gets old or outdated. The first half of the book is HISTORY. You know the old saying, "History repeats itself." If we know HISTORY, we'll understand much better what is soon to come upon our World. NOW is not the time to be an OSTRICH and stick our heads in the sand and pretend that life is going to continue on as it has for generations. We are coming to the end of this world. If you KNOW what is coming, you will have a GREAT ADVANTAGE.

This book will help you understand history and what is happening right now, and what is coming in the near future.

CODE: #GCPB ~ FREE

# DaVinci Product Line



Another new line we picked up that comes with top quality control and honesty...what you see on the label is what you get in the bottle.

| CODE # | PRODUCT                      | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Size                                | Retail         | You Pay!       |
|--------|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|----------------|----------------|
| #BC040 | <b>B-Complex 75</b>          | A dietary supplement to support proper nerve function and relaxation. It contains all 11 recognized members of the B-complex group in a yeast free, balanced capsule formulation. Vegetarian, Gluten-Free & NON-GMO.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>60 VCaps</b>                     | <b>\$15.90</b> | <b>\$11.90</b> |
| #GIBEN | <b>DaVinci G.I. Benefits</b> | <p><b>GI Benefits</b> is the most advanced formula on the market today for optimal gastro intestinal health.</p> <ul style="list-style-type: none"> <li>• It has been designed to support gut health, soothe the digestive tract lining, promote regularity, microbial balance and support proper immune function.</li> <li>• It does not typically cause gas or bloating</li> <li>• It promotes small intestinal health</li> <li>• It supports the intestinal lining and helps with leaky gut; addressing leaky gut can ward of food sensitivities, balance the immune-system and improve brain function</li> <li>• It promotes good bacteria</li> <li>• It comes in a delicious berry drink mix</li> </ul> | <b>13.55 oz<br/>30<br/>Servings</b> | <b>\$71.70</b> | <b>\$53.80</b> |
| #THY60 | <b>Thyroid Basics™</b>       | <b>Thyroid Basics™</b> is a dietary supplement to support thyroid function and health. It is a vegetarian blend of Tyrosine, selenium, iodine, copper, zinc, manganese, ForsLean® brand Coleus Forskohlii, Bacopa monnieri, guggulsterones, Chromium and B vitamins all of which work together to help support thyroid function, fatigue, weight management, satiety, mood, healthy T4 and T3 ratios, and cellular metabolism.                                                                                                                                                                                                                                                                               | <b>120 VCaps</b>                    | <b>\$43.10</b> | <b>\$32.30</b> |

# DermaMag ~ Topical Magnesium Spray



Derma Mag was clinically tested at the Mayo Clinic (top ranked US hospital) and contains a unique and proprietary formulation that delivers better results, in less time, than any other form of magnesium on the market today.

Sourced from the ancient underground Zechstein magnesium deposits in Europe, Derma Mag Classic is a 100% natural, clear, fragrance free lotion that has a long shelf life and does not need to be refrigerated.

Designed for external use. Apply to most any skin area, or use in a bath.

| CODE #  | PRODUCT DESCRIPTION         | Size  | Retail  | You Pay! |
|---------|-----------------------------|-------|---------|----------|
| #490138 | Magnesium Oil Derma Mag 31% | 8 oz. | \$29.99 | \$21.00  |
| #490189 | Magnesium Oil Derma Mag 15% | 8 oz. | \$22.99 | \$17.25  |

“I’m a different person after using Derma Mag. I have told everyone at our doctor’s clinic what a wonderful product this is and the changes I have seen in my body. This product works! I have tried everything from prescribed medications, passive exercise, over the counters. Nothing has helped me like Derma Mag.”

— Pat of Arlington, Texas, Registered Nurse

“It never occurred to me that magnesium was such a vital mineral for our overall well being. After reading a wonderful book called “The Magnesium Miracle,” I discovered that the best way to absorb magnesium is through the skin by using Derma Mag. I definitely recommend Derma Mag to everyone. I have my whole family using it and cannot stress enough how much change we are experiencing.”

— Catalina of San Antonio, Texas

“Derma Mag did what no doctor and no amount of magnesium supplementation could do!”

— Leann of Leesburg, Virginia

“I am completely sold on your Derma Mag. I have never been a salesman but I could sell your product without a second thought because I am a believer. I truly believe this is a product that will dramatically improve lives. Thank you again and again!”

— Paul of Temple Hills, Maryland

“Overall, I can say that my experience with Derma Mag has been very positive so far. I researched quite a few brands before choosing this one. I was impressed with the quality of your product and was not willing to take the chance of using something that was not pure just to save some money. Thank you for providing a superior product!”

— Karen of Glenville, Pennsylvania

“I have heard about the benefits of magnesium supplements and had tried oral magnesium but found that I cannot take it daily due to stomach upset. So I did some research on the internet hoping to find other alternatives. Was I ever glad to find the Derma Mag product. I started using Derma Mag and was amazed by the results.”

— Jade of Ontario, Canada

“I became interested in Derma Mag after reading various articles indicating that the body absorbs magnesium better through the

skin. I then started searching for a magnesium supplement absorbed through the skin. After reading so many positive testimonials, I figured, what have I got to lose? I am back using my treadmill and feel better than I have felt in years. Thank you Derma Mag.”

— Patty of Laguna Niguel, California

“Derma Mag is absolutely the closest thing to a miracle cure that I have ever tried. I recommend it to all.”

— Felicia of Rancho Santa Margarita, California

“I purchased Derma Mag back in November and am thrilled! Boy does it work! I am definitely a lifetime customer.”

— Diane of Newtown, Pennsylvania

“When I came upon Derma Mag I was truly excited...I did not have to swallow another pill! I ordered my first bottle and could not be happier with the results.”

— Sherry of Ft. Walton Beach, Florida

“I recently started using Derma Mag in order to avoid the unpleasant side effect of supplementing with oral magnesium. My previous supplement contained equal parts of chelated magnesium and chelated calcium. I have replaced that with Derma Mag and an oral calcium supplement. In the first several weeks of use, the Derma Mag has not caused me any unpleasant side-effects.”

— Ray of Frisco, Texas

“All these years of dangerous drugs being put into my body and a single mineral substance like Derma Mag comes along and I found a miracle. No doctor wants to even hear about this. This product has given me back hope. It has saved me from a life in a wheel chair or nursing home. I don’t think people really know how important these magnesium salts are for your health. Derma Mag has saved my life.”

— Nancy of Surprise, Arizona

“This product has been very beneficial in helping me to feel and function much better. I plan on continuing with this great product.”

— Joanne of Cherry Hill, New Jersey

“I apply the Derma Mag before leaving the house and now I’m able to do more things when I go on errands. I have recommended it to others with the assurance that it will help them too. It is well worth the price of one bottle to try it out yourself.”

— Linda of Austin, Texas

# Deva™ Nutrition



DEVA™ Nutrition is the pioneer distributor of unique vitamins, minerals, and food supplements that are suitable for vegans and vegetarians. Founded in 2003, DEVA™ Nutrition has been expanding its distribution network very rapidly. DEVA™ Vegan product line is currently distributed in the US, and overseas.

DEVA™ Products are manufactured at GMP certified and, FDA regulated facilities to achieve high quality.

DEVA™ NUTRITION is a 100% Vegan Company. Their products are very good quality and very reasonably priced. They carry many other things, so if you are looking for something you don't see, please ask me. :-)

Their guiding mission is to deliver high quality vegan/vegetarian vitamins and supplements with the best value to our customers. Health conscious consumers around the world, whether they are vegan or not, seek our products for their quality, effectiveness and affordability.

| CODE #  | PRODUCT                    | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Size     | Retail  | You Pay! |
|---------|----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #D00027 | DEVA 1-A-Day Multi-vitamin | A balanced multiple vitamin and mineral suitable for vegans, vegetarians and, anyone who prefers an animal-free multivitamin supplement for their nutritional needs. Besides a wide range of essential vitamins and minerals provided at 100% DV or more, Vitamin B-12 is provided at 100 mcg per serving (1666% DV) and iron at 18 mg per serving (100% DV) for those who feel taking these nutrients on a regular basis is important for their health and well being.                                                                                                                                                                                                | 90 Tabs  | \$12.99 | \$11.70  |
| #D0044  | DEVA Black Cumin Seed Oil  | In a study conducted by Jawaharlal Nehru Medical College in India, researchers determined just how potent black seed oil is against some of these superbugs and paired it against several antibiotics, such as Amoxicillin, Gatifloxacin and Tetracycline. According to the study, "Out of 144 strains tested, most of which were resistant to a number of antibiotics, 97 were inhibited by the oil of black cumin." <a href="https://draxe.com/nutrition/black-seed-oil-benefits/">https://draxe.com/nutrition/black-seed-oil-benefits/</a> Our black cumin seed oil is cold pressed, unrefined and, comes in non-animal capsules with completely vegan ingredients. | 90 VCaps | \$14.99 | \$13.50  |
| #D00164 | DEVA Colon Assist          | Because the colon is considered by some health professionals as the gateway to your health, Vegan Colon Assist could come handy when some extra attention to the colon is required. An excellent Formula with Magnesium & Specific "colon" herbs.                                                                                                                                                                                                                                                                                                                                                                                                                      | 90 Tabs  | \$12.99 | \$11.70  |

# Deva™ Nutrition

| CODE #  | PRODUCT                                 | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Size     | Retail  | You Pay! |
|---------|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #D50008 | DEVA Liver Support 675 mg               | Proven Liver Detox Ingredients.<br>The liver is a vital organ of the human body that must be taken care of so that it can function properly. Some of liver's most important tasks include breaking down nutrients, cleaning blood, production of enzymes and bile.*                                                                                                                                                                                                                                                | 90 Tabs  | \$12.99 | \$11.70  |
| #D0042  | DEVA Tiny Tablets Multi-Vitamin Mineral | Deva Vegan Tiny Tablets Multivitamin & Mineral (Iron-Free) supplement provides a range of essential vitamins and minerals in a small, easy to swallow tablet that is ideal for those who have difficulty swallowing large pills.                                                                                                                                                                                                                                                                                   | 90 Tabs  | \$7.79  | \$7.20   |
| #D0409  | DEVA Omega-3 DHS-EPA 300 mg             | Made with an Omega-3 rich oil derived from microalgae that is grown outside of the ocean. Softgels are made with 100% vegan ingredients. No gelatin or other animal derived ingredients. Provides both DHA & EPA Omega-3 fatty acids.                                                                                                                                                                                                                                                                              | 90 VGels | \$39.99 | \$33.00  |
| #D00096 | DEVA Prenatal Multi-Vitamin             | Provides 138% of the recommended daily allowances of folic acid and, over 1500% of the RDV of Vitamin B12 for those who feel taking higher amounts is important for their nutritional goals.                                                                                                                                                                                                                                                                                                                       | 90 Tabs  | \$13.99 | \$12.60  |
| #D66003 | DEVA Vitamin D-3 5000 IU                | Deva Nutrition is excited to introduce its plant (lichen) derived Vitamin D3 supplement that provides 5000 IU (125 mcg) of vegan suitable vitamin D3 (cholecalciferol) per tablet. This new vegan D3 option is important because most commercial vitamin D3 products are made from lanolin, which usually comes from sheep's wool, something obviously not vegan. However, Deva uses a plant (lichen) derived cholecalciferol in this product for vegans and vegetarians who prefer Vitamin D3 in supplementation. | 90 Tabs  | \$24.99 | \$22.50  |

# Douglas Laboratories



Douglas Laboratories has been around a long time and has a very good reputation. They make me list the products at retail here in the catalog, but call me for discount pricing. This is another line that is generally sold in Doctors offices.

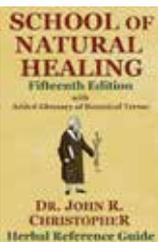
| CODE # | PRODUCT                             | DESCRIPTION                                                                                                                                                                                                                                                                                                                                 | Size     | Retail   |
|--------|-------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
| #AHCCP | AHCC Plus<br>1000 mg                | A special mushroom extract with Arabinogalactin. A.H.C.C.® Plus supplies a unique mushroom-derived extract called A.H.C.C.® (active hexose correlated compound) combined with arabinogalactan from the Western Larch tree to provide an immune-supportive formula.* A powerful product for those who are fighting something really serious. | 60 VCaps | \$136.10 |
| #CAL50 | Cal-6+Mag                           | Supports healthy bones and teeth*. Cal-6 + Mg.™, provided by Douglas Laboratories, is a special chelate complex of 6 sources of calcium with magnesium and other ingredients to assist the body in maintaining healthy bone structure. Calcium is a primary mineral for building the strong structure of bones and teeth.*                  | 250 Tabs | \$21.90  |
| #GST   | Glucoset                            | Essential nutrients for healthy glucose metabolism*. Glucoset® vegetarian capsules contain a complementary blend of thiamine, biotin, chromium, alpha-lipoic acid, N-Acetyl-L-Cysteine, and standardized extract of Gymnema sylvestre leaf for targeted nutritional support of healthy glucose metabolism.                                  | 60 VCaps | \$37.60  |
| #MAG31 | Magnesium<br>Potassium<br>Complex   | Magnesium and Potassium 1:1 ratio. Magnesium/Potassium Complex delivers 90 mg of elemental magnesium and 90 mg of elemental potassium in each capsule.                                                                                                                                                                                      | 100 Caps | \$15.90  |
| #MAG55 |                                     |                                                                                                                                                                                                                                                                                                                                             | 250 Caps | \$36.50  |
| #MAL14 | Malic Acid &<br>Magnesium<br>500 mg | Supports muscular function*. Malic Acid Magnesium provides a professional formula of 500 mg of malic acid, 200 mg magnesium hydroxide, 30 mg Vitamin C and 10 mg of lemon bioflavonoids in an easy to swallow tablet.                                                                                                                       | 180 Tabs | \$24.80  |
| #PLOR  | Pylori-Plex                         | Mastic gum plus nutrients for stomach and GI health. Pylori-Plex provides important ingredients to support the stomach lining and gastrointestinal tract. Mastic gum, licorice, marshmallow root and slippery elm bark all have traditional uses as gastro-protective herbs.                                                                | 60 VCaps | \$62.20  |

# Dr. Christopher's Formulas

*Dr. Christopher's Formulas* have been around for many decades. Dr. Christopher himself, was known as the "Father of Herbology" and many of the herbal formulas on the market today originated from him. All of his formula's are 100% herbal, all natural and very reasonably priced. They come in many different formats ~ Vegetarian Capsules, Extracts, Syrups, Glycerin Formula's, Oils, Powders & Ointments. If you have any questions about which products you should use, please don't hesitate to call or write.



**Our prices are over 40% BELOW the retail price.**



**Dr. Christopher's School of Natural Healing Book** ~ This is a beautiful edition of Dr. Christopher's world renowned work. This text combines his methods & famous formulas in an easy-to-use volume for personal & classroom study. Now expanded, revised & updated, this book will enlighten generations to come.

Hardcover, 662 pgs. 6X9. ITEM # F287.  
Suggested Retail = \$79.95 Our Price - \$69.95.



| Dr. Christopher's Capsulated Formulas |                       |                                                                                                                                                                                                                                                                                                                                                                                           |         |          |
|---------------------------------------|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|
| CODE #                                | NAME                  | 100 VCaps/Bottle (unless stated otherwise)                                                                                                                                                                                                                                                                                                                                                | RETAIL  | YOU PAY! |
| #689147                               | Adrenal Formula       |  <p>This formula helps promote the correction of any imbalance in the adrenal gland, it also compensates for any stress placed on the heart. Beneficial for Diabetes &amp; Hypoglycemia.<br/><b>Ingredients:</b> Mullein, Licorice, Siberian Ginseng, Goto Kola, Hawthorn Berries, Lobelia, Cayenne.</p> | \$20.50 | \$12.30  |
| #89111                                | Appetite Formula      | <p>Aids the kidneys in relieving excess fluids, supports the body for relief from nervous tension generally caused by diets, appeases the appetite, nourishes the thyroid and thus helps you maintain a healthy weight.<br/><b>Ingredients:</b> Saffron, Echinacea Root, Black Walnut Leaf, Licorice Root, Fennel Seed, Papaya Leaf, Hawthorn Berry &amp; Mandrake Root.</p>              | \$23.75 | \$18.75  |
| #644108                               | Bilberry Eye          | <p>This formula is a synergistic blend of herbs to help get healthy circulation to the eye. It helps repair damaged vessels, improve night vision, cleanse the tissues and bring antioxidants to the eyes.<br/><b>Ingredients:</b> Bilberry, Eyebright Herb, Ginkgo Biloba &amp; Cayenne Pepper.</p>                                                                                      | \$26.25 | \$15.75  |
| #689127                               | Birth-Prep            | <p>Designed to support an expecting mother's body for the last 6 weeks of pregnancy &amp; prepare her physically for the birthing process.<br/><b>Ingredients:</b> Squawvine Herb, Blessed Thistle Herb, Black Cohosh Root, Pennyroyal Herb, False Unicorn Root, Red Raspberry Leaf &amp; Lobelia.</p>                                                                                    | \$34.25 | \$20.55  |
| #689105                               | Bladder Formula (DRI) | <p>A synergistic blend of herbs for the urinary system.<br/><b>Ingredients:</b> Parsley Root, Juniper Berries, Marshmallow Root, White Pond Lily, Gravel Root, Uva Ursi Leaves, Lobelia Herb, Ginger Root &amp; Black Cohosh Root.</p>                                                                                                                                                    | \$22.99 | \$13.80  |
| #689110                               | Blood Circulation     | <p>A synergistic blend of herbs for the circulatory system.<br/><b>Ingredients:</b> Cayenne Pepper (40,000 HU), Parsley Root, Ginger Root, Golden Seal Root, Eleuthero &amp; Garlic Bulb.</p>                                                                                                                                                                                             | \$23.50 | \$14.10  |
| #689102                               | Blood Stream          | <p>A wonderful formula for cleansing the blood.<br/><b>Ingredients:</b> Red Clover Blossoms, Licorice Root, Poke Root, Peach Bark, Oregon Grape Root, Stillingia, Cascara Sagrada Bark, Sarsaparilla Root, Prickly Ash Bark, Burdock Root, Buckthorn Bark, Pau D'Arco Bark &amp; Cat's Claw.</p>                                                                                          | \$23.00 | \$13.80  |

# Dr. Christopher's Formulas

| CODE #  | NAME                    | Dr. Christopher's Capsulated Formulas<br>100 VCaps/Bottle (unless stated otherwise)                                                                                                                                                                                                                                                                                                                                                                                                                                       | RETAIL   | YOU PAY! |
|---------|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
| #689119 | Chest Formula           | Designed with the specific relief of cold & flu-like symptoms in mind. CF can be used as a preventative measure with the first early signs of illness or in later, more advanced stages, to break up a cold or fever. It is also recommended as a means to fight off lingering congestion. Children or adults.<br><b>Ingredients:</b> Bayberry Bark, Cloves, Ginger Root, Cayenne & White Pine Bark.                                                                                                                      | \$22.50  | \$13.50  |
| #689128 | Complete Tissue & Bone  | A synergistic blend of herbs for bruises, stiff necks, sprains & Strained or pulled muscles. It is also known as "Bone, Flesh & Cartilage Formula" - "BFC".<br><b>Ingredients:</b> White Oak Bark, Lungwort Herb, Slippery Elm Bark, Marshmallow Root, Mullein Leaf, Black Walnut Leaf, Gravel Root, Wormwood Herb, Plantain Leaf, Skullcap Herb, Lobelia Herb & Aloe Vera Gel.                                                                                                                                           | \$22.50  | \$13.50  |
| #689126 | False Unicorn & Lobelia | This formula aids the female body during hormonal changing periods & supports the female reproductive system.<br><b>Ingredients:</b> False Unicorn & Lobelia Herb.                                                                                                                                                                                                                                                                                                                                                        | \$100.25 | \$60.15  |
| #689121 | Female Reproductive     | Known as the female corrective formula. Aids in rebuilding a malfunctioning reproductive system (uterus, ovaries, fallopian tubes, etc.)<br><b>Ingredients:</b> Goldenseal Root, Blessed Thistle Herb, Cayenne Pepper, Cramp Bark, False Unicorn Root, Ginger Root, Red Raspberry Leaf, Squawvine Herb & Uva Ursi Leaf                                                                                                                                                                                                    | \$36.75  | \$22.05  |
| #644105 | Female Tonic            | Historically used as a tonic to help promote vitality, strength, balance & overall health of the female reproductive system. It also helps increase the body's ability to combat painful menstrual cycles, indigestion, nausea & discomfort due to pregnancy. It also helps to strengthen the thyroid & regulate metabolism.<br><b>Ingredients:</b> Squawvine, Red Raspberry Leaves, Nettle Leaves, Dandelion Leaves, Wild Yam Root, Cramp Bark, Chickweed, Purple Dulse Leaves, Vitex Berries, Motherwort & Ginger Root. | \$25.25  | \$15.15  |
| #689112 | Glandular System        | Specifically for nourishing the glandular system.<br><b>Ingredients:</b> Mullein Leaves & Lobelia Herb.                                                                                                                                                                                                                                                                                                                                                                                                                   | \$21.25  | \$12.75  |
| #689146 | Heavy Metal Bugleweed   | This formula is known for detoxing heavy metals out of the body.<br><b>Ingredients:</b> Bugleweed Herb, Yellow Dock Root, Lobelia Herb & Cilantro Leaf.                                                                                                                                                                                                                                                                                                                                                                   | \$23.25  | \$13.95  |
| #689108 | Herbal Calcium          | A wonderful herbal calcium combo! The silica converts to calcium & the other herbs work in close conjunction with this master calcium herb. It is helpful for cramps, "Charlie Horses", pregnancies, healthy bones, teeth, hair, skin & nails, eyes & more.<br><b>Ingredients:</b> Horsetail Grass, Nettle Leaf, Oatstraw Herb & Lobelia                                                                                                                                                                                  | \$21.50  | \$12.90  |
| #689120 | Herbal Eye Formula      | A combination designed to support optimal eye health.<br><b>Ingredients:</b> Bayberry Bark, Eyebright Herb, Goldenseal Root, Red Raspberry Leaf & Cayenne Pepper.                                                                                                                                                                                                                                                                                                                                                         | \$30.25  | \$18.20  |
| #689125 | Herbal Iron             | A NON-Constipating combination of herbs known for their high iron content.<br><b>Ingredients:</b> Organic Dandelion Leaf, Organic Beet Root, Organic Yellow Dock Root, Organic Nettle Leaf & Organic Spirulina.                                                                                                                                                                                                                                                                                                           | \$22.50  | \$13.50  |
| #690007 | Herbal Libido           | Blend of herbs for the male & female libido.<br><b>Ingredients:</b> Bee Pollen, Ginger Root, Ginkgo Biloba Leaf, Guarana Seed, Maca Root, Muira Puama, Nettle Leaf, Royal Jelly 6%, Eleuthero Root & Yohimbe Bark.                                                                                                                                                                                                                                                                                                        | \$22.75  | \$13.65  |

# Dr. Christopher's Formulas

| CODE #  | NAME                                | Dr. Christopher's Capsulated Formulas<br>100 VCaps/Bottle (unless stated otherwise)                                                                                                                                                                                                                                                                                    | RETAIL  | YOU PAY! |
|---------|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|
| #689318 | Herbal<br>Tooth<br>Powder           | Aids in strengthening weak gums, tightening loose teeth and brightens teeth luster.<br><b>Ingredients:</b> Shavegrass Herb, Peppermint Leaf, White Oak Bark, Clove, Prickly Ash Bark, Bayberry Bark, Slippery Elm Bark & Stevia Herb. 2 oz.                                                                                                                            | \$21.99 | \$13.20  |
| #689123 | Hormonal<br>Changease               | One of Dr. Christopher's most famous formulas. It has been used for hormone imbalance problems. Very popular among those experiencing hormone imbalance of any kind (menopause, PMS, etc.)<br><b>Ingredients:</b> Black Cohosh, Sarsaparilla, American Ginseng, Licorice & False Unicorn Root, Blessed Thistle & Squawvine Herb.                                       | \$39.00 | \$23.40  |
| #644101 | Immu-<br>calm                       | A formula for the immune-system especially those suffering from seasonal allergies.<br><b>Ingredients:</b> Marshmallow Root & Astragalus Root                                                                                                                                                                                                                          | \$21.99 | \$13.20  |
| #644107 | Immune<br>System                    | Helps the body to build its own immune-system.<br><b>Ingredients:</b> Astragalus, Eleuthero & Echinacea Purpurea Root, Echinacea Purpurea Herb & Reishi Mushroom.                                                                                                                                                                                                      | \$22.75 | \$13.65  |
| #689143 | Intestinal<br>Sweep<br>180<br>VCaps | Aids the body in maintaining the normal balance of colonization of Candida albicans & supports the intestinal tract.<br><b>Ingredients:</b> Black Walnut hull, Pau D'Arco Bark, Oregano, Olive Leaf, Oregon Grape Root & Cloves.                                                                                                                                       | \$37.99 | \$22.80  |
| #689130 | Joint<br>Formula                    | A formula rich in organic calcium that can be assimilated & useful for joints.<br><b>Ingredients:</b> Hydrangea Root, Brigham Tea Herb, Yucca Root, Chaparral Leaf, Black Walnut Leaf, Nettle Leaf, Lobelia Herb, Burdock Root, Sarsaparilla Root, Wild Lettuce Herb, Valerian Root, White Willow Bark, Wormwood Herb, Cayenne Pepper (40,000 HU) & Black Cohosh Root. | \$23.00 | \$13.80  |
| #689171 | Jurassic<br>Green<br>Caps           | Packed full of Phyto-Nutrients, whole food vitamins, trace minerals, active enzymes, chlorophyll, balanced amino acids other important nutrients needed by the body.<br><b>Ingredients:</b> Certified Organic Flash-Dried Juice Powder from Alfalfa, Barley & Non-Hybrid Wheat Grass.                                                                                  | \$25.25 | \$15.15  |
| #689104 | Kidney<br>Formula                   | One of the best herbal formula's for the kidneys out there!<br><b>Ingredients:</b> Juniper Berry, Parsley Root, Marshmallow Root, Goldenseal Root, Uva Ursi Leaf, Lobelia Herb & Ginger Root.                                                                                                                                                                          | \$27.75 | \$16.65  |
| #689144 | Lactation<br>Formula                | Helps increase milk for nursing mothers.<br><b>Ingredients:</b> Fenugreek Seed, Fennel Seed, Anise Seed, Blessed Thistle Herb, Marshmallow Root, Dandelion Leaf, Nettle Leaf, Hops Flower, Chaste Tree Berry, Mullein Leaf & Jurassic Green (Certified Organic Alfalfa, Barley & Non-Hybrid Wheat Grass.)                                                              | \$20.99 | \$12.60  |
| #689103 | Liver &<br>Gallbladder              | Herbal treatment for gallstones & liver disorders.<br><b>Ingredients:</b> Barberry, Wild Yam, Cramp Bark, Fennel Seed, Ginger, Catnip & Peppermint.                                                                                                                                                                                                                    | \$21.50 | \$12.90  |
| #644608 | Liver<br>Transi-<br>tion            | Aids in chemical detoxification. Acts as a tonic for the liver, relieves anxiety & nervousness. Use this formula prior to MindTrac.<br><b>Ingredients:</b> Korean Ginseng, Rosemary Leaves, Ginkgo Extract, Oregon Grape Root, Milk Thistle Extract, Wild Yam Root, Scullcap, Jurassic Green.                                                                          | \$27.50 | \$16.50  |

# Dr. Christopher's Formulas

| CODE #  | NAME                   | Dr. Christopher's Capsulated Formulas<br>100 VCaps/Bottle (unless stated otherwise)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | RETAIL   | YOU PAY! |
|---------|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|
| #689101 | Lower Bowel            | Good for constipation, colitis, polyps & gas. It is corrective food for the intestinal tract and is all natural and non-addictive.<br><b>Ingredients:</b> Cascara Sagrada Bark, Barberry Bark, Cayenne Pepper, Ginger Root, Lobelia Herb, Red Raspberry Leaf, Turkey Rhubarb Root, Fennel Seed & Goldenseal Root.                                                                                                                                                                                                                                                               | \$23.25  | \$13.95  |
| #689115 | Lung & Bronchial       | Relieves irritation in the respiratory tract, lungs & bronchial; aids in emphysema, bronchitis, asthma & TB. Strengthens & heals the entire respiratory tract.<br><b>Ingredients:</b> Marshmallow Root, Mullein Leaf, Lungwort Herb, Chickweed Herb, Lobelia Herb & Pleurisy Root.                                                                                                                                                                                                                                                                                              | \$22.75  | \$13.65  |
| #644104 | Male Tonic             | Combination of herbs for the entire male system. Herbal formula for men especially over 50 years of age. Provides nutritional support for the malfunctioning prostate gland & urinary system.<br><b>Ingredients:</b> Cayenne Pepper, Ginger Root, Goldenseal & Gravel Root, Juniper Berry, Marshmallow & Parsley Root, Uva Ursi Leaf & Eleuthero Root. Eleuthero & Sarsaparilla Root, Red Raspberry Leaf, Saw Palmetto Berry, Ginkgo Leaf, Pumpkin Seed, Damiana Leaf, Bee Pollen, Hops Flower, Dandelion Leaf & Hawthorn Berry.                                                | \$22.50  | \$13.50  |
| #689122 | Male Urinary Tract     | Herbal formula for men especially over 50 years of age. Provides nutritional support for the malfunctioning prostate gland & urinary system.<br><b>Ingredients:</b> Cayenne Pepper, Ginger Root, Goldenseal & Gravel Root, Juniper Berry, Marshmallow & Parsley Root, Uva Ursi Leaf & Eleuthero Root.                                                                                                                                                                                                                                                                           | \$24.75  | \$14.85  |
| #689133 | Master Gland Formula   | A synergistic blend of herbs for the pituitary gland. Only the size of a pea, the pituitary gland is a tiny organ found at the base of the brain. As the master gland of the body, it produces & secretes many hormones that travel through our body, directing certain processes & stimulating other glands to produce different types of hormones. The pituitary gland controls biochemical processes important to our well-being.<br><b>Ingredients:</b> Queen Anne's Lace & Gotu Kola Herb, Ginkgo & Mullein Leaf, Oregon Grape Root, Lobelia Herb & American Ginseng Root. | \$ 23.00 | \$13.80  |
| #689156 | Memory Plus            | Supports peripheral & cerebral circulation & has been used historically for overall brain health, energy, alertness & concentration.<br><b>Ingredients:</b> Blue Vervain, Gota Kola & Brigham Tea Herb, Ginkgo Leaf, Blessed Thistle Herb, Cayenne Pepper, Ginger Root & Lobelia Herb.                                                                                                                                                                                                                                                                                          | \$21.50  | \$12.90  |
| #689173 | Metaburn Herbal Weight | A synergistic blend of whole herbs designed to assist the body in burning calories while controlling appetite & hunger pains.<br><b>Ingredients:</b> Brigham Tea Herb, Red Clover Blossoms, Oatstraw Herb, Damiana Leaf, Chickweed Herb, Juniper Berry, Catnip Herb, Senna Leaf & Cayenne Pepper. Great herbal formula for depression, anxiety & hyperactivity. Also beneficial for ADD. Natural alternative to Prozac.                                                                                                                                                         | \$22.99  | \$13.80  |
| #644600 | MindTrac               | <b>Ingredients:</b> Skullcap Herb, Valerian & Oregon Grape Root, St. John's Wort Herb, Mullein Leaf, Lobelia & Gota Kola Herb, Ginkgo Leaf, Sarsaparilla & Dandelion Root & Jurassic Green. *Don't take while pregnant or nursing.                                                                                                                                                                                                                                                                                                                                              | \$24.00  | \$14.40  |
| #689107 | Pancreas Formula       | A synergistic blend of herbs for the pancreas. Pancreas Formula aids the liver with controlling blood sugar, enhances digestion & encourages glandular health.<br><b>Ingredients:</b> Saw Palmetto Berry & Mullein Leaf.                                                                                                                                                                                                                                                                                                                                                        | \$25.99  | \$15.60  |
| #644109 | Prostate Plus          | A popular prostate formula featuring Saw Palmetto for men over 50.<br><b>Ingredients:</b> Saw Palmetto Berry, Mullein Leaf & Ginkgo Biloba.                                                                                                                                                                                                                                                                                                                                                                                                                                     | \$23.75  | \$14.25  |

# Dr. Christopher's Formulas

| CODE #  | NAME                                | Dr. Christopher's Capsulated Formulas<br>100 VCaps/Bottle (unless stated otherwise)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | RETAIL  | YOU PAY! |
|---------|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|
| #634641 | <b>Quick Colon #1</b>               | Originally referred to as "TNT #1" because of the immediate forceful lower bowel action.<br><b>Ingredients:</b> Cape Aloe, Cascara Sagrada Bark, Garlic Bulb, Senna Leaf, Ginger Root, Barberry Bark & Cayenne Pepper (90,000 HU).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | \$21.99 | \$13.20  |
| #689113 | <b>Relax-Eze</b>                    | For relieving nervous tension & insomnia. Helpful in rebuilding the nerves, nerve sheath (protective cover of the nerves) and the nervous system. It is mildly stimulating and yet decreases the irritability and excitement of the nervous system and also reduces pain.<br><b>Ingredients:</b> Black Cohosh Root, Cayenne Pepper, Hops Flower, Lobelia Herb, Skullcap Herb, Valerian Root, Wood Betony Herb & Mistletoe Herb.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | \$23.75 | \$14.25  |
| #689109 | <b>Sinus Plus</b>                   | Provides nutrients to support the respiratory system & aids the body to expel the offending mucus from the head, bronchopulmonary tubes & passages for proper nasal function.<br><b>Ingredients:</b> Brigham Tea Herb, Marshmallow, Goldenseal, Horseradish, Burdock & Parsley Root, Lobelia Herb & Cayenne Pepper.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | \$25.50 | \$15.30  |
| #681050 | <b>Slumber Formula</b>              | Dr. Christopher's Slumber provides calming properties & promotes restful sleep.<br><b>Ingredients:</b> Black Cohosh Root, Blue Cohosh Root, Hops Flower, Lavender, Lobelia Herb, Mullein Leaf, Passion Flower & Valerian Root.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | \$22.75 | \$13.65  |
| #689142 | <b>Soothing Digestion</b>           | Supports the upper GI tract function & aids in normalizing the gastrointestinal tract.<br><b>Ingredients:</b> Slippery Elm Bark & Licorice Root. 180 VCaps                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | \$35.75 | \$21.45  |
| #681060 | <b>Stop-Ache</b>                    | Traditionally used for: Bursa, Bursitis, Headache, Housemaid's Knee, Inflammation, Meningitis, Migraine, Minor Injuries, Sprains, Strains.<br><b>Ingredients:</b> White Willow Bark, Feverfew Herb, Clove Powder, Hops Flower, Lobelia Herb, Valerian Root, Wild Lettuce Herb & Wood Betony Herb.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | \$22.75 | \$13.65  |
| #689132 | <b>Thyroid Maintenance</b>          | Excellent combination of herbs for maintaining the thyroid gland.<br><b>Ingredients:</b> Kelp, Watercress Herb, Mullein, Parsley & Nettle Leaf, Irish Moss, Marshmallow Root & Sheep Sorrel Herb.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | \$20.65 | \$12.40  |
| #689145 | <b>V-Vein</b>                       | The herbs in this formulation are specific and time tested in curing varicose veins. The number one herb is Japanese Pagoda flower buds. This herb has been shown to strengthen and fix the permeability of the veins cellular walls. Bilberries support normal formation of connective tissues and protect veins from further damage. Gotu Kola, Ginger and Hawthorne improve peripheral circulation and strengthen cellular tissues. Butcher's broom also contains rutin plus substances called ruscogenins that decrease swelling. Marshmallow root is the best soothing and anti-inflammatory herb. Collinsonia root is the most effective herb for hemorrhoids, which is a terrible type of varicose veins. For best results this product should be used in conjunction with Dr. Christopher's V-Vein Formula Massage Oil.<br><b>Ingredients:</b> Japanese Pagoda Flower, Bilberry Fruit, Ginger Root, Butcher's Broom, Gotu Kola Leaf, Colinsonia Root, Hawthorn Berry & Marshmallow Root. | \$24.50 | \$14.70  |
| #644102 | <b>Vital Herbs</b>                  | <b>Ingredients:</b> Jurassic Green (Certified Organic Flash-Dried Juice Powder from Alfalfa, Barley & Non-Hybrid Wheat Grass), Dandelion Root, Kelp Plant, Purple Dulse Leaf, Spirulina, Irish Moss, Rosehips, Beet Root, Nutritional Yeast, Cayenne Pepper, Blue Violet Leaf, Oatstraw Herb, Carrot & Ginger Root.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | \$34.50 | \$20.70  |
| #689116 | <b>Winter Season Immune Formula</b> | This is a famous combination of a synergistic herbs of Garlic Bulb, Rose Hips, Parsley Leaves, Watercress herb & Rosemary Leaves which act as an aid to assist in relieving colds, flu, etc.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | \$22.50 | \$13.50  |
| #689131 | <b>X INFX Infection Formula</b>     |  Known for its ability to help the body combat infection. Reduces inflammation, kills infection, clears toxins from the lymph system. Good for bacterial infections, leukemia, throat tuberculosis, etc.<br><b>Ingredients:</b> Plantain Leaves, Black Walnut, Goldenseal Root, Bugleweed Herb, Marshmallow Root & Lobelia Herb.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | \$28.75 | \$17.25  |

# Dr. Christopher's Formulas

| Dr. Christopher's Single Herbs<br>(All 100 VCaps/Bottle) |      |                      | RETAIL  | YOU PAY! |
|----------------------------------------------------------|------|----------------------|---------|----------|
| CODE #                                                   | NAME |                      |         |          |
| #686700                                                  |      | Alfalfa Leaf         | \$16.99 | \$10.20  |
| #686720                                                  |      | Cayenne Pepper       | \$16.25 | \$9.90   |
| #686738                                                  |      | Garlic Bulb          | \$16.50 | \$9.90   |
| #686744                                                  |      | Hawthorn Berries     | \$15.99 | \$10.40  |
| #686756                                                  |      | Kelp                 | \$19.50 | \$11.85  |
| #686760                                                  |      | Mullein Leaf         | \$15.99 | \$9.75   |
| #686768                                                  |      | Red Raspberry Leaves | \$18.50 | \$9.00   |
| #686776                                                  |      | Slippery Elm Bark    | \$18.99 | \$11.55  |

| Dr. Christopher's Herbal Syrups |                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                      | RETAIL             | YOU PAY!           |
|---------------------------------|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------------|
| CODE #                          | NAME                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                      |                    |                    |
| #689502                         | <b>Blood Stream Syrup</b>               | Excellent formula for building & cleansing the blood.<br><b>Ingredients:</b> Red Clover Blossoms, Chaparral Leaf, Licorice Root, Poke Root, Peach Bark, Oregon Grape Root, Stillingia Root, Cascara Sagrada Bark, Sarasaparilla Root, Prickly Ash Bark, Burdock Root & Buckthorn Bark.                                                                                                                                               | \$20.50            | \$12.30            |
| #689528<br>#688528              | <b>Complete Tissue &amp; Bone Syrup</b> | A synergistic blend of herbs for bruises, stiff necks, sprains & strained or pulled muscles. It is also known as "Bone, Flesh & Cartilage" or "BF&C".<br><b>Ingredients:</b> White Oak Bark, Lungwort Herb, Slippery Elm Bark, Marshmallow Root, Mullein Leaf, Black Walnut Leaf, Gravel Root, Wormwood Herb, Plantain Leaf, Skullcap & Lobelia Herb & Aloe Vera Gel Powder 100:1.<br>TWO SIZES: 4 oz. & 16 oz.                      | \$20.75<br>\$51.99 | \$12.45<br>\$33.00 |
| #689537                         | <b>Herbal Cough Syrup</b>               | <b>Ingredients:</b> Wild Cherry Bark, Licorice Root, Marshmallow Root, Horehound Herb, Mullein Leaf, Ginger Root, Anise Seed and Organic Lemon Peel, in a base of Vegetable Glycerine.                                                                                                                                                                                                                                               | \$19.99            | \$12.00            |
| #689517                         | <b>Herbal Parasite Syrup</b>            | Works synergistically to aid in the elimination of worms & parasites.<br><b>Ingredients:</b> Black Walnut Leaf, Fennel Seed, Senna Leaf, Tansey Herb, Tame Sage Leaf, Wormwood Herb, Malefern & Wild Sage Leaf.                                                                                                                                                                                                                      | \$18.99            | \$11.40            |
| #689536                         | <b>Respiratory Syrup</b>                | Supports bronchial function & aids lungs & sinuses during seasonal changes.<br><b>Ingredients:</b> Nettle & Mullein Leaf, Fresh Garlic, Fennel Seed & Chickweed Herb in a base of Apple Cider Vinegar & Pure Vegetable Glycerin.                                                                                                                                                                                                     | \$20.25            | \$12.15            |
| #689552<br>#688552              | <b>Super Garlic Immune Syrup</b>        |  Powerful combination of garlic & herbal extracts...<br><b>Ingredients:</b> Fresh Garlic Juice, Mullein Leaf, Wormwood & Lobelia Herb, Marshmallow Root, White Oak Bark, Black walnut Leaf, Skull Cap Herb, Gravel Root, Plantain Leaf & Aloe Vera Gel in Pure Vegetable Glycerin, Pure Apple Cider Vinegar & Raw Honey. TWO SIZES: 4 oz & 16 oz. | \$21.99<br>\$59.99 | \$13.20<br>\$38.00 |

# Dr. Christopher's Formulas

| CODE #                                                                                                                                                                                  | NAME                      | Dr. Christopher's Alcohol Extract Formulas                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | SIZE  | RETAIL  | YOU PAY! |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|----------|
| We have decided to discontinue Dr. Christopher's Alcohol Extracts, because we are very much against ALCOHOL intake, even in small amounts. The formulas we kept can be used externally. |                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |       |         |          |
| #689434                                                                                                                                                                                 | Ear & Nerve               | Herbal formula for the overall nervous system. Commonly used for an ear application. Has been known to help people with Amenorrhea, Angina, Anemia, Anxiety, Apoplexy, Bites, Cataracts, Convulsions, Deafness, Debility, Dizziness, Earache, Ear Infections, Epilepsy, Eye Health, Glaucoma, Heavy Menstruation, Hiccoughs, Hysteria, Insomnia, Iron Deficiency, Jet Lag, Nervousness, Neuritis, Tinnitus.<br><b>Ingredients:</b> Black Cohosh & Blue Cohosh Root, Blue Vervain, Skullcap & Lobelia Herb. | 2 oz. | \$19.75 | \$11.85  |
| #689420                                                                                                                                                                                 | Herbal Eye-bright Extract | Beneficial for the eyes. Traditionally used for: Age related macular degeneration, black eye, blepharitis, night blindness, cataracts, conjunctivitis, glaucoma, macular degeneration, retinopathy, sty.<br><b>Ingredients:</b> Bayberry Bark, Eyebright Herb, Goldenseal Root, Red Raspberry Leaf, Cayenne Pepper.                                                                                                                                                                                        | 1 oz. | \$19.25 | \$11.55  |
| #649445                                                                                                                                                                                 | X-Ceptic Extract          | Keep in your medicine bag for wounds & infections.<br><b>Ingredients:</b> White Oak Bark, Goldenseal Root, Myrrh Gum, Comfrey Root, Garlic Bulb & Cayenne Pepper.                                                                                                                                                                                                                                                                                                                                          | 1 oz. | \$21.99 | \$13.20  |

| CODE #  | NAME             | Dr. Christopher's Soaps & Skin Care                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | SIZE  | RETAIL  | YOU PAY! |
|---------|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|----------|
| #689670 | Beauty Ointment  | Nourishing and reconditioning natural facial cream, excellent for wrinkles, and other skin impurities. Great on sunburns.<br><b>Ingredients:</b> Extra Virgin Olive Oil, Aloe Vera Gel, Vitamin E Oil, White Oak Bark, Comfrey Root, Marshmallow Root, Mullein Leaf, Black Walnut Leaf, Gravel Root, Wormwood Herb, Lobelia Herb, Skullcap Herb & Gardenia Oil.                                                                                                                                                                                                                                                                                                                                                                   | 2 oz  | \$22.99 | \$13.80  |
| #631814 | BF&C Conditioner | Derived from Natural flowers in combination with his famous BF&C herbal extract to create the finest nourishing aromatherapy conditioner available.<br><b>Ingredients:</b> Aloe Vera Gel, Vegetable Oil, Quaternary, Cellulose Gum, Coconut Oil Hydroxyl, Hydroxylized Wheat Protein, Glycerin, Lemon Extract, Wheat Germ Oil, Grapefruit Seed Extract, Vitamins A, C, & E, Essential Oils of Orange, Ginger, Bergamot, Cypress, Lavender, Clary Sage, Rosemary, Frankincense, Myrrh, Neroli, Jasmine, BF&C Formula (White Oak Bark, Lungwort Herb, Slippery Elm Bark, Marshmallow Root, Mullein Leaf, Black Walnut Leaf, Gravel Root, Wormwood Herb, Plantain Leaf, Skullcap Herb & Lobelia Herb).                               | 8 oz. | \$23.99 | \$14.40  |
| #631815 | BF&C Shampoo     | Derived from Natural flowers in combination with his famous BF&C herbal extract to create the finest nourishing aromatherapy shampoo available.<br><b>Ingredients:</b> Aloe Vera Gel, Coconut Oil Olefin, Coconut Oil Betaine, Lemon Extract, Avocado Oil, Grapefruit Seed Extract, Vitamins A, C & E. Essentials Oils of Juniper, Cypress, Cedarwood, Frankincense, Myrrh, Neroli, Jasmine, Rosemary, Geranium, Rose, Sandalwood, Lavender, Basil, Chamomile, Cardamom, Bitter Orange, Sweet Orange, Cinnamon, Nutmeg, Peru Balsam, BF&C Formula (White Oak Bark, Lungwort Herb, Slippery Elm Bark, Marshmallow Root, Mullein Leaf, Black Walnut Leaf, Gravel Root, Wormwood Herb, Plantain Leaf, Skullcap Herb & Lobelia Herb). | 8 oz. | \$23.99 | \$14.40  |

# Dr. Christopher's Formulas

| CODE #  | NAME                | Dr. Christopher's Glycerin Formula's ~ 2 oz.<br>(No Alcohol)                                                                                                                                                                                                                                                                                                                                                                 | RETAIL  | YOU PAY! |
|---------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|
| #49810  | Blood Circulation   | Excellent combination for improving blood circulation.<br><b>Ingredients:</b> Eleuthero, Garlic, Ginger, Goldenseal & Parsley Root.                                                                                                                                                                                                                                                                                          | \$18.99 | \$13.25  |
| #49802  | Blood Stream        | A gentle blood detox.<br><b>Ingredients:</b> Red Clover Blossoms, Chaparral, Licorice Root, Poke Root, Peach Bark, Oregon Grape Root, Stillingia, Cascara Sagrada, Sarsaparilla, Prickly Ash Bark, Burdock Root & Buckthorn Bark in a base of pure vegetable glycerine                                                                                                                                                       | \$18.25 | \$12.80  |
| #649821 | Female Reproductive | Supports the reproductive system & aids the body in hormonal balance.<br><b>Ingredients:</b> Goldenseal Root, Red Raspberry Leaf, Squawvine Herb, Uva Ursi Leaf, Ginger Root, Blessed Thistle Herb, Cayenne Pepper, False Unicorn Root & Cramp Bark.                                                                                                                                                                         | \$23.99 | \$16.80  |
| #649808 | Herbal Calcium      | Herbs high in absorbable calcium.<br><b>Ingredients:</b> Shavegrass, Nettle Leaf, Oatstraw Herb & Lobelia Herb.                                                                                                                                                                                                                                                                                                              | \$17.30 | \$10.40  |
| #649823 | Hormonal Change     | One of Dr. Christopher's most famous female formulas. It has been used for hormone imbalance problems of all kinds (menopause, PMS, etc.).<br><b>Ingredients:</b> Black Cohosh, Sarsaparilla, Ginseng, Licorice & False Unicorn Root, Blessed Thistle & Squawvine Herb.                                                                                                                                                      | \$22.00 | \$13.20  |
| #649804 | Kidney Formula      | One of the best herbal formula's for the kidneys out there!<br><b>Ingredients:</b> Ginger, Goldenseal Root, Juniper Berry, Lobelia Herb, Marshmallow & Parsley Root & Uva Ursi Leaf.                                                                                                                                                                                                                                         | \$19.25 | \$11.55  |
| #649803 | Liver & Gallbladder | Excellent formula for cleansing the liver & gallbladder.<br><b>Ingredients:</b> Barberry Bark, Wild Yarm Root, Peppermint Leaf, Cramp Bark, Catnip Herb, Ginger Root & Fennel Seed Whole.                                                                                                                                                                                                                                    | \$17.75 | \$10.65  |
| #49801  | Lower Bowel Formula | Designed to encourage the elimination of waste and assist the motor activity of the intestines in a natural way.<br><b>Ingredients:</b> Cascara Sagrada Bark, Barberry Bark, Cayenne Pepper, Ginger Root, Lobelia Herb, Red Raspberry Leaves, Turkey Rhubarb Root, Fennel Seeds & Goldenseal Root.                                                                                                                           | \$18.75 | \$13.15  |
| #649815 | Lung & Bronchial    | Relieves irritation in the respiratory tract, lungs & bronchial; Aids in emphysema, bronchitis, asthma & TB. Strengthens & heals the entire respiratory tract.<br><b>Ingredients:</b> Marshmallow Root, Lobelia Herb, Lungwort Herb, Mullein Leaf, Pleurisy Root & Chickweed Herb.                                                                                                                                           | \$17.99 | \$10.80  |
| #649834 | Nerve Formula       | Specific formula for the motor nerves & beneficial for the whole nervous system. Also knows to help earaches & hearing loss. Vitalizes the spinal cord.<br><b>Ingredients:</b> Black & Blue Cohosh, Blue Vervain Herb, Lobelia & Skullap Herb                                                                                                                                                                                | \$18.99 | \$11.40  |
| #649807 | Pancreas Formula    | A synergistic blend for the pancreas. Aids the liver with controlling blood sugar, enhances digestion & encourages glandular health.<br><b>Ingredients:</b> Cedar Berry, Uva Ursi Leaf, Licorice Root, Mullein Leaf, Cayenne Pepper & Goldenseal Root                                                                                                                                                                        | \$18.75 | \$11.25  |
| #49813  | Relax-Eze Formula   | Used for relieving nervous tension & insomnia. Helpful in rebuilding the nerves, nerve sheath (protective cover of the nerves) and the nervous system. It is mildly stimulating and yet decreases the irritability & excitement of the nervous system and also reduces pain.<br><b>Ingredients:</b> Black Cohosh Root, Cayenne Pepper, Lobelia Herb, Hops Flower, Skullcap Herb, Valerian Root, Wood Betony Herb & Mistletoe | \$20.50 | \$14.35  |
| #649809 | Sinus Plus Formula  |  Provides nutrients to support the respiratory system & aids the body to expel the offending mucus from the head, bronchiopulmonary tubes & passages for proper nasal function.<br><b>Ingredients:</b> Brigham Tea Herb, Marshmallow, Goldenseal, Horseradish, Burdock & Parsley Root, Lobelia Herb & Cayenne Pepper.                     | \$18.99 | \$11.40  |
| #649852 | Super Garlic Immune | Powerful combination of garlic & herbal extracts.<br><b>Ingredients:</b> Apple Cider Vinegar, Raw Honey, Fresh Garlic Bulb, Aloe Vera Gel, Wormwood & Lobelia Herb, Marshmallow & White Oak Bark, Black Walnut Hull, Mullein Leaf, Skullcap Herb, Gravel Root & Plantain Leaf.                                                                                                                                               | \$21.99 | \$13.20  |

# Dr. Christopher's Formulas

| CODE # | NAME                                    | Dr. Christopher's Herbal Formulas in Bulk                                                                                                                                                                                                                                                                                                                                                                                                           | SIZE  | RETAIL  | YOU PAY! |
|--------|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|----------|
| #87328 | BF&C w/<br>Comfrey<br>Powder            | Supports bones, skin, tissue, hair, nails, teeth & gums. The original BF&C formulation containing comfrey. For external use only. A synergistic combination of herbs for bones, flesh & cartilage. Bones play a major role in our body. They provide structure, protect organs & anchor muscles.                                                                                                                                                    | 1 lb. | \$49.25 | \$34.50  |
| #87329 | BF&C w/<br>Comfrey,<br>Cut/<br>Sifted   | Skin care along with healthy lifestyle choices can help slow the natural aging process.<br><b>Ingredients:</b> White Oak Bark, Comfrey Root, Marshmallow Root, Mullein Leaf, Black Walnut Leaf, Gravel Root, Wormwood Herb, Lobelia Herb & Skullcap Herb.                                                                                                                                                                                           | 1 lb  | \$48.00 | \$34.30  |
| #87308 | Calc<br>Tea w/<br>Comfrey<br>Cut/Sifted | A plant source of Calcium that is very easily assimilated. Very good for bones, teeth, hair & skin.<br><b>Ingredients:</b> Horsetail, Comfrey Root, Oatstraw & Lobelia Herb.                                                                                                                                                                                                                                                                        | 1 lb. | \$55.99 | \$39.20  |
| #87306 | Calc<br>Tea w/<br>Comfrey<br>Powder     |                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 1 lb. | \$49.99 | \$35.00  |
| #87006 | MindTrac<br>Powder                      | Herbal support for Depression, Anxiety and Hyperactivity.<br><b>Ingredients:</b> Valerian Extract, Skullcap Herb, Ginkgo Leaves Extract, Oregon Grape Root, St. John's Wort, Mullein Leaf, Gotu Kola, Sarsaparilla Root, Dandelion Root, Lobelia Herb & Jurassic Green.                                                                                                                                                                             | 1 lb  | \$89.99 | \$62.00  |
| #89318 | Tooth<br>and Gum                        | Herbal Tooth & Gum, A synergistic blend of whole herbs for teeth brushing. With all the biting, gnashing & chewing our teeth do it's amazing how resilient they are. Still, the natural aging process takes a toll as adults often have weak tooth enamel, chipping, cavities, sensitivity, soreness & gum pain.<br><b>Ingredients:</b> Horsetail, Peppermint, White Oak Bark, Cloves, Prickly Ash Bark, Bayberry Bark, Slippery Elm Bark & Stevia. | 2 oz  | \$22.00 | \$15.60  |

| CODE #  | NAME                                           | Dr. Christopher's Herbal Oils                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | SIZE  | RETAIL  | YOU PAY! |
|---------|------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|----------|
| #688444 | Cayenne<br>Heat<br>Massage<br>Oil              | Cayenne is a medicinal and nutritional herb. It is the purest and most certain stimulant. This oil is a great food for the circulatory system in that it feeds the necessary elements into the cell structure of the arteries, veins and capillaries so that these regain the elasticity of youth again, and the blood pressure adjusts itself to normal. <b>Ingredients:</b> Cayenne Pepper, Oil of Wintergreen & Menthol Crystals in a base of extra Virgin Olive Oil.                                                                                             | 4 oz. | \$42.55 | \$25.35  |
| #688428 | Complete<br>Tissue &<br>Bone<br>Massage<br>Oil | A synergistic combination of herbs for bones, flesh & cartilage. A great therapeutic massage oil made from Dr Christopher's famous BF&C formula containing over 10 synergistic herbs. This product was formulated to meet the needs of the professional Massage Therapist. The skin is the largest organ of the body and absorbs many nutrients that are applied topically.<br><b>Ingredients:</b> Extra Virgin Olive & Wheat Germ Oil, White Oak Bark, Comfrey Root, Mullein & Black Walnut Leaf, Marshmallow Root, Wormwood, Lobelia & Skullcap Herb, Gravel Root. | 4 oz. | \$22.75 | \$13.65  |

# Dr. Christopher's Formulas

| CODE #  | NAME                    | Dr. Christopher's Herbal Oils                                                                                                                                                                                                                                                                                                                                                                                                                    | SIZE  | RETAIL  | YOU PAY! |
|---------|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|----------|
| #689414 | Oil of Garlic           | Garlic is an herbal supplement for the circulatory, immune, respiratory and digestive systems. Oil of Garlic has been used historically to treat ear infections. <b>Ingredients:</b> Garlic Bulb in a base of Extra Virgin Olive Oil.                                                                                                                                                                                                            | 2 oz. | \$18.50 | \$11.10  |
| #49822  | Respiratory Massage Oil | Every day we breathe in & out about 20,000 times using every aspect of the respiratory system: throat, nose, windpipe & lungs. Many factors including pollutants, irritants, smoking & genetics can cause our lungs to develop problems & our respiratory system will have a harder time filtering out toxins. Helps support the lungs, sinuses & respiratory organs. <b>Ingredients:</b> Mullein Leaf in a base of pure Extra Virgin Olive Oil. | 2 oz. | \$20.75 | \$14.50  |
| #49841  | V-Vein Oil              | V-Vein Massage Oil aids the body with circulation & supports vein health, strength & function. <b>Ingredients:</b> Horse Chestnut Seed, Stone Root, White Oak Bark, Lemon Peel & Rue Herb, In a base of pure Extra Virgin Olive Oil, Evening Primrose Oil, Arnica Oil, Pine Needle Oil & Lemon Oil.                                                                                                                                              | 4 oz. | \$27.00 | \$16.20  |

| CODE #  | NAME                            | Dr. Christopher's Herbal Ointments                                                                                                                                                                                                                                                                                                                                                                          | SIZE                                                                                                                                                                                                            | RETAIL  | YOU PAY! |
|---------|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|
| #689638 | Black Drawing Ointment          | A synergistic formula traditionally used to help draw out toxins and impurities so the tissue can heal. <b>Ingredients:</b> Extra Virgin Olive Oil, Chaparral Leaf, Comfrey Root, Red Clover Blossom, Mullein Leaf, Plantain, Chickweed Herb, Marshmallow & Goldenseal Root, Lobelia, Poke Root, Pine Tar, Mutton Tallow & Beeswax.                                                                         | 2 oz.                                                                                                                                                                                                           | \$28.75 | \$17.25  |
| #634644 | Cayenne Ointment                | Penetrating salve is great for stiff necks, sore muscles, headaches, pain, stiff joints, arthritis, etc. <b>Ingredients:</b> Cayenne Pepper (40,000 HU)                                                                                                                                                                                                                                                     | 2 oz.                                                                                                                                                                                                           | \$28.99 | \$17.40  |
| #634744 |                                 | Virgin Olive Oil, Oil of Wintergreen, Menthol Crystals & other Pure Essential Oils as Fragrances & Beeswax.                                                                                                                                                                                                                                                                                                 | 4 oz.                                                                                                                                                                                                           | \$40.50 | \$24.30  |
| #689660 | Comfrey Ointment                | A synergistic blend formulated to help with itching, chapping, minor burns, abrasions, scrapes and bruises. Used to help regenerate proper joint function and healthy connective tissue, healthy bones, many skin disorders as well as helping to promote the general health of the skin and nails. (For external use only). <b>Ingredients:</b> Comfrey Leaf & Extra Virgin Olive Oil in a beeswax.        | 2 oz.                                                                                                                                                                                                           | \$19.75 | \$11.85  |
| #689651 | Complete Tissue & Bone Ointment |  <p>A synergistic blend of herbs for bruises, stiff necks, sprains and strained or sore muscles. Used to help regenerate proper joint function and healthy connective tissue, healthy bones, many skin disorders as well as helping to promote the general health of the skin and nails. Primarily for External Use.</p> | 2 oz.                                                                                                                                                                                                           | \$19.99 | \$12.00  |
| #688651 |                                 |                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Ingredients:</b> Extra Virgin Olive Oil, Wheat Germ Oil, White Oak Bark, Comfrey Root, Mullein Leaf, Black Walnut Leaf, Marshmallow Root, Gravel Root, Wormwood Herb, Lobelia Herb, Skullcap Herb & Beeswax. | 4 oz.   | \$23.99  |
| #689640 | Itch Ointment Chickweed         | Itch Ointment is excellent for eczema and or other skin infections, sores, burning, itchy skin or genitals, swollen testes, acne, hives, and ulceration of mouth and throat. <b>Ingredients:</b> Chickweed, Beeswax & Olive Oil.                                                                                                                                                                            | 2 oz.                                                                                                                                                                                                           | \$20.50 | \$12.30  |
| #34000  | Nose Ointment                   | A synergistic blend of herbs for nasal congestion & dry nostrils. Great support for a sore nose especially during the cold winter seasons. <b>Ingredients:</b> Castor Oil, Coconut Oil, Spearmint Oil, Peppermint Oil & Beeswax.                                                                                                                                                                            | 2 oz.                                                                                                                                                                                                           | \$22.50 | \$15.75  |

# Dr. Christopher's Formulas

| CODE #  | NAME                            | Dr. Christopher's Herbal Ointments                                                                         | SIZE  | RETAIL  | YOU PAY! |
|---------|---------------------------------|------------------------------------------------------------------------------------------------------------|-------|---------|----------|
| #689662 | Stings & Bite Ointment Plantain | Good for all kinds of bug bites...<br><b>Ingredients:</b> Plantain Leaf, Extra Virgin Olive Oil & Beeswax. | 2 oz. | \$19.75 | \$11.85  |

| CODE #  | NAME         | Dr. Christopher's Kid-e-Line<br>in a base of Pure Vegetable Glycerine & Water 2 oz.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | RETAIL  | YOU PAY! |
|---------|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|
| #649708 | Kid-e-Calc   | A wonderful natural calcium formula designed to meet children's specific growing needs. As explained in the book, "Biological Transmutations", the silica in horsetail grass can be converted into calcium in the human body, and the other herbs work in close conjunction with this master calcium herb.<br><b>Ingredients:</b> Apple Cider Vinegar, Horsetail Grass, Nettle Leaf, Oat Straw & Valerian Root.                                                                                                                                                                                                                                                       | \$16.80 | \$10.20  |
| #649742 | Kid-e-Col    | A great combination for colic, teething pain, flatulence, spasms, etc.<br><b>Ingredients:</b> Catnip & Fennel Seed.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | \$17.50 | \$10.50  |
| #649705 | Kid-e-Dry    | This formula is specifically for controlling or overcoming bed-wetting and to strengthen the entire urethral canal, kidneys, bladder, etc.<br><b>Ingredients:</b> Parsley Root, Juniper Berry, Marshmallow Root, White Pond Lily, Gravel Root, Uva Ursi Leaf, Lobelia Herb, Ginger & Black Cohosh Root                                                                                                                                                                                                                                                                                                                                                                | \$18.75 | \$11.25  |
| #644701 | Kid-e-Mins   | Liquid Multi for Kids ~ This is a combination of Jurassic Green (Certified Organic & flash dried juices of Alfalfa, Barley & Wheat Grass), Rose Hips, Oatstraw herb, Purple dulse leaf, Ginger root, Dandelion root, Kelp herb, Spirulina, Irish Moss, Beet root, Nutritional Yeast, Cayenne Pepper (40,000 H.U.), Blue Violet herb and Carrot in a base of pure vegetable glycerin with natural orange flavor.                                                                                                                                                                                                                                                       | \$18.75 | \$11.25  |
| #644700 | Kid-e-Mune   | This formula was designed to enhance the body's ability to prevent the spread of bacteria and viruses. It consists of fresh organic Echinacea Angustifolia, in a base of pure vegetable glycerin with a natural cinnamon flavor. Some research shows that Echinacea has immune stimulant, antiviral, antiexudative, anti-inflammatory, bacteriostatic and fungistatic properties.                                                                                                                                                                                                                                                                                     | \$22.25 | \$13.35  |
| #644709 | Kid-e-Reg    | This formula is powerful enough for effectiveness and gentle enough for safety. It tastes great and is made with only the finest ingredients.<br><b>Ingredients:</b> Slippery Elm Bark, Licorice Root, Fennel Seed, Anise Seed & Fig Syrup.                                                                                                                                                                                                                                                                                                                                                                                                                           | \$18.50 | \$11.10  |
| #644705 | Kid-e-Soothe | This formula was designed to calm yet strengthen the body's immune responses. Oftentimes, we believe that we are allergic to certain foods, plants or animals, but in reality our immune system may be just overreacting. This simple combination of Marshmallow root and Astragalus has made life easier for those who suffer from allergies, hay fever, asthma, rheumatoid arthritis or any hyperactive immune response. This extract is in a base of 100% pure vegetable glycerin with natural cherry flavoring.                                                                                                                                                   | \$17.99 | \$10.80  |
| #644710 | Kid-e-Trac   |  This formula has become one of the most popular formulas for mental sharpness and clarity, emotional balance and overall health of the brain and nervous system. Has helped many with ADD, depression & anxiety.<br><b>Ingredients:</b> Valerian Root, Skullcap Herb, Ginkgo Biloba Leaf, Oregon Grape Root, St. Johns Wort Herb, Mullein Leaf, Gotu Kola Herb, Sarsaparilla Root, Dandelion Root, Lobelia Herb & Jurassic Green (Certified Organic & flash dried juices of Alfalfa, Barley & Wheat Grass) in a base of pure vegetable glycerin with no added natural flavorings. | \$18.99 | \$11.40  |
| #644704 | Kid-e-Well   | This synergistic herbal blend was designed to help strengthen and assist the immune system of children. This formula is powerful enough to be effective, yet gentle enough to be safe. It tastes great and has been used traditionally during times of cold and flu.<br><b>Ingredients:</b> Yarrow Flower, Elder Flower, Peppermint Leaf, & Echinacea Angustifolia Root.                                                                                                                                                                                                                                                                                              | \$18.75 | \$11.25  |

# Dr. Diamond's Formulas ~ Herpanacine

## Herpanacine



### Why has Herpanacine been so effective?

The efficacy of Herpanacine Skin Support is thanks to Dr. Diamond's knowledge and expertise in product development and Natural Medicine. Dr. Diamond designed the unique blend in Herpanacine utilizing the finest quality vitamins, herbs, amino acids and antioxidants including Lysine, A-Beta-Carotene, L-Tyrosine, E-D-Alpha, Selenium, Dandelion, Sarsaparilla, Astragalus, Ligustrum, Echinacea and Zinc in the precise amounts for optimal benefits. The balanced blend works synergistically to support the skin, the immunity and much more. Herpanacine comes in a veggie cap and is completely non-GMO and free of gluten, dairy, corn, yeast, artificial preservatives, flavors and colors.

Even the experts know it works! Word of the efficacy of Herpanacine Skin Support System has been shared over and over and it is widely recommended for nearly two decades in the most popular and well respected natural health reference books in print - *Prescription for Nutritional Healing* by Dr. James and Phyllis Balch and *Healthy Healing* by Dr. Linda Page. Each book has sold several million copies and cover most topics for healthy bodies including natural treatment for **eczema, psoriasis treatment, rosacea treatment and much more.**

Al and I are big believers in this product. Al has psoriasis and has been taking the product for over 5 years with WONDERFUL results, and so has my brother-in-law. I've never seen anything work like this works, for skin issues.

| CODE # | PRODUCT                                                                                     | SIZE      | RETAIL  | YOU PAY! |
|--------|---------------------------------------------------------------------------------------------|-----------|---------|----------|
| #13601 | Herpanacine Skin Support for Eczema, Psoriasis Treatment, Rosacea and Many More Skin Issues | 100 VCaps | \$33.99 | \$25.00  |
| #13603 | Herpanacine Skin Support for Eczema, Psoriasis Treatment, Rosacea and Many More Skin Issues | 200 VCaps | \$47.99 | \$40.00  |



## Etern-L Age Rewind

Aging is a fact of life. And as the saying goes — “Getting older is better than the alternative.”

As true as that statement is, it still doesn't mean we should completely give in to the aging process and let ourselves go.

If we can help go through a healthy aging period a bit more gracefully, shouldn't we?

| CODE # | PRODUCT            | SIZE     | RETAIL  | YOU PAY! |
|--------|--------------------|----------|---------|----------|
| #5-060 | Etern-L Age Rewind | 60 VCaps | \$34.99 | \$29.74  |

# Dr. Diamond's Formulas ~ Eye Health

## Diamond Eye Health Formula



Dr. Diamond's Diamond Eye Health provides extensive nutritional support specifically formulated for ocular and macular health. Everyday, our eyes are at risk from various stresses including damage by light, computers and other electronics, toxins, pollution and eye strain to name a few. As we age, other damaging factors come from ocular deterioration and result in various diseases including macular degeneration (AMD) and cataracts which are two of the leading causes of visual impairment in the US. Both conditions have an increased risk with age. Helping to preserve the health of aging eyes is exactly why Dr. Diamond formulated Diamond Eye Health! And it's safe and effective for smoking or non-smoking individuals.

Dr. Diamond's Diamond Eye Health offers powerful daily protection to slow the effects of age related degeneration. Scientifically formulated utilizing nearly three decades of knowledge and expertise, Dr. Diamond also used groundbreaking independent clinical trials including AREDS, a 10 year Age Related Eye Disease Study, performed by the National Institute of Health (NIH) on many of our ingredients including Beta-Carotene, Vitamin C, Vitamin E, Zinc and Copper; The Veteran's LAST (Lutein Antioxidants Supplementation Trial) Study and other important trials proving there is an important step that can be taken to help support eye health!!

Studies show Diamond Eye Health's powerful ingredients have an extensive range of benefits including:

- \* Help preserve eye health \*
- \* Slow the progression of Macular Degeneration \*
- \* Improve night vision \*
- \* Beneficial effects for adults suffering from Cataracts \*
- \* Improve circulation of the retina \*

Diamond Eye Health's synergistic blend of vital nutrients include Beta-Carotene, Vitamin C, Vitamin E, Zinc, Copper, Lutein (FloraGLO), Zeaxanthin (OPTISHARP), Bilberry (25% anthocyanins), Eyebright, Citrus Bioflavonoids and Co-Q10.

As with all of Dr. Diamond's formulas, Diamond Eye Health uses all the finest quality, proven ingredients and is manufactured in an FDA licensed facility to the strictest GMP practices.

Further proof of the efficacy of Diamond Eye Health was released in May 2013 after the completion of AREDS 2, a six year study also funded by the National Institute of Health (NIH). In conclusion of the long awaited study, the National Eye Institute, a department of the NIH announced that two of our powerful ingredients - Lutein and Zeaxanthin are effective for eye health as well as in the fight against ocular degenerative disease.

| CODE #  | PRODUCT                                                                    | SIZE    | RETAIL  | YOU PAY! |
|---------|----------------------------------------------------------------------------|---------|---------|----------|
| #136904 | Dr. Diamond's Eye Health Formula: Beneficial for many common eye problems. | 90 Tabs | \$34.99 | \$27.00  |

# Ecological Formulas



| CODE # | PRODUCT                     | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Size                             | Retail  | You Pay! |
|--------|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|---------|----------|
| #TRISA | Tri-Salts                   | Tri-Salts USP Grade Bicarbonates from Ecological Formulas is a nutritional supplement in the form of a powder, designed to neutralize increased acidity in the body. It serves as an efficient sodium-free buffer and a hypoallergenic source of the minerals calcium, magnesium, and potassium.                                                                                                                                                                                                                                                                       | 7 oz<br>200 grams<br>80 servings | \$9.99  | \$9.00   |
| #6MONO | Monolaurin 600 mg           | Monolaurin 600 mg by Ecological Formulas is a dietary supplement designed to support a healthy immune system.* The key ingredient is a compound found in human breastmilk, as well as certain vegetable oils. Monolaurin is a fatty acid that has a long history of supporting immune system health, and is extracted from coconut oil for use in this supplement.*                                                                                                                                                                                                    | 90 Caps                          | \$27.95 | \$24.75  |
| #TAPIO | Vitamin C-1000 from Tapioca | One of the most important vitamins for your immune system is vitamin C.* This water-soluble vitamin is responsible for supporting your defenses, as well as for collagen production.*<br>The amount of citrus fruit (or other foods containing the nutrient) that you would have to eat to obtain enough of this powerful antioxidant may be too much to stomach for some people. As a result, a vitamin C supplement may be the best solution for you. Fortunately, Ecological Formulas' Vitamin C-1000 from Tapioca can provide you with the daily support you need. | 90 Caps                          | \$19.95 | \$17.25  |

# ENP ~ Effective Natural Products



We have been selling ENP products for over a decade and have had EXCELLENT customer feedback. They really work. Liquid supplements are the fastest way to get what you need into your body.

- All products are in 32 oz. bottles (unless shown otherwise) and are a 30-Day Supply
- Products contain no artificial coloring or sweeteners and no milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, sugar or soy.

| CODE # | PRODUCT             | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Size  | Retail  | You Pay! |
|--------|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|----------|
| #103   | Super B Complex     | <p><b>Super B Complex Boosts Energy &amp; Aids Stress Response.</b><br/>                     B-Vitamins help metabolize fats, carbohydrates and proteins, efficiently providing for the body's functions and energy. B-Vitamins help boost the immune system and enhance the production of acetylcholine which supports memory and brain function.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 32 oz | \$29.95 | \$24.95  |
| #105   | Blood Sugar Balance | <p>Blood sugar is the main fuel for the body, maintaining balance is essential for good health. <b>Blood Sugar Balance</b> helps to improve glucose tolerance and can help lower elevated blood sugar levels. Formulated to aid circulation and digestion, the ENP blend also contains antioxidants to fight free radicals.</p> <p>Who should be interested in taking Blood Sugar Balance?</p> <ul style="list-style-type: none"> <li>• After checking with their doctor, Diabetics can benefit from use</li> <li>• Those who regularly experience low blood sugar (hypoglycemic) symptoms - nausea, fatigue, shakiness, light-headedness, confusion</li> <li>• Those who regularly experience high blood sugar (hyperglycemic) symptoms - blurry vision, strong thirst, fatigue, shortness of breath, stomach pain</li> <li>• Anyone concerned with protecting their cardiovascular health</li> <li>• Anyone looking to maintain healthy weight levels and avoid insulin insensitivity</li> </ul> | 32 oz | \$36.95 | \$29.95  |

# ENP ~ Effective Natural Products

| CODE # | PRODUCT        | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Size  | Retail  | You Pay! |
|--------|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|----------|
| #111   | Curcumin       | <p><b>Liquid Curcumin - Promote vitality by fighting free radical damage &amp; reducing inflammation.</b> Curcumin includes antioxidants; it energizes &amp; supports healthy brain function. It has been found to help the immune system &amp; reduce digestive discomfort. It aids in the normal function &amp; comfort of joints through anti-inflammatory properties.</p> <p>Great tasting and easy-to-take. High absorption - ENP utilizes one of the highest bioavailable curcumin formulations: Cavacurmin®</p>                                                                                                                                                                                                                                                                                                                                                                                         | 32 oz | \$49.95 | \$39.95  |
| #104   | Enhanced Focus | <p><b>Enhanced Focus - Calms Overactive Nerves &amp; Enhances Mood &amp; Focus.</b> Formulated to promote the production of dopamine and stimulate your brain to enhance focus. Additional blood sugar support will stabilize moods and magnesium provides a calming effect for overactive, excited nerves.</p> <p>Who should be interested in taking Enhanced Focus?</p> <ul style="list-style-type: none"> <li>• Those who might experience any mental haze or loss of concentration due to diet deficiencies or low blood sugar</li> <li>• Women who might be having perimenopause or menopause hormone changes</li> <li>• Aging men or women seeking to avoid brain fog</li> <li>• Parents looking for an herbal option for kids who experience difficulty maintaining attention in school</li> <li>• Anyone seeking to calm overactive nerves and respond to stress in a more favorable manner</li> </ul> | 32 oz | \$42.95 | \$34.95  |
| #108   | Peak Vision    | <p><b>Peak Vision - Proper Circulation, Antioxidant Protection and Collagen Support for Maintaining Eye Health.</b> Fortified with bilberry, niacin and vitamin C our complete blend addresses the many factors putting your clear vision at risk. Nutrients are provided to support healthy intra-ocular pressure and the healthy function of the optic nerve.</p> <p>Who should be interested in taking Peak Vision?</p> <ul style="list-style-type: none"> <li>• Aging individuals who might be noticing reduced vision</li> <li>• Those seeking to maintain proper circulation and fluid pressure in the eyes</li> <li>• Anyone wanting to provide antioxidant protection against damaging free radicals</li> <li>• Those seeking to reduce their risk for macular degeneration and cataracts</li> <li>• People who experience eye fatigue and glare sensitivity</li> </ul>                                | 32 oz | \$41.95 | \$33.95  |

# ENP ~ Effective Natural Products

| CODE # | PRODUCT                       | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Size      | Retail  | You Pay! |
|--------|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #109   | Restorative Slumber           | <p><b>Restorative Slumber</b> - Sugar-Free and High Potency Herbal Blend. A scientifically formulated blend to help you fall asleep easily and stay soundly asleep throughout the night. Fortified with melatonin, jujube and inositol; our liquid blend works fast in providing a calming effect to your nervous system for a restorative night of rest.</p> <p>Who should be interested in taking Restorative Slumber?</p> <ul style="list-style-type: none"> <li>• People needing to adjust the body's internal clock due to jet lag or daily work schedule changes (shift-work disorder)</li> <li>• Blind people needing to establish a day and night cycle</li> <li>• Aging individuals who may be producing less natural melatonin</li> <li>• Children who have trouble falling to sleep, those looking for sleep support in a natural and non-addictive form</li> <li>• Those seeking to calm overactive nerves</li> </ul> <p>Refrigeration not required - even after opening - so you can leave it next to your bed.</p> | 32 oz     | \$29.95 | \$24.95  |
| #106   | Smart Multi                   | <p><b>Smart Multi - Daily Liquid Vitamin with Nutrients, Antioxidants &amp; Over 70 Trace Minerals.</b> The ENP blend provides a complete source of nutrients to support cardiovascular health, boost your immune system, and promote youthful skin and eye health. Smart Multi contains B-complex for healthy nerves, circulation and increased energy. Includes antioxidant benefits and over 70 trace minerals.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 32 oz     | \$34.95 | \$27.95  |
| #101   | Vegetarian Glucosamine Liquid | <p><b>Vegetarian Glucosamine</b> - Complete Glucosamine Formula Designed to Lubricate Sore Joints, Reduce Inflammation and Stabilize Joint Health. Provides relief for joint swelling &amp; tenderness. As a building block of cartilage, glucosamine can play an important role in joint health. Our glucosamine is vegan-friendly and sourced from corn that is certified GMO free.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 32 oz     | \$34.95 | \$27.95  |
| #102   | Vegetarian Glucosamine VCaps  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 180 VCaps | \$34.95 | \$27.95  |

# Esteem Products

| CODE # | PRODUCT                                                                                                 | DESCRIPTION                                                                                                                                                                                                                                                                                                     | COUNT          | Retail         | You Pay!       |
|--------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|----------------|----------------|
| #62316 | <b>Beyond Relief</b>                                                                                    | By FAR, the BEST formula I've ever seen for Varicose Veins & Hemorrhoids. <b>SEE TESTIMONY BELOW</b>                                                                                                                                                                                                            | <b>60 Caps</b> | <b>\$31.95</b> | <b>\$25.00</b> |
| #TM-90 | <b>Total Man</b><br>   | TOTAL Man is a combination of vitamins, minerals, herbs and other nutrients for man's special needs. This high energy, anti-aging multivitamin formula promotes healthy cholesterol levels already within the normal range. It also supports stress management, clarity and endurance plus general good health. | <b>90 Caps</b> | <b>\$29.99</b> | <b>\$27.00</b> |
| #SM-90 | <b>Senior Total Man</b>                                                                                 | Senior Total Man is a very good MultiVitamin for Senior men. Contains everything the Total Man has and MORE!                                                                                                                                                                                                    | <b>90 Caps</b> | <b>\$32.95</b> | <b>\$27.50</b> |
| #TW-90 | <b>Total Woman</b><br> | TOTAL Woman is a high energy, anti-aging wellness formula that promotes cholesterol and stress management, PMS comfort and general good health while strengthening the immune system and boosting mental clarity.                                                                                               | <b>90 Caps</b> | <b>\$31.95</b> | <b>\$27.00</b> |
| #SW-90 | <b>Senior Total Woman</b>                                                                               | Senior Total Woman is a very good MultiVitamin for Senior women. Contains everything the Total Woman has and MORE!                                                                                                                                                                                              | <b>90 Caps</b> | <b>\$32.95</b> | <b>\$27.50</b> |

Hi Tammy and Better Than Greens,

My name is George and as embarrassing as it is to admit—I suffer from hemorrhoids, the external kind. I had this problem about 3 years ago which ultimately ended in surgery. Why? Because no doctor that I talked with gave me any real advice that worked. Fiber, witch hazel pads, sitz baths, Prep H., blah blah blah—none of it worked. In fact, it only got worse. Surgery cured me—painful, expensive surgery.

Then about 1 month ago—in a flash another external hemorrhoid came back. I was crushed. I was so upset, I was literally near tears at the thought of going back to surgery. I decided this time—I will do my own research and not rely on a doctor's bubble gum advice.

First off, I do not work for Esteem or have any affiliation with them whatsoever. I saw their advertisement on a website and decided to do research on them (along with about 6 other products). I had many doubts and reservations—I mean, how can any product fix a problem that even a doctor could not fix, right?

I ordered Esteem "Beyond Relief" vein and hemorrhoid care from Tammy, and I said to myself, "Well for 20 dollars it will be worth it, even if I only get some relief". In other words, I wasn't expecting a cure, just "relief" Well, I was SO WRONG.

Within 48 hours—it was shrinking—literally. Within a week it was 1/4 the size it was before. Finally after 3 weeks—it is completely gone. I mean gone! Nothing was there. In fact, I am "better" than before. I am still floored.



I felt obligated to write a review to tell others about what had happened to me and how this Esteem Product literally saved my ass, pardon the pun.

In closing, feel free to contact me personally and ask me about the product. I'll tell it to you straight.

Also, here's one more piece of advice I followed to aid my cure, I read Online to give up eating red meat for 30 days to help further the healing "down there". Red meat seems to be a big cause for hemorrhoids.

Like I said, I'm still a tad embarrassed even talking about this problem—but I would like to help others beat this. It is beatable! I know that now.

George - from Florida flaook@knology.net

# EuroMedica



Providing trusted products for health professionals, EuroMedica® specializes in bringing proven and unique formulas to the United States delivering clinically tested, safe, and effective ingredients.

| CODE #  | PRODUCT                                                  | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Size            | Retail         | You Pay!       |
|---------|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------|----------------|
| #E89466 | <b>Andrographis EP80 Extra Strength 400 mg</b>           | Andrographis, a powerful Ayurvedic botanical, has many health-supporting properties, including: <ul style="list-style-type: none"> <li>• Liver Support</li> <li>• Immune Function</li> <li>• Joint Health</li> </ul>                                                                                                                                                                                                                                                                                                                    | <b>60 Caps</b>  | <b>\$27.95</b> | <b>\$21.00</b> |
| #E90813 | <b>Bladder Manager</b>                                   | Bladder Manager features key compounds that support the muscle tissue and enervation of the bladder. It is ideal for both men and women, because it is non-hormonal and specific to bladder function.* Other herbs, like Saw Palmetto, support the prostate, which indirectly impacts bladder health. Bladder Manager has replaced Saw Palmetto as the #1 bladder product in Iceland.* Vegan.                                                                                                                                           | <b>30 Tabs</b>  | <b>\$29.95</b> | <b>\$22.50</b> |
| #E84306 | <b>BOSPro 500 mg</b>                                     | Boswellia, also known as frankincense, has been a vital component of Ayurvedic practice for thousands of years. Modern research has confirmed the effectiveness of boswellia for healthy lung and bronchial function.* <ul style="list-style-type: none"> <li>• Features clinically studied, uniquely standardized boswellia</li> <li>• Up to 10 times more AKBA than unstandardized boswellia – no spiking to increase this beneficial compound</li> <li>• Purified to reduce undesirable beta-boswellic acid (BBA) content</li> </ul> | <b>60 Gels</b>  | <b>\$39.95</b> | <b>\$30.00</b> |
| #E12023 | <b>Curaphen Extra Strength Professional Pain Formula</b> | For Extra Powerful Relief, Curaphen Extra Strength is the Answer!.*†<br>Curaphen Extra Strength features higher levels of targeted ingredients in a larger, more concentrated form than regular strength Curaphen. Each ingredient addresses pain via a different clinical pathway, which results in significant pain relief.*†<br>†Occasional muscle pain due to exercise and overuse.                                                                                                                                                 | <b>120 Tabs</b> | <b>\$83.95</b> | <b>\$63.00</b> |

|         |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                 |                |                |
|---------|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------|----------------|
| #E70326 | <b>Healthy Cholesterol Triglycerides</b> | <p>Amla, also known as Indian gooseberry, has been a fixture in Ayurvedic medicine for thousands of years. Healthy Cholesterol and Triglycerides*† features a standardized extract of Amla that has been the subject of five scientific studies. These studies validate the potent effects of Amla on cholesterol.*†</p> <ul style="list-style-type: none"> <li>• Boosts good cholesterol (HDL) levels an average of 14%!</li> <li>• Supports healthy triglyceride levels†</li> <li>• Supports overall healthy cholesterol levels</li> <li>• Provides powerful antioxidant protection to support cardiovascular health*</li> </ul> <p>†Supports healthy levels already within normal range.</p>                                                                                                | <b>60 Caps</b>  | <b>\$39.95</b> | <b>\$30.00</b> |
| #E84206 | <b>Nerve Complex</b>                     | <p>This combination of bioactive B1, B6, and B12, methylfolate, alpha lipoic acid, uniquely standardized boswellia, and highly absorbable chromium chelate provides nutrient support for activity and comfort.*</p> <ul style="list-style-type: none"> <li>• Supports healthy nerve function especially in the feet and hands</li> <li>• Aids proper circulation</li> <li>• Supports healthy blood sugar metabolism*†</li> </ul> <p>†Supports healthy levels already within normal range</p>                                                                                                                                                                                                                                                                                                   | <b>60 VCaps</b> | <b>\$27.95</b> | <b>\$21.00</b> |
| #E82503 | <b>Sinutol Extra Strength</b>            | <p>Sinutol Extra Strength provides the soothing power of eucalyptus, myrtle, and lemon to support sinus and bronchial health. Sinutol Extra Strength supports healthy sinus cilia activity. This unique enteric-coated softgel is gentle for those with gastrointestinal sensitivities or those who need a high potency formula.*</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <b>30 Gels</b>  | <b>\$24.95</b> | <b>\$18.75</b> |
| #E51385 | <b>Traumaplant Comfrey Cream</b>         | <p>Traumaplant® provides all the beneficial components of the plant, including choline, rosmarinic acid derivatives, and allantoin – all needed for outstanding care.</p> <p>Made from the blossoms, leaves, and stems of a specialized comfrey grown specifically for the product (Symphytum x uplandicum NYMAN), Traumaplant is free of the toxic pyrrolizidine alkaloids found in all other comfrey plants.</p> <ul style="list-style-type: none"> <li>• 20 published scientific papers, including 4 randomized, double-blind studies</li> <li>• Free of toxic pyrrolizidine alkaloids (PAs)</li> <li>• Safe for children ages 4 and up</li> <li>• Specialized comfrey – grown especially for this product</li> <li>• Non-staining comfrey cream</li> <li>• A favorite worldwide</li> </ul> | <b>1.76 oz.</b> | <b>\$24.95</b> | <b>\$18.75</b> |

# Flora Health



| Code # | Product Name                                                           | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Retail  | You Pay! |
|--------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|
| #62803 | <b>Sambu Guard Elderberry Crystals</b><br>1.7 oz                       | <b>Sambu Guard Elderberry Crystals</b> ~ Looking for daily immune support? Flora's organic Sambu® Guard Elderberry Crystals provide a burst of antioxidants and immune support when seasonal issues strike.* Sambu® Guard Elderberry Crystals can be taken daily to help maintain a healthy immune system or at the first sign of seasonal symptoms.* Gluten- Free + Non-GMO + Organic + Vegan                                                                                                                                                                                                                                                                                                                           | \$22.99 | \$20.95  |
| #68070 | <b>Flor-Essence Liquid</b><br>17 oz.                                   | If I had cancer, <b>Flor-Essence Tea</b> and Better Than Greens are the two products that would be part of my program, EVERY DAY! I've been selling both products for nearly 20 years and I've seen very good results with Cancer and many other illnesses. Of course, it goes without saying that if a person changes their diet & lifestyle, it will drastically increase their chances of survival. And if a person is already too far gone, ( <i>unfortunately, many people do not start on the NATURAL treatments until they have destroyed their bodies with chemotherapy and radiation</i> ), the Flor Essence Tea is still very beneficial in that it helps them to have less pain in their last remaining days. | \$39.99 | \$29.99  |
| #68072 | <b>Flor-Essence Liquid</b><br>32 oz.                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | \$61.49 | \$49.99  |
| #68090 | <b>Flor-Essence Dry</b><br>2.2 oz.<br>(Makes up to 6 - 17 oz. bottles) |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | \$39.99 | \$29.99  |
| #64800 | <b>Org. Red Beet Crystals, 7 oz</b>                                    | <b>Flora Red Beet Crystals</b> are produced with the utmost care. Pressed from the juice of freshly harvested organic beets, Flora Red Beet Crystals are instantly soluble and provide an easy and delicious way to enjoy the goodness of beets.<br><br>Each jar contains the equivalent of 5.7 lbs. of fresh, organic beets. Naturally sweet tasting, Flora Red Beet Crystals can easily be added to breakfast, lunch, dinner, and even snacks! 4 g sugar (per serving) occur naturally in red beets. No sugar added from other sources.                                                                                                                                                                                | \$27.49 | \$21.00  |

# Flora Health ~ Udo's Oils



## *Udo's Oils ~ The Best and Most Nutritious Oils on the Market~*

Unrefined and freshly pressed in a state-of-the-art, low light, temperature controlled and oxygen-free environment to optimize freshness and provide maximum nutritional value. Made exclusively with 100% sustainable, plant-based ingredients.

*~Non-GMO + Organic + Vegan + Keto-Friendly ~*

| Code # | Product Name                                 | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Retail  | You Pay! |
|--------|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|
| #67980 | <b>Udo's Omega 3.6.9. Oil Blend, 8.5 oz.</b> | Udo's Oil® Omega 3•6•9 Blend is a foundational oil that provides the omega-3 and omega-6 essential fatty acids (EFAs) the body needs but cannot make on its own – they must be obtained from our diet. This plant-sourced, organic unrefined oil blend is designed to provide the ideal 2-to-1 ratio of omega-3 and omega-6 fatty acids.                                                                                                                                                 | \$17.99 | \$16.50  |
| #67982 | <b>Udo's Omega 3.6.9. Oil Blend, 17 oz.</b>  | Omega-9, a monounsaturated fatty acid is featured in the Mediterranean diet, touted as one of the healthiest diets known for its benefits to cardiovascular health and cholesterol regulation. Award-winning Udo's Oil® Omega 3•6•9 Blend contains all the good fats you need without the bad fats you should avoid, with natural, unrefined oils from fresh, certified organic flax, sunflower, sesame, and evening primrose seeds as well as oils from coconut, and oat and rice bran. | \$29.99 | \$27.00  |
| #67989 | <b>Udo's Omega 3.6.9. Oil Blend, 32 oz.</b>  | Each 15 mL serving of Udo's Oil® Omega 3•6•9 Blend provides 6 grams of omega-3 and 3 grams of omega-6 fatty acids.                                                                                                                                                                                                                                                                                                                                                                       | \$48.99 | \$43.95  |

# Flora Health ~ Udo's Oils

| Code # | Product Name                           | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Retail  | You Pay! |
|--------|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|
| #61580 | Udo's 3.6.9. Oil<br>90 VCaps           | Udo's Oil Caps ~ Looking for a convenient way to soak up the goodness of Udo's Oil® 3•6•9? Udo's Oil® 3•6•9 Blend Capsules are ideal for travelers and people on the go. They contain the omega-3 and omega-6 essential fatty acids (EFAs) your body needs but cannot make on its own. This plant-sourced organic unrefined oil blend is designed to provide a balanced 2 to 1 ratio of omega-3 and omega-6 fatty acids, with natural, unrefined oils from fresh, certified organic flax, sunflower, sesame, and evening primrose seeds as well as oils from coconut, rice, and bran. | \$24.99 | \$22.50  |
| #61582 | Udo's 3.6.9. Oil<br>180 VCaps          | Udo's Oil DHA 3.6.9 Blend ~ Soak up the benefits of DHA, sustainably, with Udo's Oil® DHA 3•6•9 Blend. It combines DHA from unrefined, uncontaminated, sustainably-sourced DHA-rich algae, rather than fish, with Udo's unique oil blend of omega-3 and omega-6 essential fatty acids in a balanced 2 to 1 ratio with omega-9 fatty acids too. DHA supports the proper functioning of our brains as adults, and supports the development of the nervous system in children.*                                                                                                          | \$39.99 | \$37.50  |
| #67997 | Udo's DHA 3.6.9. Oil<br>Blend, 8.5 oz. | Contains organic unrefined seed oils from flax, sunflower, sesame and evening primrose along with organic coconut, rice bran, and oat bran oils, organic soy lecithin, and non-GMO mixed tocopherols                                                                                                                                                                                                                                                                                                                                                                                  | \$21.99 | \$19.95  |
| #67998 | Udo's DHA 3.6.9. Oil<br>Blend, 17 oz.  | Kosher                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | \$37.99 | \$34.20  |



## FIRST AID Must-Haves

Every home should have certain products for Emergency First Aid use. You never know when something bad is going to happen! It's good to always be prepared.

We would like to recommend several products here:

- Activated Charcoal - Page 53
- Colloidal Silver - Page 81
- B&W Ointment - Page 56
- Hydrogen Peroxide - Page 165

# Forever Living Products — Aloe



This is the **BEST Aloe Vera** available! This company owns 90% of the Aloe Vera fields, and most other companies get their raw aloe from them and then dilute it, and add other ingredients.

I have been selling Forever Living Products for over 30 years. You all know I do not like MLM companies.. and yes, FLP is an MLM company. If I could find a better Aloe Vera from a non-MLM company, I would!

This is the **ONLY MLM** company that I sell products for. I do not work it like a MLM, I just sell product. But, if any of you plan to use alot of the FLP products, it would be worth your while to sign up as a distributor (*it is FREE - and there are no obligations*) and that way you would be able to purchase the product at wholesale. Just ask me for a sign-up form when you place your order. You can save up to 48%!

| Code #  | Product Name              | <i>Personal Care</i>                                                                                                                                                                                                                                                                                                                                                                                              | Size     | You Pay!       |
|---------|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------------|
| FLP-022 | Aloe Lips                 | Forever Aloe Lips soothes, smooths & moisturizes chapped & dry lips.                                                                                                                                                                                                                                                                                                                                              | .15 oz.  | <b>\$3.20</b>  |
| FLP-028 | Forever Bright Toothpaste | One of the BEST tooth gels on the market! My all-time favorite Tooth gel! Forever Bright is a gentle, non-fluoride formula combining 100% stabilized aloe vera gel with bee propolis.                                                                                                                                                                                                                             | 4.6 oz.  | <b>\$6.10</b>  |
| FLP-067 | Aloe Ever-Shield          | Aloe Ever-Shield® Deodorant Stick provides effective, all-day protection against underarm odor and can be applied directly after showering or waxing without stinging. Aloe Ever-Shield® glides on smoothly, does not stain clothes, and maximizes the deodorant properties of aloe vera while eliminating ingredients that could be harmful. Aloe Ever-Shield® Deodorant Stick contains no harsh aluminum salts. | 3.25 oz. | <b>\$5.70</b>  |
| FLP-070 | Gentleman's Pride         | An alcohol-free aftershave in a masculine scent. In the form of a smooth, silky lotion, it doubles as a skin conditioner to soothe and replenish the skin after shaving. The Aloe Vera, mixed with special conditioners such as Rosemary and Cucumber, helps to gently soothe the skin.                                                                                                                           | 4 oz.    | <b>\$10.50</b> |
| FLP-284 | Avocado Face & Body Soap  | Made with 100% pure avocado butter, Avocado Face & Body Soap loves your skin, moisturizing as it cleans with the natural rejuvenating properties of this powerful fruit. Avocado offers relief for almost every skin type, gently cleansing oily skin with no irritation to keep pores clear and healthy. For dry, sensitive skin, it smooths quickly and penetrates to nourish and moisturize.                   | 5 oz.    | <b>\$6.10</b>  |
| FLP-633 | Aloe Liquid Soap          | This pearlescent formula gently washes away dirt and debris with a gentle lather while infusing your skin with moisture from pure aloe vera and an ideal blend of jojoba and other oils for skin that feels fresh and renewed.                                                                                                                                                                                    | 16 oz.   | <b>\$13.40</b> |

# Forever Living Products — Aloe

| Code #  | Product Name                          | <i>Personal Care</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Size   | You Pay!       |
|---------|---------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------|
| FLP-318 | <b>Forever Hand Sanitizer</b>         | Forever Hand Sanitizer® with Aloe & Honey is designed to kill 99.99% of germs. The skin-soothing stabilized aloe and hydrating honey soften and moisturize as it cleans – not to mention its pleasing scent of lemon and lavender. And the 2-oz bottle makes it the perfect size for us to have on hand anywhere, any time!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 2 oz.  | <b>\$3.00</b>  |
| FLP-640 | <b>Aloe Jojoba Shampoo</b>            | A new, cleaner formula perfect for all hair types! You'll notice we've cut down on the amount of ingredients we had previously, because these new ingredients are so powerful! Instead of having to rely solely on man-made sudsing agents, our favorite ingredient: Aloe, naturally supplies saponins which help create a gentle lather.<br>An equally important shampoo star is jojoba which gives a keratinizing effect that brings out the hair's natural colors and brilliance.<br>We also recognize that it's important to condition your scalp and hair during shampooing. We're proud to feature our own Forever Essential Oils Lavender, which imparts a soothing fragrance, helps hair's shine and supports the scalp.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 10 oz. | <b>\$16.60</b> |
| FLP-641 | <b>Aloe Jojoba Conditioning Rinse</b> | Aloe-Jojoba Conditioner is an enriched formula with Vitamin B Complex and Hydrolyzed Protein and has extra moisturizing power to leave your hair soft, shiny and manageable. Designed to be used after our Aloe-Jojoba Shampoo,                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 10 oz. | <b>\$16.50</b> |
| Code #  | Product Name                          | <i>Skin Care - Facial</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Size   | You Pay!       |
| FLP-069 | <b>R3 Factor</b>                      | Help your skin RETAIN its natural moisture, RESTORE its resilience and RENEW its appearance with R3 Factor® Skin Defense Creme.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 2 oz.  | <b>\$23.00</b> |
| FLP-187 | <b>Forever Alpha-E Factor</b>         | Forever Alpha-E Factor®, our skin-replenishing agent, contains rich ingredients designed to enhance your skin like nothing you've tried before! It moisturizes from within to deliver an ultimate smoothness to your skin for a younger-looking appearance.<br>This light, emollient fluid is fortified with Vitamins A, C and E, Borage Oil and Bisabolol. It is an antioxidant fluid designed to combat free radical damage, which causes 80% of our skin's damage. Alpha-E Factor's foundation is our pure stabilized Aloe Vera gel, with all of its benefits.<br>These special ingredients are uniquely combined into one product: <ul style="list-style-type: none"> <li>• Vitamin E (<i>as Tocopherol and Tocopheryl Acetate</i>) – the 'skin vitamin,' an antioxidant that combats free radical damage, softens and moisturizes.</li> <li>• Vitamin A (<i>as Retinyl Palmitate</i>) – a powerful antioxidant which enhances elasticity while moisturizing and reducing scaliness.</li> <li>• Vitamin C (<i>as Ascorbyl Palmitate</i>) antioxidant which enhances elasticity. Also helps inhibit formation of scar tissue.</li> <li>• Lecithin – an excellent emollient which improves suppleness of the skin.</li> <li>• Borage Seed Oil – provides the skin with gamma linoleic acid (<i>an essential fatty acid</i>) which helps restore moisture.</li> <li>• Bisabolol – a natural, soothing ingredient with a light citrus aroma, suitable for even sensitive skin.</li> <li>• Caprylic/Capric Triglyceride – a natural emollient from coconut oil which moisturizes without the heavy, greasy feel of other oils.</li> <li>• Soybean Oil – A texture-enhancing moisturizer with antioxidant properties.</li> </ul> These natural ingredients are combined with the purest humectants and emulsifiers to create one of the most versatile skin care products ever introduced! | 1 oz.  | <b>\$20.15</b> |
| FLP-238 | <b>Aloe Scrub</b>                     | Forever Aloe Scrub gently scrubs away dead skin cells and debris that clog pores and dull the skin's appearance, to begin revealing radiant "new", healthier skin.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 4 oz.  | <b>\$11.40</b> |

# Forever Living Products — Aloe

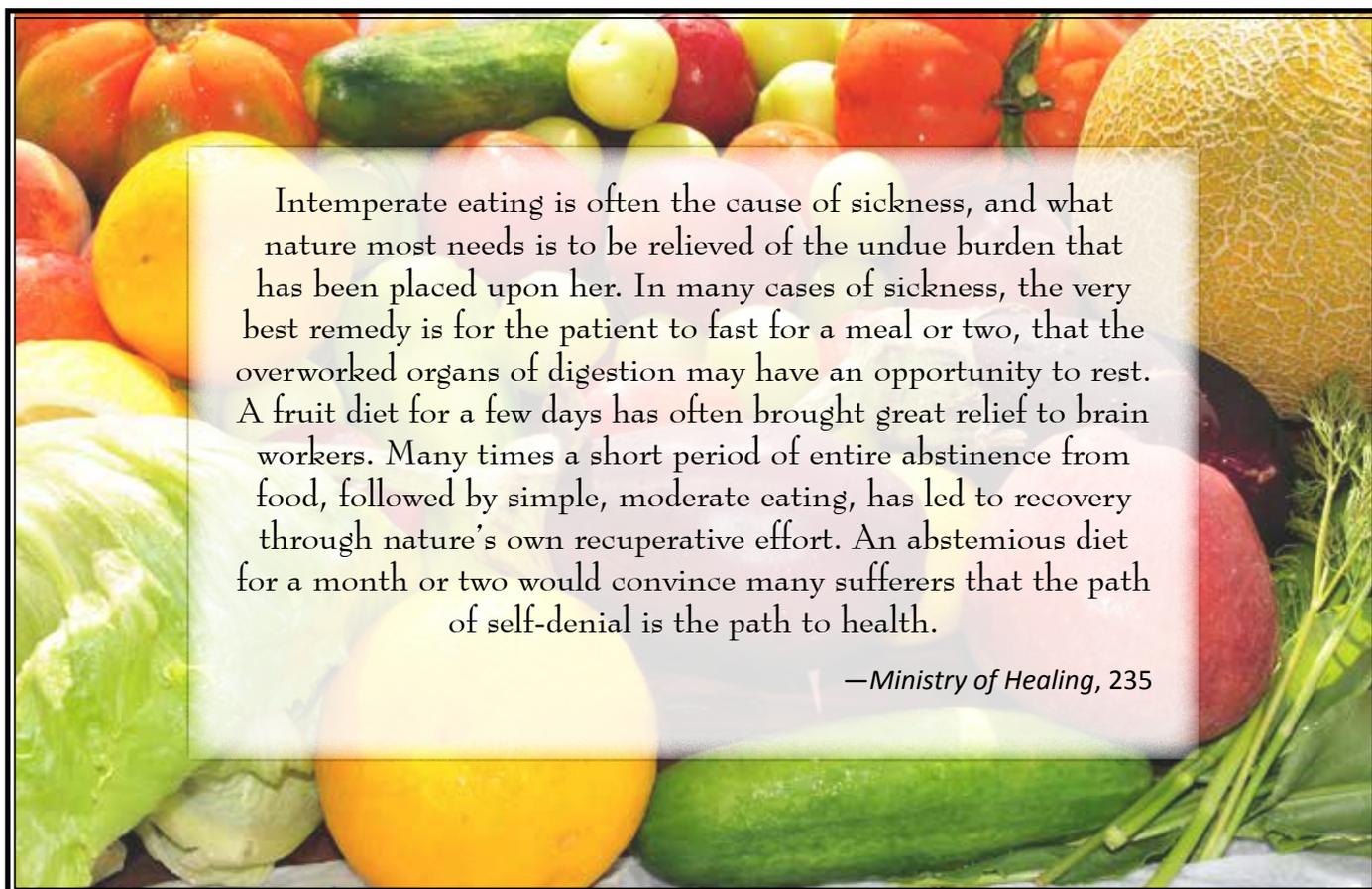
| Code #  | Product Name                  | <i>Skin Care - Body</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Size    | You Pay!       |
|---------|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------------|
| FLP-014 | Aloe Bath Gelée               | Used with our loofah mitt, Aloe Bath Gelée helps remove dead skin cells to reveal smooth, clean skin, while its rich formulation permeates your skin to soothe away dryness.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 8.5 oz. | <b>\$12.90</b> |
| FLP-040 | Aloe First                    | Aloe First® is an excellent addition to any first aid kit. This exclusive skin soothing formula is an excellent first step for soothing minor skin irritations. Formulated in a base of stabilized Aloe Vera Gel, Aloe First® contains Bee Propolis, Allantoin and eleven exclusive plant extracts:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 16 oz.  | <b>\$15.00</b> |
| FLP-051 | Aloe Propolis Creme           | Excellent as a skin moisturizer and conditioner, Aloe Propolis Creme is a rich blend of stabilized Aloe Vera Gel and Bee Propolis, with other ingredients recognized for their contribution to healthy skin. Chamomile, one of nature's best-known skin care herbs, is also added to the mix. Vitamins A and E complete the formula, recognized for their natural skin-conditioning properties.                                                                                                                                                                                                                                                                                                                                                                                           | 4 oz.   | <b>\$14.25</b> |
| FLP-061 | Aloe Vera Gelly               | Historically, a major use of aloe vera was to aid in soothing minor skin irritations. Many households kept a live aloe, or "burn plant" for first-aid use. Essentially identical to the aloe vera's inner leaf, our 100% stabilized aloe vera gel lubricates sensitive tissue safely. Specially prepared for topical application to moisturize, soothe and condition, Aloe Vera Gelly is a thick, translucent gel containing humectants and moisturizers. Readily absorbed by the skin, it soothes without staining clothes. Aloe Vera Gelly provides temporary relief from minor skin irritations. It can also be used on the skin prior to ultrasonic treatment, or after electrolysis. Hairdressers use the Gelly around the hairline to protect the skin before perming and coloring. | 4 oz.   | <b>\$10.50</b> |
| FLP-062 | Aloe Vera Lotion              | Aloe Lotion is a wonderful, all-purpose, skin lotion with a high content of pure, stabilized aloe plus Jojoba Oil and Vitamin E to moisturize and soothe the skin. Collagen and Elastin are added to this fine mix to assist in keeping the skin smooth and supple. It is an ideal choice for applying to dry, chafed, wind-blown or weathered skin.                                                                                                                                                                                                                                                                                                                                                                                                                                      | 4 oz.   | <b>\$10.50</b> |
| FLP-063 | Aloe Vera Moisturizing Lotion | Thicker than our Aloe Lotion, it is ideal for replenishing lost moisture and restoring skin's soft, silky feel. Aloe Moisturizing Lotion is excellent for face, hands and body, helping to counteract the effects of pollution and the environment.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 4 oz.   | <b>\$10.50</b> |
| FLP-064 | Aloe Vera Heat Lotion         | This rich emollient lotion contains deep heating agents to make it the ideal massage companion for tired muscles and dry skin. Aloe Heat Lotion is a pH-balanced, lubricating lotion designed for a soothing, relaxing massage. The deep penetrating power of Aloe Vera will help soothe your muscles after sports or hard workouts!                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 4 oz.   | <b>\$10.50</b> |
| FLP-205 | Aloe MSM Gel                  | When you're looking for soothing relief, reach for Aloe MSM Gel. MSM stands for Methyl Sulfonyl Methane, an organic sulfur found in almost all living organisms. In fact, sulfur is the third most abundant substance in our body.<br>The other main ingredient in Aloe MSM Gel is pure, stabilized Aloe Vera. Aloe MSM Gel combines these two powerful ingredients with herbal extracts and other select ingredients for soothing relief anytime.                                                                                                                                                                                                                                                                                                                                        | 4 oz.   | <b>\$13.40</b> |
| FLP-617 | Aloe Sunscreen                | Combining modern science with natural ingredients, this effective sunscreen helps to soothe, lubricate, moisturize and protect the skin against sun damage. With an SPF of 30, Aloe Sunscreen blocks both UVA and UVB rays, while this silky, smooth lotion made with pure stabilized Aloe Vera Gel, rich moisturizers and humectants, maintains the skin's natural moisture balance.<br><ul style="list-style-type: none"> <li>• High SPF for more sun protection</li> <li>• Moisturizes skin to prolong your tan</li> <li>• Strong, water resistant formula which retains its SPF up to 40 minutes after water activity</li> <li>• Safe and gentle enough for children</li> </ul>                                                                                                       | 4 oz.   | <b>\$14.80</b> |

# Forever Living Products — Aloe

| Code #  | Product Name                                                                                              | Drinks                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Size        | You Pay! |
|---------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|----------|
| FLP-715 | Aloe Vera Gel                                                                                             | Imagine slicing open an Aloe leaf and consuming the gel directly from the plant. Our Forever Aloe Vera Gel™ is as close to the real thing as you can get. A product of our patented aloe stabilization process, our gel is favored by those looking to maintain a healthy digestive system and a natural energy level. The first to receive certification by the International Aloe Science Council, this rich cocktail of pulp and liquid authenticates this product just as nature intended. Taken daily, either alone or mixed with pure fruit juice, it is one of the best health drinks available!                                                                          | 33.8 oz.    | \$16.50  |
| FLP-734 | Aloe Berry Nectar                                                                                         | Forever Aloe Berry Nectar™ contains all of the goodness found in our Forever Aloe Vera Gel™, plus the added benefits of cranberry and apple. Besides their reputation as a cleanser for the urinary tract, cranberries provide a high content of vitamin C. They are also a natural source of healthful proanthocyanidins. Apple juice contains many flavonoids as well as pectin.                                                                                                                                                                                                                                                                                               | 33.8 oz.    | \$16.50  |
| FLP-777 | Aloe Bits N' Peaches<br> | <u>MY FAVORITE!</u> Forever Aloe Bits N' Peaches® provides another great taste to enjoy with its 100% stabilized aloe vera gel and just a touch of natural peach flavor and peach concentrate. A taste sensation like no other, it contains pure chunks of aloe vera, bathed in the flavor of sun-ripened peaches.                                                                                                                                                                                                                                                                                                                                                               | 33.8 oz.    | \$16.50  |
| FLP-200 | Aloe Blossom Tea                                                                                          | Unwind with Aloe Blossom Herbal Tea®. This natural caffeine-free blend of leaves, herbs and spices tastes great hot or iced.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 25 Bags     | \$12.65  |
| Code #  | Product Name                                                                                              | Bee Products                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Size        | You Pay! |
| FLP-026 | Forever Bee Pollen                                                                                        | Forever Bee Pollen® is all-natural and contains no preservatives, artificial flavors, or colors. Bee Pollen is readily digestible and easily absorbed by the human body. Research by scientists suggest that Bee Pollen provides energy and may enhance stamina.<br>* Excellent supplement from the beehive<br>* Boosts energy<br>* May enhance stamina                                                                                                                                                                                                                                                                                                                          | 100 Tablets | \$11.60  |
| FLP-027 | Forever Bee Propolis                                                                                      | Forever Bee Propolis® is 100% natural with no added preservatives or artificial colors.<br>* Natural immune support<br>* Fortified with Royal Jelly<br>* 100% Natural                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 60 Tablets  | \$22.65  |
| FLP-036 | Forever Royal Jelly                                                                                       | Royal Jelly is a substance derived from the pharyngeal glands of the honey bee. This “super food” of the bees is specially blended with enzymes and fed to each bee destined to become a queen. It is the exclusive food of the queen bee throughout her highly productive life, enabling her to lay up to 3,000 eggs per day during her six-year lifespan. Worker bees eating ordinary honey live only four to six weeks. Royal Jelly can help support the immune system, increase energy, and benefit the skin and hair.<br><br>* Boosts energy and supports the immune system<br>* Easily absorbed and readily digestible<br>* No preservatives, artificial colors or flavors | 60 Tablets  | \$27.60  |

# Forever Living Products — Aloe

| Code #  | Product Name  | Weight Management                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Size        | You Pay! |
|---------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|----------|
| FLP-071 | Garcinia Plus | <p>Specialists in plant compounds became aware of the remarkable qualities of this substance in the late 1960s, when they learned that it can temporarily inhibit the body's production of fats from carbohydrates. During the normal metabolism of a meal, carbohydrate calories that are not used immediately for energy or stored as glycogen are converted into fats in the liver. Garcinia works by inhibiting the enzyme (citrate liase) which converts these calories into fat. As a result, the body will burn existing fat stores, thus aiding in weight loss.</p> <p>When enough glycogen has been created and stored in the liver, a message is sent to the brain indicating sufficient food has been taken. This action is called a satiety reflex, and quells the appetite, reducing the desire for more food.</p> <ul style="list-style-type: none"> <li>* Contains a natural appetite suppressant</li> <li>* Temporarily inhibits the enzyme that converts calories into fat</li> <li>* A useful tool in weight management</li> </ul> | 70 Softgels | \$26.23  |
| FLP-289 | Forever Lean  | <ul style="list-style-type: none"> <li>* Helps block the absorption of calories from fat and carbohydrates</li> <li>* Chromium helps the body regulate blood sugar for a normal metabolism</li> <li>* Temporarily inhibits the body's absorption of calories from sugar</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 120 Caps    | \$23.00  |



Intemperate eating is often the cause of sickness, and what nature most needs is to be relieved of the undue burden that has been placed upon her. In many cases of sickness, the very best remedy is for the patient to fast for a meal or two, that the overworked organs of digestion may have an opportunity to rest. A fruit diet for a few days has often brought great relief to brain workers. Many times a short period of entire abstinence from food, followed by simple, moderate eating, has led to recovery through nature's own recuperative effort. An abstemious diet for a month or two would convince many sufferers that the path of self-denial is the path to health.

—Ministry of Healing, 235

# GAIA Herbs



We are so happy about being able to bring GAIA Herbs to you!

They have been around for decades, and their products are top of the line. One thing I love about their products is that most of them are LIQUID EXTRACTS (even the ones in the Vegan Gel Softgels), they are CONCENTRATED, so they work faster & better.

Another thing I love about them is their FORMULAS. You can have the greatest ingredients in the world but if you don't put them together in the right proportions, you won't have a very good product. GAIA knows how to combine herbs to get the best results. All their products are in Vegan Softgels.

I've sorted their products into Categories so that you can find what you are looking for easier. And our prices are as low as they will let us go. Please don't hesitate to call with any questions.



| CODE #    | NAME                                                                                | Beauty & Radiance Support | SIZE                                                                                                                                                                                                                                                                                                                                                                                                      | RETAIL  | YOU PAY! |         |
|-----------|-------------------------------------------------------------------------------------|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|---------|
| 90A40060  |  | Hair Skin & Nail Support  | Vibrant skin, lustrous hair and strong nails are all key components of overall health and beauty. Gaia Herbs Hair, Skin & Nail Support contains a harmonious blend of herbs including Horsetail, Alfalfa, Burdock root, Gotu Kola, and Gaia-grown® Nettle leaf—all rich in minerals that promote the healthy growth of hair, skin and nail tissue.                                                        | 60 Ct.  | \$23.99  | \$15.00 |
| #90E01050 |  | Resveratrol, 150          | Remember those studies suggesting that red wine is good for you? Well it turns out, the reason why is because of the Resveratrol (not the wine), a compound that may have many therapeutic benefits, including antioxidant support for a clear and healthy glow. Resveratrol 150 supports aging gracefully. Made with ethically harvested Japanese Knotweed to provide 150 mg trans-Resveratrol per dose. | 50 Caps | \$24.99  | \$19.99 |

# GAIA Herbs

| CODE #   |                                                                                     | NAME                                     | Black Elderberry Products                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | SIZE    | RETAIL  | YOU PAY! |
|----------|-------------------------------------------------------------------------------------|------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|----------|
| 90A38120 |    | Black Elderberry                         | An immune season essential to help maintain well-being. Gaia Herbs Black Elderberry capsules are a great choice for on-the-go support. Like our best-selling syrup, our Black Elderberry capsules are concentrated and made with organic Black Elderberry extract.                                                                                                                                                                                                                                    | 120 Ct. | \$43.99 | \$27.50  |
| 90A38030 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 30 Ct.  | \$12.79 | \$8.00   |
| 90A38060 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 60 Ct.  | \$23.19 | \$14.50  |
| 90C81040 |    | Black Elderberry Adult Daily Gummies     | Elderberries, long known as "Nature's Immune Tonic" have an extensive history of use during seasonal immune challenges. Made from real fruit without any refined sugars, added colors or flavors, our Black Elderberry Adult Daily Gummies are certified organic and naturally delicious. With 856 mg of Elderberry extract and concentrate per two gummies, these are a great choice for immune support all year round in a convenient gummy format. 2 Gummies = 7.5 g of fresh elderberries.        | 40 Ct.  | \$11.99 | \$7.50   |
| 90C81080 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 80 Ct.  | \$21.59 | \$13.50  |
| 90C80040 |    | Black Elderberry Extra Strength Gummies  | Providing extra support when you need it the most. With 1,364 mg of Elderberry juice and concentrate, 59% more than our Black Elderberry Adult Daily Gummies, these delicious gummies contain a powerful immune blend equivalent to 12.3 grams of fresh Elderberries per two gummies.* These are certified organic, made with real fruit, and without any added flavors, colors, or refined sugars, for immune support people can feel good about.                                                    | 40 Ct   | \$14.39 | \$9.00   |
| 90C80080 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 80 Ct   | \$26.39 | \$16.50  |
| 90C025P4 |  | Black Elderberry Syrup Adult COG         | For decades, Black Elderberry Syrup has been a medicine cabinet staple, especially in the colder months. Our Certified USDA Organic syrup is made with only organic Elderberries, fresh-pressed shortly after harvest, and it concentrates the juice from 14.5 grams of Elderberries into a single, tasty teaspoon.                                                                                                                                                                                   | 5.4 oz  | \$18.79 | \$14.00  |
| 90C02003 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 3 oz    | \$14.39 | \$9.00   |
| 90C07003 |  | Black Elderberry Syrup COG               | For decades, Black Elderberry Syrup has been a medicine cabinet staple, especially in the colder months. Our Certified USDA Organic syrup is made with only organic Elderberries, fresh-pressed shortly after harvest, and it concentrates the juice from 14.5 grams of Elderberries into a single, tasty teaspoon. Our best-selling formula, traditionally taken for immune health. A delicious flavor that is loved by adults and children alike. Made with just four clean whole-food ingredients. | 3 oz    | \$17.59 | \$11.00  |
| 90C075P4 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 5 oz    | \$26.39 | \$16.50  |
| 90C08003 |  | Black Elderberry Syrup Night Formula COG | Made with organic Elderberries, fresh-pressed shortly after harvest. Our Certified USDA Organic syrup concentrates the juice from 14.5 grams of Elderberries into a single, tasty teaspoon. Traditionally taken for immune health. A calming blend, with California Poppy and Lemon Balm added, to help support a good night's rest. Non-habit-forming formula is designed for both adults and children ages six and over.                                                                            | 3 oz    | \$17.59 | \$11.00  |
| 90C085P4 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 5 oz    | \$27.19 | \$17.00  |

| CODE #   | NAME                                                                                                                               | <b>Bone Support</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | SIZE   | RETAIL         | YOU PAY!       |
|----------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------|----------------|
| 90J01085 | <br>Floradix<br>Calcium<br>Liquid                 | Calcium is an essential mineral that your body needs to support the growth of strong bones and teeth. Floradix® Calcium liquid herbal and mineral supplement is a great-tasting, gentle, and easily absorbed form of this mineral. Each serving contains 200 mg of calcium as calcium gluconate and calcium lactate. Plant-based liquid extract supports digestion and absorption. Purity-tested, non-GMO, vegan, dairy-free, yeast-free, wheat-free, and alcohol-free, with no artificial additives or preservatives.                                                                                                                                                | 8.5 oz | <b>\$21.99</b> | <b>\$16.49</b> |
| CODE #   | NAME                                                                                                                               | <b>Bone &amp; Muscle Support</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | SIZE   | RETAIL         | YOU PAY!       |
| 90J02085 | <br>Floradix<br>Calcium &<br>Magnesium<br>Liquid | Calcium and magnesium support the development and maintenance of healthy bones. Floradix® Calcium & Magnesium liquid herbal and mineral supplement is a great-tasting, gentle, and easily absorbed form of these minerals, combined with zinc and vitamin D, to help keep your bones and muscles strong and healthy. Each serving contains 180 mg of magnesium and 150 mg of calcium. Vegetarian formula also includes vitamin D and zinc. Plant-based liquid extract supports digestion and absorption. Purity-tested, non-GMO, vegetarian, kosher, gluten-free, dairy-free, yeast-free, wheat-free, and alcohol-free, with no artificial additives or preservatives | 8.5 oz | <b>\$21.99</b> | <b>\$16.49</b> |
| 90J02017 | <br>Floradix<br>Calcium &<br>Magnesium<br>Liquid | Calcium and magnesium support the development and maintenance of healthy bones. Floradix® Calcium & Magnesium liquid herbal and mineral supplement is a great-tasting, gentle, and easily absorbed form of these minerals, combined with zinc and vitamin D, to help keep your bones and muscles strong and healthy. Each serving contains 180 mg of magnesium and 150 mg of calcium. Vegetarian formula also includes vitamin D and zinc. Plant-based liquid extract supports digestion and absorption. Purity-tested, non-GMO, vegetarian, kosher, gluten-free, dairy-free, yeast-free, wheat-free, and alcohol-free, with no artificial additives or preservatives | 17 oz. | <b>\$37.99</b> | <b>\$28.49</b> |

*In the treatment of the sick the effect of mental influence should not be overlooked. Rightly used, this influence affords one of the most effective agencies for combating disease.*

*—Ministry of Healing, 241*

# GAIA Herbs

| CODE #   | NAME                                                                                                                   | Brain & Cognitive Support          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | SIZE   | RETAIL  | YOU PAY! |
|----------|------------------------------------------------------------------------------------------------------------------------|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|----------|
| 90A69060 |  Agile Mind                           | Agile Mind                         | Agile Mind supports healthy brain function and helps maintain healthy recall. Contains a synergistic formula made with Turmeric, Bacopa, and Ginkgo. Provides adaptogenic support to help your mind stay sharp. A popular choice for busy working professionals or anyone juggling multiple tasks.                                                                                                                                                                                                                                             | 60 Ct. | \$33.59 | \$21.00  |
| 90A68060 |  Bacopa                               | Bacopa                             | Bacopa is a full spectrum single-herb concentrated plant extract designed to support brain health during all stages of life. Helps maintain a healthy, thriving mind. A great formula for everyone from college students to retired professionals looking to keep their brain fit.                                                                                                                                                                                                                                                             | 60 Ct. | \$14.39 | \$9.00   |
| 90A08060 |  Ginkgo Leaf                          | Ginkgo Leaf                        | Gaia Herbs Ginkgo Leaf is traditionally for healthy circulation and brain function. Helps maintain overall cognitive health. This is a popular formula for those looking to age gracefully. Made with organic Ginkgo Leaf.                                                                                                                                                                                                                                                                                                                     | 60 Ct. | \$25.59 | \$16.00  |
| 90A07060 |  Mental Alertness                     | Mental Alertness                   | Gaia Herbs Mental Alertness is made with a synergistic blend of herbs traditionally known for supporting mental clarity, focus and memory.                                                                                                                                                                                                                                                                                                                                                                                                     | 60 Ct. | \$23.99 | \$15.00  |
| 90E83060 |  Mental Clarity - Mushrooms & Herbs | Mental Clarity - Mushrooms & Herbs | Lack of focus can make everyday activities a struggle. Gaia Herbs Mental Clarity Mushrooms & Herbs is made with a blend of Mushrooms plus herbs traditionally for supporting memory and cognitive function. Made with a blend of Mushrooms including Lion's Mane, Cordyceps, and Reishi. Plus the herbs Gotu Kola, Holy Basil and Rosemary. This formula provides daily support to help maintain mental alertness so is a great choice for anyone feeling distracted to help restore focus.                                                    | 60 Ct. | \$28.79 | \$18.00  |
| 90C14003 |  Mind Spring - Mushrooms & Herbs    | Mind Spring - Mushrooms & Herbs    | Often, it's not our bodies that give out on us at the end of the day, but our minds. Mind Spring contains a synergistic blend of mushrooms and herbs traditionally taken for brain health and recall. Made with Lion's Mane and Reishi mushrooms combined with herbs including Turmeric, Ginkgo, Gotu Kola, and Holy Basil. This powder can be added to a smoothie, dairy or non-dairy milk, or any other beverage of choice. No added fillers, flavors, or sweeteners.* USDA Organic, Purity-Tested, Vegan, Dairy-Free, Gluten-Free, Soy-Free | 3.5 oz | \$27.99 | \$21.00  |
| 90A70020 |  Nootropic Focus                    | Nootropic Focus                    | Made with a revitalizing blend of Saffron, Lemon Balm, and Spearmint. Helps you keep up with your busy life. It's a great choice for busy parents balancing work and home duties or active professionals who need to sharpen their concentration.                                                                                                                                                                                                                                                                                              | 20 Ct. | \$15.19 | \$9.50   |
| 90A70040 |                                                                                                                        |                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 40 Ct. | \$27.99 | \$17.50  |

| CODE #   | NAME                                                                                                                                | <b>Brain &amp; Nerve Support</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  | SIZE    | RETAIL  | YOU PAY! |
|----------|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------|---------|----------|
| 90C38040 | <br>Lion's Mane Mushroom                           | Lion's Mane was given its name due to its unique, fluffy appearance resembling the long tresses of a lion. This nootropic mushroom has a long history of use in supporting brain and neurological health. Supports mental performance, cognition, focus, and nervous system health. 100% fruiting bodies — no fillers, starch, grains, or mycelium. 100% organically grown and sustainably sourced mushrooms. 5x strength: each capsule = 2,500 mg of dry mushrooms. Hot water and dual extracted mushrooms for optimal bioavailability, absorption, and digestibility. |  | 40 Ct.  | \$23.99 | \$15.00  |
| CODE #   | NAME                                                                                                                                | <b>Digestive Support</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  | SIZE    | RETAIL  | YOU PAY! |
| 90J07085 | <br>Floradix Gallexier Herbal Bitters Alcohol-FREE | Traditionally used in Herbal Medicine as a digestive tonic to increase appetite and aid digestion. Helps reduce indigestion, gas pains and flatulence. Improves fat digestion and absorption of fat soluble nutrients. Helps the liver function optimally. The gentian and ginger found in Gallexier are traditionally used in Herbal Medicine to help relieve nausea. It is also helpful for those with sweet cravings, as the bitter taste helps to correct this imbalance.                                                                                           |  | 8.5 oz  | \$22.39 | \$16.79  |
| 90C10050 | <br>Gas & Bloating                               | Digestive issues can be embarrassing and inconvenient. Our Gas & Bloating capsules work quickly to reduce occasional gas, bloating and that feeling of heaviness that can occur after meals. With activated Charcoal and Fennel plus a calming blend of Caraway, Chamomile, Peppermint, Licorice, and Star Anise. This formula helps support those times when you occasionally overdo it with food and drink.                                                                                                                                                           |  | 50 Ct.  | \$19.99 | \$12.50  |
| 90C18020 | <br>Gas & Bloating Tea                           | Digestive issues can be embarrassing and inconvenient. Our Gas & Bloating Herbal Tea provides a fragrant herbal blend for relief from occasional gas and bloating. With Fennel, Licorice, Chamomile and Peppermint. This tea is one of our favorites to help in those times when you occasionally overdo it with food and drink. Provides relief from occasional gas and bloating.                                                                                                                                                                                      |  | 16 Bags | \$4.79  | \$3.60   |
| 90030002 | <br>GI Feel Good                                 | Stress happens! Ease into the stressors of life with GI Feel Good, a delicious tonic to help support a calm stomach. Made with a calming blend of Chamomile, Fennel, Spearmint, Catnip, Ginger, and Gaia-grown™ Lemon Balm. Helps maintain a calm stomach. Full transparency with results available on Meet Your Herbs®, the world's first herb traceability platform. Great tasting support for maintaining GI tract health.                                                                                                                                           |  | 2 oz    | \$15.99 | \$12.00  |
| 90A67060 | <br>Ginger Supreme                               | Containing two of the most widely revered herbs in Ayurvedic medicine — Ginger and Turmeric — this formula is traditionally for supporting healthy digestion and providing relief from occasional nausea.                                                                                                                                                                                                                                                                                                                                                               |  | 60 Ct.  | \$29.59 | \$18.50  |

# GAIA Herbs

| CODE #   | NAME                                                                                | Digestive Support    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | SIZE    | RETAIL  | YOU PAY! |
|----------|-------------------------------------------------------------------------------------|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|----------|
| 90448001 |    | Licorice Root (GB)   | Gaia Herbs Licorice Root is made from extract of pure organic Licorice root, traditionally taken to support gastrointestinal (GI) tract health. This formula is made with a vegetable glycerin base.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 1 oz.   | \$11.99 | \$9.10   |
| 90448004 |                                                                                     |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 4 oz.   | \$37.59 | \$28.20  |
| 90A71060 |    | Microbiome Cleanse   | Microbiome Cleanse combines herbs traditionally used to balance the GI tract and support digestive health. This product helps to prepare the GI tract for additional support from products such as our Microbiome Food. With Black Walnut, Sweet Wormwood, Oregano, Oregon Grape, Andrographis, Peppermint, and Cinnamon. Supports digestive health and function and your body's natural cleansing process.                                                                                                                                                                                                                                                                                   | 60 Ct.  | \$27.99 | \$17.50  |
| 90C70004 |    | Microbiome Food      | Gut health is the foundation for overall wellness.* Prebiotics offer the nourishment that your healthy digestive flora need to thrive within the GI tract. Support your digestive health with Microbiome Food, a pleasant plant-based prebiotic powder with Cinnamon and Ginger. Made without added fillers, flavors, or sweeteners.* This powder is convenient to use and mixes easily in water. With Larch, Acacia, Acerola, Inulin, Fenugreek, Cinnamon, Ginger, and Marshmallow. Supports digestive health, function and regularity. With herbs traditionally known to soothe digestive upset, including relief from occasional gas, bloating and cramping. Helps support immune health.* | 4.4 oz  | \$15.99 | \$12.00  |
| 90C11090 |  | Natural Laxative     | An all-natural herbal formula that works gently overnight to provide relief from occasional constipation with a blend of traditional herbs known to support the body's natural elimination processes. With a blend of herbal ingredients including Senna leaf, Cape Aloe, Caraway, Dandelion, and Fennel.                                                                                                                                                                                                                                                                                                                                                                                     | 90 Ct.  | \$15.90 | \$10.00  |
| 90C19020 |  | Natural Laxative Tea | An all-natural aromatic brew that works gently overnight to provide relief from occasional constipation with a blend of traditional herbs known to support the body's natural elimination processes. With a blend of herbal ingredients including Senna, Licorice, Lemon Balm, and Fennel.                                                                                                                                                                                                                                                                                                                                                                                                    | 16 Bags | \$4.79  | \$3.60   |
| 90C09045 |  | Reflux Relief        | Foods that are oily, spicy, or gas-forming — can cause digestive upsets. Gaia Herbs Reflux Relief combines a blend of herbs and mineral nutrients to help cool occasional heartburn and relieve indigestion. Contains a botanical blend of Aloe, Chamomile, Marshmallow, Licorice, and Spearmint with mineral nutrients. Helps cool occasional heartburn and relieve indigestion.                                                                                                                                                                                                                                                                                                             | 14 Ct.  | \$10.39 | \$6.50   |
| 90C09090 |                                                                                     |                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 45 Ct.  | \$27.19 | \$17.00  |
| 90E18060 |  | Triphala Fruit       | Triphala is made from the dried powder of three different fruits mixed in equal parts to make a proper Triphala — hence its name: tri (Three) and phala (Fruit). Gaia Herbs Triphala Fruit support healthy digestion and gently cleanse your system. This blend helps maintain normal regularity. Made with organic Triphala.                                                                                                                                                                                                                                                                                                                                                                 | 60 Ct.  | \$12.79 | \$8.00   |

# GAIA Herbs

| CODE #   | NAME                                                                                | Energy Support                              | SIZE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | RETAIL  | YOU PAY! |         |
|----------|-------------------------------------------------------------------------------------|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|---------|
| 90E86060 |    | Adaptogen Performance - Mushrooms & Herbs   | Gaia Herbs Adaptogen Performance Mushrooms & Herbs contains a blend traditionally used to keep energy levels healthy. With the support of Cordyceps blended with the herb Ashwagandha. Helps support healthy energy levels. This formula is great for athletes and weekend warriors to help maintain peak performance.                                                                                                                                                                                                                                                     | 60 Ct.  | \$25.59  | \$16.00 |
| 90C37040 |    | Cordyceps Mushroom                          | Cordyceps has been used traditionally to manage exhaustion and fatigue. Designed to help sustain energy, endurance, and stamina. This prized adaptogenic mushroom can also help your body better cope with stress, so it's a great natural aid to help you manage the daily tasks of life. 100% organically grown and sustainably sourced mushrooms. 5x strength: each capsule = 2,500 mg of dry mushrooms. Hot water and dual extracted mushrooms for optimal bioavailability, absorption, and digestibility.                                                             | 40 Ct.  | \$23.99  | \$15.00 |
| 90A24060 |    | Eleuthero Root                              | Helps promote healthy energy and stamina levels. Traditionally taken to maintain harmony during moments of stress. A popular herb for busy professionals and anyone feeling overwhelmed, tired, or overtaxed.                                                                                                                                                                                                                                                                                                                                                              | 60 Ct.  | \$23.99  | \$15.50 |
| CODE #   | NAME                                                                                | Energy / Vitality                           | SIZE                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | RETAIL  | YOU PAY! |         |
| 90A06060 |  | Energy/Vitality                             | Energy Vitality may offer the boost you need as it is made with an invigorating blend of herbs that help the body adapt to stress and support healthy energy levels. An invigorating blend of Ginkgo, Ginseng and Green Tea. With Gaia-grown® Nettle, extracted fresh immediately after harvest to preserve full spectrum compounds for optimal potency. Herbs traditionally to help the body adapt to stress and supports healthy stamina and energy levels. A popular herbal tonic for athletes, weekend warriors, and anyone looking to add a little pep in their step. | 60 Ct.  | \$24.79  | \$15.50 |
| 90C15003 |  | Everyday Adaptogen 3.5 oz.                  | This combination of mushrooms and an energizing blend of herbs supports the health of physically active individuals. Made with Cordyceps, Rhodiola and Ashwagandha. No added fillers, flavors, or sweeteners. This powder can be added to a smoothie, dairy or non-dairy milk, or any other beverage of choice.                                                                                                                                                                                                                                                            | 3.5 oz  | \$34.99  | \$27.99 |
| 90J06085 |  | Floradix Floravital Iron & Herbs Yeast-Free | Floravital® Iron + Herbs is a yeast-free, gluten-free, and vegan liquid iron supplement. Containing nutritional iron in a gentle-to-digest and easily absorbed formula with vitamin C, essential B complex vitamins, and herbal. Iron from ferrous gluconate with B vitamins. Vegan formula with rose hip extract for vitamin C to support iron absorption.* Plant-based liquid extract supports digestion and absorption. Purity-tested, non-GMO, vegan, kosher, alcohol-free, gluten-free, yeast-free, and lactose-free, with no artificial additives or preservatives.  | 8.5 oz  | \$21.99  | \$16.49 |
| 90J06023 |                                                                                     |                                             | 23 oz.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | \$45.99 | \$34.29  |         |
| 90J06017 |                                                                                     |                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 17 oz.  | \$37.99  | \$28.29 |

| CODE #   | NAME                                                                                                           | Energy / Vitality                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | SIZE    | RETAIL  | YOU PAY! |
|----------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|----------|
| 90J04085 | <br>Floradix Iron & Herbs     | Rich in Iron and B Vitamins; A good source of Vitamin C; Easily absorbed; Non-constipating; Vegetarian liquid formula; No preservatives; Alcohol free. Floradix provides maximum absorption by using the most highly absorbable form of iron, iron gluconate. Floradix also contains B vitamins and vitamin C to enhance absorption, herbal extracts to increase digestion, and fruit juices to ensure proper stomach acidity.                                                                                                                                                                                                                                                                        | 8.5 oz  | \$21.99 | \$16.49  |
| 90J04023 |                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 23 oz.  | \$45.99 | \$34.29  |
| 90J04017 |                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 17 oz.  | \$38.90 | \$27.79  |
| 90J05080 | <br>Floradix Iron Tablets     | NON-CONSTIPATING - This special formula with added herbs and fruit juices is non constipating and easily absorbed! Unlike other iron supplements, Floradix tablets are Non-GMO, Kosher, Vegetarian, and Dairy Free. SMALL TABLET. Small tablet is easy to ingest. WITH ADDED B VITAMINS AND C - Floradix tablets have added B12, B6, B1, and B2 vitamins as well as Vitamin C.                                                                                                                                                                                                                                                                                                                        | 80 Ct.  | \$21.99 | \$15.99  |
| 90J05120 |                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 120 Ct. | \$25.19 | \$18.79  |
| 90C42016 | <br>Maca Powder             | Prized for centuries, Maca root is a caffeine-free, edible herbaceous plant that has been traditionally used to support healthy energy and stamina. Gaia Herbs Maca Powder is ideal for athletes, weekend warriors and anyone looking to stay physically active. Our Maca goes through a process known as gelatinization, which uses heat and water to make our Maca easier to digest. Made with Organic Maca root, ethically harvested by our trusted partners, high in the Peruvian Andes. Our Maca roots are slowly sun-dried according to traditional methods, which promotes an optimal amount of final bioactive compounds. Maca can help you maintain peak performance at home, work and play. | 16 oz   | \$24.79 | \$18.60  |
| 90C42008 |                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 8 oz.   | \$14.39 | \$10.80  |
| 90894016 | <br>Plant Force Liquid Iron | Maintaining healthy iron levels is essential to stay feeling energetic, vibrant, and healthy. Gaia Herbs Plant Force Liquid Iron® helps support healthy iron and energy levels. This great-tasting, vegetarian iron supplement is gentle on the stomach, easy-to-digest, and non-constipating. Made with nourishing foods and botanicals including Sea Buckthorn, Beet root, Dandelion, and Gaia-grown® Nettle leaf. Great-tasting, vegetarian formula supports healthy iron and energy levels. Lightly sweetened with honey and fruits including Elderberry and Acerola. Appropriate for use by pregnant and breastfeeding women.                                                                    | 16 oz   | \$34.39 | \$21.50  |
| 90894085 |                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 8.5 oz  | \$21.59 | \$13.50  |

| Code #   | Product Name                                                                                                        | Foundational Support                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Count        | Retail  | You Pay! |
|----------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------|----------|
| 90C60002 |  Golden Milk                       | Find your mindful moment each day with this warm, delicious blend perfect for adults with busy, overactive lives. An Ayurvedic tradition and a comforting tonic. Made with organic Turmeric, Ashwagandha, Dates, Cardamom, and Vanilla. Great tasting in both dairy and non-dairy milks and coffee.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 4.3 oz.      | \$18.39 | \$13.80  |
| 90B05030 |  Hemp & Herbs - Relief 20 mg       | Hemp & Herbs Relief is designed to help you keep up with the demands of a physically active lifestyle. We combine a full spectrum Hemp extract, for endocannabinoid system support, with Turmeric root and Chinese Skullcap, traditional herbs well-known to help maintain a healthy inflammatory response.* Black Pepper is included to support the optimal absorption of this plant-based formulation. Taken regularly, Hemp & Herbs Relief may help provide relief of occasional aches and pains due to normal daily wear and tear. 20 mg of cannabinoids per serving, provided by a full spectrum Hemp extract, made from alcohol-extracted organic Hemp flowers from trusted US farm partners. Features Turmeric and Chinese Skullcap, herbs traditionally known to maintain a healthy inflammation response. Lab-tested for purity with full traceability at Meet Your Herbs®. | 30 Ct        | \$19.99 | \$12.50  |
| 90C55004 |  Turmeric Boost Restore Canister | Turmeric Boost® Restore is made with Ayurvedic herbs and real Chai spices and is a delicious addition to smoothies, juice, or dairy or non-dairy milk. It provides everyday whole body support with Turmeric to help reduce occasional inflammation due to normal daily wear and tear. Your everyday whole body support. Features a synergistic blend of Turmeric with Black Pepper to maintain a healthy inflammatory response. With Holy Basil and Ginger, traditional herbs for maintaining overall well-being and supporting healthy digestion.                                                                                                                                                                                                                                                                                                                                  | 4.3 oz       | \$18.39 | \$13.80  |
| 90A63120 |  Turmeric Supreme Extra Strength | Turmeric is the go-to supplement in most people's medicine cabinets to help them maintain a healthy, active life. Curcumins, the active components in Turmeric, helps reduce occasional inflammation due to normal daily wear and tear. Turmeric is our #1 best-selling herb. Compounds in Turmeric support healthy inflammatory function. Combined with Black Pepper to aid absorption.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 120 VCaps    | \$39.99 | \$25.00  |
| 90A63060 |                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 60 Vegan Cap | \$23.99 | \$15.00  |
| 90E19060 |  Turmeric Supreme Heart          | Turmeric helps reduce occasional inflammation due to normal daily wear and tear. Gaia Herbs Turmeric Supreme Heart combines Turmeric with other herbal extracts to help maintain heart health so you can keep enjoying your active lifestyle. With Coleus, Ginger, Hawthorn, and Japanese Knotweed. Black Pepper added to aid absorption.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 60 VCaps     | \$24.79 | \$15.50  |

# GAIA Herbs

| Code #   | Product Name                                                                        | Foundational Support                          | Count                                                                                                                                                                                                                                                                                                                                                                                             | Retail    | You Pay! |         |
|----------|-------------------------------------------------------------------------------------|-----------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------|---------|
| 90E23120 |    | Turmeric Supreme Joint                        | Turmeric Supreme Joint combines the popular Ayurvedic herb, Turmeric, with other traditional herbs for supporting joint health so you can keep enjoying your active lifestyle. Supports joint health so you can keep enjoying your active lifestyle. With Devil's Claw, Boswellia and Ginger root.                                                                                                | 120 VCaps | \$40.79  | \$25.50 |
| 90E23060 |                                                                                     |                                               |                                                                                                                                                                                                                                                                                                                                                                                                   | 60 VCaps  | \$23.99  | \$15.00 |
| 90E21120 |    | Turmeric Supreme Pain                         | Turmeric Supreme Pain combines Turmeric with other traditional herbs that support the relief of occasional aches and pains in times when you overdo it. Combined with Black Pepper to aid absorption. With Devil's Claw, Ginger, Feverfew, Jamaican Dogwood and Rosemary.                                                                                                                         | 120 Ct.   | \$40.79  | \$25.50 |
| 90E21060 |                                                                                     |                                               |                                                                                                                                                                                                                                                                                                                                                                                                   | 60 Ct.    | \$23.99  | \$15.60 |
| 90E22030 |    | Turmeric Supreme Pain PM                      | Turmeric Supreme Pain P.M. combines Turmeric with other herbal extracts that help provide nighttime comfort from occasional pain to help you enjoy a good night of rest. With Kava, Valerian Root, Feverfew, Ginger and Jamaican Dogwood.                                                                                                                                                         | 30 Ct.    | \$19.99  | \$12.50 |
| 90E22060 |                                                                                     |                                               |                                                                                                                                                                                                                                                                                                                                                                                                   | 60 Ct.    | \$32.79  | \$20.50 |
| 90C83040 |  | Turmeric Supreme Adult Daily Gummies (COG)    | Each serving contains the equivalent of 3.4 grams of Turmeric and 60 mg of curcuminoids to help support healthy inflammatory function so you can maintain your active life—delivered in a convenient and delicious gummy sweetened only with real fruit. USDA Certified Organic and non-GMO verified. Sweetened only with real fruit.                                                             | 40 Ct.    | \$20.99  | \$16.79 |
| 90C82060 |  | Turmeric Supreme Extra Strength Gummies (COG) | This full spectrum Extra Strength formula contains the equivalent of 6.6 grams of Turmeric and provides 95 mg of powerful curcuminoids per serving to help support healthy inflammatory function—delivered in a convenient and delicious gummy sweetened only with real fruit. 24x absorption; more bioavailability. USDA Certified Organic and non-GMO verified. Sweetened only with real fruit. | 60 Ct.    | \$29.99  | \$23.99 |
| 90E82060 |  | Whole Body Support - Mushroom & Herbs         | Gaia Herbs Whole Body Support Mushrooms & Herbs is made with a blend of Mushrooms plus herbs that provide daily support to help people stay active. Made with a blend of Mushrooms including Reishi and Shiitake, plus the herbs Turmeric and Ginger. This formula provides daily support to help people stay active for the long-term.                                                           | 60 Ct.    | \$25.59  | \$16.00 |

# GAIA Herbs

| Code #   | Product Name                                                                                                                       | Gaia Kids                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Count  | Retail  | You Pay! |
|----------|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|----------|
| 90C90040 |  GaiaKids Black Elderberry Kids Daily Gummies     | Our GaiaKids® Black Elderberry Kids Daily Gummies are certified organic, made from real fruit without any refined sugars, added colors or flavors with a delicious taste your kids will love. With 429 mg of Elderberry extract and concentrate per gummy, this is a gummy that you can feel confident giving to your children to help them stay feeling their best. 1 gummy = 3 g of fresh Elderberries. Made without gelatin, these are a great choice for vegans and vegetarians. | 40 Ct. | \$11.99 | \$7.50   |
| 90C52003 |  GaiaKids Black Elderberry Syrup Kids Daily (COG) | Black Elderberries have been recognized for centuries for their immune supportive properties. GaiaKids® Black Elderberry Syrup is made with organic Black Elderberries, fresh pressed shortly after harvest. Lightly sweetened with honey. A delicious daily tonic your kids will love.                                                                                                                                                                                              | 3 oz.  | \$15.99 | \$10.00  |
| 90C16003 |  GaiaKids Bronchial Wellness Syrup               | This formula supports overall throat and lung health for your little ones. Delicious herbal blend with Grindelia and organic Honey. Certified USDA Organic formula to help your little ones stay feeling well. No artificial sweeteners, corn syrup, colors, or flavors.                                                                                                                                                                                                             | 3 oz.  | \$15.99 | \$10.00  |
| 90782001 |                                                 | GaiaKids Calm Support                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 1 oz.  | \$11.19 | \$8.40   |
| 90782002 |                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 2 oz   | \$20.79 | \$15.80  |
| 90762001 |                                                 | GaiaKids Echinacea Goldenseal                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 1 oz   | \$10.39 | \$7.90   |
| 90762002 |                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 2 oz   | \$19.99 | \$15.10  |

# GAIA Herbs

| Code #   | Product Name                                                                        | Gaia Kids                                | Count                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Retail  | You Pay! |         |
|----------|-------------------------------------------------------------------------------------|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|---------|
| 90760001 |    | GaiaKids Echinacea Supreme               | Developed by a Pediatric Naturopath, GaiaKids® Echinacea Supreme liquid extract supports the body's immune defenses so your little ones can handle seasonal stressors. Great tasting support for overall well-being. Contains a harmonious blend of Echinacea purpurea and Echinacea angustifolia grown on our own certified organic farm.                                                                                                                                                                                                                                            | 1 oz.   | \$10.39  | \$7.90  |
| 90760002 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 2 oz.   | \$19.99  | \$15.10 |
| 90776001 |    | GaiaKids Focus                           | Do you have a child who just can't seem to focus and struggles in school? It's a common problem that affects many children. Developed by a Pediatric Naturopath, this formula offers great tasting support for cognitive function. Features Gotu Kola, a nervine traditionally used for mental focus, plus a blend of relaxing herbs including Chamomile, Passionflower and Lemon Balm. With Oats and American Skullcap, extracted fresh immediately after harvest to preserve full spectrum compounds for optimal potency. No artificial sweeteners, corn syrup, colors, or flavors. | 1 oz.   | \$10.39  | \$7.90  |
| 90776002 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 2 oz.   | \$19.99  | \$15.10 |
| 90758001 |   | GaiaKids Kids Defense                    | Every parent dreads hearing the words, "I don't feel good." When your child is not feeling well, it can affect the entire household. This formula provides support for little ones when they need it most. Great tasting immune support with Gaia-grown® Echinacea & Marshmallow. Plus Black Elderberry, Ginger, Bayberry, and Irish Moss.                                                                                                                                                                                                                                            | 1 oz.   | \$11.19  | \$8.40  |
| 90758002 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 2 oz.   | \$19.19  | \$14.40 |
| 90768001 |  | GaiaKids Sinus Support                   | GaiaKids® Sinus Support provides sinus support to help your little ones breathe easy. Great tasting support for easy breathing. Contains a harmonious blend of Black Elderberry, Anise, Fenugreek, Plantain, and Thyme. Doctor formulated.                                                                                                                                                                                                                                                                                                                                            | 1 oz.   | \$11.19  | \$8.40  |
| 90768002 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 2 oz.   | \$20.79  | \$15.80 |
| 90754001 |  | GaiaKids Tummy Tonic                     | Developed by a Pediatric Naturopath, GaiaKids® Tummy Tonic provides great tasting support for occasional upset tummies. This formula features a blend of traditionally soothing herbs that support comfortable digestion. With Chamomile, Catnip, Fennel, Ginger, Spearmint and Gaia-grown® Lemon Balm.                                                                                                                                                                                                                                                                               | 1 oz.   | \$10.39  | \$7.90  |
| 90J08085 |  | Floradix Kinder Love GF Children's Multi | It's important that children maintain a balanced diet and regularly get enough of the vitamins needed for proper growth. Kinder Love® Gluten-Free Children's multivitamin provides your child with calcium and vitamins A, B6, B12, D, and E. This great-tasting formula is made with fruit juices and plant extracts to support the intestinal tract and stimulate appetite.                                                                                                                                                                                                         | 8.5 oz. | \$24.99  | \$19.99 |
| 90J08017 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 17 oz.  | \$33.59  | \$33.59 |

# GAIA Herbs

| Code #   | Product Name                                                                        | Glycemic Support      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Count   | Retail   | You Pay! |
|----------|-------------------------------------------------------------------------------------|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|----------|
| 90A60120 |    | Cinnamon Bark         | When your blood sugar is in check, you're less likely to have those annoying cravings. Our powerful formula is made with a vegan Cinnamon bark extract designed to help maintain healthy glycemic balance. Made with a concentrated single herb extract.                                                                                                                                                                                                                                                                                                                                                                                                                  | 120 Ct. | \$32.79  | \$20.50  |
| 90A60060 |                                                                                     |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 60 Ct.  | \$20.79  | \$13.00  |
| 90A56060 |    | Glycemic Health       | Blood sugar imbalances happen often — eating too much sugar, skipping meals, consuming caffeine — these can all trigger imbalances. Glycemic Health contains a blend of herbs traditionally used to help maintain healthy blood sugar levels already within a normal range. Contains a synergistic blend of herbs including Cinnamon bark, Bitter Melon, Fenugreek, Ginger and Jambul. Helps maintain already healthy blood sugar levels.                                                                                                                                                                                                                                 | 60 Ct.  | \$23.99  | \$15.00  |
| Code #   | Product Name                                                                        | Heart Support         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Count   | Retail   | You Pay! |
| 90A31120 |    | Hawthorn Supreme      | Gaia Herbs Hawthorn Supreme blends Hawthorn berry, flower and leaf, traditionally for maintaining a healthy heart. Native American, Chinese and European cultures all traditionally used Hawthorn leaves and berries medicinally as a tonic for the heart.                                                                                                                                                                                                                                                                                                                                                                                                                | 120 Ct. | \$40.79  | \$25.50  |
| 90A31060 |                                                                                     |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 60 Ct.  | \$24.79  | \$15.50  |
| 90C31020 |   | Organic Hibiscus Tea  | A tangy, citrusy flavor with Mandarin Orange essential oil. Delightful Hibiscus flower tea supports heart health. Delicious served hot or over ice.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 16 Bags | \$4.79   | \$3.60   |
| Code #   | Product Name                                                                        | Hemp Extract          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Count   | Retail   | You Pay! |
| 90H10001 |  | Extract Hemp 10 mg/ml | This full spectrum Hemp liquid extract is made with US-grown Hemp flowers sourced from farm partners who are committed to organic and regenerative practices. Our alcohol extraction and distillation methods create a clean and concentrated extract to deliver the full array of cannabinoids, representing the beneficial synergy naturally found in the plant—known as the entourage effect. This mild-tasting liquid formulation features a botanical terpene blend plus a nourishing food base of organic Hemp seed and Coconut MCT oils. 20 mg cannabinoids per 1 mL serving (dropper included). Lab-tested for purity with full traceability at Meet Your Herbs®. | 1 oz.   | \$45.99  | \$35.99  |
| 90H10002 |                                                                                     |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 2 oz.   | \$79.99  | \$63.99  |
| 90H20001 |                                                                                     |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 1 oz.   | \$79.99  | \$63.99  |
| 90H20002 |                                                                                     |                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 2 oz.   | \$129.99 | \$103.99 |
| 90B01030 |  | Phyto-Caps Hemp 15 mg | Our Hemp Liquid Phyto-Caps® contain a full spectrum Hemp extract in the convenience of a capsule. Made with organic US-grown Hemp flowers. Our patent-pending gentle alcohol extraction method was designed to capture and deliver the full array of cannabinoids, in addition to other beneficial compounds found in Hemp flowers, such as flavonoids and terpenes. These cannabinoids and compounds work in synergy together, enhancing the overall benefits, also known as the entourage effect. Available in several different strengths, and lab-tested for purity with full traceability at Meet Your Herbs®.                                                       | 30 Caps | \$39.99  | \$31.99  |
| 90B02030 |                                                                                     | Phyto-Caps Hemp 25 mg |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 30 Caps | \$65.99  | \$52.79  |
| 90B03030 |                                                                                     | Phyto-Caps Hemp 50 mg |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 30 Caps | \$109.99 | \$87.99  |

# GAIA Herbs

| Code #   | Product Name                                                                        | Immune Support                        | Count                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Retail  | You Pay! |         |
|----------|-------------------------------------------------------------------------------------|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|---------|
| 90A46120 |    | Astragalus Supreme                    | Gaia Herbs Astragalus Supreme contains a harmonious blend of herbs traditionally for supporting overall well-being. These capsules offer convenient support. Made with Astragalus root, Schisandra berry, and Ligustrum. A popular choice for overcommitted adults struggling to balance obligations and anyone dealing with ongoing stress.                                                                                                                                              | 120 Ct. | \$42.39  | \$26.50 |
| 90A46060 |                                                                                     |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 60 Ct.  | \$23.99  | \$15.00 |
|          |                                                                                     | Black Elderberry                      | See the Black Elderberry Category page 131                                                                                                                                                                                                                                                                                                                                                                                                                                                |         |          |         |
| 90C045P4 |    | Bronchial Wellness Herbal Syrup       | Gaia Herbs Bronchial Wellness Syrup is a comforting blend of herbs traditionally for respiratory health. Enhanced with honey and aromatic essential oils and made with Plantain leaf, Eucalyptus, Grindelia, and Helichrysum. A great tasting herbal blend that may be used daily by both adults and children ages six and over. Helps your throat stay feeling well.                                                                                                                     | 5.4 oz. | \$19.99  | \$12.50 |
| 90C17020 |    | Bronchial Wellness Tea                | Inhale the essential oils of Peppermint and Eucalyptus from a steaming cup of Bronchial Wellness Herbal Tea. A clarifying herbal blend traditionally for respiratory and bronchial health. With Eucalyptus, Peppermint and Licorice root. A naturally pleasant, subtly sweet taste add to the sensory experience found in every cup.*                                                                                                                                                     |         | \$4.79   | \$3.60  |
| 90848001 |   | Echinacea Goldenseal (Glycerin-Based) | A healthy respiratory response is essential for overall wellness. This formula contains a harmonious blend of Echinacea and Goldenseal root, a natural source of the phytochemical Berberine, which has been used extensively by Native Americans for hundreds of years. Both Echinacea purpurea and Echinacea angustifolia are grown on our own certified organic farm. Traditionally for maintaining a healthy respiratory system. Made with Goldenseal root and Gaia-grown® Echinacea. | 1 oz.   | \$11.19  | \$8.50  |
| 90848002 |                                                                                     |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 2 oz.   | \$20.79  | \$15.70 |
| 90A04060 |  | Echinacea Goldenseal Vegan Phyto-Caps |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 60 Ct.  | \$23.99  | \$15.00 |
| 90292001 |  | Echinacea Supreme (Glycerin-Based)    | Echinacea Supreme supports your body's immune defenses to help you stay feeling your best year-round. This formula contains a harmonious blend of Echinacea purpurea and Echinacea angustifolia grown on our own certified organic farm. An immune season must-have! Concentrated plant extract.                                                                                                                                                                                          | 1 oz.   | \$12.79  | \$9.40  |
| 90292002 |                                                                                     |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 2 oz.   | \$20.79  | \$15.70 |
| 90A05030 |                                                                                     | Echinacea Supreme Vegan Phyto-Caps    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 30 Ct.  | \$14.39  | \$9.00  |
| 90A05060 |                                                                                     |                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 60 Ct.  | \$23.99  | \$15.00 |
| 90E85060 |  | Everyday Immune Mushrooms & Herbs     | A healthy immune system is the foundation for overall wellness. Gaia Herbs Everyday Immune Mushrooms & Herbs is made with a blend of organic Mushrooms and herbs designed to be taken daily to help sustain overall wellness. With a blend of organic Mushrooms including Chaga, Cordyceps, Maitake, and Reishi. Plus the herbs Astragalus, Schisandra, and Turmeric. This formula is designed to be taken daily to help sustain overall wellness.                                        | 60 Ct.  | \$28.79  | \$18.00 |

# GAIA Herbs

| Code #   | Product Name                                                                                                          | Immune Support                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Count   | Retail  | You Pay! |
|----------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|----------|
| 90379001 |  Goldenseal Root<br>(Glycerin-Based) | This formula uses a vegetable glycerin extract of Goldenseal root, a natural source of the phytochemical Berberine. Supports your body's immune defenses.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 1 oz.   | \$15.19 | \$11.40  |
| 90C35040 |  Immune Mushroom Blend               | Traditional mushrooms contain powerful biochemical compounds that help maintain overall good health. With a blend of five potent immune-supporting mushrooms—Reishi, Cordyceps, Turkey Tail, Shiitake, and Chaga—this formula can help your body build its immune defenses to support your well-being all year long. 100% fruiting bodies — no fillers, starch, grains, or mycelium. 100% organically grown and sustainably sourced mushrooms. 5x strength: each capsule = 2,500 mg of dry mushrooms. Hot water and dual extracted mushrooms for optimal bioavailability, absorption, and digestibility.                                                   | 40 Ct.  | \$23.99 | \$15.00  |
| 90C13003 |  Immune Shine - Mushrooms & Herbs    | Immune Shine is a delicious tasting powder blend combining all the benefits of mushrooms that support immune health with herbs traditionally used to maintain overall well-being. Adding Immune Shine to your daily routine is an easy way to support your body's natural defenses. Made with a blend of Maitake and Chaga mushrooms combined with Elderberry, Ginger and Astragalus. Traditionally for maintaining good health. This powder can be added to a smoothie, dairy or non-dairy milk, or any other beverage of choice so you can get all of the health benefits of organic mushrooms plus herbs with no added fillers, flavors, or sweeteners. | 3.5 oz. | \$31.99 | \$24.00  |
| 90A14060 |  Nettle Leaf                       | Gaia Herbs Nettle Leaf helps maintain upper respiratory health. It is traditionally used for sinus support so you can keep breathing easy. Made with Gaia-grown® Nettle leaf. An especially popular herb during the change of seasons when plants are in bloom and there is extra pollen in the air. Traditionally used for sinus support so you can keep breathing easy.                                                                                                                                                                                                                                                                                  | 60 Ct.  | \$23.99 | \$15.00  |
| 90A16120 |  Oil of Oregano                    | Oregano has been used for medicinal purposes since ancient times. Gaia Herbs Oil of Oregano provides antioxidant support and is traditionally used to sustain overall well-being. Antioxidant support with Oregano leaf extract. Helps maintain immune defenses.                                                                                                                                                                                                                                                                                                                                                                                           | 120 Ct. | \$37.59 | \$23.50  |
| 90A16060 |                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 60 Ct.  | \$21.59 | \$13.50  |
| 90A15060 |  Olive Leaf                        | Traditionally for supporting immune defenses. A concentrated liquid plant extract with antioxidant properties. Helps maintain overall well-being.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 60 Ct.  | \$21.59 | \$13.50  |
| 90A15120 |                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 120 Ct. | \$37.59 | \$23.50  |
| 90A65020 |  Quick Defense                     | By combining two Gaia-grown® Echinacea species with Elderberry and Ginger, Gaia Herbs Quick Defense is our best-selling formula that supports a healthy immune response. Fast-acting formula for supporting immune response at onset. With Elderberry, Ginger, Andrographis and Gaia-grown Echinacea.                                                                                                                                                                                                                                                                                                                                                      | 20 Ct.  | \$19.99 | \$12.50  |
| 90A65040 |                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 40 Ct.  | \$34.39 | \$21.50  |
| 90A65080 |                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 80 Ct.  | \$51.99 | \$32.50  |

# GAIA Herbs

| Code #   | Product Name                                                                                                     | Immune Support                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Count    | Retail  | You Pay! |
|----------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| 90C03020 |  Throat Shield Lozenges         | Sage & Aloe Herbal Throat Lozenges are made with a comforting blend of Honey, Sage and Cinnamon Bark essential oil to help support a clear and healthy throat. Convenient lozenges form are perfect for travel.                                                                                                                                                                                                                                                                    | 20 Ct,   | \$12.79 | \$8.00   |
| 90A80020 |  Turmeric Immune Support        | This formula combines Turmeric with other traditional herbs for supporting overall well-being when you need it most. Help support your immune defenses so you can stay feeling your best. With Echinacea, Black Elderberry, Andrographis, Ginger and Vervain. Black Pepper added to aid absorption. Turmeric is Gaia Herbs' #1 best-selling herb.                                                                                                                                  | 20 VCaps | \$23.99 | \$15.00  |
| 90E20060 |  Turmeric Supreme Sinus Support | Gaia Herbs Turmeric Supreme Sinus Support combines Turmeric with other herbal extracts to help you stay feeling healthy during seasonal transitions. This formula also includes herbs traditionally used for sinus support so you can keep breathing easy. Supports a healthy inflammatory response in healthy individuals. With Feverfew and Nettle leaf. Black Pepper extract is included for increased absorption and bioavailability of Curcumins.*                            | 60 Ct.   | \$23.99 | \$15.00  |
| 90A64060 |  Whole Body Defense            | Whole Body Defense® a great way to support your body's natural defenses and to help maintain overall long-term well-being. Designed to be taken daily to support a healthy immune response. With Maitake mushroom, Astragalus and Gaia-grown® Echinacea.                                                                                                                                                                                                                           | 60 Ct    | \$24.79 | \$15.50  |
| Code #   | Product Name                                                                                                     | Liver & Cleanse Support                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Count    | Retail  | You Pay! |
| 90C22020 |  Cleanse & Detox Tea          | Cleanse & Detox Herbal Tea contains a powerful blend of herbs that supports your body's natural cleansing process. With traditional purifying herbs including Rooibos, Burdock root, and Licorice root. Combined with Aloe Vera and the essential oils of Lemon and Peppermint.                                                                                                                                                                                                    | 16 Bags  | \$6.00  | \$4.79   |
| 90A72060 |  Liver Cleanse                | Proper liver function is essential to overall health as your liver helps remove waste products, processes various nutrients, and aids in the absorption of vitamins. Gaia Herbs Liver Cleanse contains a harmonious blend of Milk Thistle, Turmeric, Dandelion, Burdock root, Fenugreek, Red root, and Rooibos —herbs traditionally used for maintaining healthy liver function and for providing everyday liver support. Made with Milk Thistle, Turmeric, Dandelion and Burdock. | 60 Ct.   | \$23.99 | \$15.00  |
| 90C27020 |  Liver Cleanse Tea            | Proper liver function is essential to overall health as your liver helps remove waste products, processes various nutrients, and aids in the absorption of vitamins. Gaia Herbs Liver Cleanse Herbal Tea contains a harmonious blend of herbs traditionally used for maintaining healthy liver function. Made with Licorice root, Dandelion, Peppermint leaf, Chinese Skullcap, and Rooibos.                                                                                       | 16 Bags  | \$4.79  | \$3.60   |

# GAIA Herbs

| Code #   | Product Name                                                                        | Liver & Cleanse Support |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Count   | Retail  | You Pay! |
|----------|-------------------------------------------------------------------------------------|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|----------|
| 90A11120 |    | Liver Health            | Gaia Herbs Liver Health is made with a blend of herbs to provide daily support for overall well-being. Made with Milk Thistle, Turmeric root, Schisandra, Licorice root, and Gaia-grown® Chinese Skullcap. Herbs traditionally used for maintaining a healthy liver.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 120 Ct. | \$37.59 | \$23.50  |
| 90A11060 |                                                                                     |                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 60 Ct.  | \$23.99 | \$15.00  |
| 90A13120 |    | Milk Thistle Seed       | Milk Thistle (Silybum marianum) is an herb traditionally used for maintaining healthy liver function. Concentrated single herb extract in convenient, easy-to-swallow capsule using our patented Liquid Phyto-Caps® technology.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 120 Ct. | \$40.79 | \$25.50  |
| 90A13060 |                                                                                     |                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 60 Ct.  | \$23.99 | \$15.00  |
| Code #   | Product Name                                                                        | Liver Support           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Count   | Retail  | You Pay! |
| 90C40040 |   | Turkey Tail             | Turkey Tail mushrooms get their name due to their resemblance to the feathers on a turkey's tail. In Traditional Chinese Medicine and Native American herbalism, Turkey Tail mushrooms have long been used to support immune health. It is the best-studied type of traditional mushroom and is prized for its concentrated production of beta glucans. Today, Turkey Tail is a popular choice for daily support for healthy liver function, aiding your body's natural cleansing process, and providing natural antioxidant support. 100% fruiting bodies — no fillers, starch, grains, or mycelium. 100% organically grown and sustainably sourced mushrooms. 5x strength: each capsule = 2,500 mg of dry mushrooms. Hot water and dual extracted mushrooms for optimal bioavailability, absorption, and digestibility.* | 40 Ct.  | \$23.99 | \$15.00  |
| Code #   | Product Name                                                                        | Longevity Support       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Count   | Retail  | You Pay! |
| 90C39040 |  | Reishi Mushrooms        | Reishi has long been regarded as the “queen of mushrooms” and the “mushroom of immortality” and was once reserved exclusively for use by royalty. Our adaptogenic tonic, designed to maintain a healthy immune system, support heart health, and help your body cope with stress in a healthy way. 100% fruiting bodies — no fillers, starch, grains, or mycelium. 100% organically grown and sustainably sourced mushrooms. 5x strength: each capsule = 2,500 mg of dry mushrooms. Hot water and dual extracted mushrooms for optimal bioavailability, absorption, and digestibility.*                                                                                                                                                                                                                                    | 40 Ct.  | \$23.99 | \$15.00  |

# GAIA Herbs

| Code #   | Product Name                                                                                                 | Lung Support                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  | Count   | Retail  | You Pay! |
|----------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|---------|---------|----------|
| 90A18060 |  Sinus & Lung Supreme       | A potent herbal formula to help with sinusitis and to build your lungs.                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  | 60 Ct.  | \$23.99 | \$15.00  |
| 90C34040 |  Respiratory Mushroom Blend | Our blend of two adaptogenic, respiratory-supporting traditional mushrooms: Reishi and Cordyceps. This formula is designed to help maintain overall lung and respiratory health. 100% fruiting bodies — no fillers, starch, grains, or mycelium. 100% organically grown and sustainably sourced mushrooms. 5x strength: each capsule = 2,500 mg of dry mushrooms. Hot water and dual extracted mushrooms for optimal bioavailability, absorption, and digestibility.                                                                       |  | 40 Ct.  | \$23.99 | \$15.00  |
| Code #   | Product Name                                                                                                 | Men - Male Libido                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  | Count   | Retail  | You Pay! |
| 90A12120 |  Male Libido               | Loss in sex drive can happen. Try Gaia Herbs Male Libido, which contains herbs that are traditionally known to support healthy stamina and vitality. Contains a blend of Horny Goat Weed, Saw Palmetto and Maca. With Gaia-grown® Oats, extracted fresh immediately after harvest to preserve full spectrum compounds for optimal potency.                                                                                                                                                                                                 |  | 120 Ct. | \$39.19 | \$24.50  |
| 90A12060 |                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  | 60 Ct.  | \$23.99 | \$15.00  |
| Code #   | Product Name                                                                                                 | Men - Prostate Health                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  | Count   | Retail  | You Pay! |
| 90A55120 |  Prostate Health          | The prostate grows naturally with age, usually without problems. In some men, the enlarged prostate compresses the urethra, making urination difficult and causing frequent urination. Gaia Herbs Prostate Health is made with herbs traditionally for maintaining prostate function. Helps you continue to go with ease.                                                                                                                                                                                                                  |  | 120 Ct. | \$43.99 | \$27.50  |
| 90A55060 |                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  | 60 Ct.  | \$25.59 | \$16.00  |
| 90A21060 |  Saw Palmetto             | The prostate grows naturally with age, usually without problems. In some men, the enlarged prostate compresses the urethra, making urination difficult and causing frequent urination. Gaia Herbs Saw Palmetto is made with a concentrated single herb extract traditionally for maintaining healthy prostate function. Saw Palmetto berry has been used for over 150 years in North America as a complete genital and urinary tonic for men. Traditionally for maintaining healthy prostate function. Helps you continue to go with ease. |  | 60 Ct.  | \$24.79 | \$15.50  |

| Code #   | Product Name                                                                                                                  | Multi-Vitamins                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Count  | Retail  | You Pay! |
|----------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|----------|
| 90J08085 | <br>Floradix Kinder Love GF Children's Multi | It's important that children maintain a balanced diet and regularly get enough of the vitamins needed for proper growth. Kinder Love®Gluten-Free Children's multivitamin provides your child with calcium and vitamins A, B6, B12, D, and E. This great-tasting formula is made with fruit juices and plant extracts to support the intestinal tract and stimulate appetite. Safe, gentle, and effective for daily use. Purity-tested, non-GMO, vegan, gluten-free, and lactose-free, with no artificial additives, colors, or preservatives. Plant-based liquid extract supports digestion and absorption. | 8.5 oz | \$24.99 | \$19.99  |
| 90J08017 |                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 17 oz  | \$33.59 | \$33.59  |
| Code #   | Product Name                                                                                                                  | Muscle Support                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Count  | Retail  | You Pay! |
| 90J09085 | <br>Floradix Magnesium Liquid                | Magnesium is well known to support muscle function, but it also supports the health of our bones and teeth. Floradix® Magnesium liquid mineral and herbal supplement is a great-tasting, gentle, and easily absorbed form of this mineral. Each serving contains 250 mg of easily absorbable magnesium. Formula includes fruit juices to improve absorption of mineral salts. Safe, gentle, and effective for daily use.                                                                                                                                                                                    | 8.5 oz | \$21.99 | \$16.49  |
| 90J09017 |                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 17 oz  | \$37.19 | \$27.79  |
| Code #   | Product Name                                                                                                                  | Respiratory Support                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Count  | Retail  | You Pay! |
| 90A20060 | <br>Black Seed Oil                         | Black Seed Oil, also known as Nigella, has been revered for centuries as an Ayurvedic herb that supports lung health and helps maintain the respiratory system. With lung health being more important than ever, you can provide your lungs with the support that they need with this powerful single herb extract that helps keep lungs working optimally and efficiently. Cold-pressed oil provides the full-spectrum of constituents, maintaining the plant's natural integrity and balance, and keeping the extract as close to the original plant as possible. Provides antioxidant support.           | 60 Ct. | \$23.99 | \$15.00  |
| 90A19060 | <br>Mighty Lungs                           | It's more important than ever to take care of your lungs. This powerful blend combines adaptogenic and respiratory-supporting herbs for long-term lung health. With traditional herbs to support overall lung & respiratory health. Helps maintain healthy lung function. Made with Mullein, Plantain, Schisandra, and Elecampane.                                                                                                                                                                                                                                                                          | 60 Ct. | \$23.99 | \$15.00  |

# GAIA Herbs

| Code #   | Product Name                                                                                                       | Sleep Support                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Count   | Retail  | You Pay! |
|----------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|----------|
| 90B07030 |  Hemp & Herbs - Sleep 20 mg       | Do you struggle with falling asleep at night? Hemp & Herbs Sleep is designed to help prepare your mind and body for rest, so you can wake up feeling refreshed. We combine full spectrum Hemp extract, for endocannabinoid system support, with herbs traditionally taken to support relaxation and help gently lull you into a good night's rest. 20 mg of cannabinoids per serving, provided by a full spectrum Hemp extract, made from alcohol-extracted organic Hemp flowers from trusted US farm partners. Features Hops, California Poppy and other herbs traditionally known to support a good night's rest. Lab-tested for purity with full traceability at Meet Your Herbs®. | 30 Ct.  | \$19.99 | \$12.50  |
| 90C12050 |  Sleep & Relax                    | At the end of a busy day, our minds and bodies are often not ready for rest. Gaia Herbs Sleep & Relax formula helps you relax at night so you can wake up feeling refreshed. Promotes a sense of calm and helps prepare your body for a good night's rest. Contains a calming blend of Lavender, Lemon Balm, Passionflower, California Poppy and Valerian. Certified USDA Organic.                                                                                                                                                                                                                                                                                                    | 50 Ct.  | \$23.99 | \$15.00  |
| 90C20020 |  Sleep & Relax Tea               | Taking time to relax while sipping a hot cup of tea can be a great way to help signal the transition between day and night and help melt the tension of the day away. Gaia Herbs Sleep & Relax Herbal Tea helps you relax so you can wake up feeling refreshed. Made with a calming blend of Passionflower, Lemon Balm and Chamomile. Promotes a sense of calm and helps prepare the body for a good night's rest.                                                                                                                                                                                                                                                                    | 16 Bags | \$4.79  | \$3.60   |
| 90E15120 |                                 | While stressed, sleep may not come as easily. Gaia Herbs SleepThru contains adaptogenic herbs, including Ashwagandha that may help adrenal glands respond to stress in a healthy way so you can rest more easily. When the body's stress pathways are naturally supported, you can rest more easily. Promotes restful sleep for occasional sleeplessness. Made with Passionflower, Ashwagandha and Jujube date.                                                                                                                                                                                                                                                                       | 120 Ct. | \$43.19 | \$27.00  |
| 90E15030 |                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 30 Ct.  | \$15.19 | \$9.50   |
| 90E15060 |                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 60 Ct.  | \$24.79 | \$15.50  |
| 90A25120 |                                 | For some people, falling asleep is sometimes the most challenging part of the sleep cycle. Gaia Herbs Sound Sleep® contains a calming blend of herbs that supports a natural transition to sleep for occasional sleepless nights. Supports relaxation and prepares the body for restful sleep. Contains a calming blend of Kava root, Passionflower and Gaia-grown® California Poppy, with Gaia-grown American Skullcap, extracted fresh immediately after harvest.                                                                                                                                                                                                                   | 120 Ct. | \$39.19 | \$24.50  |
| 90A25030 |                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 30 Ct.  | \$15.19 | \$9.50   |
| 90A25060 |                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 60 Ct.  | \$23.19 | \$14.50  |
| 90694001 |  Valerian Root (Glycerin Based) | Gaia Herbs Valerian Root supports a natural transition to sleep so you can enjoy a good night of rest. Valerian root has long been used to promote a sense of relaxation. Helps you enjoy a good night of rest.                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 1 oz    | \$11.99 | \$8.80   |
| 90A26060 |  Valerian Root                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 60 Ct   | \$23.19 | \$14.50  |

| Code #   | Product Name                                                                        | Stress Support                 | Count                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Retail  | You Pay! |         |
|----------|-------------------------------------------------------------------------------------|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|---------|
| 90A57120 |    | Adrenal Health Daily Support   | To combat stress and live a more balanced life, it's essential to optimize adrenal gland function. Adrenal Health Daily Support, is our best-selling formula traditionally for the stressed and overworked to help sustain healthy energy and stress levels. Contains a synergistic blend of adaptogenic herbs, including Rhodiola, Holy Basil, Ashwagandha, and Schisandra, with Gaia-grown® Oats, extracted fresh immediately after harvest. Supports the healthy function of adrenals and a popular formula for those feeling overwhelmed and rundown to help support balance and maintain well-being.* | 120 Ct. | \$40.79  | \$25.50 |
| 90A57060 |                                                                                     |                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 60 Ct.  | \$24.79  | \$15.50 |
| 90A48060 |    | Adrenal Health Jumpstart       | Occasional exhaustion and stress are a combination seen all too often in modern life. Try our award-winning Adrenal Health Jump Start, traditionally for short-term stress support. This formula is designed to help sustain healthy energy and stress levels. Contains a harmonious blend of Cordyceps, Schisandra, Rhodiola and Licorice. Offers optimal support to help get back on track in the short-term.                                                                                                                                                                                            | 60 Ct.  | \$28.79  | \$18.00 |
| 90A49120 |   | Adrenal Health Nightly Restore | As you sleep, your body repairs and restores itself. Give your body extra support with Adrenal Health Nightly Restore. Contains a blend of Ashwagandha, Magnolia bark, Cordyceps and Gaia-grown® Lemon Balm. Herbs traditionally known for nourishing the adrenals while you rest.                                                                                                                                                                                                                                                                                                                         | 120 Ct. | \$40.79  | \$25.50 |
| 90A49060 |                                                                                     |                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 60 Ct.  | \$24.79  | \$15.50 |
| 90E12120 |  | Ashwagandha Root               | When the body is stressed, the immune and nervous systems can be affected, leaving a person feeling depleted. Ashwagandha can help give your body the extra support it needs. For over two thousand years, Ashwagandha has been a revered adaptogenic Ayurvedic herb. Traditionally used for helping cope with stress in a healthy way. One of our most popular herbs for busy professionals and anyone dealing with ongoing stress.*                                                                                                                                                                      | 120 Ct. | \$32.79  | \$20.50 |
| 90E12060 |                                                                                     |                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 60 Ct.  | \$19.99  | \$12.50 |
| 90A59030 |  | CALM ASAP                      | Certain moments in life can feel more stressful than others. Moving into a new home, a job interview, a dentist appointment, or even traveling — can cause circumstantial stress. Embrace serenity with Calm A.S.A.P., which was formulated to promote feelings of tranquility. Helps provide relief from occasional anxiousness. Award-winning formula supports a calm response to stress. A harmonious blend of Passionflower, Chamomile, Vervain, English Lavender and Holy Basil, with Gaia-grown® Skullcap and Oats, extracted fresh immediately after harvest.                                       | 30 Ct.  | \$12.79  | \$7.99  |
| 90A59060 |                                                                                     |                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 60 Ct.  | \$23.99  | \$15.00 |

# GAIA Herbs

| Code #   | Product Name                                                                                                | Stress Support                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Count   | Retail  | You Pay! |
|----------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|----------|
| 90A52060 |  Emotional Balance         | Maintaining a healthy emotional state is challenging at times. Emotional Balance™ can help. This award-winning formula supports mood health and a positive outlook with a blend of herbs traditionally used to help the body cope with daily stress. A synergistic blend of herbs including St. John's Wort, Passionflower, Vervain, Gotu Kola and Ginkgo, with Gaia-grown® Oats, extracted fresh immediately after harvest. Helps maintain emotional well-being making it a popular choice for anyone dealing with ongoing stress. | 60 Ct.  | \$23.99 | \$15.00  |
| 90B04030 |  Hemp & Herbs - Calm 20 mg | Great to relax and calm you.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 30 Ct.  | \$19.99 | \$12.50  |
| 90A58120 |  Holy Basil Leaf           | Holy Basil is one of the most revered adaptogenic Ayurvedic herbs that helps you respond to stress in a healthy way. Our formula is made with Certified organic Holy Basil, traditionally used for maintaining emotional well-being and supporting a positive mood. This herb is a popular choice for over-committed adults struggling to balance work and personal obligations and anyone dealing with ongoing stress.                                                                                                             | 120 Ct. | \$40.79 | \$25.50  |
| 90A58060 |                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 60 Ct.  | \$23.99 | \$15.00  |
| 90A10060 |  Kava Root                | Gaia Herbs Kava is a powerful formula that helps sustain a sense of calm and relaxation. This traditional calming herb is popular with busy professionals and anyone dealing with ongoing stress to help restore balance.                                                                                                                                                                                                                                                                                                           | 60 Ct.  | \$25.59 | \$16.00  |
| 90913001 |  Melissa Supreme (GB)    | It's easy to feel stressed and frazzled at times. Gaia Herbs Melissa Supreme is made with a blend of herbs traditionally used to support calmness. Contains a calming herbs including Lemon Balm, Gotu Kola, Passionflower and Chamomile with American Skullcap and Oats, extracted fresh immediately after harvest. This formula uses a vegetable glycerin base. This is a popular formula for those dealing with occasional nervousness to help find tranquility and restore balance.                                             | 1 oz.   | \$11.19 | \$8.50   |
| 90913002 |                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 2 oz.   | \$20.79 | \$15.70  |
| 90913004 |                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 4 oz.   | \$35.19 | \$26.40  |
| 90A47120 |  Rhodiola Rosea          | Gaia Herbs Rhodiola Rosea supports healthy stamina so you can go the distance. An adaptogenic herb to help your body cope with stress. A favorite herb amongst those who are physically active.                                                                                                                                                                                                                                                                                                                                     | 120 Ct. | \$37.59 | \$23.50  |
| 90A47060 |                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 60 Ct.  | \$23.19 | \$14.50  |
| 90A22060 |  St. John's Wort         | Gaia Herbs St. John's Wort helps you stay feeling sunny and vibrant. This is a popular herb for those dealing with ongoing stress, as it's traditionally used for supporting emotional health. Supports a brighter outlook.                                                                                                                                                                                                                                                                                                         | 60 Ct.  | \$24.79 | \$15.50  |

# GAIA Herbs

| Code #   | Product Name                                                                        | Stress Support                           | Count                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Retail  | You Pay! |         |
|----------|-------------------------------------------------------------------------------------|------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------|---------|
| 90A54030 |    | Stress Response                          | To combat stress and live a more balanced life, it's essential to optimize adrenal gland function. Gaia Herbs Stress Response® contains a synergistic blend of five Adaptogens traditionally known for helping the body cope with stress in a healthy way. A synergistic blend of Rhodiola, Holy Basil, Ashwagandha and Schisandra with Gaia-grown® Oats, extracted fresh immediately after. Popular formula for those feeling overwhelmed and rundown. Helps maintain healthy energy levels.* | 30 Ct.  | \$14.39  | \$9.00  |
| 90A30120 |    | Thyroid Support                          | Because thyroid glands help regulate metabolism, thyroid hormones affect every major system in the body. Gaia Herbs Thyroid Support contains a synergistic blend of herbs traditionally known to support healthy metabolic balance. A great formula to help you stay feeling your best. With Ashwagandha, Seaweed, Kelp, and Schisandra.                                                                                                                                                       | 120 Ct. | \$38.39  | \$24.00 |
| 90A30060 |                                                                                     |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 60 Ct.  | \$23.99  | \$15.00 |
| Code #   | Product Name                                                                        | Superfood                                | Count                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Retail  | You Pay! |         |
| 90J10007 |   | Floradix (Salus) Red Beet Crystals (COG) | Support a heart healthy lifestyle and liver functions with Salus® Red Beet Crystals from Flora. The presence of vitamin C, proteins, and iron in this dietary supplement may boost your immune system, support brain and cardiovascular health, maintain healthy hemoglobin levels, and promote general wellness. Delicious, too! I have them everyday on my salad!                                                                                                                            | 7 oz    | \$21.99  | \$16.49 |
| Code #   | Product Name                                                                        | Urinary Tract Support                    | Count                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Retail  | You Pay! |         |
| 90A62060 |  | Cranberry Concentrate                    | Gaia Herbs Cranberry Concentrate is a vegan Cranberry supplement that supports a healthy urinary tract so you can continue to go with ease. Concentrated Cranberry extract with no sugar added. Made with North American Cranberries. A convenient alternative to eating whole cranberries that doesn't have the bitterness or unnecessary sugar you may find in cranberry juice                                                                                                               | 60 Ct.  | \$23.99  | \$15.00 |
| Code #   | Product Name                                                                        | Vision Support                           | Count                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Retail  | You Pay! |         |
| 90A28060 |  | Healthy Vision                           | Beginning in the early to mid-40s, many adults may start to have problems seeing clearly as their vision starts to deteriorate due to the natural effects of aging. Gaia Herbs Healthy Vision contains a powerful blend of herbs traditionally known for helping to maintain eye health so you can keep seeing the beauty of nature. Contains plant-based lutein from Marigold flowers. With Bilberry and Grape seed.                                                                          | 60 Ct.  | \$24.79  | \$15.50 |

# GAIA Herbs

| Code #   | Product Name                                                                                              | Women                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Count   | Retail  | You Pay! |
|----------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|----------|
| 90A33060 |  Black Cohosh            | Keeping the body and mind balanced through the hormonal fluctuations of menopause is key to enjoying life more, as you move from one phase to the next. Black Cohosh is traditionally used for maintaining balance during menopause. One of the most widely known herbs for women's health. It may be a menopausal woman's best friend during natural transitional hormonal states.                                                                                                                         | 60 Ct.  | \$23.19 | \$14.50  |
| 90A53060 |  Fenugreek Seed          | This formula helps support healthy breast milk production. Made with organic and vegan Fenugreek seeds — a plant-based source of nutrients such as B vitamins, Vitamin C, and Beta Carotene. A traditional lactation aid that has been used by midwives and doulas for hundreds of years.                                                                                                                                                                                                                   | 60 Ct.  | \$23.19 | \$14.50  |
| 90A87060 |  Fertility Support       | This formula helps to support healthy hormone levels and ovulation rhythm. With Organic Chaste Tree, Organic Ginger Root, and Cramp Bark, it also helps to maintain healthy cycles during preconception. Traditional herbs for healthy reproductive function.*                                                                                                                                                                                                                                              | 60 Ct.  | \$26.39 | \$16.50  |
| 90A50060 |  Lactation Support     | Nursing mothers need additional nourishment. With Fenugreek seed, Fennel seed, Raspberry leaf and Marshmallow root, Gaia Herbs Lactation Support promotes the healthy production of breast milk. Includes a blend of Fenugreek seed, Fennel seed and Raspberry leaf. With Gaia-grown® Marshmallow root, extracted fresh immediately after harvest to preserve full spectrum compounds for optimal potency.                                                                                                  | 60 Ct.  | \$22.39 | \$14.00  |
| 90A50120 |                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 120 Ct. | \$33.59 | \$21.00  |
| 90C25020 |  Lactation Support Tea | While breastfeeding, many healthcare professionals advise mothers to drink at least an extra quart of water per day. Gaia Herbs Lactation Support Herbal Tea is a delicious, hydrating herbal blend perfect for nursing mothers. Supports a healthy production of breast milk. Made with organic herbs including Goat's Rue, Fenugreek, Marshmallow and Stinging Nettle. Fennel and Lemon Balm are also included and provide a subtly sweet, aromatic flavor that makes this tea satisfying and delightful. | 16 Bags | \$6.00  | \$4.79   |
| 90A86060 |  Nighttime Comfort     | While navigating the natural changes during menopause, a good night of sleep may not come easily. Gaia Herbs Nighttime Comfort, made with a blend of Black Cohosh, Mimosa, Passionflower, and St. John's Wort, helps maintain healthy hormonal balance during menopause to help women enjoy a comfortable and restful sleep.                                                                                                                                                                                | 60 Ct.  | \$23.19 | \$14.50  |

# GAIA Herbs

| Code #   | Product Name                                                                        | Women           | Count   | Retail  | You Pay! |
|----------|-------------------------------------------------------------------------------------|-----------------|---------|---------|----------|
| 90E14120 |    | Vitex Berry     | 120 Ct. | \$30.39 | \$19.00  |
| 90E14060 |                                                                                     |                 | 60 Ct.  | \$15.99 | \$10.00  |
| 90A17060 |    | Women's Balance | 60 Ct.  | \$23.99 | \$15.00  |
| 90A29060 |  | Women's Libido  | 60 Ct.  | \$23.99 | \$15.00  |

*During His ministry,  
Jesus devoted more time to healing the sick  
than to preaching.*

*—Ministry of Healing, 19*

# Kyolic Garlic



Kyolic's aging process is quality assured from soil to shelf. The production process is controlled by over 250 stringent quality checks to ensure its safety and efficacy.

Our manufacturing facility conforms to cGMP (Good Manufacturing Practice) guidelines in addition to ISO 9001:2015 and other international standards demonstrating our company's commitment to the Quality Management System as audited by Intertek®.

Over forty-seven years of clinical research have documented the numerous benefits of Kyolic Aged Garlic Extract including:

- Lowering blood pressure and cholesterol levels
- Inhibiting the accumulation of "soft" unstable plaque
- Enhancing circulation
- Easing stress
- Slowing the progression of coronary artery calcification
- Decreasing blood platelet adhesion and aggregation
- Supporting immune function
- Improving gut microbiota
- Reducing the risk of gingivitis

*It supports cardiovascular health, immune health, gut health and more in a way that raw garlic just cannot.* Odorless capsules (liquid or tablets) are convenient and allow for better compliance – taking it every day for better health is easy.

Kyolic Aged Garlic Extract is the most clinically researched garlic supplement on the market. To date, it has been the subject of more than 870 peer-reviewed scientific articles from prestigious universities and research institutes from around the world, documenting both its efficacy and an unparalleled safety record. With Kyolic Aged Garlic Extract's foundation in science, consumers can have confidence in every bottle they buy.

That's the Kyolic difference.

| Code #                   | Product Name                                            | Description                                                                                                                                                                                                                                                                                                                                                                                           | Count            | Retail         | You Pay!         |
|--------------------------|---------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------------|------------------|
| <b>Blood Circulation</b> |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                       |                  |                |                  |
| #165641                  | <b>Kyolic<br/>Formula 106<br/>Circulation</b>           | <b>Formula 106 for Circulation</b> contains 600 mg of AGE and a unique blend of Vitamin E with Hawthorn Berry and Cayenne Pepper serving (2 capsules; Recommend two servings per day). This formula was designed to help maintain healthy circulation, normal cholesterol levels and overall heart health.                                                                                            | <b>100 Caps</b>  | <b>\$18.49</b> | <b>\$14.97</b>   |
| #165642                  |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                       | <b>200 Caps</b>  | <b>\$31.59</b> | <b>\$25.58</b>   |
| #165643                  |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                       | <b>300 Caps</b>  | <b>\$43.99</b> | <b>\$35.62</b>   |
| <b>Blood</b>             |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                       |                  |                |                  |
| #165942                  | <b>Kyolic<br/>Formula<br/>109 Blood<br/>Pressure</b>    | <b>Formula 109 for Blood Pressure Health</b> contains 400 mg of AGE along with Nattokinase, an enzyme extracted from natto (fermented soy) and L-Theanine, a nutrient found in green tea per serving (2 capsules; Recommend two servings per day). Clinical studies for each of these ingredients have shown to support healthy blood pressure levels, already within normal ranges.                  | <b>160 Caps</b>  | <b>\$51.09</b> | <b>\$41.40</b>   |
| #165094                  |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                       | <b>80 Caps</b>   | <b>\$29.89</b> | <b>\$24.20</b>   |
| <b>Cardiovascular</b>    |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                       |                  |                |                  |
| #165091                  | <b>Kyolic<br/>Formula 100<br/>~<br/>Cardio-vascular</b> | <b>Formula 100 Vegetarian for Cardiovascular Health</b> contains 600 mg of AGED GARLIC EXTRACT per serving (2 vegetarian capsules; Recommend two servings per day). Taken daily, this original formula supports your cardiovascular system by maintaining circulatory function and overall heart health. This formulation is delivered in vegetarian capsules to meet the needs of plant-based diets. | <b>100 VCaps</b> | <b>\$17.99</b> | <b>- \$14.56</b> |
| #165042                  |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                       | <b>200 Caps</b>  | <b>\$27.69</b> | <b>\$22.42</b>   |
| #165043                  |                                                         |                                                                                                                                                                                                                                                                                                                                                                                                       | <b>300 Caps</b>  | <b>\$37.49</b> | <b>\$29.95</b>   |

# Kyolic Garlic

| Code #  | Product Name                                                           | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Count     | Retail  | You Pay! |
|---------|------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
|         |                                                                        | <b>Cholesterol</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |           |         |          |
| #165441 | <b>Kyolic<br/>Formula<br/>104 Immune<br/>Cholesterol</b>               | <b>Formula 104 for Cholesterol Health</b> contains a combination of 600 mg of AGE and 380 mg of Lecithin per serving (2 capsules; Recommend two servings per day). This combination of Lecithin and AGE supports healthy cholesterol levels already within normal ranges and overall cardiovascular health. Extensively researched, Kyolic AGE is the best-selling odorless, aged garlic extract and has been proven safe and effective for over 47 years. *Note: The Lecithin in this formula is derived from soybeans. Lecithin works like the RotoRooter in breaking down the bad fats and flushing them out of the body. | 100 Caps  | \$15.79 | \$12.78  |
| #165442 |                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 200 Caps  | \$27.69 | \$22.42  |
| #165443 |                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 300 Caps  | \$37.49 | \$30.36  |
|         |                                                                        | <b>Healthy Digestion</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |         |          |
| #165241 | <b>Kyolic<br/>Formula<br/>102 Candida<br/>Cleanse &amp;<br/>Digest</b> | <b>Formula 102 Candida Cleanse &amp; Digest</b> contains a unique synergistic combination of 600 mg of Aged Garlic Extract, along with ginger, and the enzymes glucanase, lipase, and protease to support GI cleansing, healthy intestinal function and digestive balance.* (2 tablets/capsules; Recommend two servings per day) Take Formula 102 daily to support nutrient absorption, healthy digestion, prevent yeast imbalance and to support overall immunity to help strengthen the body's natural defenses.                                                                                                           | 100 VCaps | \$16.89 | \$13.65  |
| #165242 |                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 200 VCaps | \$29.89 | \$24.20  |
|         |                                                                        | <b>Healthy Immune</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |         |          |
| #165341 | <b>Kyolic<br/>Formula 103<br/>Immune</b>                               | <b>Formula 103 for Immune Health</b> contains a potent combination of AGE, vitamin C, a premium mushroom complex, astragalus, oregano and olive leaf extracts to support a healthy immune function. (2 capsules per serving; Recommend two servings per day).                                                                                                                                                                                                                                                                                                                                                                | 100 Caps  | \$16.29 | \$13.20  |
| #165342 |                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 200 Caps  | \$28.29 | \$22.90  |
| #165343 |                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 300 Caps  | \$38.59 | \$31.25  |

# Article: Alcohol, Smoking & Chewing Tobacco



An estimated 95,000 people (*approximately 68,000 men and 27,000 women*) die from alcohol-related causes annually, making alcohol the third-leading preventable cause of death in the United States. The first is tobacco, and the second is poor diet and physical inactivity.

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-statistics>

We have talked about the importance of a healthy diet and exercise throughout this catalog, but we haven't spent much time on Alcohol, Smoking or Chewing Tobacco. I think we'd be negligent if we didn't encourage those who drink and smoke and chew to break away from these health destroying, expensive and terrible vices. I know I'm going to step on some toes here, but I hope that in that process, if you are a user of any of these things, that your conscience will be pricked and you will desire to be set free from their bondage, and that someday not far down the road, you won't be angry with me, but instead, you will thank me for shining the spot light on these things and helping you to see that our bodies truly are "the temple of the Lord" (1 Corinthians 6:19) and that God says that if we destroy our bodies, He will destroy us. (1 Corinthians 3:17.)

## ALCOHOL

### The 3<sup>rd</sup> leading cause of preventable death

What claims 50 times more lives than all the illegal drugs combined? What destroys 1 in every 4 families in America? What kills over 200,000 Americans each year? Is it crack? Is it cocaine? Could it be heroin?

No, the undisputed heavy-weight champion of the drug world and number one killer of Americans is ALCOHOL!

### THANKS TO ALCOHOL . . .

- There are over 18 million alcoholics in America
- Cirrhosis of the liver kills over 30,000 each year and rising
- 50 percent of the people on welfare are due to killer alcohol

- 80 percent of all fire deaths are due to killer alcohol
- 65 percent of the drownings
- 22 percent of home accidents
- 77 percent of falls
- 36 percent of pedestrian accidents
- 65 percent of all murders
- 40 percent of all assaults
- 35 percent of all rapes
- 30 percent of other sex crimes
- 30 percent of all suicides
- Over 80 percent of all arrests are linked to killer alcohol!

Alcohol destroys the liver and damages the brain. There is no "safe" amount of alcohol to drink. The ONLY safe practice is to NOT drink at all.

## SMOKING

### The 1<sup>st</sup> leading cause of preventable death



My mother-in-law started smoking when she was 9 years old. When Al and I got married, she was smoking 3 packs a day. 25 years later, she died from COPD. The MEDIA is so deceptive, they show these handsome manly men in their smoking ads but they never show you pictures of men on their deathbed,

hooked up to oxygen machines which is how many die who smoke.

I very much doubt that there are many people who need to be convinced of the harm of smoking these days, so we'll spend a little time on the habit of CHEWING now.





## CHEWING

### The Risks: Chewing Tobacco vs. Cigarettes

Some people who have been persuaded to give up smoking have ended up placing the tobacco directly inside their mouth instead—in the mistaken belief that smokeless tobacco (a.k.a. spit tobacco, chew, chaw, dip, plug, etc.) is less toxic and dangerous. In 2016, about 3% of American adults used spit tobacco. This percentage is likely to increase as more public establishments enforce smoking bans across the country, alongside the rise in vaping, which can also have many harmful side effects.

Users can get their tobacco fix by “dipping” snuff (a fine tobacco, either moist or dry is held between the bottom lip or cheek and gum) or chewing (a wad of leaves, either shredded, twisted or in brick form, is placed between the cheek and gum). If you hold an average-sized plug in your mouth for 30 minutes, you’ll end up with as much nicotine as if you had smoked four cigarettes.

What are the health risks of chewing tobacco as compared to smoking?

Smokeless tobacco includes more than 28 cancer-causing substances, including the tobacco-specific carcinogen nitrosamines. Some products also contain more than 3,000 chemicals. But that’s not all: Because tobacco often has an unpleasant taste, smokeless brands tend to be loaded with sugar, and that leads to tooth decay. The gritty material in the tobacco leaves wears down the surfaces of the teeth, stains the enamel and scratches the soft tissues in the mouth, allowing the nicotine and other chemicals to enter the bloodstream directly. As an added bonus, your gums will likely recede, and you’ll develop oral lesions, a black

hairy tongue and bad breath. Some smokeless tobacco products also contain salt that can raise blood pressure in vulnerable persons and may cause kidney disease.

I haven’t even mentioned cancer yet: Long-term snuff users have a 50% higher incidence of cancer of the mouth and pharynx, as well as more malignancies of the larynx and esophagus.

And here’s something you may not have considered: Tobacco chewers must spit—and thereby spread their germs to the rest of us. (About one in three Major League baseball players chew, and if you’ve ever watched a ballgame, you know it’s not pretty.)

The bottom line? If you chew, you have not kicked the nicotine habit.

<https://parade.com/47772/parade/the-risks-chewing-tobacco-vs-cigarettes>

Some people will cry, “*Moderation in everything!*” That is one of the biggest lies ever. I hope no one reading this thinks it’s okay to use cocaine moderately. And the same thing goes for meth and heroin. Well, alcohol and nicotine are drugs, too, and for some who use them, they are just as hard to quit as are the harder drugs, sometimes even harder. All of these drugs affect the mind, and it is through the mind that God reaches us and communicates with us. We need to do all we can to keep the mind in the clearest and best condition possible.

If you are addicted to alcohol or tobacco or other drugs, don’t be discouraged. Take heart! God wants to free you from your addiction and make you healthy, physically, mentally and spiritually. Ask for the free book we offer called, *The Ministry of Healing*. There is a chapter in it that will bring great hope and encouragement to you. “The good resolutions made in one’s own strength avail nothing. Not all the pledges in the world will break the power of evil habit. Never will men practice temperance in all things until their hearts are renewed by divine grace. We cannot keep ourselves from sin for one moment. Every moment we are dependent upon God.” *Ministry of Healing*, 179.

Before my husband was a Christian, he was an alcoholic and heavy drug user. He’s been free from the slavery of addiction now for over 40 years. He knows that the ONLY SAFE COURSE is 100% total abstinence.

I hope and pray that this section of the catalog has not made you angry, but rather has inspired you to break free and help others break free, too.

# Golden Eagle Herbal Chew

Tobacco in any form is unhealthy. Our goal is to try to help our customers break bad habits. Smoking and chewing tobacco causes cancer and many other horrible health problems. We'd like to offer you an alternative to chewing tobacco ~ *Golden Eagle Herbal Chew*. It is made from ALL natural healthy herbs...it is NON-ADDICTING... NO TOBACCO or NICOTINE...there are 5 flavors. Each container is 1.2 oz. and there are 20 servings per container. 10% Discount when you purchase a roll of 10.



| Code #  | Product Name       | Description                                                  | Count  | You Pay! |
|---------|--------------------|--------------------------------------------------------------|--------|----------|
| #1356   | Cinnamon           | Brown Label - First flavor made                              | 1.2 oz | \$3.20   |
| #1357   | Wintergreen        | Green Label - Our most popular flavor                        | 1.2 oz | \$3.20   |
| #1358   | Hibiscus<br>Ginger | Red Label - For the chewer who likes a hotter, spicier blend | 1.2 oz | \$3.20   |
| #1359   | Licorice Mint      | Blue Label - Refreshing, leaves a cool, clean aftertaste     | 1.2 oz | \$3.20   |
| #219112 | Straight           | Gray Label - Tobacco-like taste                              | 1.2 oz | \$3.20   |

“Just wanted to tell all of you THANK YOU! I recently learned of Golden Eagle from a good friend of mine that used your product to stop dipping, and thus far he has been successful in doing so. I started smoking when I was 18 and began dipping when I was 19 to quit smoking. I am now 26 and through my friend have been using your Cinnamon Chew to help curb my habit. Just yesterday I received my very own order from ya'll of 40 cans. Your product is well on its way to changing my life back to a healthy productive lifestyle. I can't thank you enough for what ya'll do.”

— Beyond Satisfied Customer!! *Joshua Y*

## Dangers of Chewing Tobacco

- **Addiction.** Because smokeless tobacco contains nicotine, you can get addicted, just as you can with cigarettes and other tobacco products. Your body may actually absorb as much nicotine from chewing tobacco or snuff as it does from cigarettes. Just as with smoking, withdrawal from smokeless tobacco causes signs and symptoms such as intense cravings, increased appetite, irritability and depressed mood.
- **Cancer.** Your risk of certain types of cancer increases if you use chewing tobacco or other types of smokeless tobacco. This includes esophageal cancer and various types of oral cancer, including cancers of your mouth, throat, cheek, gums, lips and tongue. You also face increased risks related to pancreatic cancer and kidney cancer.
- **Cavities.** Chewing tobacco and other forms of smokeless tobacco cause tooth decay. That's because chewing tobacco contains high amounts of sugar, which contributes to cavities. Chewing tobacco also contains coarse particles that can irritate your gums and scratch away at the enamel on your teeth.
- **Gum Disease.** The sugar and irritants in chewing tobacco and other forms of smokeless tobacco can cause your gums to pull away from your teeth in the area of your mouth where you place the chew. Over time you can develop gum disease, which can be severe enough to destroy the soft tissue and bone that support your teeth (periodontists) and lead to tooth loss.
- **Heart Disease.** Smokeless tobacco increases your heart rate and blood pressure. Some evidence suggests that long-term use of smokeless tobacco increases your risk of dying of certain types of heart disease and stroke.
- **Precancerous Mouth Lesions.** Smokeless tobacco increases your risk of developing small white patches called leukoplakia inside your mouth where the chew is most often placed. These mouth lesions are precancerous—meaning that the lesions could one day become cancer.

<http://www.mayoclinic.org/healthy-living/quit-smoking/in-depth/chewing-tobacco/art-20047428?pg=2>

# Grocery Products

| Code #  | Product Name                                                                                                            | <i>Nutritional Yeast Flakes</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Size    | You Pay!       |
|---------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------------|
| #2455   | <b>Nutritional Yeast Flakes</b>                                                                                         | NOW® pleasant-tasting Nutritional Yeast Flakes are produced from a specially selected strain of <i>Saccharomyces cerevisiae</i> . This yeast is grown on enriched purified cane and beet molasses under carefully controlled conditions. This is a primary grown yeast and is therefore NOT a brewery by-product as is brewer's yeast. This ensures freedom from <i>Candida albicans</i> yeast.                                                                                                                                                                                                                                   | 10 oz.  | <b>\$9.60</b>  |
| #2457   | <b>Nutritional Yeast Flakes</b>                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 10 lbs. | <b>\$89.60</b> |
| #230350 | <b>Red Star Nutritional Yeast Flakes</b>                                                                                | Nutritional Yeast Flakes by Red Star - certified "Candida Negative".                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 3 lbs.  | <b>\$30.45</b> |
| Code #  | Product Name                                                                                                            | <i>Gluten-Free</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Size    | You Pay!       |
| #301610 | <b>Ener-G Foods Baking Powder</b>                                                                                       | An aluminum-free, sodium-free, gluten-free baking soda. <b>Ingredients:</b> Calcium carbonate, magnesium carbonate, glucono delta lactone, and citric acid.                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 7 oz.   | <b>\$7.50</b>  |
| #301630 | <b>Ener-G Foods Baking Soda</b>                                                                                         | An aluminum-free, sodium-free, gluten-free baking soda. Designed specifically for individuals on Kidney Dialysis who must avoid sodium bicarbonate, potassium bicarbonate, and who require higher intakes of calcium. Ener-G Baking Soda is free of sodium, potassium, aluminum, and is high in calcium. Baking soda and baking powder are leavening agents in baked goods. They create the necessary gas for breads, cakes, muffins, etc. to rise.                                                                                                                                                                               | 5.5 oz  | <b>\$9.40</b>  |
| #301414 | <b>Ener-G Foods Egg Replacer</b><br> | Our top selling egg substitute made with potato and tapioca starch. Used strictly for baking, not only is Ener-G Egg Replacer 100% egg-free, it is also gluten-free, wheat-free, casein-free, dairy-free, yeast-free, soy-free, tree nut-free, peanut-free, and it's low in protein. It mimics what eggs do in baking recipes so it's perfect for people who cannot have eggs, replacing whole eggs, egg whites, and egg yolks in baking. 16 ounces is equivalent to approximately 100 eggs. <b>Ingredients:</b> Potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, citric acid), and carbohydrate gum. | 16 oz.  | <b>\$8.25</b>  |
| #5040   | <b>Guar Gum Powder</b>                                                                                                  | Guar Gum is a thickening agent derived from guar beans that has enjoyed much use in various baking applications. It is primarily used in hypoallergenic recipes that use different types of whole grain flours. This product works by thickening the dough to the proper consistency to prevent the escape of gas released by leavening. It is especially useful as a binder in gluten-free baking.                                                                                                                                                                                                                               | 8 oz.   | <b>\$6.70</b>  |
| #6199   | <b>Xanthan Gum Powder</b>                                                                                               | Xanthan Gum is an excellent addition to your favorite sauces and dressings due to its ability to prevent oil separation and to keep solid particles, such as spices, suspended. It lends a smooth texture to many foods, making it a desirable addition to recipes.                                                                                                                                                                                                                                                                                                                                                               | 6 oz.   | <b>\$8.10</b>  |

# Grocery Products ~ Healthy Sweeteners

| Code # | Product Name                                                      | <i>Stevia</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Size                        | You Pay!       |
|--------|-------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|----------------|
| #6952  | <b>BetterStevia<br/>Glycerite<br/>Alcohol-<br/>Free</b>           | NOW® BetterStevia® Glycerite is alcohol-free and a zero calorie, low glycemic, natural plant based sweetener that makes a perfectly healthy substitute for table sugar and artificial sweeteners. Unlike chemical sweeteners, NOW® BetterStevia® Glycerite contains natural plant Stevia extracts.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 2 oz                        | <b>\$6.90</b>  |
| #6953  |                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 8 oz                        | <b>\$19.95</b> |
| #6957  | <b>BetterStevia<br/>Packets</b>                                   | Natural, Delicious, Clean, Sweet Taste, No Bitter Aftertaste, Zero Calories                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 100 Pkts                    | <b>\$6.05</b>  |
| #6968  | <b>BetterStevia<br/>Balance</b>                                   | The “Balance” in BetterStevia Balance™ comes from Inulin and Chromium. Inulin, a fructooligosaccharide from chicory, is a non-digestible soluble fiber that can be utilized for nourishment by the probiotic bacteria in the gut. Chromium, a dietary mineral, is included due to its essential role in the body’s metabolism of glucose, further supporting the low glycemic properties inherent in BetterStevia™ Balance.*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 100 Pkts                    | <b>\$7.70</b>  |
| #6960  | <b>BetterStevia<br/>White<br/>Extract<br/>Powder,<br/>Organic</b> | NOW® BetterStevia® is a zero-calorie, low glycemic, certified organic sweetener that makes a perfectly healthy substitute for table sugar and artificial sweeteners. Unlike chemical sweeteners, NOW® BetterStevia® contains pure Stevia extract. Serving Scoop Enclosed!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 1 oz<br>622<br>Servings     | <b>\$6.90</b>  |
| #6961  |                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 1 lb.<br>10,088<br>Servings | <b>\$76.80</b> |
| #6938  | <b>BetterStevia<br/>Liquid English<br/>Toffee</b>                 | Zero-Calorie Liquid Sweetener - Delicious BetterStevia® English Toffee Liquid is an excellent addition to your favorite beverages and is especially suited for sweetening coffees and teas - just a few drops is all you need to add a burst of flavored sweetness to any beverage, hot or cold! BetterStevia®English Toffee Liquid is now in a new convenient flip-top plastic bottle that makes it easy to dispense the perfect amount of BetterStevia® with no leaking and no mess. These attractive new bottles are lightweight, portable, and easy to use.<br><br>NOW® BetterStevia® is a zero-calorie, low glycemic, natural sweetener that makes a perfectly healthy substitute for table sugar and artificial sweeteners.<br><br>Unlike chemical sweeteners, NOW® BetterStevia® contains a certified organic stevia extract. NOW Foods takes special measures to preserve Stevia’s natural qualities in this unique, better-tasting Stevia. | 2 oz.                       | <b>\$8.45</b>  |
| #6979  | <b>BetterStevia<br/>Liquid French<br/>Vanilla</b>                 | Delicious BetterStevia® French Vanilla Liquid is an excellent addition to your favorite beverages and is especially suited for sweetening coffees and teas - just a few drops is all you need to add a burst of flavored sweetness to any beverage, hot or cold!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 2 oz.                       | <b>\$8.45</b>  |
| #6942  | <b>BetterStevia<br/>Packets<br/>Organic</b>                       | BetterStevia® is a zero-calorie, low glycemic, non-GMO, plant-derived sweetener that makes a perfectly healthy substitute for table sugar and artificial sweeteners. Unlike chemical sweeteners, BetterStevia® is a pure stevia extract and is easily utilized by the body and metabolized in the same way nutrients are. With a taste that is naturally 60-100 times sweeter than refined sugar, a tiny amount is all it takes to sweeten your favorite beverages, foods and desserts! Not all stevia is the same, though. We take special measures to preserve stevia’s natural qualities in this unique, pure, better-tasting stevia.                                                                                                                                                                                                                                                                                                            | 75/Box                      | <b>\$8.99</b>  |

# Grocery Products ~ Stevia Drops & Monk Fruit



## Delicious, Zero-Calorie Sweetness You Can Trust!

- Zero Sugar
- Delicious Taste
- NO Artificial Sweeteners
- Award Winning

Add to any drink or food, from coffee and cereal to French toast, desserts, and more. Or, use Sweet Drops™ to create your own sugar-free indulgence – how easy is that? Do something good for yourself and make one sweet change to SweetLeaf® Sweet Drops™ today!

| Code #  | Product Name | <i>Stevia Sweet Leaf Sweet Drops</i> | Size  | You Pay! |
|---------|--------------|--------------------------------------|-------|----------|
| #168300 | Sweet Drops  | Toffee                               | 2 oz. | \$8.99   |
| #168384 | Sweet Drops  | Vanilla Creme                        | 2 oz. | \$8.99   |
| #168388 | Sweet Drops  | Valencia Orange                      | 2 oz. | \$8.99   |
| #168404 | Sweet Drops  | Root Beer                            | 2 oz. | \$8.99   |
| #168417 | Sweet Drops  | Berry                                | 2 oz. | \$8.99   |
| #168646 | Sweet Drops  | Coconut                              | 2 oz. | \$8.99   |
| #168412 | Sweet Drops  | Cinnamon                             | 2 oz. | \$8.99   |
| #168718 | Sweet Drops  | Pumpkin Spice                        | 2 oz. | \$8.99   |
| #168415 | Sweet Drops  | Hazelnut                             | 2 oz. | \$8.99   |
| #168396 | Sweet Drops  | Lemon Drop                           | 2 oz. | \$8.99   |

## Zero-Calorie Liquid Sweetener—Monk Fruit



Monk fruit, also known as Luo Han Guo, is our newest zero-calorie sweetener. Monk fruit is significantly sweeter than sugar, up to 200 times as sweet and is a fantastic alternative to sugar in beverages.

- Zero Calorie Sweetener
- Use to naturally sweeten your favorite beverages and foods
- Sweeten to taste using 8 to 10 drops
- Keto-Friendly; Gluten Free; USDA Organic; Non-GMO
- Packaged in the USA by a family owned and operated company since 1968.

| Code # | Product Name | <i>Monk Fruit Liquid - ORGANIC</i>        | Size    | You Pay! |
|--------|--------------|-------------------------------------------|---------|----------|
| #6916  | Monk Fruit   | Original Liquid, Organic                  | 2 oz.   | \$10.99  |
| #7116  | Monk Fruit   | Original Liquid, Organic                  | 8 oz.   | \$29.99  |
| #7112  | Monk Fruit   | Caramel - Liquid, Organic                 | 1.8 oz. | \$12.99  |
| #7111  | Monk Fruit   | Vanilla - Liquid, Organic                 | 1.8 oz. | \$12.99  |
| #7114  | Monk Fruit   | Pumpkin Spice - Liquid, Organic           | 1.8 oz. | \$12.99  |
| #7120  | Monk Fruit   | Monk Fruit Extract Powder, Organic        | .7 oz.  | \$23.99  |
| #7124  | Monk Fruit   | Monk Fruit 1:1 Sugar Replacement, Organic | 16 oz.  | \$9.99   |

# Grocery Products ~ Sweeteners & Marshmallow Cream

| Code # | Product Name                                                                                                       | <i>Other Sweeteners</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Size     | Retail  | You Pay! |
|--------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #6906  | Agave Nectar, Light, Organic                                                                                       | NOW Real Food® Organic Light Agave Nectar is a versatile liquid sweetener with a taste similar to honey. Its mild flavor makes it ideal for use in many culinary applications, and it's a good substitute for honey and maple syrup. Agave nectar (also called agave syrup) is minimally processed using low temperatures and has a low glycemic index.                                                                                                                                                                         | 23.2 oz. | \$6.99  | \$6.50   |
| #6915  | Coconut Sugar, Organic                                                                                             | Healthier Alternative to Table Sugar - * Low Glycemic Impact * Sustainably Harvested * Naturally Sweet<br>NOW Real Food® Organic Coconut Sugar is a minimally processed natural sugar with a low glycemic impact and a mild sweetness and flavor similar to brown sugar. Unlike table sugar Coconut Sugar has naturally occurring vitamins, minerals, and amino acids, making it a healthy substitute for sugar in almost any dish. NOW Real Food® Coconut Sugar can be substituted 1:1 for table sugar in recipes.             | 1 lb.    | \$5.69  | \$5.30   |
| #6927  | Erythritol Natural Sweetener                                                                                       | Erythritol is a naturally occurring sugar alcohol derived from corn and is naturally found in small amounts in various plants, fruits and fungi, including mushrooms. It contains virtually no calories (95% less calories than table sugar), has a low glycemic impact, and doesn't contribute to tooth decay. Basically all the bad things about sugar are absent in Erythritol, yet it tastes just like sugar and is about 70% as sweet.                                                                                     | 1 lb.    | \$7.99  | \$7.75   |
| #7140  | Manuka Honey                                                                                                       | Delightfully sweet, rich and creamy, our manuka honey comes from hardworking bees collecting nectar in New Zealand's pristine forests. The creaming process creates a smooth, thick, robust honey that's a superb addition to tea, smoothies, granola or a tasty spread on toast or an apple.<br>This MGO 250 honey is guaranteed to contain at least 250mg/kg of methylglyoxal (MGO) <ul style="list-style-type: none"> <li>• Spreadable</li> <li>• Monofloral</li> <li>• MGO 250</li> <li>• Product of New Zealand</li> </ul> | 8.8 oz   | \$24.99 | \$22.40  |
| Code # | Product Name                                                                                                       | <i>VEGAN Marshmallow Cream</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Size     | Retail  | You Pay! |
| #1007  | <br>Suzanne's Rice-mellow Creme | Tastes just like Marshmallow Cream! Very healthy!<br>Ingredients: Brown rice syrup, soy protein, natural flavors, natural gums                                                                                                                                                                                                                                                                                                                                                                                                  | 10 oz    |         | \$5.70   |

# Grocery Products

## Sprouts & Sprouting Aids, Coconut Oil



| Code # | Product Name                                                                                                      | <i>Sprouts &amp; Sprouting Aids</i>                                                                                                                                                                                                                                                                                                                                                                         | Size   | Retail  | You Pay! |
|--------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|----------|
| #7212  | <b>Alfalfa Seeds</b>                                                                                              | Alfalfa Seeds are the most popular form of sprouting seeds and can be used in salads, sandwiches, chop suey and cooked dishes.                                                                                                                                                                                                                                                                              | 12 oz  | \$9.99  | \$9.25   |
| #7215  | <b>Broccoli Seeds</b>                                                                                             | Did you know that broccoli sprouts naturally have about 50 times more sulforaphane potential than broccoli florets? They're also a good source of fiber.                                                                                                                                                                                                                                                    | 4 oz.  | \$5.99  | \$5.00   |
| #7250  | <b>Mung Beans</b>                                                                                                 | Mung Beans are one of the most popular sprouting products in use today. NOW Real Food™ Mung Beans are an excellent source of fiber and protein, making them a good meat substitute for vegetarians and vegans. Mung Beans have a mildly sweet flavor and are widely used in Asian cuisine.                                                                                                                  | 16 oz. | \$4.99  | \$4.79   |
| #7271  | <b>Sprouting Mix</b>                                                                                              | Clover, Fenugreek and Radish Seeds                                                                                                                                                                                                                                                                                                                                                                          | 16 oz. | \$6.99  | \$6.69   |
| #7320  | <b>Citric Acid Powder</b>                                                                                         | If you're into sprouting then you're already familiar with Citric Acid, a natural preservative typically found in citrus fruits such as lemons and limes. Citric Acid helps to inhibit the formation of mold and other bacterial growth, an all-too-common occurrence when sprouting in a jar due to high temperatures and humidity. Citric Acid is also useful for canning vegetables and fruit preserves. | 4 oz.  | \$4.99  | \$3.20   |
| #7321  |                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                             | 16 oz. | \$12.99 | \$10.40  |
| Code # | Product Name                                                                                                      | <i>Coconut Oil</i>                                                                                                                                                                                                                                                                                                                                                                                          | Size   | Retail  | You Pay! |
| #1725  | <br><b>Coconut Oil Organic</b> | NOW® Organic Virgin Coconut Oil is a high grade, unrefined premium nutritional edible oil obtained from the first cold pressing of organic coconut (Cocos nucifera) kernels. Virgin Coconut Oil is naturally trans-fatty acid free and has naturally occurring medium chain triglycerides (MCT).                                                                                                            | 12 oz. | \$8.99  | \$7.19   |
| #1726  |                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                             | 20 oz. | \$12.99 | \$10.40  |
| #1735  |                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                             | 54 oz. | \$29.99 | \$23.50  |

# Hydrogen Peroxide - Food Grade

*~There are many uses for Hydrogen Peroxide~*



**Kitchen:** Cleaning counters, appliances, etc.; In the Dishwasher; Soaking Fruits & Vegetables; Meat Tenderizer & Disinfect Bacteria; Soaking & Sprouting Seeds.

**Personal Use:** Natural Highlights; Ear Infections/Colds/Sinus; Nasal Spray; Foot Soaks & Fungal Conditions; Douche; Enema; Colonics; Cleansing Baths; Detoxifying Baths.

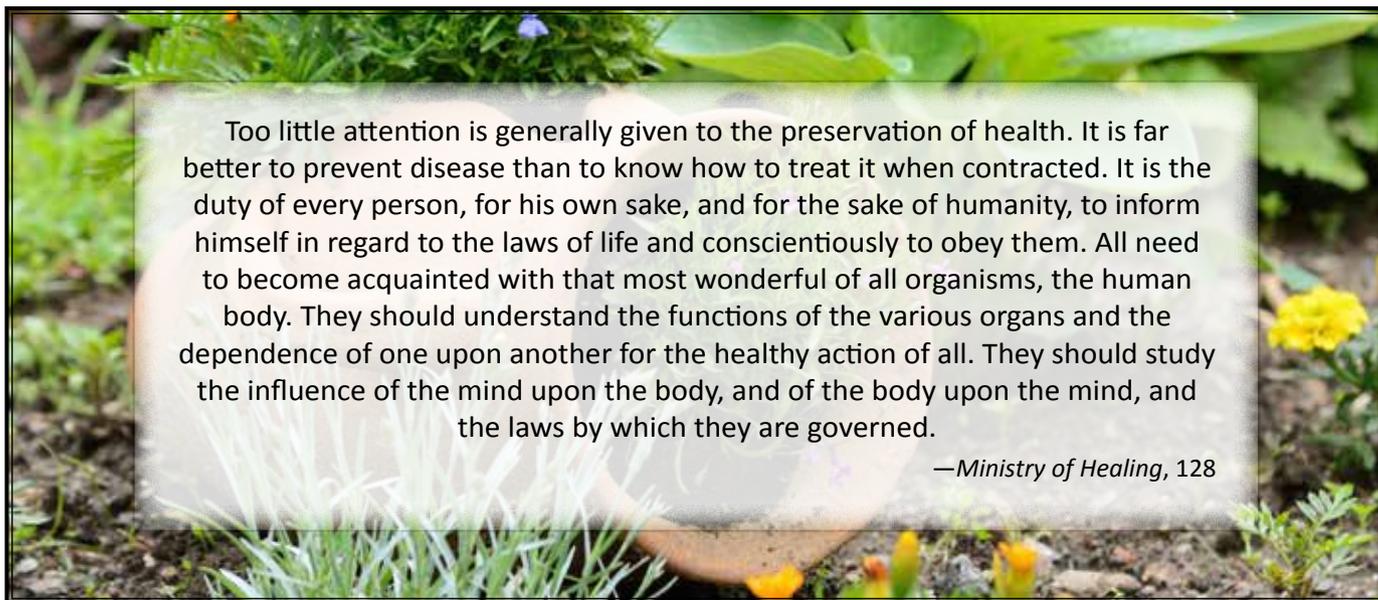
**In the Bathroom:** Cleaner; Body Spray; Facial Cleanser/Freshener; Mouthwash; Toothpaste; Deodorant.

**In the Home:** Humidifier/Vaporizers; Laundry; Blood Stain Remover; Houseplants; Hot Tub.

**In the Garden:** Plants/Garden/Fruit Trees Spray; Fungus/Mold control for roses & vegetables; Insecticide Spray.

**On the Farm:** Drinking Water; Udder Wash for Milking; To Prevent Spoilage; Drenching

| Code #  | Product Name | Description                                                                                                                                                                                                                                                                                | Count  | You Pay! |
|---------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------|
| #HP316  | 3% H2O2      | Hydrogen Peroxide, 3%                                                                                                                                                                                                                                                                      | 16 oz. | \$9.00   |
| #HP1216 | 12% H2O2     | Hydrogen Peroxide, 12%                                                                                                                                                                                                                                                                     | 16 oz. | \$15.50  |
| #HP3516 | 35% H2O2     | Hydrogen Peroxide, 35%                                                                                                                                                                                                                                                                     | 16 oz. | \$20.00  |
| #OP32   | OxyPlus      | By simply increasing the levels of oxygen in your blood you may increase the ability for the blood to carry nutrients where they are most needed. OxyPlus helps improve mental clarity, muscle response and oxygenation. Contains no artificial ingredients or sweeteners. Ready to drink. | 32 oz. | \$20.00  |



Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted. It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life and conscientiously to obey them. All need to become acquainted with that most wonderful of all organisms, the human body. They should understand the functions of the various organs and the dependence of one upon another for the healthy action of all. They should study the influence of the mind upon the body, and of the body upon the mind, and the laws by which they are governed.

—Ministry of Healing, 128

# Immune Assist



## The Most Powerful Organic Medicinal Mushroom Supplement Available for Supercharging your Immune System!

**IMMUNE-ASSIST™ Critical Care Formula** includes a combination of more than 200 different polysaccharides, derived from the enzymatic breakdown of complex organic plant material from six different species of organically grown medicinal mushrooms. These include *Agaricus blazei*, *Cordyceps sinensis* and *Cordyceps militaris*, *Lentinula edodes* (shiitake), *Grifola frondosa* (maitake), *Ganoderma lucidum* (Reishi), and *Coriolus versicolor*. **Immune-Assist Critical Care Formula™** contains 600 mg per vegetarian capsule and is made in USA using only USDA-certified organic materials.

**IMMUNE-ASSIST™ Critical Care Formula** contains simple polysaccharides similar to many other products on the market, but it also contains much more complex polysaccharides like the cross-linked beta-mannans and beta-glucans, as well as which combine both alpha- and beta-bound monosaccharides into the same molecule. This is a major reason that **Immune-Assist** shows such a greater range of immuno-modulation bioactivity than other supplements. Included among the important substances in **Immune-Assist™ Critical Care Formula** are **Arabinoxylane**, **Lentinan**, **Grifolan** (Dr. Nanba's original **Maitake D-Fraction**), **PSK** and **PSP**, and **Active Hemicellulose Correlated Compound (AHCC)**.

| Code #    | Product Name  | Description                                          | Count    | Retail  | You Pay! |
|-----------|---------------|------------------------------------------------------|----------|---------|----------|
| #AM-IACCF | Immune Assist | Aloha Medicinals Immune-Assist Critical Care Formula | 90 VCaps | \$44.95 | \$27.95  |

### Benefits of Immune Assist™ Critical Care Formula

Human, animal, and *in vitro* studies confirm that the ingredients in **immune assist** critical care formula consistently supports the body and effectively boosts immune system function in the following ways:

1. Stimulates cytokine (il-2, il-12, TNF, and interferon) production, which stimulates immune function
2. Increases natural killer (NK) cell activity
3. Increases the formation of explosive granules within NK cells
4. Increases the number and the activity of lymphocytes, specifically increasing T-cells
5. Increases interferon levels and stimulates NK cell activity
6. Increases the formation of TNF, a group of proteins that help destroy out-of-balance cells
7. It is rich in adenosine and amino acids necessary for the production of ATP

### Applications in Which Immune Assist™ Critical Care Formula May Be Useful

1. Recurrent infections, such as colds, flu, and parasites,
2. Peptic ulcer,
3. Slow healing wounds,
4. Digestive problems,
5. Hepatitis,
6. Multiple sclerosis,
7. Abnormal growths
8. Autoimmune conditions. People with compromised immune function and those living in immune "hot spots" choose **immune-assist critical care formula™**. It offers support by optimizing your immune system supporting its efforts to locate, target, and destroy invading organisms associated with sub-optimal health and aging.

# Immune Builders



## Powerful & Potent Immune Builders

It's your immune-system that fights Cancer and many other dreaded diseases. The following are some of the most powerful immune-system building products available.

| Code #  | Product Name                           | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Count    | Retail   | You Pay!                  |
|---------|----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------|---------------------------|
| #P80012 | Immune Assist AHCC, 1500 mg            | <p>AHCC is created by reacting specific enzymes with several species of medicinal mushrooms known as Basidiomycetes. AHCC is then obtained from a patented process of cultivation, enzymatic decomposition, sterilization, concentration, and freeze drying. AHCC's special ingredients obtained from this unique cultivation method cannot be found in typical mushrooms. The main advantage of our patented cultivation method is that it breaks down nutrients into a more absorbable form.</p> <p>AHCC can be assimilated quickly by the white blood cells for immediate use in destruction of tumors or strengthening of the body's immune system. Medicinal mushrooms exhibit protective qualities such as stimulating cell-mediated immunity by activating the white blood cells, which directly attack abnormal cells, virus infected cells, or external viral and bacterial pathogens which enter the body.</p> <p>Medicinal mushrooms and their extracts have been reported in scientific literature to have a variety of biological effects including immune-modulation, antitumor properties and beneficial influences on blood sugar regulation, serum lipids and blood pressure.</p> <p>AHCC has been used to fight a number of serious immune deficiencies including cancer, heart disease, hepatitis, and AIDS. Other potential uses for AHCC include chronic fatigue, Lyme Disease, Fibromyalgia, Osteoarthritis, Allergies, Asthma, and many other inflammatory responses influenced in the body by the immune system.</p> <p>Many diseases can be traced to a breakdown in immune function; this provides reason that AHCC should be considered a first line defense in a variety of different disease states.</p> | 60 VCaps | \$168.18 | \$136.75                  |
| #AHCCP  | Douglas Laboratories AHCC PLUS 1000 mg | <p>Each serving contains 1000 mg of AHCC , PLUS 100 mg of Arabinogalactan, a derivative of the Western Larch tree (<i>Larix occidentalis</i>) and the Eastern Larch tree (<i>Larix laricina</i>) it is a polysaccharide composed of galactose and arabinose units. Arabinogalactan is added in this formula for the supportive role it plays in immune health. Larch arabinogalactan is a complex carbohydrate that alternative practitioners believe can protect against common and uncommon infections. It is thought to stimulate the immune system by increasing the amount of probiotic bacteria in the gut as it undergoes fermentation. For reasons not entirely understood, this action triggers a dramatic increase in defensive antibodies, including immunoglobulin G (IgG), as well as inflammatory proteins such as tumor necrosis factor (TNF).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 60 VCaps | \$136.10 | Call for Discount Pricing |

# Japanese Knotweed

## Japanese Knotweed

*Polygonum Cuspidatum*

Hu Zhang



**Japanese Knotweed** is an herb I'm really excited about! I've learned a lot about it just in the last couple weeks and I think it's worthy of its own page. It's originally from the other side of the World, China & Japan. God has given each part of the world some spectacular blessings in the herbs that grow native to them, and this is one of those blessings.

Many consider it a weed, because it grows so fast and crowds everything else around it out. But if they considered

the medicinal benefit it has to offer, I don't think they would call it a weed.

It is very high in Resveratrol, (*remember they used to tell people to drink red wine so they could get Resveratrol? Well, this is a much higher content of Resveratrol without the alcohol*). It's probably its high content of Resveratrol that makes this herb so much a blessing.

### HERE ARE SOME OF THE THINGS IT HAS BEEN KNOWN TO HELP:

- It can lower cholesterol levels
- It is anti-aging, used in many skin care products
- Improves the function of the brain.
- It can increase the lifespan by 30%
- Very Good for the Eyes
- Is a potent remedy for Lyme's Disease
- It's a Natural Laxative
- Studies show it can be beneficial against Alzheimer's Disease
- Beneficial for menopause
- Counters heart disease
- Studies show it inhibits the growth of tumors.
- Consume regularly to prevent joint inflammation
- High in Vitamins A & C
- It is Anti-bacterial, fights bacterial & viral invaders
- Very healthy for the GI Tract
- Very high in mineral content
- Helps with bloating, cramps, inflammation & chronic pain
- Prevents Blood Clots
- Cancer preventative
- It can keep brain pathways energized, preventing dementia
- It decreases insulin resistance while improving insulin sensitivity.
- A remedy for Gout Pain & Swelling
- Lowers Blood Pressure
- Considered chemopreventive as well as therapeutic against certain Cancers
- Heals Minor burns & Wounds

**You can buy the active ingredient that most of these health benefits are attributed to ~ Resveratrol, in supplement form, or you can buy the bulk herbs and make your own tinctures, salves and capsules.**

| Code #    | Description                                | Count              | You Pay! |
|-----------|--------------------------------------------|--------------------|----------|
| #25779    | Japanese Knotweed Root, C/S                | 1 lb.              | \$40.00  |
| #Y1504C   | Organic Japanese Knotweed Root, Powder     | 1 lb.              | \$40.00  |
| #3386     | NOW Resveratrol, Japanese Knotweed, 350 mg | 60 VCaps           | \$27.00  |
| #90E01050 | GAIA Resveratrol 150                       | 50 Vegan Phytocaps | \$19.99  |

<https://holisticzine.com/uses-benefits-of-japanese-knotweed>  
<https://www.organicfacts.net/health-benefits/herbs-and-spices/japanese-knotweed.html>

<https://drhealthbenefits.com/herbal/herbal-plant/health-benefits-of-japanese-knotweed>  
<https://everyhomeremedy.com/japanese-knotweed-extract-for-treating-lyme-disease/>

# Jarrow Industries



Buy any 12 Jarrow products, Mix & Match, and take 10% extra off.

| Code #   | Product Name                | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Count                | Retail  | You Pay! |
|----------|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|---------|----------|
| #104002  | Bone-Up                     | <b>Bone-Up</b> ~ Provides calcium citrate, in a form that has demonstrated superior absorption. Also formulated with vitamin K2 and vitamin D2, ingredients that support the deposition of calcium into the bones.                                                                                                                                                                                                                                                          | 120 Tabs             | \$18.95 | \$14.25  |
| #103028  | Ideal Bowel Support® LP299V | <b>Ideal Bowel Support</b> ~ Reduces Bloating, Gas and Intestinal Discomfort & Supports Regularity.                                                                                                                                                                                                                                                                                                                                                                         | 30 VCaps             | \$24.95 | \$18.75  |
| #117002  | Yaeyama Chlorella Powder    | <b>Yaeyama Chlorella Powder</b> ~ Provides RNA, DNA & Chlorophyll and supports healthy cell function and detoxification, especially heavy metal excretion.                                                                                                                                                                                                                                                                                                                  | 3.5 oz               | \$15.95 | \$12.00  |
| #129002  | Glucose Optimizer           | <b>Glucose Optimizer</b> ~ Alpha Lipoic Acid supports blood glucose and general energy metabolism. Banaba, Gymnema, Bitter Melon and Eucalyptus are herbal extracts that support glucose metabolism. Glycostat® Wild Bitter Melon Extract, a proprietary extract produced from a wild genotype, supports blood glucose metabolism and transport. Magnesium functions in the metabolism of glucose and the production of energy. Resveratrol supports cardiovascular health. | 120 Tablets          | \$31.95 | \$24.00  |
| #LIMON-1 | D-Limonene                  | <b>D-Limonene</b> neutralizes gastric acid and forms a barrier on the top of the stomach acid because it floats, preventing the acid from causing discomfort in the esophagus. D-limonene neutralizes acids the same way it's been used to dissolve the cholesterol contained in gallstones. d-Limonene is steam-distilled from orange peel and purified. d-Limonene is the major constituent of citrus essential oils.                                                     | 120 Softgels, 500 mg | \$12.95 | \$9.75   |
| #129012  | Liver Optimizer             | <b>Liver Optimizer</b> ~ combines herbs and other nutrients known to impact detoxification and overall liver function.                                                                                                                                                                                                                                                                                                                                                      | 90 Tabs              | \$33.00 | \$25.50  |

# Jarrow Industries

| Code #  | Product Name                 | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Count     | Retail  | You Pay! |
|---------|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #129019 | Pressure Optimizer           | <b>Pressure Optimizer</b> ~ contains AmealPeptide®, a patented extract clinically-tested for healthy blood pressure support. MegaNatural®—BP Grape Seed Extract is patented and clinically-tested for the support of healthy arterial function. Glycostat® Wild Bitter Melon Extract(Momordica charantia) may influence the body's nitric oxide and angiotensin converting enzyme (ACE) systems, both of which are involved in blood pressure maintenance. Sesaplex® Sesame Seed Extract lignans support antioxidant mechanisms, including the recycling of gamma-tocopherol and gamma-tocotrienol. Celery Seed traditionally is used to support kidney function. Magnesium promotes the relaxation of the blood vessels. | 60 Tabs   | \$39.95 | \$30.00  |
| #114052 | Quercetin                    | <b>Quercetin</b> is a phenolic antioxidant found in onions, green leafy vegetables and fruits such as apples and cherries. It is know to help inflammation, similar to aspirin. It is very good for the heart, reducing the amount of plaque in the blood vessels and arteries by eliminating LDL cholesterol and helps to lower blood pressure. It helps to manage Diabetes and is great for alleviating Asthma symptoms as it acts as a bronchodilator and reduces the amount of inflammatory or allergic reaction chemicals in the body.                                                                                                                                                                               | 200 VCaps | \$66.95 | \$50.25  |
| #103004 | Saccharomyces Boulardii PLUS | <b>Saccharomyces Boulardii PLUS</b> ~ A Probiotic Yeast that Provides a Synergistic Effect to Probiotics by Supporting the Growth of Beneficial Bacteria in the Intestinal Tract. Have used this with clients who had C-Diff (a bacteria infection that causes horrendous diarrhea) and it worked wonderfully.                                                                                                                                                                                                                                                                                                                                                                                                            | 90 VCaps  | \$32.95 | \$24.75  |
| #129049 | Sleep Optimizer              | <b>Sleep Optimizer</b> ~ combines herbs and amino acids that work together to facilitate falling asleep and maintaining a regular sleep cycle.* Gamma-aminobutyric acid (GABA), lemon balm, and L-tryptophan promote relaxation.* The combination of valerian and hops has been studied for reducing latency (the delay before entry into sleep). Melatonin, a brain hormone, sets the sleep-wake clock and signals entry into sleep.                                                                                                                                                                                                                                                                                     | 60 VCaps  | \$21.95 | \$16.50  |

# Jarrow Industries

| Code #  | Product Name            | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Count            | Retail         | You Pay!       |
|---------|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|----------------|----------------|
| #129026 | <b>Venous Optimizer</b> | <b>Venous Optimizer</b> ~ helps your legs to send the blood back to the heart, improves circulation, helps to prevent blood clots and varicose veins. It is a combination of phytochemicals and vitamin C. DiosVein® contains Diosmin, a flavonoid glycoside found naturally occurring in a variety of plants, including citrus fruits, that supports venous integrity. Hesperidin is a citrus bioflavonoid that supports venous integrity by supporting the integrity of collagen. Butcher's Broom (Ruscus aculeatus L.) supports venous integrity in the legs. LeucoSelect® Grape Seed Extract (Vitis vinifera L.) supports capillaries and cardiovascular health. Horse Chestnut (Aesculus hippocastanum L.) supports venous integrity and leg comfort.                                                                 | <b>90 Tab</b>    | <b>\$29.95</b> | <b>\$22.50</b> |
| #129003 | <b>Vision Optimizer</b> | <b>Vision Optimizer</b> ~ supports visual function and ocular antioxidant status. Lutein and Zeaxanthin isomers are antioxidant carotenoids that accumulate in the central retina (macula) to comprise macular pigment, which functions in visual performance and filtering high-energy blue light emitted from all types of screens (smartphones, tablets, laptop), LED/CFL lighting, and the sun. Mirtoselect® is a full spectrum Bilberry Extract rich in antioxidant anthocyanins and Grape Seed Extract is rich in antioxidant proanthocyanidins that support blood flow to the eyes. R-Alpha Lipoic Acid, Selenium and Vitamin B2 support levels of the body's master antioxidant, glutathione, and cellular antioxidant defenses for the eyes' lenses. Quercetin is an antioxidant that supports lens architecture. | <b>90 VCaps</b>  | <b>\$32.95</b> | <b>\$24.75</b> |
| #113008 | <b>ZINC Balance</b>     | <b>Zinc Balance</b> ® combines Zinc L-Methionine and Copper Gluconate (15:1 ratio). Zinc L-Methionine allows zinc absorption with phytate and fiber in vegetables. Zinc supports immune function. Zinc Balance® includes copper because supplemental zinc depletes copper.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>100 VCaps</b> | <b>\$12.95</b> | <b>\$9.75</b>  |
| #123012 | <b>Jarro-Zymes Plus</b> | <b>Jarro-Zymes Plus Vegetarian</b> ~ is a special formulation of acid-stable microbial and fungal enzymes with activities similar to pancreatin, containing amylase, lipase, and a complex of endo- and exopeptidases that are active over a wide range of gastrointestinal pH. Alpha galactosidase is produced by single cell fermentation and facilitates digestion of legumes and cruciferous vegetables. Lactase is added to facilitate the digestion of lactose.                                                                                                                                                                                                                                                                                                                                                      | <b>60 VCaps</b>  | <b>\$13.95</b> | <b>\$10.50</b> |

# Lice - B - Gone



**Lice-B-Gone** is a pesticide-free multi-enzyme shampoo made from vegetable extracts. This shampoo works when other formulations with pyrethroids may not. Lice-B-Gone removes lice and nits without harmful pesticides or irritating chemicals. Most cases require only one application. However, the product does need to stay on the person for 30-60 minutes to allow the formula to soften the glue holding nits and lice eggs to hair shafts. In Lice-B-Gone's non-irritating formula, this is an inconvenience rather than a health risk. Lice-B-Gone can be used by pregnant women, nursing mothers, young children and people with asthma and allergies. It is also effective on body lice, crab lice and scabies.

Unlike other lice control shampoos, Lice-B-Gone may be used as often as needed for actual treatment or for prevention in cases where re-exposure to lice has occurred. Reasons for re-application may include having an unusually large number of lice and nits initially, having a chronic lice problem for a long period of time, or having previously used a pesticide-containing lice shampoo, which can make the egg and nit glue more difficult to soften.

**Kit Contains:** shampoo, 2 shower caps, and a nit comb.

**For external use only.**

**This Product Controls These Pests or Diseases:** *Body Lice, Lice, Scabies*

| Code #   | Product Name                         | Count  | Retail  | You Pay! |
|----------|--------------------------------------|--------|---------|----------|
| #149402  | LiceBGone Kit                        | 4 oz.  | \$12.99 | \$11.70  |
| \$149040 | LiceBGone, 1 Treatment               | 2 oz.  | \$3.99  | \$3.60   |
| #149041  | LiceBGone, 2 Treatments              | 4 oz.  | \$8.99  | \$8.10   |
| \$149001 | LiceBGone, 8 Treatments, Family Size | 16 oz. | \$19.99 | \$18.00  |

*Often He met those who had drifted under Satan's control, and who had no power to break from his snare.*

*To such a one, discouraged, sick, tempted, fallen, Jesus would speak words of tenderest pity, words that were needed and could be understood.*

*Others He met who were fighting a hand-to-hand battle with the adversary of souls. These He encouraged to persevere, assuring them that they would win; for angels of God were on their side and would give them the victory.*

*—Ministry of Healing, 26*

# Life Extension



*Formulators of quality products, improving the lives of many.*

| Code #  | Product Name                            | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Count       | Retail  | You Pay! |
|---------|-----------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------|----------|
| #L00925 | <b>Mega Bonfotiamine B-1 250 mg</b>     | Healthy blood sugar metabolism support. Benfotiamine, a fat-soluble form of vitamin B1 (thiamine), provides healthy blood sugar metabolism support and helps protect the body's tissues against advanced glycation end products (AGEs) and oxidative stress.                                                                                                                                                                                                                                                                                                                                                                                           | 120 VCaps   | \$30.00 | \$22.50  |
| #L68966 | DHEA 100 mg                             | <ul style="list-style-type: none"> <li>• Maintains youthful DHEA hormone balance</li> <li>• Encourages healthy immune function &amp; cardiovascular health</li> <li>• Helps support &amp; maintain lean muscle mass</li> <li>• Promotes healthy mood, sexual function &amp; well-being</li> </ul>                                                                                                                                                                                                                                                                                                                                                      | 60 VCaps    | \$24.00 | \$18.00  |
| #L99366 | <b>Macuguard w/ Saffron &amp; Astax</b> | MacuGuard® Ocular Support with Saffron & Astaxanthin provides lutein, trans-zeaxanthin, and meso-zeaxanthin, three important nutrients that protect the delicate photoreceptor cells in the retina's macula from light damage. This innovative formula also contains astaxanthin to protect against eye fatigue and C3G (cyanidin-3-glucoside), a cutting-edge berry flavonoid compound that helps stimulate regeneration of rhodopsin, a compound in the eyes that absorbs light in the retina to help support night vision. Alpha-carotene has also been added to help support macular pigment as well as saffron for its vision-enhancing benefits. | 60 Softgels | \$44.00 | \$33.00  |
| #L25034 | <b>Mood Improve</b>                     | <ul style="list-style-type: none"> <li>• Saffron and probiotics promote balanced mood &amp; brain health</li> <li>• Supports healthy signaling between your digestive tract &amp; brain</li> <li>• Helps relieve minor digestive discomfort that can accompany everyday stress</li> </ul>                                                                                                                                                                                                                                                                                                                                                              | 30 VCaps    | \$31.00 | \$23.75  |
| #L43260 | <b>Optimized Saffron</b>                | Saffron supplement that helps you fight the urge to snack Snacking can be deceptively difficult to control. Optimized Saffron with Satiereal® affects neurotransmitter signals to help you fight snacking, which can help you achieve your weight management goals.                                                                                                                                                                                                                                                                                                                                                                                    | 60 VCaps    | \$36.00 | \$27.00  |
| #L50039 | PQQ 10 mg                               | PQQ stands for pyrroloquinoline quinone, and it's a major advancement in mitochondrial cellular energy. Mitochondria are the cellular energy generators that supply virtually all the power your body requires for a healthy life span. An abundance of published studies underscores the critical importance of the mitochondria to overall health, especially as we age. PQQ Caps                                                                                                                                                                                                                                                                    | 30 VCaps    | \$18.00 | \$13.50  |
| #L64739 | PQQ 20 mg                               | help support healthy mitochondrial function.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 30 VCaps    | \$32.00 | \$24.00  |

# Life Extension

| Code #  | Product Name           | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Count   | Retail  | You Pay! |
|---------|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|----------|
| #L69567 | Ultra Prostate Formula | <p><b>Life Extension Ultra Natural Prostate Formula</b> provides scientifically validated standardized plant extracts that have been shown to promote healthy prostate function.</p> <p>No other prostate protection formula provides such a broad array of nutrients to support the multiple factors involved in maintaining a healthy prostate gland.</p> <p><b>Ultra Natural Prostate contains the following key ingredients:</b></p> <p><b>Standardized lignans</b> from flax seed and Norway spruce knotwood convert to enterolactone in the intestine, which is then absorbed into the bloodstream. Enterolactone has demonstrated anti-estrogen and anti-DHT (5<math>\alpha</math>-Dihydrotestosterone) effects that are of particular importance for the aging prostate gland.</p> <p><b>AprèsFlex</b>, an extract of boswellia, is a superior inhibitor of the enzyme 5-lipoxygenase or 5-LOX. AprèsFlex absorbs into the blood 52% better than previously available forms of boswellia, for superior effectiveness.</p> <p><b>Nettle root extract (Urtica dioica)</b>. Testosterone converts to estrogen at higher rates as men age. Prostate cells are sensitive to estrogen's growth stimulatory effects. Nettle helps support prostate cells against excess estrogen levels.</p> <p><b>DeepExtract USPlus saw palmetto extract</b>. A number of normal biological events in aging men affect prostate function and structure. Saw palmetto has been shown to interfere with DHT activity in the prostate, inhibit alpha-adrenergic receptor activity (to support normal urinary flow), and help control inflammatory actions in the prostate gland. DeepExtract is a patented, state-of-the-art, ultra-high pressure CO2 extraction technology that ensures the most complete bioactive extract profile available that most closely reflects the composition of premium, mature saw palmetto berries. The result is a superior formula containing key ingredients in higher concentrations than many other extracts.</p> <p><b>Pumpkin seed</b> supercritical CO2 oil extract. From select European pumpkins, it enhances the composition of free fatty acids and augments saw palmetto's benefits.</p> <p><b>Pygeum</b>. Normal aging results in levels of certain prostaglandins increasing in the prostate gland. Pygeum africanum extract helps suppress prostaglandin E2, keeping the prostate gland placid and promoting prostate comfort.</p> <p><b>Beta-sitosterol</b> is a biologically active constituent of pygeum.<sup>28</sup> A standardized pygeum extract plus beta-sitosterol from other plant sources is included in this formula to help maintain healthy prostate structure.</p> <p><b>Graminex Flower Pollen Extract</b>. European pollen extract has been shown to relax smooth muscle tone of the urethra, counteract DHT, and help regulate inflammatory reactions.</p> <p><b>Boron</b>. In addition to helping protect bones, this mineral has been shown to slow elevation of prostate-specific antigen (PSA) — seemingly a result of boron's positive effect on the presence of protein-degrading enzymes in the prostate gland.</p> <p><b>Lycopene</b>. This carotenoid associated with the tomato's red color helps maintain healthy DNA gene function in prostate cells.</p> | 60 Gels | \$38.00 | \$28.50  |

# Manuka Honey, by Flora



## *Manuka Honey is a Honey Like NO OTHER Honey!*

Flora Mānuka Honey is produced by a sustainable, eco-friendly, 100% Maori-owned honey operation in New Zealand. The honey is sourced from several North Island locations and is tested and rated for its MGO (methylglyoxal) content. Additionally, every jar is 100% traceable, all the way back to the source. Just scan the code on the label to learn where your honey was made, its lab test results, and its MGO content. Unfortunately, since global demand has skyrocketed, counterfeit manuka honey is on the rise.

### How To Get the REAL Manuka Honey:

- 1. Look for UMF™.** Reputable manuka honey brands are licensed by New Zealand's Unique Mauka Factor Honey Association™. The UMF™ trademark guarantees that your manuka honey has been third-party tested to ensure it contains three signature compounds. The higher the UMF™ rating, the higher the concentration of these compounds.
- 2. Choose Your Grade.** Methylglyoxal (MGO) is the compound responsible for some of mauka honey's unique properties and forms the basis of the UMF™ grading system. The higher the MGO number, the higher the grade of manuka honey.
- 3. Trace it Back.** Transparent manufacturers include a traceability system right on the label. Using your smartphone, you can scan the code to trace your jar of honey back to the source.

### Flora Manuka Honey is:

- UMF™ Certified
- 100% traceable - scan the NFC tag on the label to access batch, region, lab test and UFM™ certification info
- Sourced from an eco-friendly 100% Maori-owned beekeeping operation in New Zealand.



### Here are 14 Common Health Conditions that Manuka Honey has been known for:

1. It's a Natural Anti-Biotic
2. Treats Wounds & Burns
3. Builds Your Immune System
4. Improves Digestion
5. Clears a Stuffed Nose
6. Relieves a Sore Throat
7. Encourages a Better Nights Sleep
8. Benefits Acne Sufferers
9. Treats Blepharitis
10. Helps Those with Cystic Fibrosis
11. Can Help Treat Ulcers
12. Benefits Breast Cancer Patients
13. Helps Those with Eczema
14. Reduces Dental Plaque

| Code # | Product Name                  | Count    | You Pay! |
|--------|-------------------------------|----------|----------|
| #63022 | Manuka Honey MGO 100+/5+ UMF  | 8.8 oz.  | \$24.50  |
| #63023 | Manuka Honey MGO 100+/5+ UMF  | 17.6 oz. | \$47.60  |
| #63024 | Manuka Honey MGO 250+/10+ UMF | 8.8 oz.  | \$34.30  |
| #63025 | Manuka Honey MGO 250+/10+ UMF | 17.6 oz. | \$66.50  |
| #63026 | Manuka Honey MGO 400+/12+ UMF | 8.8 oz.  | \$40.00  |
| #63027 | Manuka Honey MGO 400+/12+ UMF | 17.6 oz. | \$78.00  |
| #63028 | Manuka Honey MGO 515+/15+ UMF | 8.8 oz.  | \$60.00  |

# Metagenics



**Metagenics** ~ another very high quality new line we are adding who specializes in products for specific health issues. They carry over 200 products, if there is something specific you are looking for, don't hesitate to ask.

**CandiBactin - AR** and **CandiBactin - BR** are very helpful for people who suffer with IBS (*Irritable Bowel Syndrome*) or SIBO (*Small intestinal bacterial overgrowth*).

| Code # | Product Name            | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Count        | Retail  | You Pay! |
|--------|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------|----------|
| #CBAR6 | <b>CandiBactin - AR</b> | <b>CandiBactin-AR</b> <sup>®</sup> features concentrated essential oils from red thyme and oregano blended with other herbal extracts from the aromatic mint family. The traditional use of thyme oil is focused on supporting the health of the gastrointestinal and upper respiratory tracts.*                                                                                                                                                                                                      | 60 Softgels  | \$41.95 | \$34.65  |
| #CBAR1 |                         | The encapsulation of these oils in a softgel allows them to be blended with dry leaf extracts of sage and lemon balm. These herbs are added to the formula to help protect and stabilize the fragile essential oils, as well as for their added benefit in supporting healthy digestive function.*<br><br><b>Description:</b> Concentrated Aromatic Essential Oils<br><br><b>Ingredients:</b> Thyme, Oregano, Sage & Lemon Balm                                                                       | 120 Softgels | \$75.25 | \$62.10  |
| #CBBR9 | <b>CandiBactin - BR</b> | <b>CandiBactin-BR</b> <sup>®</sup> combines berberine hydrochloride, Oregon grape extract, and coptis root extract, with a proprietary extract of Chinese herbs—including ginger, licorice, and skullcap—to support detoxification of the liver and gallbladder, as well as healthy immune, detoxification, and elimination functions.                                                                                                                                                                | 90 Tabs      | \$41.74 | \$34.50  |
| #CBBR1 |                         | <b>Description:</b> Concentrated Berberine Formula for Intestinal Support<br><br><b>Ingredients:</b> Coptis ( <i>Coptis chinensis</i> ) Root & Rhizome, Oregon Grape ( <i>Berberis aquifolium</i> ), Berberine HCl, Chinese Skullcap ( <i>Scutellaria baicalensis</i> ) Root, Phellodendron ( <i>Phellodendron chinense</i> ) Bark, Ginger ( <i>Zingiber officinale</i> ) Rhizome, Chinese Licorice ( <i>Glycyrrhiza uralensis</i> ) Root, Chinese Rhubarb ( <i>Rheum officinale</i> ) Root & Rhizome | 180 Tabs     | \$74.50 | \$61.50  |



| Code # | Product Name         | Description                                                                                                                                                                                                                                                                                                                                                                                                   | Count     | Retail  | You Pay! |
|--------|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #23010 | Vegan Bone Maximizer | Clinically Proven to INCREASE Bone Density & Strength. Vegan Bone Maximizer® offers an excellent source of plant-based calcium, together with other important nutrients, to build and maintain good bone health without the use of animal products. By sourcing only Vegan-friendly and Non-GMO Project Verified ingredients, this patent-pending formula offers the highest level of bone support available. | 120 VCaps | \$39.99 | \$29.85  |
| #23106 | Vegan Vitamin D-3    | Unique vegan Vitamin D3 from lichen extract; Non-GMO Project Verified; Supports optimal bone mineralization and health; Promotes immune function; Supports a healthy inflammation response; Contains cholecalciferol, the most bioavailable form of Vitamin D                                                                                                                                                 | 60 VCaps  | \$25.99 | \$19.50  |
| #80020 | Moringa              | Moringa is a nutrient dense whole leaf powder that is approximately 30% protein and 40% fiber. What makes it a complete protein is that it contains all the essential amino acids our body needs but cannot produce on its own. Protein is essential to supporting muscle maintenance, and fiber can help maintain proper digestive health.                                                                   | 60 VCaps  | \$10.99 | \$9.75   |

While the children should be taught to control the appetite and to eat with reference to health; let it be made plain that they are denying themselves only that which would do them harm. They give up hurtful things for something better. Let the table be made inviting and attractive, as it is supplied with the good things which God has so bountifully bestowed. Let mealtime be a cheerful, happy time. As we enjoy the gifts of God, let us respond by grateful praise to the Giver.

—Ministry of Healing, 385

# Multi-Vitamins



While we have our multi-vitamins listed throughout the catalog, we thought it might be helpful to pull them all together on a few pages. Please make sure to check out NOW's multivitamin pages (214-215) as well.

| Code #   | Product Name                                                  | <i>Multi-Vitamin ~ Children</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Count             | Retail  | You Pay! |
|----------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|---------|----------|
| 90J08085 | Kinder Love<br>GF Children's<br>Multi Floradix                | Kinder Love®Gluten-Free Children's multivitamin provides your child with calcium and vitamins A, B6, B12, D, and E. This great-tasting formula is made with fruit juices and plant extracts to support the intestinal tract and stimulate appetite.<br><ul style="list-style-type: none"> <li>• Safe, gentle, and effective for daily use.</li> <li>• Purity-tested, non-GMO, vegan, gluten-free, and lactose-free, with no artificial additives, colors, or preservatives.</li> <li>• Plant-based liquid extract supports digestion and absorption.</li> </ul>                                | 8.5 oz<br>25 Days | \$24.99 | \$19.99  |
| 90J08017 |                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 17 oz<br>50 Days  | \$41.99 | \$33.59  |
| #644701  | Dr. Christopher's<br>Kid-E-Min                                | Nature balanced, whole food vitamin and mineral supplement. This combination of Jurassic Green™, dandelion, kelp, purple dulce, spirulina, Irish moss, rose hips, beet, nutritional yeast, cayenne, blue violet, oatstraw, ginger barley and flash-dried wheat grass juices an organic source of vitamins and minerals that are easy to assimilate because they are whole foods. The <b>Kid-E-Mins</b> formula is in a glycerine base.                                                                                                                                                         | 2 oz.             | \$18.25 | \$11.10  |
| #P21291  | <b>Pure Encapsulations</b><br><br><b>Pure Nutrients Gummy</b> | <ul style="list-style-type: none"> <li>• Pure Encapsulations Junior Nutrients contains Vitamin A and mixed carotenoids, providing beta carotene, lycopene, lutein and zeaxanthin for antioxidant protection.</li> <li>• Helps maintain macular and retinal health with 3 mg lutein and 500 mcg zeaxanthin Choline and inositol for healthy cognitive function.</li> <li>• Provides vitamins A, B, C, D, E and K in highly bioavailable forms.</li> <li>• Provides Metafolin®L-5-methyltetrahydrofolate (L-5-MTHF), the naturally occurring, universally metabolized form of folate.</li> </ul> | 100<br>Gummies    |         | \$24.40  |
| #P13176  | <b>Pure Encapsulations</b><br><br><b>Junior Nutrients</b>     | Junior Nutrients is a complete multivitamin/mineral blend without iron to help children (ages 4 and up) meet their daily vitamin and mineral nutritional requirements. Our Junior Nutrients formula is hypoallergenic, vegetarian, and free-from other unwanted additives.                                                                                                                                                                                                                                                                                                                     | 120<br>VCaps      |         | \$23.70  |
| #N57893  | <b>Nature's Way ALIVE Multi-Vitamin Gummies</b>               | Gelatin-free children's gummy multi-vitamin with 14 vitamins and minerals<br>Alive!® Premium Gummies for Children is a gluten and gelatin-free (made with pectin) multi-vitamin that is sweetened with organic tapioca and cane sugar. It also contains:<br><ul style="list-style-type: none"> <li>• 14 vitamins and minerals</li> <li>• A full B-vitamin complex to help convert food into energy*</li> <li>• Orchard Fruits™ &amp; Garden Veggies™ blend (150 mg per serving)</li> </ul> * No synthetic flavors or preservatives                                                             | 90<br>Chews       | \$18.99 | \$14.25  |

# Multi-Vitamins

| Code #  | Product Name                                | <i>Multi-Vitamin ~ Adult</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Count       | Retail  | You Pay! |
|---------|---------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------|----------|
| #PON6   | Pure Encapsulations<br>O.N.E. Multi-vitamin | <ul style="list-style-type: none"> <li>• Convenient one-capsule-per-day dosing</li> <li>• The antioxidant complex includes alpha lipoic acid and a blend of CoQ10 and sustained release water-soluble nanosized MicroActive® Q10</li> <li>• Choline and inositol for healthy cognitive function</li> <li>• Supports cellular health with 500 mcg lycopene and 50 mcg (2,000 IU) vitamin D</li> <li>• Helps maintain macular and retinal health with 3 mg lutein and 500 mcg zeaxanthin</li> <li>• Provides vitamins A, B, C, D and E in highly bioavailable forms</li> <li>• Made with hypoallergenic, vegetarian ingredients</li> </ul>                                                                                                              | 60<br>VCaps |         | \$37.20  |
| #106    | ENP Liquid Multi-Vitamin                    | Effective Natural Products Daily Liquid Vitamin with Nutrients, Antioxidants & Over 70 Trace Minerals. The ENP blend provides a complete source of nutrients to support cardiovascular health, boost your immune system, and promote youthful skin and eye health. Smart Multi contains B-complex for healthy nerves, circulation and increased energy. Includes antioxidant benefits and over 70 trace minerals. 1 month supply                                                                                                                                                                                                                                                                                                                      | 32 oz.      | \$34.95 | \$25.00  |
| #D00027 | DEVA 1-A-Day Multi-Vitamin<br>Vegan         | Get a wide variety of essential vitamins and minerals your body needs with Deva™ Vegan Multivitamin. Balanced, multiple vitamin and mineral formula combined with green whole foods, vegetable powders and special herbs formulated without animal derived ingredients making it suitable for vegans / vegetarians. Deva Nutrition is pleased to offer this high potency, balanced multiple vitamin and mineral suitable for vegans, vegetarians and, anyone who prefers an animal-free multivitamin supplement for their nutritional needs. Besides a wide range of essential vitamins and minerals provided at 100% DV or more, Vitamin B-12 is provided at 100 mcg per serving (1666% DV) and iron at 18 mg per serving (100% DV). 3 month supply. | 90<br>Tabs  | \$12.99 | \$11.70  |
| #D0042  | DEVA Multi-Vitamin Mineral<br>Vegan         | Deva™ Vegan Tiny Tablets Multivitamin & Mineral (Iron-Free) supplement provides a range of essential vitamins and minerals in a small, easy to swallow tablet that is ideal for those who have difficulty swallowing large pills. Formulated without animal derivatives for vegans and vegetarians, this product provides 100% of the recommended daily amount of the antioxidant vitamins C and E, as well as vitamin D and most of the B-complex vitamins. It also provides a significant amount of vitamin A and, some of the essential minerals. This new formula provides an iron-free. 3 month supply.                                                                                                                                          | 90<br>Tabs  | \$7.99  | \$7.20   |

# Multi-Vitamins

| Code #    | Product Name                 | <i>Multi-Vitamin ~ Adult</i>                                                                                                                                                                                                                                                                                                                                                                                                                                | Count       | Retail  | You Pay! |
|-----------|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------|----------|
| #PE-01007 | LifeEssence™<br>Multivitamin | LifeEssence™ is the world's most profound multiple, combining vitamins, minerals, trace elements, enzymes and co-nutrients with the equivalent of over 44,000 mg of pure SuperFoods, adaptogens and Superior Herbs. In these foods are phytochemicals and energies that holistic health practitioners have used for millennia to build optimal health. This remarkable nutritional system:                                                                  | 120<br>Tabs | \$51.92 | \$38.94  |
| #PE-01008 |                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 240<br>Tabs | \$92.92 | \$69.69  |
| #PE-00102 | LifeEssence™<br>Powder       | <ul style="list-style-type: none"> <li>• Provides Vitamin &amp; Mineral Needs*</li> <li>• Supports Cellular Integrity &amp; Function*</li> <li>• Supports Immune Function*</li> <li>• Promotes Energy (With No Stimulants)*</li> </ul>                                                                                                                                                                                                                      | 7.3 oz      | \$51.92 | \$38.94  |
| #PE-01103 | One 'n'<br>Only™             | One 'n' Only™ combines vitamins, minerals, trace elements and co-nutrients with a raw food equivalent of 4900 mg (up to 100 times more than other one-daily multiples) of SuperFoods, adaptogens and Superior Herbs – providing countless phytochemicals that other products lack. These phytochemicals support:                                                                                                                                            | 30 Tabs     | \$25.95 | \$19.46  |
| #PE-01104 |                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 60 Tabs     | \$46.45 | \$34.84  |
| #PE-01105 |                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 90 Tabs     | \$65.58 | \$49.19  |
|           |                              | <ul style="list-style-type: none"> <li>• Healthy Immune Response*</li> <li>• Healthy Stress Response*</li> <li>• Memory, Focus, Concentration*</li> <li>• Clean, Clear Energy* – No Stimulants &amp; No Jitters</li> </ul>                                                                                                                                                                                                                                  |             |         |          |
| Code #    | Product Name                 | <i>Multi-Vitamin ~ Men</i>                                                                                                                                                                                                                                                                                                                                                                                                                                  | Count       | Retail  | You Pay! |
| #TM-90    | Esteem<br>Total Man          | An iron-free, high energy multi-vitamin for men that encourages normal prostate health and nourishes and strengthens the male reproductive system. It addresses virility, endurance and stamina as well as stress and cholesterol management, immunity protection, mental clarity and general good health. 1 month supply.                                                                                                                                  | 90<br>Caps  | \$31.95 | \$27.00  |
| #PE-05003 | LifeEssence™<br>Men          | LifeEssence™ Men is a complete nutritional solution that delivers vitamins and minerals with exquisite blends of organic SuperFoods, adaptogens, Superior Herbs, fruits and vegetable extracts and a potent group of uniquely masculine nutrients. Its total whole food value is over 43,300 mg – up to 100 times more than other multivitamins! These whole foods add countless phytochemicals that result in an amazing energy boost.* They also support: | 120<br>Tabs | \$61.48 | \$46.11  |
| #PE-01703 | One 'n'<br>Only™ Men         | With over 23,000 mg of whole food value, One 'n' Only™ Men combines vitamins, minerals, organic SuperFoods, Superior Herbs, cell protecting antioxidants and uniquely masculine factors into an amazing one-daily multivitamin and mineral complex to support:                                                                                                                                                                                              | 30 Tabs     | \$27.32 | \$20.49  |
| #PE-01705 |                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 60 Tabs     | \$73.15 | \$56.36  |
|           |                              | <ul style="list-style-type: none"> <li>• Energy Levels* • Immune &amp; Stress Response*</li> <li>• Virility &amp; Prostate Health* • General Metabolism*</li> <li>• Cellular Health*</li> </ul>                                                                                                                                                                                                                                                             |             |         |          |

# Multi-Vitamins

| Code #    | Product Name                             | <i>Multi-Vitamin ~ Women</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Count    | Retail  | You Pay! |
|-----------|------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #TW-90    | <b>Esteem Total Woman</b>                | A high energy multivitamin which helps balance women's hormones. It provides PMS and menopause comfort and relief. Has helped some women regulate their monthly cycle, reduced irritability and water retention & cramps. Benefits hair, skin & nails, promotes mental clarity, cholesterol & stress management, immunity protection and general good health. Enhances libido. 1 month supply.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 90 Caps  | \$31.95 | \$27.00  |
| #PE-06003 | <b>LifeEssence™ Women</b>                | LifeEssence™ Women is a complete nutritional system that delivers vitamins and minerals, organic SuperFoods, adaptogens, Superior Herbs, fruit and vegetable extracts and a potent group of uniquely feminine support factors. These foods and herbs provide countless phytochemicals and the clean, clear energy you need to function at peak levels 24/7. LifeEssence™ Women supports:<br><ul style="list-style-type: none"> <li>• Immune Health*</li> <li>• Vision Health*</li> <li>• Cellular Health*</li> <li>• Bone Health*</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 120 Tabs | \$61.48 | \$46.11  |
| #PE-01603 | <b>One 'n' Only™ Women</b>               | With over 22,300 mg of whole food value, One 'n' Only™ Women combines vitamins, minerals, Organic SuperFoods, Superior Herbs, cell protecting antioxidants and uniquely feminine factors into an amazing one-daily multivitamin and mineral complex to support:<br><ul style="list-style-type: none"> <li>• Energy Levels*</li> <li>• Immune &amp; Stress Response*</li> <li>• Bone, Breast &amp; Digestive Health*</li> <li>• Hormone Balance*</li> <li>• General Metabolism*</li> <li>• Cellular Health*</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 30 Tabs  | \$27.32 | \$20.49  |
| #PE-01605 |                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 60 Tabs  | \$73.15 | \$56.36  |
| Code #    | Product Name                             | <i>Multi-Vitamin ~ Prenatal</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Count    | Retail  | You Pay! |
| #D00096   | <b>DEVA Prenatal Multi-Vitamin Vegan</b> | Two of the important vitamins necessary for adequate fetal development are vitamin B12 and folic acid. Maintaining normal levels of folic acid, in particular, is extremely important for the health of the fetus, especially in early pregnancy. Deva Vegan Prenatal Formula provides 138% of the recommended daily allowances of folic acid and, over 1500% of the RDV of Vitamin B12 for those who feel taking higher amounts is important for their nutritional goals.<br>While most prenatal vitamins try to pack in as much as they can into the vitamin, Deva Nutrition has been careful not to promote an excess of potentially toxic fat soluble vitamins. Vitamin A is provided as water-soluble beta carotene at a level that won't cause vitamin A toxicity at the recommended daily dosage of one tablet. Vitamin E is provided in its d-alpha form, which is derived from plant sources, and is provided in a safe amount. Vitamin K, another fat-soluble vitamin, is also in amounts that avoid toxicity. Vitamin D, important in calcium metabolism, is provided as vitamin D2, the vegan source of the vitamin, at 100% of the recommended daily allowance. The B vitamins are all well-represented in our Prenatal Multivitamin as well. 3 months supply. | 90 Tabs  | \$13.99 | \$12.60  |

# Multi-Vitamins

| Code #    | Product Name                                              | <i>Multi-Vitamin ~ Prenatal</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Count                                    | Retail  | You Pay! |
|-----------|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|---------|----------|
| #PE-01302 | <b>Mother &amp; Child™<br/>PostNatal<br/>Multivitamin</b> | <p>Mother &amp; Child™ is a perfect blend of vitamins, organic SuperFoods, Superior Herbal tonics and much, much more. Its 44,600 mg of whole food value, (vastly more than others), are blended specifically to:</p> <ul style="list-style-type: none"> <li>• Helps you recuperate from the rigors of giving birth*</li> <li>• Supports your energy needs during early motherhood*</li> <li>• Enriches your breast milk with immune enhancing nutrients*</li> </ul>                                                                                                                                | 120<br>Tabs                              | \$46.45 | \$34.84  |
| #PE-01202 | <b>Mother to Be™<br/>PreNatal<br/>Multivitamin</b>        | <p>Mother to Be™ is a perfect blend of vitamins, minerals, organic SuperFoods, and nourishing Superior Herbal tonics that have been used for centuries to gently support joyous, radiant pregnancies and super healthy babies. It is blended specifically to:</p> <ul style="list-style-type: none"> <li>• Support comfortable digestion*</li> <li>• Promote healthy fetal development*</li> <li>• Boost energy levels* * Support immunity*</li> </ul>                                                                                                                                              | 90 Tabs                                  | \$47.32 | \$32.79  |
| #PE-01803 | <b>One 'n'<br/>Only™<br/>PreNatal 30<br/>Tabs</b>         | <p>Requiring just one per day for superb gestational support, One 'n' Only™ PreNatal is fortified with vast levels of whole food nutrition – the absolute best kind for both you and your baby. Its premium vitamins, minerals, SuperFoods, supportive herbs and other factors provide you with the most complete one-daily prenatal system you'll find anywhere.* It is blended specifically to:</p> <ul style="list-style-type: none"> <li>• Support comfortable digestion*</li> <li>• Promote healthy fetal development*</li> <li>• Boost energy levels*</li> <li>• Support immunity*</li> </ul> | 30 Tabs                                  | \$27.32 | \$20.49  |
| #PRE22    | <b>Pure<br/>Encapsulations<br/>Prenatal</b>               | <ul style="list-style-type: none"> <li>• Pure Encapsulations PreNatal Nutrients is a hypo-allergenic, highly bioavailable multi-vitamin and multi-mineral formula.</li> <li>• Provides the core nutrients needed to support maternal and fetal health in the recommended doses for pregnant or lactating women.</li> <li>• Pure Encapsulations PreNatal Nutrients provides 1 mg of folic acid for healthy neural and cellular development of the fetal brain and spinal cord, helping to prevent neural tube defects.</li> </ul>                                                                    | 120<br>VCaps<br><br>2<br>Month<br>Supply |         | \$44.90  |

# Multi-Vitamins

| Code #    | Product Name                                   | <i>Multi-Vitamin ~ Senior</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Count    | Retail  | You Pay! |
|-----------|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #SM-90    | Esteem<br>Senior Total Man                     | Senior Total Man is a very good Multi-Vitamin for Senior men. Contains everything the Total Man has and MORE! 2-4/day<br><i>TOTAL Man is a combination of vitamins, minerals, herbs and other nutrients for man's special needs. This high energy, anti-aging multivitamin formula promotes healthy cholesterol levels already within the normal range. It also supports stress management, clarity and endurance plus general good health.</i>                                                                                                                                                                                                                                                                              | 90 Caps  | \$32.95 | \$27.50  |
| #SW-90    | Esteem<br>Senior Total Woman                   | Senior Total Woman is a very good Multi-Vitamin for Senior women. Contains everything the Total Woman has and MORE! 2-4/day<br><i>TOTAL Woman is a high energy, anti-aging wellness formula that promotes cholesterol and stress management, PMS comfort and general good health while strengthening the immune system and boosting mental clarity.</i>                                                                                                                                                                                                                                                                                                                                                                      | 90 Caps  | \$32.95 | \$27.50  |
| #CHEW4    | Pioneer<br>Vegetarian Chews Vitamin Mineral GF | Pioneer® Chewable Vitamin Mineral is a delicious, balanced, high potency chewable daily multiple vitamin/mineral. Perfect for seniors who have difficulty swallowing tablets and people of all ages. Pioneer Chewable Vitamin Mineral (VM) is a great-tasting, broad spectrum, high potency nutritional supplement. This formula was designed to be one of the most comprehensive, biologically utilizable chewable vitamin/mineral supplements available at an affordable price. Easy-to-take Pioneer Chewable VM is naturally flavored and whole food based with a special blend of high antioxidant, phytonutrient-rich fruits and vegetables. 3 month supply.                                                            | 180 Tabs | \$36.49 | \$32.75  |
| #PE-01502 | Pure Essence<br>Longevity™ Men                 | Longevity™ Men is a complete nutritional solution that delivers optimal potencies of vitamins and minerals with a powerful blend of rejuvenating, energizing SuperFoods, adaptogens and Superior Herbs. It also adds trace minerals, mushrooms, fruit extracts, antioxidants and co-nutrients. Its whole food equivalent (amount of extract times extract ratio) of 34,500 mg is up to 100 times more than other leading brands – creating a difference you'll actually feel from day one.* It supports: <ul style="list-style-type: none"> <li>• Prostate Health &amp; Virility*</li> <li>• Immune Health*</li> <li>• Vision Health*</li> <li>• Cellular Health*</li> <li>• Robust Energy Levels &amp; Vitality*</li> </ul> | 120 Tabs | \$66.95 | \$50.21  |
| #PE-01402 | Pure Essence<br>Longevity™ Women               | Longevity™ Women is a complete nutritional solution that delivers optimal potencies of vitamins and minerals with a powerful blend of rejuvenating, energizing SuperFoods, adaptogens and Superior Herbs. It also adds trace minerals, mushrooms, fruit extracts, antioxidants and co-nutrients. Its whole food equivalent (amount of extract times extract ratio) of 30,400 mg is up to 100 times more than other leading brands – creating a difference you'll actually feel from day one.* It supports: <ul style="list-style-type: none"> <li>• Bone Health*</li> <li>• Immune Health*</li> <li>• Vision Health*</li> <li>• Cellular Health*</li> <li>• Robust Energy Levels &amp; Vitality*</li> </ul>                  | 120 Tabs | \$66.95 | \$50.21  |

# ~ Natural Calm ~ REPLACED by Pure Essence IONIC FIZZ!

**You have NOTHING to LOSE! Pure Essence has a 90-DAY Money Back Guarantee on all their products. Just save the container, no questions asked.**

*A while back Natural Vitality, the makers of Natural Calm, sold their business to a new company, and as happens so many times when a company sells their business, the new company doesn't run the business like the old company did. It wasn't long and we decided to discontinue the Natural Vitality line, even though we sold a ton of their products. It took us quite a while but we FINALLY found a product line that does EVERYTHING and MORE than Natural Calm did! And it's affordable, too! And because it's IONIC, it's broken down and absorbed much more quickly than other products. Please meet Pure Essence IONIC FIZZ!*

80% of Americans do not get the recommended daily amount of Magnesium, which is why IONIC FIZZ is so important.

Common signs of magnesium deficiency include muscle twitches, tremors, and cramps. Magnesium deficiency may cause mental numbness, lack of emotion, delirium, and even coma, and may increase the risk of osteoporosis and bone fractures, though many factors influence this risk. Magnesium deficiency may cause fatigue or muscle weakness. Evidence suggests magnesium deficiency may raise blood pressure. Magnesium deficiency has been associated with severe asthma, and heart arrhythmia, or irregular heartbeat, which may increase the risk of more serious complications, such as a stroke or heart failure.

### Pure Essence has 3 different IONIC FIZZ Powder Formulas:



**SUGGESTED USE:** One level scoop in 8-8 ounces of water.  
**AVAILABLE SIZES:** 171 Gram Tub, 342 Gram Tub, 30 Packet Box

| <b>Supplement Facts</b>                |                    |      |
|----------------------------------------|--------------------|------|
| Serving Size: 1 Level Scoop (5.7 g)    |                    |      |
|                                        | Amount Per Serving | %DV  |
| Vitamin A (as beta carotene)           | 250 IU             | 5%   |
| Vitamin C (as ascorbic acid)           | 250 mg             | 417% |
| Vitamin D3 (as cholecalciferol)        | 500 IU             | 25%  |
| Vitamin B6 (as pyridoxine HCl)         | 1 mg               | 50%  |
| Folate (folic acid)                    | 50 mcg             | 13%  |
| Vitamin B12 (as methylcobalamin)       | 30 mcg             | 600% |
| Magnesium (from Magnesium carbonate)   | 300 mg             | 75%  |
| Zinc (from Zinc lactate)               | 2 mg               | 13%  |
| Copper (from Copper gluconate)         | 250 mcg            | 13%  |
| Manganese (from Manganese gluconate)   | 1 mg               | 50%  |
| Potassium (from Potassium bicarbonate) | 100 mg             | 2%   |
| Bamboo extract (leaf)                  | 80 mg              | *    |
| Trace mineral complex                  | 10 mg              | *    |
| Boron (from Boron citrate)             | 500 mcg            | *    |

\*Daily Value (DV) not established.  
Other ingredients: citric acid, Inulin/Oligosaccharides, natural flavors, malic acid, inulin extract (fruit), stevia extract (leaf), xanthan powder.  
Storage: Keep tightly closed at room temperature.  
Caution: Please keep all supplements out of children's reach.

1106-011

| Code #    | Product Name | Ionic-Fizz™ Magnesium Plus™                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Count                                                 | Retail  | You Pay! |  |
|-----------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|---------|----------|--|
| #PE-03101 | Raspberry    | While Magnesium is involved in hundreds of functions in the body, 80% of Americans get less than the government's recommended DV for this miracle mineral. Among countless other things, Magnesium:<br><ul style="list-style-type: none"><li>• Supports a healthy stress response*</li><li>• Soothes nerves &amp; supports healthy sleep patterns*</li><li>• Helps produce sustainable energy*</li><li>• Supports heart &amp; bone health &amp; healthy blood sugar levels*</li><li>• Supports muscle comfort when cramping*</li></ul> | 6.03 oz                                               | \$25.95 | \$19.46  |  |
| #PE-03102 | Lemon        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 12.06 oz                                              | \$40.99 | \$30.74  |  |
| #PE-03106 | Orange       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 6.03 oz.                                              | \$25.95 | \$19.46  |  |
| #PE-03107 | Vanilla      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 12.06 oz                                              | \$40.99 | \$30.74  |  |
| #PE-03108 | Mixed Berry  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 6.03 oz                                               | \$25.95 | \$19.46  |  |
| #PE-03019 |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 12.06 oz.                                             | \$40.99 | \$30.74  |  |
|           |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 6.03 oz = 1 Month Supply<br>12.06 oz = 2 Month Supply |         |          |  |

# ~ Natural Calm ~ REPLACED by Pure Essence IONIC FIZZ!



**SUGGESTED USE:** One level scoop in 6-8 ounces of water.  
**AVAILABLE SIZES:** 210 Gram Tub, 420 Gram Tub, 30 Packet Box

| Supplement Facts                       |                    |      |
|----------------------------------------|--------------------|------|
| Serving Size: 1 Level Scoop (7 g)      |                    |      |
|                                        | Amount Per Serving | %DV  |
| Vitamin A (as beta carotene)           | 250 IU             | 5%   |
| Vitamin C (as ascorbic acid)           | 250 mg             | 417% |
| Vitamin D3 (as cholecalciferol)        | 100 IU             | 25%  |
| Vitamin B6 (as pyridoxine HCl)         | 1 mg               | 50%  |
| Folate (folic acid)                    | 50 mcg             | 13%  |
| Vitamin B12 (as methylcobalamin)       | 30 mcg             | 500% |
| Calcium (from Calcium lactate)         | 250 mg             | 25%  |
| Magnesium (from Magnesium carbonate)   | 300 mg             | 75%  |
| Zinc (from Zinc lactate)               | 2 mg               | 13%  |
| Copper (from Copper gluconate)         | 250 mcg            | 13%  |
| Manganese (from Manganese gluconate)   | 1 mg               | 50%  |
| Potassium (from Potassium bicarbonate) | 100 mg             | 3%   |
| Bamboo extract (leaf)                  | 60 mg              | *    |
| Trace mineral complex                  | 10 mg              | *    |
| Iron (from Iron citrate)               | 500 mcg            | *    |

\*Daily Value (DV) not established.

**Other ingredients:** citric acid, fructooligosaccharides, natural flavors, malic acid, l-lysine extract (leaf), stevia extract (leaf), beet root powder.

**Storage:** Keep tightly closed at room temperature.

**Caution:** Please keep all supplements out of children's reach.

| Code #    | Product Name | Ionic-Fizz™ Calcium Plus™                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Count     | Retail  | You Pay! |
|-----------|--------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #PE-03001 | Raspberry    | Ionic-Fizz™ Calcium Plus™ is an all-natural, tasty powder mix, with each scoop delivering pure calcium and magnesium ions. Calcium is vital for many life processes but must be balanced by sufficient magnesium and other nutrients to work. Ionic-Fizz™ Calcium Plus™ stands alone in supporting:<br><ul style="list-style-type: none"> <li>• Bone Health • Healthy Stress Response*</li> <li>• Muscle Comfort* • Healthy Sleep Patterns*</li> </ul> 7.41 oz = 1 Month Supply • 14.82 oz = 2 Month Supply | 7.41 oz.  | \$31.42 | \$23.56  |
| #PE-03002 | Lemon        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 14.82 oz. | \$45.09 | \$33.81  |
| #PE-03006 | Orange       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 7.41 oz   | \$31.42 | \$23.56  |
| #PE-03007 | Vanilla      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 14.82 oz. | \$45.09 | \$33.81  |
| #PE-03008 | Mixed Berry  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 7.41 oz   | \$31.42 | \$23.56  |
| #PE-03009 | Mixed Berry  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 14.82 oz  | \$45.09 | \$33.81  |



**SUGGESTED USE:** One level scoop in 6-8 ounces of water.  
**AVAILABLE SIZES:** 210 Gram Tub, 420 Gram Tub, 30 Packet Box

| Supplement Facts                       |                    |      |
|----------------------------------------|--------------------|------|
| Serving Size: 1 Level Scoop (7 g)      |                    |      |
|                                        | Amount Per Serving | %DV  |
| Vitamin A (as beta carotene)           | 250 IU             | 5%   |
| Vitamin C (as ascorbic acid)           | 250 mg             | 417% |
| Vitamin D3 (as cholecalciferol)        | 100 IU             | 25%  |
| Vitamin B6 (as pyridoxine HCl)         | 1 mg               | 50%  |
| Folate (folic acid)                    | 50 mcg             | 13%  |
| Vitamin B12 (as methylcobalamin)       | 30 mcg             | 500% |
| Calcium (from Calcium lactate)         | 250 mg             | 25%  |
| Magnesium (from Magnesium carbonate)   | 300 mg             | 75%  |
| Zinc (from Zinc lactate)               | 2 mg               | 13%  |
| Copper (from Copper gluconate)         | 250 mcg            | 13%  |
| Manganese (from Manganese gluconate)   | 1 mg               | 50%  |
| Potassium (from Potassium bicarbonate) | 100 mg             | 3%   |
| Bamboo extract (leaf)                  | 60 mg              | *    |
| Trace mineral complex                  | 10 mg              | *    |
| Iron (from Iron citrate)               | 500 mcg            | *    |

\*Daily Value (DV) not established.

**Other ingredients:** citric acid, fructooligosaccharides, natural flavors, malic acid, l-lysine extract (leaf), stevia extract (leaf), beet root powder.

**Storage:** Keep tightly closed at room temperature.

**Caution:** Please keep all supplements out of children's reach.

| Code #    | Product Name | Ionic-Fizz™ Super D-K Calcium Plus™                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Count     | Retail  | You Pay! |
|-----------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #PE-04001 | Raspberry    | Ionic-Fizz™ Super D-K Calcium Plus™ is an all-natural, tasty powder mix, with each scoop delivering pure calcium and magnesium ions along with vitamin K2 and vitamin D3. Calcium is vital for many life processes but must be balanced by sufficient magnesium and other nutrients to work. Ionic-Fizz™ Super D-K Calcium Plus™ stands alone in supporting:<br><ul style="list-style-type: none"> <li>• Healthy Bones • Muscle Comfort* • Healthy Blood Sugar Levels*</li> <li>• Breast, Prostate &amp; Heart Health* • Healthy Stress Response &amp; Sleep Patterns*</li> </ul> 7.41 oz = 1 Month Supply • 14.82 oz = 2 Month Supply | 7.41 oz.  | \$34.15 | \$25.61  |
| #PE-04101 | Lemon        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 14.82 oz. | \$51.92 | \$38.94  |
| #PE-04106 | Orange       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 7.41 oz.  | \$34.15 | \$25.61  |
| #PE-04107 | Vanilla      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 14.82 oz. | \$51.92 | \$38.94  |
| #PE-04108 | Mixed Berry  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 7.41 oz.  | \$34.15 | \$25.61  |
| #PE-04109 | Mixed Berry  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 14.82 oz. | \$51.92 | \$38.94  |

# North American Herb & Spice ~ Oregano



**If you like OREGANO, you will LOVE North American Herb & Spice!** North American Herb & Spice was the first company to introduce edible oil of oregano to the North American market which led to the health improvement of countless numbers of people.

Founded in 1999 by Judy Kay Gray, MS to develop unique products from naturally powerful ingredients. From the remote mountains of the Mediterranean to the valleys of the Amazon rainforest, North American Herb and Spice sources the finest fruits, herbs, and spices in the world. Wild handpicked spices are the cornerstone of our products. The end result is the purest, most powerful spice extracts made from the

best pesticide-free, chemical-free, and solvent-free ingredients.

Oreganol P73 was the first “internal use” as well as topical spice oil category for health and beauty. After over 30 years of continuous internal consumption and numerous scientific tests, Oreganol P73 is still the only wild sourced organic oil of oregano acceptable for daily use.

**What does the P73 stand for?** There are over eighty known species of oregano. Oreganol P73 is a proprietary blend of the most powerful species known to possess health benefits. The oregano used in Oreganol P73 grows wild in the Mediterranean mountains. These special oregano plants grow at altitudes as high as 12,000 feet above sea level.

Once gathered, it is steam-distilled with pristine spring water to produce our oregano oil and hydrosol with unrivaled quality, efficacy, and purity.

(They carry over 50 more products....if there is something you don't see here, just ask ☺).

| Code #  | Product Name                    | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Count    | Retail  | You Pay! |
|---------|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #231229 | OregaBiotic P73                 | OregaBiotic is a highly sophisticated supplement powerfully designed to support overall immune and digestive health.                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 60 VCaps | \$59.99 | \$50.99  |
| #231001 | Oreganol P73 Oil of Oregano     | North American Herb & Spice was the first company to introduce edible oil of oregano to the North American market which led to the health improvement of countless numbers of people. It is handpicked in pristine, and unpolluted remote mountains. There is no substitute for Oreganol P73, the original, truly wild, organic, oregano oil that is produced by old-fashioned steam distillation. Our P73 daily use formula is the only unprocessed, full-spectrum wild oregano oil available. Use it as your preferred wild oregano oil drops, and for optimal health take a few drops daily. | .45 oz   | \$29.99 | \$25.49  |
| #231501 |                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 1 oz.    | \$39.99 | \$33.99  |
| #231002 | Oregamax P73                    | There is great power in the whole, unprocessed, wild oregano spice, powers not found in the oil. That's why OregaMax makes the ideal synergistic supplement with Oreganol P73. It's loaded with natural, vibratory hertz energy from the wild plant as it grows on the rocks. Use it to support a whole body healthy immune and digestive response like no other.                                                                                                                                                                                                                               | 90 VCaps | \$29.99 | \$25.49  |
| #231003 | Oreganol P73 Super-Strength Oil | The difference between super strength and regular strength is that the ratio of olive oil to oregano oil is considerably different, by nearly 3-fold. That's why it is SuperStrength. Because it is so potent you can benefit from every-other-day use. Take the SuperStrength Oreganol P73 to support a healthy whole body immune response. May be also applied topically.                                                                                                                                                                                                                     | 1 oz.    | \$49.99 | \$42.49  |

# North American Herb & Spice ~ Oregano

| Code #                                                                              | Product Name                | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Count              | Retail  |         |
|-------------------------------------------------------------------------------------|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------|---------|
| #231033                                                                             | Oreganol P73 Juice          | Aromatic Oreganol Juice is a powerhouse to the extreme, being a traditional therapy in the Mediterranean for hundreds of years. It's different than the oil, as this is the water phase produced by distillation. It dissolves everywhere you need it, including into all tissue membranes.                                                                                                                                                                                                                                                                                                                                                                                           | 12 oz.             | \$19.99 | \$16.99 |
| #231691                                                                             | Oreganol P73 Vegan Softgels | Our Oreganol P73 Vegan Friendly Gelcaps are in an easy-to-take tapioca vegetable gelatin gelcap. It is truly a one of a kind gelcap that is ideal for those who take the oil internally.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 120 Vegan Softgels | \$39.99 | \$33.99 |
| #231502                                                                             | OregaRESP (Oregacyn) Oil    | This is the original desiccated multiple spice oil complex (made from Cinnamon, Oregano & Sage). Ultra-potent support for the immune and respiratory systems. OregaRESP is the world's first synergistic multiple spice oil combination, truly potent to the extreme, the most powerful North American Herb & Spice supplement of all. Ideally, take with juice or food.                                                                                                                                                                                                                                                                                                              | 30 VCaps           | \$29.99 | \$25.49 |
| #231207                                                                             |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 90 VCaps           | \$69.99 | \$59.49 |
| #231505                                                                             |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 1 oz.              | \$39.99 | \$33.99 |
| #231234                                                                             | Super Strength Oreganol P73 | Oreganol P73 regular strength is 50 mg per serving of total weight. SuperStrength is the same. However, the difference between super strength and regular strength is that the ratio of olive oil to oregano oil is considerably different, by nearly 3-fold. Our Oreganol P73 Vegan Friendly Gelcaps are in an easy-to-take tapioca vegetable gelatin gelcap. It is truly a one of a kind gelcap that is ideal for those who take the oil internally.                                                                                                                                                                                                                                | 60 VCaps           | \$39.99 | \$33.99 |
| #231694                                                                             |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 120 VCaps          | \$49.99 | \$42.49 |
| #231272                                                                             | Sinu Orega P73              | SinuOrega is a natural nasal wash powered by potent spice extracts. These powerful extracts are combined with pure sea salt in a spring water base, the ideal wash and inhalant for the nasal membranes and sinuses. Can be used daily as it is non-addictive. For optimal results use with OregaRESP capsules for sinus and bronchial as well as post-nasal drip response.                                                                                                                                                                                                                                                                                                           | 2 oz               | \$19.99 | \$16.99 |
| #231672                                                                             | Black Seed Oil              | Our feature supplement for heart support is Oil of Black Seed. The oil contains a highly special compound, thymoquinone, which helps support healthy oxygenation in the heart muscle. It's a natural ubiquinone, like co-enzyme Q-10. Yet, instead of getting it synthetically, with our Oil of Black Seed you gain the benefit of all-natural whole food based ubinquinones, which have been heavily studied for their role in heart health. Plus, black seed oil is rich in healthy sterols, which have a government-issued stamp of approval as being heart-healthy. Whether in oil form or capsule for heart and arterial support, black seed oil should be on the daily regimen. | 8 oz               | \$34.99 | \$29.74 |
|  |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                    |         |         |
| #231676                                                                             | Black Seed Plus             | Everyone knows that black seed is good for you, but when it is combined with brown cumin, Rhus coriaria, and red sour grape, it becomes super-charged. This is the most potent ground black seed supplement available.                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 90 VCaps           | \$34.99 | \$29.74 |

# Northern Nutrition



The Formulas below have been formulated by Northern Nutrition's 5 Naturopaths with over 75 combined years of clinical experience. A number of our customers over the years have asked us to carry their products, so here they are! If there are products you don't see here from them that you would like, let us know and we'll try to get them for you.

| Code #     | Product Name | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Count     | Retail  |         |
|------------|--------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|---------|
| #NN-ART    | Artichoke    | Artichoke has been used very successfully in treating gallbladder disorders. Some people have been able to avoid surgery using artichoke.                                                                                                                                                                                                                                                                                                                            | 120 VCaps | \$34.95 | \$26.25 |
| #NN-Estro  | Estro DTX    | O. Estro DTX helps support Estrogen balance through a combination of nutraceutical ingredients that have been shown to aid liver function which can help eliminate unwanted estrogen while leaving essential estrogen intact. It promotes Estrogen Metabolism.                                                                                                                                                                                                       | 90 VCaps  | \$39.95 | \$29.95 |
| #NN-Fungal | Fungal Zyme  | This is one of the most advanced fungal & yeast supports on the market. Yeast & fungus adhere to body tissues by a substance called Cellulose Protein. These enzymes digest this cellulose protein therefore eliminating its ability to attach to the tissues. The Lymphatic system and the Kidney are then able to expel it out of the body. This method of yeast cleansing is much more effective and much more gentle with hardly any yeast die-off side effects. | 120 VCaps | \$39.95 | \$30.00 |
| #NN-GI     | GI Purify    | This is your complete colon cleansing formula. Loaded with fiber, astringent herbs (to make toxins release from the gut wall), and peristaltic herbs for a stimulating, thorough cleansing. Dosages can be easily adjusted for individuals that just need mild cleansing to those who need to use it for a more intense cleansing. It is nicely formulated with natural orange flavor & sweetened with stevia for a very reasonable taste.                           | 420 Grams | \$36.95 | \$27.75 |
| #NNHEP180  | HEP-3        | Northern Nutrition's formula for liver support contains Milk Thistle, Artichoke Extract and Dandelion Root. This formula promotes bile production, fat digestion, bowel elimination and liver detox. Individuals with gallbladder distress may find that this product can alleviate their discomfort and improve overall digestion. It is mild on the stomach and safe for children to ingest.                                                                       | 180 VCaps | \$49.95 | \$37.50 |
| #NNHEP90   |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 90 VCaps  | \$29.95 | \$22.50 |

# Northern Nutrition

| Code #       | Product Name | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Count     | Retail  |         |
|--------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|---------|
| #NN-KB-8     | KB-8         | An herbal kidney and bladder product that includes Dandelion leaf, Uva Ursi leaf, Juniper berries and Paisley as herbal diuretics to flush excess fluids from the body. Goldenseal root is added to help prevent bladder infection while Hydrangea root helps dissolve calcium crystals that can form kidney stones. May be used for short term or long term use.                                                                                                                                                                                                                                                                    | 120 VCaps | \$21.95 | \$16.50 |
| #NN-MAG      | MAG-Synergy  | This is Northern Nutrition's newest formula that includes Magnesium Malate, Vitamin B-6 and Zinc. These 3 nutrients work synergistically in many systems of the body, especially in regards to kidney, musculoskeletal, nervous systems and cardiovascular support. Those individuals who experience muscle cramps, spasms, elevated pyrroles, kidney stones, or bone spurs may benefit from the use of this product.                                                                                                                                                                                                                | 120 VCaps | \$23.95 | \$17.95 |
| #NN-Neuro    | Neuro Calm   | This is our Northern Nutrition's most popular stress supporting & sleep aid product. Instead of putting in 1 or 2 stress reducing herbs, they loaded it with all of the most popular natural ingredients on the market today used for stress, all packed in one pill. GABA is also included as a natural sleep aid if taken at night.                                                                                                                                                                                                                                                                                                | 120 VCaps | \$35.95 | \$27.00 |
| #NN-PRO      | Pro-3-Zyme   | A plant-based enzyme that may be beneficial for those with food sensitivities, heartburn, and indigestion. Pro-3-Zyme contains more protease, the key ingredient, than our Northern Nutrition Zymboless product for those who need more intensive support in the digestive system. Compare to other products on the market by ingredients to see the great value that this product offers.                                                                                                                                                                                                                                           | 180 VCaps | \$41.95 | \$33.00 |
| #NN-Turmeric | Turmeric HP  | This product has been used successfully for pain & inflammation. It contains 500mg/Turmeric extract, 350mg/Boswellia extract, 150mg DL-Phenylalanine and 5mg of Nattokinase per serving.                                                                                                                                                                                                                                                                                                                                                                                                                                             | 90 VCaps  | \$31.95 | \$23.95 |
| #NN-ZYM180   | Zym-boless   | This is Northern Nutrition's #1 selling product over 15 years in a row. This is a very effective and fast acting digestive enzyme. It aides in digestion of any food that you eat, from proteins to fats, & carbohydrates. Comparing to the high quantities and quality of active enzymes per capsule it is more cost effective in comparison to any other product on the market. It is in small #3 capsules and many children are able to swallow them. If not, there is no flavor, therefore children can open the capsule and put it directly on their food. Many mothers have given it to their colic babies with great success. | 180 VCaps | \$24.95 | \$18.75 |
| #NN-ZYM360   |              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 360 VCaps | \$44.95 | \$33.75 |

# NOW Supplements



NOW is one of the top 3 Nutraceuticals in the Nation. Whatever is on their label, is in the bottle. You can TRUST them completely. It's been 3 years since we printed a new catalog, and in that time some prices have gone up, and believe it or not, some have come down :). We are still 25%-40% below the RETAIL price on NOW products!

We also want to offer you all a standing NOW DISCOUNT ~ **PURCHASE any 12 NOW products, and get an EXTRA 10% off on those products, you can mix and match them any way you please!** We really appreciate the business you send our way!

| CODE # | PRODUCT                           | AMINO ACIDS                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | COUNT     | Retail  | You Pay! |
|--------|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #0105  | 5-HTP, 100 mg                     | 5-HTP, the intermediate metabolite between the amino acid L-tryptophan and serotonin, Supports Positive Mood                                                                                                                                                                                                                                                                                                                                                                              | 60 VCaps  | \$16.99 | \$10.20  |
| #0106  | 5-HTP, 100 mg                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 120VCaps  | \$31.99 | \$19.20  |
| #0109  | 5-HTP, 100 mg                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 90 Chews  | \$27.99 | \$16.80  |
| #0108  | 5-HTP, 200 mg                     | Double Strength 5-HTP with Glycine, Taurine & Inositol                                                                                                                                                                                                                                                                                                                                                                                                                                    | 60 VCaps  | \$29.99 | \$18.00  |
| #0111  | 5-HTP, 200 mg                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 120 VCaps | \$55.99 | \$33.60  |
| #0011  | Amino Complete                    | Balanced Blend of Protein & Free From Amino Acids                                                                                                                                                                                                                                                                                                                                                                                                                                         | 120 Caps  | \$15.99 | \$9.60   |
| #0013  |                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 360 Caps  | \$39.99 | \$24.00  |
| #2145  | D-Ribose, 750 mg                  | Sports Recovery* Muscle Fuel* ATP Production* Ribose is a simple sugar that occurs naturally in all living cells. Ribose is the structural backbone of ATP, the primary form of energy used for all cellular processes.* Demand for ATP availability is especially critical in the heart and skeletal muscle and ribose supplementation can help to maintain optimal energy levels in these tissues.*                                                                                     |           |         |          |
| #0030  | L-Arginine, 500 mg                | L-Arginine is an essential basic amino acid involved primarily in urea metabolism, excretion, and in DNA synthesis and protein production.*                                                                                                                                                                                                                                                                                                                                               | 100 Caps  | \$11.99 | \$7.20   |
| #0035  | L-Arginine, 1000 mg               | Double Strength, Vegetarian Formula                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 120 Tabs  | \$27.99 | \$16.80  |
| #0040  | L-Arginine & Ornithine 500/250 mg | Supports Protein Metabolism * Both of these amino acids are popular with athletes and other active individuals.                                                                                                                                                                                                                                                                                                                                                                           | 100 Caps  | \$17.99 | \$10.80  |
| #0053  | Branched Chain Amino Acids 800 mg | The Branched Chain Amino Acids (BCAAs), Leucine, Isoleucine and Valine are essential amino acids, and thus cannot be made in the body. BCAAs are critical for muscle protein synthesis, and can be used as fuel during intense exercise to preserve existing muscle tissue.*                                                                                                                                                                                                              | 120 Caps  | \$25.99 | \$16.60  |
| #0062  | L-Carnitine, 250 mg               | Purest Form, Clinically Tested, Boosts Cellular Energy, Transports Fatty Acids ~ L-Carnitine is a non-essential amino acid that helps to maintain overall good health by facilitating the transfer of fatty acid groups into the mitochondrial membrane for cellular energy production.*                                                                                                                                                                                                  | 60 VCaps  | \$14.99 | \$9.00   |
| #0072  | L-Carnitine, 500 mg               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 60 VCaps  | \$25.99 | \$15.60  |
| #0073  | L-Carnitine, 500 mg               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 180 VCaps | \$65.99 | \$39.60  |
| #0067  | L-Carnitine 1000 mg               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 50 Tabs   | \$29.99 | \$18.00  |
| #0065  | L-Carnitine Liquid, 1000 mg       | Provides all of the extensive benefits of Carnitine in a highly absorbable liquid form. NOW® L-Carnitine is the purest form, clinically tested, and vegetarian (non-animal sourced). Citrus Flavor                                                                                                                                                                                                                                                                                        | 16 oz.    | \$22.99 | \$13.80  |
| #0069  |                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 32 oz.    | \$30.99 | \$24.00  |
| #0064  | 3000 mg                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 16 oz.    | \$39.99 | \$24.00  |
| #0066  | L-Cartnitine Liquid, 1000 mg      | Tropical Punch Flavor                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 16 oz.    | \$22.99 | \$13.80  |
| #0076  | Acetyl-L-Carnitine 500 mg         | A modified amino acid that supports cellular energy production by assisting in the transport of fat into the mitochondria where it is converted into ATP (cellular fuel).* ALC is a highly bioavailable form of L-Carnitine that can cross the blood-brain barrier, where it helps to manage oxidative damage, supports mitochondrial function and helps to maintain normal neurotransmitter activity.* Clinical studies suggest that ALC helps to maintain optimal neurological health.* | 100 VCaps | \$29.99 | \$18.00  |
| #0084  |                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 200 VCaps | \$55.99 | \$33.60  |
| #0081  | Acetyl-L Carnitine 750 mg         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 90 Tabs   | \$39.99 | \$24.00  |
| #0078  | Carnosine 500 mg                  | Supports Muscle Vitality * Free Radical Scavenger * Supports Cell Integrity*                                                                                                                                                                                                                                                                                                                                                                                                              | 50 VCaps  | \$29.99 | \$18.00  |
| #0079  |                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 100 VCaps | \$53.99 | \$32.40  |

# NOW Supplements

| CODE # | PRODUCT                         | AMINO ACIDS, CON'T.                                                                                                                                                                                                                                                                 | COUNT     | Retail  | You Pay! |
|--------|---------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #0083  | L-Citrulline 750 mg             | A non-essential amino acid that is an important intermediate in the urea cycle, functioning along with other amino acids to rid the body of ammonia, a byproduct of protein metabolism.                                                                                             | 90 VCaps  | \$27.99 | \$16.80  |
| #0077  | L-Cysteine 500 mg               | A non-essential amino acid that is an important component of hair, nails and the keratin of the skin. L-Cysteine stabilizes protein structure and aids in the formation of collagen, thereby promoting healthy skin, hair and nail texture and elasticity.*                         | 100 Tabs  | \$18.99 | \$11.40  |
| #0082  | GABA 250 mg<br>Chewable         | GABA, 250 mg. Chewable Orange Flavor                                                                                                                                                                                                                                                | 90 Loz.   | \$19.99 | \$12.00  |
| #0087  | GABA 500 mg                     | A non-protein amino acid that functions as a neurotransmitter in the human brain.* GABA is naturally produced in the body and its presence within the central nervous system may help promote relaxation and ease nervous tension.*                                                 | 100 VCaps | \$12.99 | \$7.80   |
| #0088  | With Vitamin B-6                |                                                                                                                                                                                                                                                                                     | 200 VCaps | \$24.99 | \$15.00  |
| #0089  | GABA 750 mg                     | Only GABA, No Vitamin B-6                                                                                                                                                                                                                                                           | 100 VCaps | \$17.99 | \$10.80  |
| #0092  | L-Glutamine 500 mg              | Glutamine is considered to be a conditionally essential amino acid, which means that under certain circumstances, the body may require more Glutamine than it can produce. Glutamine also acts as the primary fuel for the rapidly growing cells of the immune system and GI tract. | 120 Caps  | \$14.99 | \$9.00   |
| #0094  | L-Glutamine<br>1000 mg          | Double Strength                                                                                                                                                                                                                                                                     | 120 VCaps | \$19.99 | \$12.00  |
| #0091  |                                 |                                                                                                                                                                                                                                                                                     | 240 VCaps | \$37.99 | \$22.80  |
| #0096  | Glutathione 250 mg              | Reduced Active Form* Detoxification Support*                                                                                                                                                                                                                                        | 60 VCaps  | \$25.99 | \$15.60  |
| #0104  | Glutathione<br>500 mg/Silymarin | Reduced Active Form* With Milk Thistle Extract & Alpha Lipoic Acid                                                                                                                                                                                                                  | 60 VCaps  | \$43.99 | \$26.40  |
| #0110  | L-Lysine 500 mg                 | Supports Collagen Synthesis* Healthy Immune Function*                                                                                                                                                                                                                               | 100 Caps  | \$8.99  | \$5.40   |
| #0112  |                                 |                                                                                                                                                                                                                                                                                     | 250 Caps  | \$18.99 | \$11.40  |
| #0113  | L-Lysine 1000 mg                |                                                                                                                                                                                                                                                                                     | 100 Tabs  | \$12.99 | \$7.80   |
| #0122  | L-Ornithine 500 mg              | Healthy Protein Metabolism                                                                                                                                                                                                                                                          | 120 VCaps | \$25.99 | \$16.60  |
| #0085  | NAC 600 mg                      | A stable form of the non-essential amino acid L-Cysteine, with Selenium & Molybdenum. Maintains cellular health                                                                                                                                                                     | 100 VCaps | \$19.99 | \$12.00  |
| #0086  |                                 |                                                                                                                                                                                                                                                                                     | 250 VCaps | \$39.99 | \$24.00  |
| #0185  | NAC 1000 mg                     |                                                                                                                                                                                                                                                                                     | 120 Tabs  | \$29.99 | \$18.00  |
| #0127  | SAMe 200 mg                     | Double Strength                                                                                                                                                                                                                                                                     | 60 VCaps  | \$37.99 | \$22.80  |
| #0128  | SAMe 200 mg                     |                                                                                                                                                                                                                                                                                     | 120 VCaps | \$67.99 | \$40.80  |
| #0141  | SAMe 400 mg                     |                                                                                                                                                                                                                                                                                     | 60 Tabs   | \$71.99 | \$47.50  |
| #0140  | Taurine 500 mg                  | Helps to generate and regulate nerve impulses and supports the maintenance of normal fluid balance. Also used by the body in visual pathways and in the brain and nervous system working with glycine and GABA as a neurotransmitter                                                | 100 Caps  | \$7.99  | \$4.80   |
| #0142  | Taurine 1000 mg                 | Double Strength                                                                                                                                                                                                                                                                     | 100 VCaps | \$12.99 | \$7.80   |
| #0147  | Theanine 200 mg                 | Double Strength * Supports Cardiovascular Function<br>Promotes Relaxation                                                                                                                                                                                                           | 60 VCaps  | \$25.99 | \$16.60  |
| #0148  |                                 |                                                                                                                                                                                                                                                                                     | 120 VCaps | \$45.99 | \$27.60  |
| #0155  | True Calm                       | Neurotransmitter Support * Promotes Relaxed Mood * Amino Acid Blend with B Vitamins & Valerian                                                                                                                                                                                      | 90 VCaps  | \$15.99 | \$9.60   |
| #0166  | L-Tryptophan                    | Supports Relaxation * Premium Grade * Encourages Positive Mood<br>* Promotes Restful Sleep*                                                                                                                                                                                         | 60 VCaps  | \$21.99 | \$13.20  |
| #0167  | 500 mg                          |                                                                                                                                                                                                                                                                                     | 120 VCaps | \$39.99 | \$24.00  |
| #0169  | L-Tryptophan, 1000 mg           | Double Strength                                                                                                                                                                                                                                                                     | 60 Tabs   | \$37.99 | \$22.90  |
| #0162  | L-Tyrosine<br>500 mg            | Pharmaceutical Grade * Healthy Glandular Function * Supports Mental Alertness*                                                                                                                                                                                                      | 120 Caps  | \$15.99 | \$9.60   |

# NOW Supplements

| CODE # | PRODUCT            | AMINO ACID POWDERS               | COUNT     | Retail  | You Pay! |
|--------|--------------------|----------------------------------|-----------|---------|----------|
| #0206  | Amino-9 Essentials | Amino-9 Essentials Powder, 330 g | 330 grams | \$43.90 | \$26.40  |
| #0210  | L-Arginine Pwd     | Pharmaceutical Grade             | 1 lb.     | \$39.99 | \$24.00  |
| #0215  | GABA Pwd.          | Gamma-Aminobutyric Acid          | 6 oz.     | \$17.99 | \$10.80  |
| #0221  | L-Glutamine Pwd.   | Nitrogen Transporter*            | 1 lb.     | \$35.99 | \$21.60  |
| #0222  |                    |                                  | 2.2 lbs   | \$59.99 | \$42.25  |
| #0260  | Taurine Pwd.       | Healthy Visual Function*         | 8 oz.     | \$15.99 | \$9.60   |

| CODE # | PRODUCT                | BEE PRODUCTS                                                                                                                                                                                                                                        | COUNT       | Retail  | You Pay! |
|--------|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------|----------|
| #2520  | Bee Pollen 500 mg      | Natural Bee Pollen                                                                                                                                                                                                                                  | 100 Caps    | \$8.99  | \$5.40   |
| #2540  | Propolis 1500 mg       | 5:1 Concentrate                                                                                                                                                                                                                                     | 100 VCaps   | \$16.99 | \$10.20  |
| #2560  | Royal Jelly<br>1000 mg | Royal Jelly is a natural source of many nutrients. Royal Jelly is the only food for the Queen Bee, and it enables her to outlive worker bees thirty fold! The Queen Bee is also very fertile, laying up to 2,000 eggs each day throughout her life. | 60 Softgels | \$19.99 | \$12.00  |
| #2565  | 1500 mg                |                                                                                                                                                                                                                                                     | 60 VCaps    | \$23.99 | \$14.40  |

## BREWER'S YEAST/NUTRITIONAL YEAST

|       |                                  |                                                                                                                                    |          |          |          |
|-------|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------|----------|----------|----------|
| #2410 | Brewer's Yeast<br>10 Grain       | Brewer's Yeast has several naturally occurring vitamins, minerals and other beneficial nutrients. No synthetic vitamins are added. | 200 Tabs | \$11.99  | \$7.20   |
| #2420 | Brewer's Yeast<br>Pwd.           | Reduced Bitterness                                                                                                                 | 1 lb.    | \$12.99  | \$7.80   |
| #2455 | Nutritional Yeast<br>Flakes Pure | Candida Free - GREAT on Popcorn, in Gravies, Vegan Cheese, Savory Roasts & Burgers, etc.                                           | 10 oz.   | \$14.99  | \$9.00   |
| #2457 |                                  |                                                                                                                                    | 10 lbs   | \$124.99 | \$100.00 |

## CHILDREN'S FORMULAS

|       |                                    |                                                                                                                                                                                                      |             |         |         |
|-------|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------|---------|
| #1607 | Kids DHA<br>Chewables              | DHA-100 mg, Kids Chewable Gels, Fruit Flavor                                                                                                                                                         | 60 Softgels | \$15.99 | \$9.60  |
| #4851 | Elderberry                         | Elderberry Liquid for Kids                                                                                                                                                                           | 8 oz        | \$19.99 | \$12.00 |
| #2936 | BerryDophilus                      | 2 Billion, 10 Probiotic Strains * For Children and Adults<br>* Xylitol Sweetened                                                                                                                     | 60 Chews    | \$12.99 | \$7.80  |
| #2949 |                                    |                                                                                                                                                                                                      | 120 Chews   | \$23.99 | \$14.40 |
| #2957 | ChewyZymes                         | ChewyZymes™ is a broad spectrum digestive enzyme formulation in a natural berry-flavored, vegetarian chewable tablet for adults and children. It is designed to support optimal digestion of meals.* | 90 Chews    | \$19.99 | \$12.00 |
| #1233 | Kids Cal<br>Chewables              | Calcium Citrate, Magnesium & Vitamin D * With Real Fruit Concentrate *Sugar-Free                                                                                                                     | 100 Chews   | \$14.99 | \$9.00  |
| #4849 | Kids Liquid<br>Echinacea           | Kids Liquid Echinacea                                                                                                                                                                                | 2 oz.       | \$14.99 | \$9.00  |
| #3882 | Kids Vits Berry<br>Blast Chewables | Kids Chewable Multi Sweetened with Xylitol                                                                                                                                                           | 120 Chews   | \$16.99 | \$10.20 |
| #2921 | OralBiotic Loz.                    | Supports Ear, Nose & Throat Health, Helps Maintain Fresh Breath, For Children & Adults, Gluten Free                                                                                                  | 60 Lozenges | \$23.99 | \$14.40 |

# NOW Supplements

| CODE #                              | PRODUCT                          | DETOX SUPPORT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | COUNT                         | Retail              | You Pay!            |
|-------------------------------------|----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|---------------------|---------------------|
| #2915                               | Charcoal                         | Activated Charcoal, 280 mg.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 200 VCaps                     | \$19.99             | \$12.00             |
| #2454                               | Easy Cleanse AM/PM               | Simple 15-Day Program * Gentle Cleansing Formula * Supports Digestive and Metabolic Health * A.M. - 60 Veg Capsules * P.M. - 60 Veg Capsules                                                                                                                                                                                                                                                                                                                                                                                                                                   | 15 Day<br>60 VCaps/<br>Bottle | \$25.99             | \$15.60             |
| #2463                               | Kidney Cleanse                   | Urinary Tract Support * Maintains Kidney Cleansing Function*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 90 VCaps                      | \$19.99             | \$12.00             |
| #2448<br>#2449                      | Liver Refresh - Unique Formula   | Supports Healthy Detoxification* Comprehensive Formula                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 90 VCaps<br>180 VCaps         | \$23.99<br>\$43.99  | \$14.40<br>\$26.40  |
| #3056                               | Indole-3-Carbinol (I3C)          | Studies have shown that I3C supplementation can help maintain the health of the breast and other reproductive organs. 200 mg.                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 60 VCaps                      | \$25.99             | \$15.60             |
| #3075<br>#3076                      | Modified Citrus Pectin           | A patented, low molecular weight Citrus Pectin that can pass through the intestinal barrier so it can work systemically.* MCP can bind to and facilitate the excretion of low levels of heavy metals from mild, but common environmental exposure.* Studies indicate that MCP promotes healthy urinary excretion of heavy metals from typical everyday exposures without altering the retention of other nutritional minerals, including calcium, magnesium, iron, copper and selenium.* In addition, MCP has been shown to support healthy cellular growth and reproduction.* | 180 VCaps<br>1 lb.            | \$79.99<br>\$149.99 | \$57.60<br>\$108.00 |
| #3097                               | Calcium D-Glucarate              | By supporting the body's natural cleansing mechanisms, Calcium D-Glucarate may help to maintain normal cellular function and promote liver, prostate, and breast health. 500 mg.                                                                                                                                                                                                                                                                                                                                                                                               | 90 VCaps                      | \$33.99             | \$20.40             |
| #4785                               | Silymarin, Extra Strength 450 mg | Triple Strength Silymarin                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 120 Softgels                  | \$39.99             | \$24.00             |
| <b>DIET &amp; WEIGHT MANAGEMENT</b> |                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                               |                     |                     |
| #3013<br>#3014                      | 7-KETO 100 mg                    | In clinical studies, 7-KETO®, a unique ingredient, has been shown to assist in the maintenance of a healthy body weight along with a proper diet and exercise regimen.                                                                                                                                                                                                                                                                                                                                                                                                         | 60 VCaps<br>120 VCaps         | \$39.99<br>\$69.99  | \$24.00<br>\$42.00  |
| #1727<br>#1728                      | CLA 800 mg                       | From Non-GMO Safflower Oil                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 90 Gels<br>180 Gels           | \$19.99<br>\$35.99  | \$12.00<br>\$21.60  |
| #1435                               | Garcinia 1000 mg                 | Standardized to 50% HCA and tested to guarantee 500 mg HCA per tablet.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 120 Tabs                      | \$25.99             | \$15.60             |
| #3342<br>#3343                      | Relora 300 mg                    | The relaxing effect of Relora® has been shown to help control appetite and stress-related eating, thereby helping you to manage your weight.                                                                                                                                                                                                                                                                                                                                                                                                                                   | 60 VCaps<br>120 VCaps         | \$19.99<br>\$37.99  | \$12.00<br>\$22.80  |
| #3368<br>#3369                      | Thyroid Energy                   | Supports Healthy Thyroid Function * Supports Healthy Metabolism*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 90 VCaps<br>180 VCaps         | \$19.99<br>\$35.99  | \$12.00<br>\$21.60  |
| #1908                               | Water Out ~ Nature's Diuretic    | With Standardized Uva Ursi, Dandelion, Potassium, Vitamin B-6, and more * Supports a Healthy Urinary Tract * A                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 100 VCaps                     | \$15.99             | \$9.60              |
| #3344                               | Cortisol Support                 | Super Cortisol Support                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 90 VCaps                      | \$29.99             | \$18.00             |

# NOW Supplements

|                |                                                   | <i>Digestive Support</i>                                                                                                                                                                                                                                                                                                                                                                                        |  |                        |                                  |                                  |
|----------------|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------|----------------------------------|----------------------------------|
| CODE #         | PRODUCT                                           | <b>ALOE VERA</b>                                                                                                                                                                                                                                                                                                                                                                                                |  | COUNT                  | Retail                           | You Pay!                         |
| #3029          | Aloe Vera<br>10,000 / 60 VCaps<br>with Probiotics | Scientific studies have indicated that Aloe can help to support the body's own healing processes. In addition, Aloe Vera has been shown to support a healthy digestive system. 10,000 mg/Capsule with Probiotics                                                                                                                                                                                                |  | 60 VCaps               | <b>\$17.99</b>                   | <b>\$10.80</b>                   |
| #3036<br>#3031 | 10,000 mg / Sgel                                  | Aloe Vera, 10,000 mg/Sgel                                                                                                                                                                                                                                                                                                                                                                                       |  | 100 Gels<br>250 Gels   | <b>\$13.99</b><br><b>\$29.99</b> | <b>\$8.40</b><br><b>\$18.00</b>  |
| <b>ENZYMES</b> |                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                 |  |                        |                                  |                                  |
| #2938          | Betaine HCl 648<br>Mg/Cap                         | Pepsin is a protease produced in the stomach that partially breaks down proteins in foods.* HCl production tends to decline with age, so supplementing with HCl and pepsin may help to maintain normal digestive function.* This product uses a vegetarian acid-stable protease with activity equivalent to that of animal-derived pepsin.                                                                      |  | 120 Caps               | <b>\$19.99</b>                   | <b>\$12.00</b>                   |
| #2943<br>#2947 | Bromelain<br>500 Mg/VCap                          | Bromelain is designed by nature to support proper gastrointestinal function and may also help to promote the comfort of muscles and joints.                                                                                                                                                                                                                                                                     |  | 60 VCaps<br>120 VCaps  | <b>\$15.99</b><br><b>\$29.99</b> | <b>\$9.60</b><br><b>\$18.00</b>  |
| #2957          | ChewyZymes                                        | A broad spectrum digestive enzyme formulation in a natural berry-flavored, vegetarian chewable tablet for adults and children. It is designed to support optimal digestion of meals. The enzymes used in this product have been tested in a controlled laboratory study and have been shown to be active throughout the entire pH range of the digestive system and to not be degraded by acid in the stomach.* |  | 90 Chews               | <b>\$19.99</b>                   | <b>\$12.00</b>                   |
| #2956          | Dairy Digest<br>Complete                          | A comprehensive blend of enzymes that is formulated to aid in the digestion of dairy products                                                                                                                                                                                                                                                                                                                   |  | 90 VCaps               | <b>\$19.99</b>                   | <b>\$12.00</b>                   |
| #2965<br>#2968 | Digest Ultimate<br>(Formerly Digest<br>Platinum)  | Helps to optimize nutrient absorption by assisting in the breakdown of protein, carbohydrate and fat, as well as dairy, grains and indigestible fibers found in foods such as vegetables and beans. Vegetarian.                                                                                                                                                                                                 |  | 60 VCaps<br>120 VCaps  | <b>\$25.99</b><br><b>\$45.99</b> | <b>\$15.60</b><br><b>\$27.60</b> |
| #2959          | Gluten Digest                                     | Gluten Digest, with BioCore® DPP IV, is a comprehensive enzyme blend formulated to promote the complete digestion of cereal grains.                                                                                                                                                                                                                                                                             |  | 60 VCaps               | <b>\$19.99</b>                   | <b>\$12.00</b>                   |
| #3140<br>#3141 | Nattokinase<br>100 mg                             | Studies have demonstrated that Nattokinase can help to promote heart and circulatory health by supporting normal blood clotting functions.* NOW® Nattokinase is derived from non-GMO soy and has 2,000 FUs (Fibrinolytic Units) per 100 mg serving.                                                                                                                                                             |  | 60 VCaps<br>120 VCaps  | <b>\$29.99</b><br><b>\$49.99</b> | <b>\$18.00</b><br><b>\$30.00</b> |
| #2958          | Optimal Digestive<br>System                       | A blend of enzymes that will aid in the digestion of most foods, including beans and cruciferous vegetables. Vegetarian.                                                                                                                                                                                                                                                                                        |  | 90 VCaps               | <b>\$19.99</b>                   | <b>\$12.00</b>                   |
| #2970<br>#2972 | Papaya Enzyme<br>Chewable Mint                    | Supports Protein Digestion and Fresh Breath                                                                                                                                                                                                                                                                                                                                                                     |  | 180 Loz<br>360 Loz     | <b>\$11.99</b><br><b>\$21.99</b> | <b>\$7.20</b><br><b>\$13.20</b>  |
| #2966<br>#2967 | Plant Enzymes                                     | With Lactase, Protease, Papain and Bromelain * Vegetarian/Vegan Formula                                                                                                                                                                                                                                                                                                                                         |  | 120 VCaps<br>240 VCaps | <b>\$17.99</b><br><b>\$31.99</b> | <b>\$10.80</b><br><b>\$19.20</b> |
| #2973          | Serrapeptase<br>60,000 units                      | Studies indicate that serrapeptase is absorbed intact from the digestive tract and that it acts systemically to support healthy immune system functions and promote the body's normal healing processes. Some evidence suggests that serrapeptase may support respiratory health by helping to maintain normal mucus secretions.                                                                                |  | 60 VCaps               | <b>\$21.99</b>                   | <b>\$13.20</b>                   |
| #2954          | Serrazimes<br>33 Mg, 20K Units<br>of Activity     | Serrazimes may promote vascular and respiratory health by supporting the body's own natural processes for both drainage and repair.                                                                                                                                                                                                                                                                             |  | 90 VCaps               | <b>\$19.99</b>                   | <b>\$12.00</b>                   |

# NOW Supplements

| You Pay!          | PRODUCT                      | HEALTHY DIGESTION                                                                                                                                                                                                                                                                   | COUNT                 | Retail                           | You Pay!                         |
|-------------------|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|----------------------------------|----------------------------------|
| #2983             | Acid Relief                  | Acid Relief with Enzymes combines Calcium Carbonate with digestive enzymes to encourage complete digestion of food, even in the presence of reduced stomach acid.* Delivers rapid relief from occasional indigestion, as well as digestive enzymes in a delicious chewable tablet.* | 60 Chews              | <b>\$16.99</b>                   | <b>\$10.20</b>                   |
| #3308<br>#3319    | Candida Support              | Ingredients (Pau D'Arco, Black Walnut and Oregano Oil), Biotin and Caprylic Acid (a naturally occurring fatty acid derived from plant oils) that helps to support a healthy balance of intestinal bacteria.*                                                                        | 90 VCaps<br>180 VCaps | <b>\$19.99</b><br><b>\$35.99</b> | <b>\$12.00</b><br><b>\$21.60</b> |
| #3347             | Caprylic Acid 600 mg         | Supports Healthy Digestive Environment                                                                                                                                                                                                                                              | 100 Gels              | <b>\$15.99</b>                   | <b>\$9.60</b>                    |
| #4727             | Peppermint Gels              | Peppermint Gels w/Ginger & Fennel Oils, Enteric Coated                                                                                                                                                                                                                              | 90 Softgels           | <b>\$14.99</b>                   | <b>\$9.00</b>                    |
| #2915             | Charcoal                     | Activated Charcoal, 280 mb                                                                                                                                                                                                                                                          | 200 VCaps             | <b>\$19.99</b>                   | <b>\$12.00</b>                   |
| #4654             | DGL + Aloe                   | DGL + Aloe, 10,000 mg                                                                                                                                                                                                                                                               | 100 VCaps             | <b>\$17.99</b>                   | <b>\$10.80</b>                   |
| #3520             | Gastro Comfort               | Gastro Comfort                                                                                                                                                                                                                                                                      | 60 VCaps              | <b>\$27.99</b>                   | <b>\$16.80</b>                   |
| <b>PROBIOTICS</b> |                              |                                                                                                                                                                                                                                                                                     |                       |                                  |                                  |
| #2930<br>#2932    | 8 Billion Acidophilus        | 8 Billion Acidophilus & Bifidus Veg Capsules, may contain minute amounts of casein.                                                                                                                                                                                                 | 60 VCaps<br>120 VCaps | <b>\$14.99</b><br><b>\$27.99</b> | <b>\$9.00</b><br><b>\$16.80</b>  |
| #2936<br>#2949    | BerryDophilus Chewables      | 2 Billion, 10 Probiotic Strains* For Children and Adults<br>* Xylitol Sweetened                                                                                                                                                                                                     | 60 Chews<br>120 Chews | <b>\$12.99</b><br><b>\$23.99</b> | <b>\$7.80</b><br><b>\$14.40</b>  |
| #2923             | BerryDophilus Extra Strength | 5x Stronger Than Original Formula * 10 Probiotic Strains * For Children and Adults * Round Shape * 10 Billion * 10 Strain                                                                                                                                                           | 50 Chews              | <b>\$24.99</b>                   | <b>\$15.00</b>                   |
| #2919             | Clinical GI Probiotic        | GI Regularity and Consistency * Temporary Relief for Minor Bloating* Longevity Formula/Gluten-Free * 20 Billion CFU/2 VCaps                                                                                                                                                         | 50 VCaps              | <b>\$29.99</b>                   | <b>\$18.00</b>                   |
| #2912<br>#2910    | Gr8-Dophilus                 | 8 Strains & 4 Billion Potency * Dairy Free/With FOS * Shelf Stable/Enteric Coated * Delivers its microflora directly to the intestine, bypassing the harsh acidic conditions of the stomach.                                                                                        | 60 VCaps<br>120 VCaps | <b>\$17.99</b><br><b>\$33.99</b> | <b>\$10.80</b><br><b>\$20.40</b> |
| #2944             | Inulin Prebiotic FOS Powder  | Pure Powder * Nourishes Friendly Bacteria * Very Low Glycemic Index * Organic                                                                                                                                                                                                       | 8 oz.                 | <b>\$12.99</b>                   | <b>\$7.80</b>                    |
| #2921             | OralBiotic                   | Helps Maintain Fresh Breath * For Children and Adults / Gluten Free                                                                                                                                                                                                                 | 60 Loz                | <b>\$23.99</b>                   | <b>\$14.40</b>                   |
| #2926<br>#2933    | Probiotic-10 25 Billion      | 10 Probiotic Strains * Dairy, Soy & Gluten Free * Clinically Validated Strains                                                                                                                                                                                                      | 50 VCaps<br>100 VCaps | <b>\$29.99</b><br><b>\$49.99</b> | <b>\$18.00</b><br><b>\$30.00</b> |
| #2928             | Probiotic-10 50 Billion      | 10 Probiotic Strains * Dairy, Soy & Gluten Free * Clinically Validated Strains                                                                                                                                                                                                      | 50VCaps               | <b>\$49.99</b>                   | <b>\$30.00</b>                   |
| #2931<br>#2904    | Probiotic-10 100 Billion     | 10 Probiotic Strains * Dairy, Soy & Gluten Free * Clinically Validated Strains                                                                                                                                                                                                      | 30 VCaps<br>60 VCaps  | <b>\$44.99</b><br><b>\$79.99</b> | <b>\$27.00</b><br><b>\$48.00</b> |
| #2918             | Probiotic Defense            | Probiotic Blend in a Whole Food Base * 1 Billion Organisms * Promotes Positive Probiotic Balance * Supports Healthy Immune System                                                                                                                                                   | 90 VCaps              | <b>\$29.99</b>                   | <b>\$18.00</b>                   |
| #2934<br>#2952    | Saccharomyces Boulardii      | 5 Billion CFU, For Occasional Diarrhea * Supports a Healthy Balance of Intestinal Flora * Useful When Traveling*                                                                                                                                                                    | 60 VCaps<br>120 VCaps | <b>\$19.99</b><br><b>\$37.99</b> | <b>\$12.00</b><br><b>\$22.80</b> |

# NOW Supplements

| CODE # | PRODUCT                          | PROBIOTICS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | COUNT     | Retail  | You Pay! |
|--------|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #2914  | Stabilized Acidophilus 3 Billion | No Refrigeration Necessary / Gluten Free * Promotes Positive Probiotic Balance * Supports Immune System                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 180 Tabs  | \$25.99 | \$15.60  |
| #2969  | Inulin Prebiotic                 | Inulin Prebiotic, 500 mg. ORGANIC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 180 VCaps | \$19.99 | \$12.00  |
| #2906  | Women's Probiotic 20 Billion     | Supports Vaginal Health * Reduces Occasional Bloating * This product features L. rhamnosus HN001 and L. acidophilus La-14 which have been shown to colonize the vaginal tract and help to maintain healthy vaginal pH when taken orally.* Both the B. lactis HN019 and HN001 strains may help to support healthy immune system function in pregnant and nursing women.* HN019 also supports GI regularity and reduces occasional gas and bloating.* These specialized strains also support healthy, balanced immune system function in women of all ages.* | 50 VCaps  | \$33.99 | \$20.40  |

| CODE # | PRODUCT            | FIBER SUPPLEMENTS                                                                                                                                                                           | COUNT    | Retail  | You Pay! |
|--------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #5908  | Apple Fiber        | NOW Apple Fiber includes the excess portion of Jonathan, Red Delicious, and Rome varieties of apples. It naturally has 10% pectin, which is sold separately as a dietary supplement.        | 12 oz.   | \$6.99  | \$5.05   |
| #6425  | Apple Fiber 700 mg | Apple Pectin is a source of water soluble fiber which has a gel-forming effect when mixed with water. As a dietary fiber, Apple Pectin may be helpful in supporting good intestinal health. | 120 Caps | \$17.98 | \$10.80  |
| #5993  | Fiber-3            | NOW® Fiber-3™ is an organic blend that can help you increase your fiber intake.<br>• Organic Golden Flax Meal, Organic Acacia & Organic Inulin (FOS)<br>• Psyllium Free • Natural Omega-3   | 16 oz.   | \$15.99 | \$10.75  |
| #6512  | Glucomannan 575 mg | By promoting satiety (feeling of fullness), Glucomannan can be a convenient addition to a weight management plan                                                                            | 180 Caps | \$19.99 | \$12.00  |
| #6513  | Glucomannan Powder | Supports Healthy Cholesterol Levels Already Within Healthy Range *Supports Regularity*                                                                                                      | 8 oz.    | \$19.99 | \$12.00  |

## PSYLLIUM

|       |                              |                                                                                                                                                                                                                                                                            |               |         |         |
|-------|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|---------|---------|
| #5966 | Psyllium Husk Pwd. Organic   | Soluble fiber from foods such as psyllium seed husks, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A serving of Psyllium Husk Powder supplies 6 grams of the 7 grams soluble fiber necessary per day to have this effect. | 12 oz.        | \$13.99 | \$10.05 |
| #5968 | Psyllium Whole Husk, Organic | Excellent Source of Fiber                                                                                                                                                                                                                                                  | 12 oz.        | \$13.99 | \$10.05 |
| #5970 | Psyllium Husk 500 mg         | Natural Soluble Fiber * Helps Maintain Regularity*                                                                                                                                                                                                                         | 200 VCaps     | \$12.99 | \$7.80  |
| #5972 |                              |                                                                                                                                                                                                                                                                            | 500 VCaps     | \$29.99 | \$18.00 |
| #5973 | Psyllium Husk + Apple Pectin | With 50 mg of Apple Pectin * Helps Maintain Regularity*                                                                                                                                                                                                                    | 180 Caps      | \$16.99 | \$10.20 |
| #5975 | Psyllium Husk Powder         | Pure Psyllium Husk Powder                                                                                                                                                                                                                                                  | 12 oz.        | \$9.99  | \$7.20  |
| #5978 |                              |                                                                                                                                                                                                                                                                            | 24 oz.        | \$17.99 | \$12.95 |
| #5980 | Psyllium Husk Whole          | Pure Psyllium Husk, Whole                                                                                                                                                                                                                                                  | 12 oz. Bottle | \$9.99  | \$7.20  |
| #5981 |                              |                                                                                                                                                                                                                                                                            | 1 lb.         | \$9.99  | \$7.20  |
| #5982 |                              |                                                                                                                                                                                                                                                                            | 24 oz.        | \$18.99 | \$13.65 |
| #5986 |                              |                                                                                                                                                                                                                                                                            | 10 lbs        | \$89.99 | \$64.80 |

# NOW Supplements

| ITEM # | PRODUCT                     | FREE RADICAL SCAVENGERS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | COUNT        | Retail  | You Pay! |
|--------|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------|----------|
| #3355  | Acai Extract<br>500 mg      | Freeze-Dried * Supports Healthy Immune System Response *<br>Free Radical Scavenger*                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 100 VCaps    | \$19.99 | \$12.00  |
| #3041  | Alpha Lipoic<br>Acid 100 mg | Supports Glutathione Production * With Vitamins C & E                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 120 VCaps    | \$19.99 | \$12.00  |
| #3046  | Alpha Lipoic<br>Acid 600 mg | With Grape Seed Extract & Bioperine*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 60 VCaps     | \$25.99 | \$15.60  |
| #3045  |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 120 VCaps    | \$49.99 | \$30.00  |
| #3251  | Astaxanthin<br>4 mg         | Because Astaxanthin freely crosses the blood-brain and<br>blood-retina barriers, it can neutralize free radicals in the eye<br>and central nervous system.* Scientific studies also demonstrate<br>that Astaxanthin can support the body's healthy and balanced<br>immune system responses.* Helps to support ocular health and<br>promote a healthy nervous system.*                                                                                                                                                                     | 60 VGels     | \$19.99 | \$12.00  |
| #2305  | 4mg                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 90 Gels      | \$29.99 | \$18.00  |
| #2251  | 10 mg                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 60 Gels      | \$39.99 | \$24.00  |
| #3248  | Grape Seed Ext.<br>100 mg.  | Standardized Extract * Vascular Health * Healthy Immune<br>Response                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 100 VCaps    | \$19.99 | \$12.00  |
| #3249  |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 200 VCaps    | \$37.99 | \$22.80  |
| #3274  | Grape Seed Ext.<br>250 mg.  | Extra Strength * Vascular Health * Healthy Immune Response<br>* A concentrated natural extract with a minimum of 90%<br>Polyphenols                                                                                                                                                                                                                                                                                                                                                                                                       | 90 VCaps     | \$29.99 | \$18.00  |
| #3058  | Lutein 10 mg                | 10 mg of Free Lutein from Lutein Esters * Promotes Macular<br>Health * Free Radical Protection                                                                                                                                                                                                                                                                                                                                                                                                                                            | 60 Gels      | \$14.99 | \$9.00   |
| #3057  |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 120 Gels     | \$26.99 | \$16.20  |
| #3069  | Lutein 20 mg                | Double Strength * 20 mg of Free Lutein from Lutein Esters *<br>Promotes Macular Health * Free Radical Protection*                                                                                                                                                                                                                                                                                                                                                                                                                         | 90 VCaps     | \$29.99 | \$18.00  |
| #3064  | Lutein 25 mg                | PLUS 5 mg Zeaxanthin * Blue Light Protection * Macular Care                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 60 Softgels  | \$27.99 | \$16.80  |
| #3060  | Lycopene 10 mg              | Supports Vascular Health * Natural Extract from Tomatoes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 60 Softgels  | \$21.99 | \$13.20  |
| #3061  | Lycopene 10 mg              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 120 Softgels | \$39.99 | \$24.00  |
| #3062  | Lycopene 20 mg              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 50 Gels      | \$29.99 | \$18.00  |
| #3402  | Macular Vision              | Macular Vision Formula                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 50 Gels      | \$43.99 | \$26.40  |
| #3301  | Ocu Support                 | Offers a full range of antioxidant nutrients that aid in<br>maintaining some key visual functions.* A serving of Ocu<br>Support™ has 10 mg of Lutein, a carotenoid found in dark green<br>leafy vegetables. Lutein is a dominant pigment in the macular<br>region of the eye.* Also includes the antioxidant Vitamins A, C,<br>and E, as well as supporting nutrients critical for neutralizing<br>free radicals produced by sunlight.* In addition, Bilberry Extract<br>has biologically active flavonoids that support healthy vision.* | 90 VCaps     | \$29.99 | \$18.00  |
| #3302  |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 120 VCaps    | \$39.99 | \$24.00  |
| #3264  | Pycnogenol 30 mg            | With 300 mg Bioflavonoids * Healthy Vascular Function *<br>Balanced Immune Response                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 60 VCaps     | \$29.99 | \$18.00  |
| #3266  |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 150 VCaps    | \$59.99 | \$39.60  |
| #3277  | Pycnogenol 60 mg            | Healthy Vascular Function * Balanced Immune Response * With<br>Acerola & Rutin Powder                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 50 VCaps     | \$43.99 | \$26.40  |
| #3267  | Pycnogenol<br>100 mg        | Healthy Vascular Function * Balanced Immune Response * With<br>Amla                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 60 VCaps     | \$74.99 | \$49.50  |
| #3386  | Resveratrol,<br>350 mg      | From Japanese Knotweed Extract, Highest Strength<br>Used With Much Success for Lyme's Disease                                                                                                                                                                                                                                                                                                                                                                                                                                             | 60 VCaps     | \$35.99 | \$21.60  |
| #3322  | Super Antioxidants          | With Herbal Extracts * Maintains Optimal Health                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 120 VCaps    | \$37.99 | \$22.80  |

# NOW Supplements

| ITEM #                    | PRODUCT                         | GLUCOSE MANAGEMENT                                                                                                                                                                                                                                     | COUNT                | Retail             | You Pay!           |
|---------------------------|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|--------------------|--------------------|
| #1418                     | Berberine Glucose               | Berberine Glucose Support w/MCT Oi                                                                                                                                                                                                                     | 90 Softgels          | \$34.99            | \$21.00            |
| #1420<br>#1422            | Chromium Picolinate 200 mcg     | Supports Healthy Glucose Metabolism*                                                                                                                                                                                                                   | 100 Caps<br>250 Caps | \$6.99<br>\$14.99  | \$4.80<br>\$10.20  |
| #1430                     | GTF Chromium 200 mcg            | Supports Healthy Glucose Metabolism*                                                                                                                                                                                                                   | 100 Tabs             | \$7.99             | \$4.80             |
| #3095                     | GlucFit Corosolic Acid, 60 Gels | GlucFit® is a dietary ingredient extracted from the herb Banaba (Lagerstroemia speciosa), standardized to 18% Corosolic Acid. GlucFit®'s active component, Corosolic Acid, has been shown in scientific studies to support healthy glucose metabolism. | 60 Softgels          | \$14.99            | \$9.00             |
| #3318                     | Glucose Metabolic Support       | Superior Formula with GlucFit® Helps Maintain Blood Sugar Levels already within normal range*                                                                                                                                                          | 90 VCaps             | \$19.99            | \$12.00            |
| #1428                     | Tri-Chromium 500 mcg.           | Supports Healthy Glucose Metabolism* Cinnamon has been included to help with the promotion of proper metabolic function.*                                                                                                                              | 90 VCaps             | \$10.99            | \$6.60             |
| #4707                     | Gymnema Sylvestre Ext.          | Gymnema Sylvestre Ext. 400 mg                                                                                                                                                                                                                          | 90 VCaps             | \$14.99            | \$9.00             |
| GREEN FOODS & WHOLE FOODS |                                 |                                                                                                                                                                                                                                                        |                      |                    |                    |
| #2620<br>#2622            | Alfalfa Tablets 650 mg          | Ingredients: Alfalfa, Dicalcium Phosphate, Cellulose, Stearic Acid (vegetable source), Silica and Magnesium Stearate (vegetable source)                                                                                                                | 250 Tabs<br>500 Tabs | \$10.99<br>\$19.99 | \$6.60<br>\$12.00  |
| #2632                     | Chlorella 500 mg                | Natural Chlorophyll & Beta-Carotene * Broken Cell Wall Algae                                                                                                                                                                                           | 200 Tabs             | \$19.99            | \$12.00            |
| #2638                     | Chlorella Pwd.                  | Org. Natural Chlorophyll & Beta-Carotene * Broken Cell Wall Algae                                                                                                                                                                                      | 16 oz.               | \$49.99            | \$33.00            |
| #2645                     | Chlorophyll Caps                | 100 mg. Double Strength * Free Radical Scavenger * With Alfalfa Pwd                                                                                                                                                                                    | 90 VCaps             | \$15.99            | \$10.25            |
| #2644                     | Chlorophyll Liquid 3X           | Super Concentrated - over 90 servings * Promotes Cleansing * Freshens Breath * Natural Mint Flavor                                                                                                                                                     | 16 oz.               | \$19.99            | \$12.00            |
| #2675                     | Kelp Caps                       | 325 mcg of Natural Iodine * Supports Healthy Thyroid Function*                                                                                                                                                                                         | 250 Caps             | \$15.99            | \$9.60             |
| #2676                     | Kelp Powder                     | Kelp Powder, Pure, Organic                                                                                                                                                                                                                             | 6 oz.                | \$12.99            | \$7.80             |
| #2714                     | Spirulina Pwd Org               | Pure Organic Powder * Rich in Beta-Carotene (Vit. A) & B-12 * Naturally occurring GLA & Chlorophyll                                                                                                                                                    | 16 oz.               | \$44.99            | \$29.70            |
| #2698<br>#2700            | Spirulina 500 mg                | Ingredient: Organic Spirulina (Non-GMO).                                                                                                                                                                                                               | 200 Tabs<br>500 Tabs | \$17.99<br>\$33.99 | \$10.80<br>\$20.40 |
| #2702                     | Spirulina 500 mg                | Organic Spirulina, Vegetable Polysaccharide (capsule) and Stearic Acid (vegetable source).                                                                                                                                                             | 120 VCaps            | \$15.99            | \$9.60             |
| #2715                     | Spirulina 1000 mg               | Certified Organic * 1,000 mg - Double Strength                                                                                                                                                                                                         | 120 Tabs             | \$21.99            | \$13.20            |
| #2710                     | Wheat Grass Powder, Org.        | Wheat Grass Powder, Organic                                                                                                                                                                                                                            | 9 oz.                | \$19.99            | \$12.00            |

# NOW Supplements

| CODE # | PRODUCT                                                                                        | HEART SUPPORT                                                                                                                                                                                                                                                                                                                                                                                                       | COUNT        | Retail  | You Pay! |
|--------|------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------|----------|
| #3078  | Beta-Sitosterol<br>Plant Sterols                                                               | A combination of the ester forms of Beta-Sitosterol, Campesterol and Stigmasterol. Plant Sterols are plant-derived compounds that are structurally similar to cholesterol so that they help to limit the absorption of cholesterol from the digestive tract. In this way, CardioAid®-S can help to maintain cholesterol levels already within the normal range.*                                                    | 90 Softgels  | \$24.99 | \$15.00  |
| #3079  |                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                     | 180 Softgels | \$47.99 | \$28.80  |
| #3066  | Blood Pressure Health                                                                          | Helps Maintain Blood Pressure already within the healthy range                                                                                                                                                                                                                                                                                                                                                      | 90 VCaps     | \$29.99 | \$18.00  |
| #4626  | Celery Seed Ext.                                                                               | Healthy Vascular Function Plus Horse Chestnut & Hawthorn Extract                                                                                                                                                                                                                                                                                                                                                    | 60 VCaps     | \$19.99 | \$12.00  |
| #3510  | Cholesterol Pro                                                                                | A combination of two ingredients that have clinically demonstrated their ability to help support serum lipid levels already within the healthy range.* Bergamonte™ is a standardized polyphenolic ext. that helps to support cardiovascular health, as well as proper blood sugar management.* CardioAid®, a plant sterol combination, has also demonstrated its use for the support of healthy cholesterol levels. | 120 Tabs     | \$54.99 | \$33.00  |
| #3383  | Clinical Cardio Complex                                                                        | Clinical Cardio Complex, 90 VCaps (MK-7, CoQ10, Hawthorn, Carnitine, D-3, Grape Seed)                                                                                                                                                                                                                                                                                                                               | 90 VCaps     | \$39.99 | \$24.00  |
| #4708  | Hawthorn Ext.<br>300 mg.                                                                       | Standardized to 1.8% vitexin-2”-O-rhamnoside that, along with other natural components, has been found to support normal blood flow and may help to maintain blood pressure already within the healthy range.*                                                                                                                                                                                                      | 90 VCaps     | \$13.99 | \$8.40   |
| #4699  | Hawthorn Ext. 600 mg.                                                                          | Double Strength Hawthorn Extract                                                                                                                                                                                                                                                                                                                                                                                    | 90 VCaps     | \$23.99 | \$14.40  |
| #3140  | Nattokinase<br>100 mg                                                                          | Both clinical and non-clinical studies have demonstrated that Nattokinase can help to promote heart and circulatory health by supporting normal blood clotting functions.* NOW® Nattokinase is derived from non-GMO soy, has 2,000 FUs (Fibrinolytic Units) per 100 mg serving.                                                                                                                                     | 60 VCaps     | \$29.99 | \$18.00  |
| #3141  |                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                     | 120 VCaps    | \$49.99 | \$30.00  |
| #0487  | Pantethine, 300 mg                                                                             | Supports Healthy Serum Lipids already within the normal range                                                                                                                                                                                                                                                                                                                                                       | 60 Softgels  | \$26.99 | \$16.20  |
| #1823  | Policosanol<br>10 mg                                                                           | Supports Healthy Cholesterol Levels Already Within the Normal Range*                                                                                                                                                                                                                                                                                                                                                | 90 VCaps     | \$15.99 | \$9.60   |
| #1824  | Policosanol<br>20 mg - Plus 100 mg<br>Artichoke Ext., 100<br>mg Silymarin, 50 mg<br>ALA & more | This double strength product has twice the Policosanol (20 mg per capsule), and also includes herbs such as Artichoke and Milk Thistle that are known to support healthy liver function.*                                                                                                                                                                                                                           | 90 VCaps     | \$27.99 | \$16.80  |
| #3500  | Red Yeast Rice<br>600 mg                                                                       | Made from Organic Red Yeast Rice, works like the statin drugs, without the side-effects.                                                                                                                                                                                                                                                                                                                            | 60 VCaps     | \$15.99 | \$9.60   |
| #3501  |                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                     | 120 Vcaps    | \$28.99 | \$17.40  |
| #3499  |                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                     | 240 VCaps    | \$55.99 | \$33.60  |
| #3504  | Red Yeast Rice<br>1200 mg                                                                      | Double Strength Red Yeast Rice Extract, concentrated 10:1.                                                                                                                                                                                                                                                                                                                                                          | 60 Tabs      | \$25.99 | \$15.60  |
| #3503  |                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                     | 120 Tabs     | \$49.99 | \$30.00  |
| #3321  | Red Yeast Rice<br>600 mg, +                                                                    | The BEST Red Yeast Rice Formula ~ contains Milk Thistle and Alpha Lipoic Acid as well as CoQ10.                                                                                                                                                                                                                                                                                                                     | 60 VCaps     | \$25.99 | \$15.60  |
| #3334  |                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                     | 120 VCaps    | \$49.99 | \$30.00  |
| #3508  | Sytrinol VCaps                                                                                 | Cholesterol Formula * 150 mg Sytrinol * 10 mg Policosanol * Maintains Cholesterol and Triglyceride Levels Already Within Healthy Range                                                                                                                                                                                                                                                                              | 120 VCaps    | \$44.99 | \$27.00  |
| #3123  | Vein Supreme                                                                                   | Supports Healthy Vein Function * Supports Vascular Integrity*                                                                                                                                                                                                                                                                                                                                                       | 90 VCaps     | \$29.99 | \$18.00  |

# NOW Supplements

| CODE # | PRODUCT                             | CoQ10                                                                                                                                      | COUNT        | Retail  | You Pay! |
|--------|-------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------|----------|
| #3184  | CoQ10<br>30 mg                      | Supports Heart Function * Cellular Energy Production*                                                                                      | 60 VCaps     | \$9.99  | \$6.00   |
| #3188  |                                     |                                                                                                                                            | 120 VCaps    | \$18.99 | \$11.40  |
| #3190  |                                     |                                                                                                                                            | 240 VCaps    | \$35.99 | \$21.60  |
| #3192  | CoQ10<br>50 mg                      | 50 mg of CoQ10 with Selenium & Vitamin E                                                                                                   | 50 Softgels  | \$15.99 | \$9.60   |
| #3193  |                                     |                                                                                                                                            | 100 Softgels | \$29.99 | \$18.00  |
| #3153  | CoQ10<br>60 mg                      | Supports Heart Function * Cellular Energy Production*                                                                                      | 60 VCaps     | \$17.99 | \$10.80  |
| #3154  |                                     |                                                                                                                                            | 180 VCaps    | \$41.99 | \$25.20  |
| #3208  | CoQ10<br>100 mg                     | Cellular Energy Production * Free Radical Scavenger* & 30 mg of Vitamin E                                                                  | 50 Softgels  | \$21.99 | \$13.20  |
| #3209  |                                     |                                                                                                                                            | 150 Softgels | \$55.95 | \$33.60  |
| #3210  | CoQ10<br>100 mg &<br>Hawthorn Berry | CoQ10 Plus 400 mg of Hawthorn Berry per VCap                                                                                               | 30 VCaps     | \$14.99 | \$9.00   |
| #3212  |                                     |                                                                                                                                            | 90 VCaps     | \$35.99 | \$21.60  |
| #3213  |                                     |                                                                                                                                            | 180 VCaps    | \$61.99 | \$37.20  |
| #3218  | CoQ10<br>150 mg                     | Cellular Energy Production * Supports Heart Function*                                                                                      | 100 VCaps    | \$47.99 | \$28.80  |
| #3176  | CoQ10<br>200 mg                     | Supports Heart Function * Cellular Energy Production*                                                                                      | 60 VCaps     | \$34.99 | \$21.00  |
| #3197  | CoQ10<br>200 mg                     | Supports Energy Production * With 100 IU Vitamin E & 50 mg Non-GMO Lecithin * Chewable                                                     | 90 Lozenges  | \$53.99 | \$32.40  |
| #3199  | CoQ10<br>400 mg                     | Supports Energy Production * With 30 IU Vitamin E & 35 mg Sunflower Lecithin                                                               | 30 Softgels  | \$39.99 | \$24.00  |
| #3198  |                                     |                                                                                                                                            | 60 Softgels  | \$69.99 | \$42.00  |
| #3182  | CoQ10<br>600 mg                     | Maximum Strength * Maintains Healthy Nervous System * with 30 IU Vitamin E & 50 mg of Non-GMO Soy Lecithin                                 | 60 Softgels  | \$99.99 | \$60.00  |
| #3186  | CoQ10 Liquid<br>100 mg              | 100 mg/Teaspoon * Supports Healthy Heart Muscle * Cellular Energy Production * With Co-enzyme B vitamins * Xylitol Sweetened * 23 Servings | 4 oz.        | \$21.99 | \$13.20  |
| #3145  | Ubiquinol<br>CoQH-CF, 50 mg         | Active Form of CoQ10 - 50 mg<br>Superior Bioavailability                                                                                   | 60 Softgels  | \$31.99 | \$19.20  |
| #3142  | Ubiquinol<br>100 mg                 | Active Form of CoQ10 * Highly Bioavailable                                                                                                 | 60 Softgels  | \$49.99 | \$30.00  |
| #3143  |                                     |                                                                                                                                            | 120 Softgels | \$84.99 | \$51.00  |
| #3144  | Ubiquinol<br>200 mg                 | Extra Strength * Active Form of CoQ10 * Highly Bioavailable                                                                                | 60 Softgels  | \$89.99 | \$54.00  |

# NOW Supplements

| CODE #                  | PRODUCT                          | <i>Herbs &amp; Botanicals</i><br>EXTRACTS                                                                                                           | COUNT                              | Retail                        | You Pay!                     |
|-------------------------|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|-------------------------------|------------------------------|
| #4591                   | Andrographis, 400 mg             | Andrographis 10% Extract, 400 mg, 90 VCaps                                                                                                          | 90 VCaps                           | \$16.99                       | \$10.20                      |
| #4592                   | Artichoke Extract 450 mg         | Standardized to 5% Cynarin * Healthy Vascular Function * Free Radical Scavenger*                                                                    | 90 Caps                            | \$18.99                       | \$13.20                      |
| #4603<br>#4593          | Ashwagandha 450 mg               | Standardized Extract * Free Radical Scavenger * Immune System Support*                                                                              | 90 VCaps<br>180 VCaps              | \$16.99<br>\$29.99            | \$10.20<br>\$18.00           |
| #4598                   | Astragalus Extract 500 mg.       | Standardized to 70% Polysaccharides * Supports Healthy Immune Cell Function                                                                         | 90 Caps                            | \$16.99                       | \$10.20                      |
| #4588                   | Bacopa Extract 450 mg            | Bacopa Extract, 450 mg                                                                                                                              | 90 VCaps                           | \$31.99                       | \$19.20                      |
| #4612                   | Bilberry Complex 80 mg           | 80 mg Standardized Extract * With Beta-Carotene & Riboflavin                                                                                        | 100 VCaps                          | \$29.99                       | \$18.00                      |
| #4630<br>#4631          | Black Cherry Concentrate, 750 mg | 10:1 Fruit Concentrate                                                                                                                              | 90 VCaps<br>180 VCaps              | \$19.99<br>\$37.99            | \$12.00<br>\$22.80           |
| #4607                   | Black Cohosh 80 mg.              | Standardized Extract 2.5% * With Licorice & Dong Quai * Black Cohosh Root may help support a healthy menopause.                                     | 90 VCaps                           | \$13.99                       | \$8.40                       |
| #4614                   | Boswellia Extract 250 mg.        | Standardized Boswellia Extract * Plus 200 mg Turmeric Root Extract                                                                                  | 120 VCaps                          | \$26.99                       | \$16.20                      |
| #4936                   | Boswellia Ext., 500 mg           | 65% Standardized Extract * In MCT Oil Base                                                                                                          | 90 Softgels                        | \$24.99                       | \$15.00                      |
| #4602                   | Butterbur, 75 mg                 | With 200 mg of Feverfew * Supports Healthy Blood Flow to the Brain                                                                                  | 60 VCaps                           | \$25.99                       | \$15.60                      |
| #4628                   | Cat's Claw Extract               | 10:1 Concentrate * 1.5% Standardized Extract                                                                                                        | 120 VCaps                          | \$24.99                       | \$15.00                      |
| #4773                   | Chaste Berry 300 mg              | Standardized Vitex Extract * With Dong Quai * Supports Endocrine Function*                                                                          | 90 VCaps                           | \$17.99                       | \$10.80                      |
| #4632                   | Cranberry Extract                | Plus Uva Ursi & Grape Seed Extracts * Cleanses the Urinary Tract*                                                                                   | 90 VCaps                           | \$17.99                       | \$10.80                      |
| #4642                   | Curcumin Phytosome               | Bio-Enhanced Turmeric Extract * Support for Healthy Joints * Enhanced Bioavailability*                                                              | 60 VCaps                           | \$31.99                       | \$19.20                      |
| #4638<br>#4639          | Curcumin                         | From Turmeric Root Extract * Standardized Extract * 95% Curcuminoids * 665 mg Curcuminoids per VCap                                                 | 60 VCaps<br>120 VCaps              | \$27.99<br>\$49.99            | \$16.80<br>\$30.00           |
| #4938<br>#4939          | Curcumin, 475 mg                 | Curcumin, 475 mg.                                                                                                                                   | 60 SGels<br>120 SGels              | \$27.99<br>\$49.99            | \$16.80<br>\$30.00           |
| #4667<br>#4669          | Elderberry 500 mg                | 10:1 Concentrate * Sambucus nigra                                                                                                                   | 60 VCaps<br>120 VCaps              | \$15.99<br>\$28.99            | \$9.60<br>\$17.40            |
| #4670                   | Feverfew                         | Standardized Extract * 0.5% - 0.7% Parthenolide                                                                                                     | 100 VCaps                          | \$17.99                       | \$10.80                      |
| #4689                   | Ginger Extract 250 mg            | Standardized to min. 5% Gingerols * Temporary Relief of Upset Stomach * Plus Ginger Root Powder                                                     | 90 VCaps                           | \$14.99                       | \$9.00                       |
| #4686<br>#4687<br>#4684 | Ginkgo Biloba 60 mg              | 24% Standardized Extract                                                                                                                            | 60 VCaps<br>120 VCaps<br>240 VCaps | \$8.99<br>\$16.99<br>\$29.99  | \$5.40<br>\$10.20<br>\$18.00 |
| #4682<br>#4683<br>#4681 | Ginkgo Biloba 120 mg             | Double Strength 24% Standardized Extract with 250 mg of Organic Eleuthero                                                                           | 50 VCaps<br>100 VCaps<br>200 VCaps | \$11.99<br>\$19.99<br>\$36.99 | \$7.20<br>\$12.00<br>\$22.20 |
| #4707                   | Gymnema Sylvestre 400 mg         | Modern research has shown that this herb may help to support healthy glucose metabolism through its ability to promote healthy pancreatic function. | 90 VCaps                           | \$14.99                       | \$9.00                       |

# NOW Supplements

| CODE # | PRODUCT                                     | EXTRACTS                                                                                                           | COUNT        | Retail  | You Pay! |
|--------|---------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------|---------|----------|
| #4708  | Hawthorn Ext., 300 mg                       | Supports Blood Pressure Already Within the Healthy Range*                                                          | 90 VCaps     | \$13.99 | \$8.40   |
| #4699  | Hawthorn Ext., 600 mg                       | Supports Blood Pressure Already Within the Healthy Range*                                                          | 90 VCaps     | \$24.99 | \$14.40  |
| #3124  | Holy Basil<br>500 mg                        | Helps Body Adapt to Daily Life Stress * Supports Normal Carbohydrate Metabolism*                                   | 90 VCaps     | \$19.99 | \$12.00  |
| #4713  | Horse Chestnut<br>750 mg w/Maca             | Standardized Extract * With added Rutin                                                                            | 90 VCaps     | \$16.99 | \$10.20  |
| #4716  | Kava Kava Extract<br>250 mg                 | 30% Kavalactones * Herbal Relaxing Blend*                                                                          | 60 VCaps     | \$19.99 | \$13.20  |
| #4717  |                                             |                                                                                                                    | 120 VCaps    | \$35.99 | \$24.00  |
| #2463  | Kidney Cleanse                              | Urinary Tract Support * Maintains Kidney Cleansing Function*                                                       | 90 VCaps     | \$19.99 | \$12.00  |
| #4776  | Maca 750 mg                                 | Healthy Sexual Activity * Supports Fertility * Raw, Gelatinized                                                    | 30 VCaps     | \$9.99  | \$6.00   |
| #4777  |                                             |                                                                                                                    | 90 VCaps     | \$24.99 | \$15.00  |
| #4719  | Nettle Root Ext.<br>250 mg                  | Supports Prostate Health                                                                                           | 90 VCaps     | \$14.99 | \$9.00   |
| #4674  | Oijbwa Herbal<br>Ext. 450 mg                | 4:1 Extract ~ AKA the ESSIAC Tea...for Cancer                                                                      | 180 VCaps    | \$27.99 | \$18.00  |
| #4723  | Olive Leaf Extract<br>500 mg                | Standardized to 6% Oleuropein                                                                                      | 60 VCaps     | \$11.95 | \$7.20   |
| #4722  |                                             |                                                                                                                    | 120 VCaps    | \$21.95 | \$13.20  |
| #4746  | Olive Leaf Extract<br>400 mg                | Standardized, Triple Strength 18% * With 100 mg Echinacea Extract 4%                                               | 100 VCaps    | \$33.99 | \$20.40  |
| #4732  | Oregano Oil                                 | min. 55% Carvacrol * Enteric Coated * with Ginger & Fennel                                                         | 90 Softgels  | \$18.99 | \$10.80  |
| #4763  | Passion Flower<br>350 mg                    | Standardized 3.5% Extract * Supports a Calm Mood*                                                                  | 90 VCaps     | \$15.99 | \$9.60   |
| #4728  | Pygeum & Saw<br>Palmetto Ext.               | 25 mg Pygeum and 80 mg Pumpkin Seed Oil * Supports Healthy Prostate Function*                                      | 60 Softgels  | \$16.99 | \$10.20  |
| #4729  |                                             |                                                                                                                    | 120 Softgels | \$31.99 | \$19.20  |
| #4754  | Rhodiola 500 mg                             | 3% Standardized Extract * Helps Body Adapt to Stress of Daily Life*                                                | 60 VCaps     | \$17.99 | \$20.40  |
| #4734  | Saw Palmetto Ext.<br>80 mg                  | With Pumpkin Seed Oil and Zinc * Supports Healthy Prostate Function*                                               | 90 Softgels  | \$16.99 | \$10.20  |
| #4742  | Saw Palmetto Ext.<br>160 mg                 | Supports Healthy Prostate Function*                                                                                | 120 Softgels | \$19.99 | \$13.20  |
| #4744  |                                             |                                                                                                                    | 240 Softgels | \$35.99 | \$24.00  |
| #4756  | Saw Palmetto Ext.<br>320 mg                 | Supports Healthy Prostate Function*<br>With Pumpkin Seed Oil                                                       | 90 VSoftgels | \$25.99 | \$18.00  |
| #4735  | Silymarin 150 mg<br>80%                     | Milk Thistle Extract * With Turmeric                                                                               | 60 VCaps     | \$9.99  | \$6.00   |
| #4737  |                                             |                                                                                                                    | 120 VCaps    | \$17.99 | \$10.80  |
| #4738  | Silymarin Double<br>Strength, 300 mg<br>80% | With Artichoke & Dandelion                                                                                         | 50 VCaps     | \$13.99 | \$8.40   |
| #4739  |                                             |                                                                                                                    | 100 VCaps    | \$25.99 | \$15.60  |
| #4753  |                                             |                                                                                                                    | 200 VCaps    | \$43.99 | \$26.40  |
| #4785  | Silymarin Ext.<br>Strength 450 mg           | Three times the Milk Thistle Extract (450 mg per softgel) as in our regular strength product (150 mg per capsule). | 120 Softgels | \$39.99 | \$24.00  |
| #4760  | St. John's Wort<br>Ext. 300 mg              | 300 mg * 0.3% Hypericin                                                                                            | 100 VCaps    | \$13.99 | \$9.00   |
| #4761  |                                             |                                                                                                                    | 250 VCaps    | \$27.99 | \$18.00  |
| #4786  | Tart Cherry                                 | Tart Cherry, 500 mg                                                                                                | 90 VCaps     | \$24.99 | \$15.00  |
| #4764  | Triphala 500 mg                             | Standardized Fruit Extract * Ayurvedic Tonifier & Digestive Support*                                               | 120 Tabs     | \$15.99 | \$9.60   |
| #4775  | Willow Bark Ext.<br>400 mg                  | Good for Pain (what you would use Aspirin for)                                                                     | 100 VCaps    | \$8.99  | \$5.40   |

# NOW Supplements

| CODE # | WHOLE HERBS                    |                | COUNT         | Retail    | You Pay! |
|--------|--------------------------------|----------------|---------------|-----------|----------|
| #4004  | American Ginseng               | 500 mg         | 100 VCaps     | \$19.99   | \$12.00  |
| #4605  | Astragalus                     | 500 mg         | 100 Caps      | \$8.99    | \$6.00   |
| #4606  | Black Walnut Hulls             | 550 mg         | 100 Caps      | \$8.99    | \$6.00   |
| #4608  | Burdock Root                   | 430 mg         | 100 Caps      | \$8.99    | \$6.00   |
| #4620  | Cascara Sagrada                | 450 mg         | 100 VCaps     | \$8.99    | \$5.40   |
| #4623  |                                |                | 250 Caps      | \$19.99   | \$12.00  |
| #4618  | Cat's Claw                     | 500 mg         | 100 VCaps     | \$8.99    | \$5.40   |
| #4621  |                                |                | 250 VCaps     | \$19.99   | \$12.00  |
| #4625  | Cayenne                        | 500 mg         | 100 VCaps     | \$8.99    | \$5.40   |
| #4627  |                                |                | 250 VCaps     | \$18.99   | \$11.40  |
| #4636  | Cinnamon Bark                  | 600 mg         | 120 Caps      | \$12.99   | \$7.80   |
| #4637  |                                |                | 240 Caps      | \$23.99   | \$14.40  |
| #3005  | Cordyceps, <b>Organic</b>      | 750 mg         | 90 VCaps      | \$25.99   | \$15.60  |
| #3230  | Cranberry                      | 700 mg         | 100VCaps      | \$16.99   | \$10.20  |
| #4937  | CurcuFRESH (Curcumin)          | 4%             | 60 VCaps      | \$27.99   | \$16.80  |
| #4645  | Dandelion Root, <b>Organic</b> | 500 mg         | 100 VCaps     | \$9.99    | \$6.00   |
| #4650  | Devel's Claw Ext.              | 83 mg          | 100 VCaps     | \$11.99   | \$7.20   |
| #4655  | Dong Quai Ext., <b>Organic</b> | 83 mg          | 100 VCaps     | \$9.99    | \$6.00   |
| #4660  | Echinacea                      | 400 mg         | 100 VCaps     | \$10.99   | \$6.60   |
| #4662  |                                |                | Purpurea Root | 250 VCaps | \$23.99  |
| #4665  | Echinacea<br>Goldenseal Root   | 225/<br>225 mg | 100 Caps      | \$23.99   | \$14.40  |
| #4030  | Eleuthero, <b>Organic</b>      | 500 mg         | 100 VCaps     | \$9.99    | \$6.00   |
| #4668  | Eyebright Herb                 | 410 mg         | 100 VCaps     | \$9.99    | \$6.00   |
| #4677  | Fenugreek, <b>Organic</b>      | 500 mg         | 100 VCaps     | \$8.99    | \$5.40   |
| #4678  |                                |                | 250 VCaps     | \$19.99   | \$12.00  |
| #4675  | Fo-Ti                          | 560 mg         | 100 VCaps     | \$9.99    | \$6.00   |
| #4680  | Ginger Root, <b>Organic</b>    | 550 mg         | 100 VCaps     | \$9.99    | \$6.00   |
| #4007  | Ginseng & Royal Jelly          | 300 / 300 mg   | 90 VCaps      | \$19.99   | \$12.00  |
| #4690  | Goldenseal Root                | 500 mg         | 50 Caps       | \$16.99   | \$13.20  |
| #4692  |                                |                | 100 Caps      | \$39.99   | \$24.00  |
| #4700  | Gotu Kola                      | 450 mg         | 100 VCaps     | \$9.99    | \$6.00   |
| #4703  | Graviola                       | 500 mg         | 100 VCaps     | \$13.99   | \$8.40   |
| #4693  | Graviola                       | 1000 mg        | 90 Tabs       | \$25.99   | \$15.60  |
| #4715  | Hawthorn Berry                 | 540 mg         | 100 VCaps     | \$9.99    | \$6.00   |
| #4718  | Licorice Root                  | 450 mg         | 100 VCaps     | \$9.99    | \$6.00   |
| #4789  | Lion's Mane                    |                | 60 VCaps      | \$25.99   | \$15.60  |
| #4721  | Maca                           | 500 mg         | 100 VCaps     | \$12.99   | \$7.80   |
| #4762  |                                |                | 250 VCaps     | \$26.99   | \$16.20  |

# NOW Supplements

| CODE # | WHOLE HERBS                       |        | COUNT     | Retail  | You Pay! |
|--------|-----------------------------------|--------|-----------|---------|----------|
| #4712  | Noni Fruit                        | 450 mg | 90 VCaps  | \$19.99 | \$12.00  |
| #4724  | Oregano                           | 450 mg | 100 VCaps | \$9.99  | \$7.20   |
| #4012  | Panax Ginseng                     | 500 mg | 100 Caps  | \$14.99 | \$8.95   |
| #4725  | Pau D' Arco                       | 500 mg | 100 VCaps | \$9.99  | \$6.00   |
| #4726  |                                   |        | 250 VCaps | \$19.99 | \$12.00  |
| #4727  | Peppermint Gels<br>Enteric Coated |        | 90 Gels   | \$14.99 | \$9.00   |
| #4730  | Red Clover                        | 375 mg | 100 Caps  | \$9.99  | \$6.00   |
| #4733  | Rei-Shi Mushrooms                 | 270 mg | 100 VCaps | \$15.99 | \$9.60   |
| #4791  | Saffron Whole Herb                | 50 mg  | 60 VCaps  | \$33.99 | \$20.40  |
| #4747  | Saw Palmetto Berry                | 550 mg | 100 VCaps | \$11.99 | \$7.20   |
| #4748  |                                   |        | 250 VCaps | \$24.99 | \$15.00  |
| #4752  | Senna Leaves, <b>Organic</b>      | 470 mg | 100 Caps  | \$8.99  | \$6.00   |
| #4750  | Slippery Elm                      | 400 mg | 100 Caps  | \$8.99  | \$6.00   |
| #4770  | Valerian Root                     | 500 mg | 100 VCaps | \$9.99  | \$6.00   |
| #4771  |                                   |        | 250 VCaps | \$19.99 | \$12.00  |
| #4780  | Yucca                             | 500 mg | 100 Caps  | \$9.99  | \$6.00   |

| CODE # | GARLIC                                     |          | COUNT     | Retail  | You Pay! |
|--------|--------------------------------------------|----------|-----------|---------|----------|
| #1814  | Garlic - Enteric Coated                    | 5000 mcg | 90 Tabs   | \$19.99 | \$12.00  |
| #1790  | Garlic Oil                                 | 1500 mg  | 100 Gels  | \$6.99  | \$4.20   |
| #1792  |                                            |          | 250 Gels  | \$14.99 | \$9.00   |
| #1807  | Odorless Garlic Extract                    | 50 mg    | 100 Gels  | \$9.99  | \$6.00   |
| #1808  |                                            |          | 250 Gels  | \$19.99 | \$12.00  |
| #1815  | Super Odorless Garlic + Hawthorn & Cayenne |          | 90 VCaps  | \$14.99 | \$9.00   |
| #1817  |                                            |          | 180 VCaps | \$26.99 | \$16.20  |

| CODE # | HERBAL POWDERS      |  | COUNT | Retail  | You Pay! |
|--------|---------------------|--|-------|---------|----------|
| #5035  | Maca Powder Organic |  | 7 oz. | \$29.99 | \$18.00  |
| #5060  | Slippery Elm        |  | 4 oz. | \$14.99 | \$9.00   |

| CODE # | PRODUCT                     | LIQUID HERBAL EXTRACTS -<br>ALCOHOL FREE                                                                                                                                                                                                                                                                                  | COUNT | Retail  | You Pay! |
|--------|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|----------|
| #4848  | Echinacea/<br>Goldenseal AF | Unique Blend of: Echinacea (purpurea) Root, Goldenseal Root; (Hydrastis canadensis), St. John Wort Root; (Hypericum perforatum) and Boneset Herb; (Eupatorium perfoliatum) Extracts                                                                                                                                       | 2 oz. | \$15.99 | \$9.60   |
| #4982  | "Green" Black Walnut        | "Green" Black Walnut Wormwood Complex is an herbal formulation that combines three traditional herbal extracts in one convenient liquid supplement. This product is manufactured with extracts of unripe (green) black walnut hulls (Juglans nigra), wormwood (Artemisia absinthium) and clove buds (Syzygium aromaticum) | 2 oz. | \$16.99 | \$10.90  |
| #4898  | Olive Leaf                  | Sweetened with Glycerine - 18% Oleuropein                                                                                                                                                                                                                                                                                 | 2 oz. | \$13.99 | \$8.40   |

# NOW Supplements

| CODE # | PRODUCT                                   | <i>Immune System Support ~ LIQUID SILVER</i>                                                                                                                                                                                                                                                                                                                                                                               | COUNT     | Retail  | You Pay! |
|--------|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #1407  | Silver Sol Spray                          | Composed only of elemental silver (10 parts per million) and deionized water, and thus retains the characteristic properties of silver found in colloidal silver.                                                                                                                                                                                                                                                          | 4 oz.     | \$17.99 | \$10.80  |
| #1408  | Silver Sol Liquid                         |                                                                                                                                                                                                                                                                                                                                                                                                                            | 8 oz.     | \$29.99 | \$18.00  |
| CODE # | PRODUCT                                   | <b>LIFETIME IMMUNE SUPPORT</b>                                                                                                                                                                                                                                                                                                                                                                                             | COUNT     | Retail  | You Pay! |
| #3054  | Beta 1.3/1.6 Glucan w/Maitake Ext. 100 mg | Scientific studies have shown that yeast-derived Beta-Glucan can interact with certain immune cells, including those present in the gut-associated lymphoid tissue (GALT).* The GALT exists in the intestinal tract and is known to play a critical role in healthy immune system function.* NOW® Beta-Glucan is blended with Maitake Mushrooms for complementary support.*                                                | 90 VCaps  | \$19.99 | \$12.00  |
| #3033  | Beta Glucan 2X                            | 250 mg of Beta-Glucans * Supports Normal Immune Function * With Larch Arabinogalactan                                                                                                                                                                                                                                                                                                                                      | 60 VCaps  | \$24.99 | \$15.00  |
| #3055  | Immune Renew                              | Specialized blend of eight mushrooms has been optimized for the characteristic mushroom polysaccharides known as Beta-Glucans. Mushroom Beta-Glucans have been long respected and scientifically studied for their immune system supporting properties.* Astragalus has been included to complement our Mushroom Blend due to its ability to support a healthy immune system response                                      | 90 VCaps  | \$19.99 | \$12.00  |
| #3049  | DIM                                       | DIM 200 mg w/Calcium D-Gluconate                                                                                                                                                                                                                                                                                                                                                                                           | 90 VCaps  | \$29.99 | \$18.00  |
| CODE # | PRODUCT                                   | <b>SEASONAL IMMUNE SUPPORT</b>                                                                                                                                                                                                                                                                                                                                                                                             | COUNT     | Retail  | You Pay! |
| #1811  | Alibiotic Non Drowsy CF                   | This botanical formula has garlic extract, which has been used for centuries to promote overall wellness.* We've also included elderberry, olive leaf extract and oregano oil to complete this comprehensive formula. ImmunEnhancer™, a non-digestible soluble fiber from larch, has also been included as a prebiotic supplement for the support of healthy intestinal flora - a key component of normal immune function. | 60 Gels   | \$21.99 | \$13.20  |
| #3372  | Air Defense Healthy Immune                | Glycinate Plus Olive Leaf Extract and Garlic/Allicin                                                                                                                                                                                                                                                                                                                                                                       | 90 VCaps  | \$19.99 | \$12.00  |
| #4852  | Elderberry Liquid Concentrate             | 10:1 Concentrate * 500 mg per Teaspoon * Alcohol-Free                                                                                                                                                                                                                                                                                                                                                                      | 8 oz.     | \$19.99 | \$12.00  |
| #3297  | Elder-Zinc                                | An Elderberry Concentrate formulated with Zinc and Vitamin C. Zinc plays a critical role in immune system function.* Echinacea, Propolis and Slippery Elm have been added to complement this unique formula.                                                                                                                                                                                                               | 30 Loz    | \$7.99  | \$4.80   |
| #3299  | Lozenges + Vit. C                         |                                                                                                                                                                                                                                                                                                                                                                                                                            | 90 Loz    | \$15.99 | \$9.60   |
| #4851  | Elderberry Liquid for Kids                | Elderberry Liquid for Kids                                                                                                                                                                                                                                                                                                                                                                                                 | 8 oz.     | \$19.99 | \$12.00  |
| #4664  | ElderMune                                 | ElderMune, 250 mg w/Vitamin C                                                                                                                                                                                                                                                                                                                                                                                              | 90 VCaps  | \$21.99 | \$13.20  |
| #3037  | Epicor Plus Immunity                      | Supports a Balanced Immune Response*<br>Supports Healthy Immune Cell Activity*                                                                                                                                                                                                                                                                                                                                             | 60 VCaps  | \$34.99 | \$21.00  |
| #2921  | Oral Biotic                               | For Ear, Nose & Throat, 1 Billion BLIS K12                                                                                                                                                                                                                                                                                                                                                                                 | 60 Loz    | \$23.99 | \$14.40  |
| #3070  | Quercetin w/ Bromelain                    | Quercetin can also help to promote normal respiratory function.* Bromelain has a long history of use by herbalists and is known to help support a balanced immune system response to environmental challenges.* This complementary combination may thus promote year-round respiratory health and support overall seasonal comfort.*                                                                                       | 120 VCaps | \$31.99 | \$19.20  |
| #3071  |                                           |                                                                                                                                                                                                                                                                                                                                                                                                                            | 240 VCaps | \$59.99 | \$36.00  |
| #3282  | Respir-All                                | With Quercetin, Vitamin C, Nettle Extract & Bromelain Supports healthy respiratory functions                                                                                                                                                                                                                                                                                                                               | 60 Tabs   | \$23.99 | \$14.40  |
| #3384  | Zinc-C Lozenges                           | Sambucus Zinc-C Lozenges                                                                                                                                                                                                                                                                                                                                                                                                   | 60 Loz.   | \$9.99  | \$6.00   |

# NOW Supplements

| You Pay! | PRODUCT                               | <i>Joint Support</i>                                                                                                                                                                                                                                                    | COUNT     | Retail  | You Pay! |
|----------|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #3016    | Celadrin 500 mg +                     | 500 mg of Celadrin + 100 mg MSM                                                                                                                                                                                                                                         | 120 Caps  | \$31.99 | \$19.20  |
| #3121    | D-Flame                               | For minor aches and pains due to overexertion                                                                                                                                                                                                                           | 90 VCaps  | \$25.99 | \$15.60  |
| #3130    | Glucosamine HCl & MSM                 | Vegetarian Glucosamine HCl 500 mg & MSM 500 mg                                                                                                                                                                                                                          | 120 VCaps | \$21.99 | \$13.20  |
| #3131    |                                       |                                                                                                                                                                                                                                                                         | 240 VCaps | \$39.99 | \$23.40  |
| #3132    | Glucosamine HCl                       | Vegetarian Glucosamine 1000 mg                                                                                                                                                                                                                                          | 90 VCaps  | \$21.99 | \$13.20  |
| #3156    | Hyaluronic Acid +                     | Important Joint Lubricant & MSM<br>50 mg of Hyaluronic Acid + 450 mg of MSM                                                                                                                                                                                             | 60 VCaps  | \$19.99 | \$12.00  |
| #3157    |                                       |                                                                                                                                                                                                                                                                         | 120 VCaps | \$37.99 | \$22.80  |
| #3155    | Hyaluronic Acid +                     | Hyaluronic Acid 100 mg, w/100 mg Proline, 50 mg ALA & 25 mg Grape Seed Extract                                                                                                                                                                                          | 60 VCaps  | \$29.99 | \$18.00  |
| #3151    |                                       |                                                                                                                                                                                                                                                                         | 120 VCaps | \$49.99 | \$30.00  |
| #3159    | Hyaluronic Acid Liquid                | Liquid Hyaluronic Acid 100 mg w/Vitamins A, D, E and Proline & Xylitol Sweetened                                                                                                                                                                                        | 16 oz.    | \$29.99 | \$20.40  |
| #2120    | MSM 1000 mg                           | Methylsulphonylmethane * Joint Sulfur for Connective Tissue * Supports Healthy Cartilage*                                                                                                                                                                               | 120 VCaps | \$13.99 | \$8.40   |
| #2121    |                                       |                                                                                                                                                                                                                                                                         | 240 VCaps | \$25.99 | \$15.60  |
| #2125    | MSM Powder                            | 100% Pure                                                                                                                                                                                                                                                               | 8 oz.     | \$12.99 | \$7.80   |
| #2126    |                                       |                                                                                                                                                                                                                                                                         | 1 lb.     | \$23.99 | \$14.40  |
| #2130    | MSM 1500 mg                           | Methylsulphonylmethane * Joint Sulfur for Connective Tissue * Supports Healthy Cartilage*                                                                                                                                                                               | 100 Tabs  | \$14.99 | \$9.00   |
| #2131    |                                       |                                                                                                                                                                                                                                                                         | 200 Tabs  | \$27.99 | \$16.80  |
| #1538    | Red Mineral Algae                     | Vegetarian Calcium * Calcium, Magnesium and Trace Minerals derived from Red Marine Algae * Plus Vegetarian Vitamin D-2                                                                                                                                                  | 180 VCaps | \$19.99 | \$12.00  |
| #3110    | Turmeric & Bromelain                  | Turmeric and Bromelain help maintain healthy joint tissues faced with occasional overstress or day-to-day use.                                                                                                                                                          | 90 VCaps  | \$27.99 | \$16.80  |
| CODE #   | PRODUCT                               | <b>JOINT CREAMS &amp; LOTIONS</b>                                                                                                                                                                                                                                       | COUNT     | Retail  | You Pay! |
| #3283    | Glucosamine/MSM/Arnica Lotion         | This unique blend of ingredients combines Glucosamine, a normal joint and cartilage component with MSM, a source of organic sulfur. Sulfur is an element known to be a normal component of connective tissue structures. Arnica is well known for its traditional uses. | 8 oz.     | \$16.99 | \$10.20  |
| #3293    | Joint & Muscle Cream                  | With Capsaicin & Boswellia * Paraben Free                                                                                                                                                                                                                               | 4 oz.     | \$14.99 | \$9.00   |
| #2123    | MSM Liposome Lotion                   | Supports Connective Tissue * Promotes Healthy Skin * Helps Maintain Skin Elasticity                                                                                                                                                                                     | 8 oz.     | \$14.99 | \$9.00   |
| CODE #   | PRODUCT                               | <b>MEN'S SPECIALTY FORMULAS</b>                                                                                                                                                                                                                                         | COUNT     | Retail  | You Pay! |
| #4758    | Horny Goat Weed                       | 750 mg - Suitable for Men and Women * Plus 150 mg of Maca Rt.                                                                                                                                                                                                           | 90 Tabs   | \$19.99 | \$12.00  |
| #3329    | Virility Power                        | Men's Virility Power                                                                                                                                                                                                                                                    | 120 VCaps | \$34.99 | \$21.00  |
| #3348    | Prostate Health/<br>Clinical Strength | Clinical Strength Saw Palmetto, Beta-Sitosterol & Lycopene * Targeted Prostate Supportive Nutrients*                                                                                                                                                                    | 90 Gels   | \$34.99 | \$21.00  |
| #3349    |                                       |                                                                                                                                                                                                                                                                         | 180 Gels  | \$65.99 | \$39.60  |
| #3340    | Prostate Support                      | Standardized Saw Palmetto, Stinging Nettle & Lycopene                                                                                                                                                                                                                   | 90 Gels   | \$25.99 | \$16.60  |
| #3341    |                                       |                                                                                                                                                                                                                                                                         | 180 Gels  | \$45.99 | \$27.69  |
| #2168    | TestoJack 100mg                       | With Tongkat Ali, Tribulus, Maca and Horny Goat Weed, TestoJack 200™ is a targeted botanical formula that a man can use to maintain reproductive function, libido, and sexual performance.*                                                                             | 60 VCaps  | \$26.99 | \$16.20  |
| #2138    |                                       |                                                                                                                                                                                                                                                                         | 120 VCaps | \$47.99 | \$28.80  |
| #2198    | TestoJack 200 mg                      |                                                                                                                                                                                                                                                                         | 60 VCaps  | \$32.99 | \$19.80  |
| #2197    |                                       |                                                                                                                                                                                                                                                                         | 120 VCaps | \$55.99 | \$33.60  |
| #2202    | TestoJack 300 mg                      |                                                                                                                                                                                                                                                                         | 60 VCaps  | \$39.99 | \$24.00  |

# NOW Supplements

| CODE # | PRODUCT                                 | MENTAL FITNESS/SLEEP & MOOD SUPPORT                                                                                                                                                                                                                                         | COUNT     | Retail  | You Pay! |
|--------|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #3085  | Alpha GPC<br>300 mg                     | Bioavailable Source of Choline * Supports Mental Acuity                                                                                                                                                                                                                     | 60 VCaps  | \$39.99 | \$24.00  |
| #4588  | Bacopa Ext.                             | Bacopa Extract 40% 450 mg                                                                                                                                                                                                                                                   | 90 VCaps  | \$31.99 | \$19.20  |
| #3303  | Brain Elevate                           | With Ginkgo Biloba, RoseOx® and Phosphatidyl Serine                                                                                                                                                                                                                         | 60 VCaps  | \$21.99 | \$13.20  |
| #3304  | Formula                                 | Free Radical Scavengers & Neuronal Nutrients*                                                                                                                                                                                                                               | 120 VCaps | \$39.99 | \$24.00  |
| #2395  | CurcuBrain<br>LongVida 400 mg           | CurcuBrain LongVida 400 mg                                                                                                                                                                                                                                                  | 50 VCaps  | \$39.99 | \$24.00  |
| #3090  | DMAE 250 mg                             | Dimethylaminoethanol * Supports Neurotransmitter<br>Production*                                                                                                                                                                                                             | 100 VCaps | \$13.99 | \$8.40   |
| #3092  | DOPA Mucuna<br>400 mg                   | Dopamine is a neurotransmitter that promotes enjoyment and<br>interest in life.*                                                                                                                                                                                            | 90 VCaps  | \$19.99 | \$12.00  |
| #2390  | Magtein 667 mg                          | Magnesium L-Threonate * Supports Memory and Learning *<br>Promotes Brain Health*                                                                                                                                                                                            | 90 VCaps  | \$37.99 | \$26.40  |
| #3351  | Mood Support w/<br>St. John's Wort      | Helps to maintain a positive mood                                                                                                                                                                                                                                           | 90 VCaps  | \$19.99 | \$12.00  |
| #3103  | NADH 10 mg                              | Neurotransmitter Support * Stable and Bioavailable * With 200<br>mg D-Ribose                                                                                                                                                                                                | 60 VCaps  | \$49.99 | \$30.00  |
| #2380  | Phosphatidyl<br>Serine 100 mg +         | Supports Memory and Brain Function & Promotes Intercellular<br>Communication * with Choline & Inositol                                                                                                                                                                      | 60 VCaps  | \$34.99 | \$21.00  |
| #2381  |                                         |                                                                                                                                                                                                                                                                             | 180 VCaps | \$59.99 | \$39.60  |
| #2392  | Phosphatidyl<br>Serine 300 mg           | Supports Memory and Brain Function & Promotes Intercellular<br>Communication                                                                                                                                                                                                | 50 Gels   | \$59.99 | \$36.00  |
| #2388  | Phosphatidyl<br>Serine 100 mg           | Supports Memory & Brain Function & Intercellular communication<br>Soy-Free, made from NON-GMO Sunflower Lecithin                                                                                                                                                            | 60 Tabs   | \$47.99 | \$28.80  |
| #3168  | PQQ Energy 20 mg                        | PQQ Energy 20 mg                                                                                                                                                                                                                                                            | 30 VCaps  | \$29.99 | \$18.00  |
| #3073  | PQQ w/ ALA                              | PQQ 40 mg with 200 mg ALA                                                                                                                                                                                                                                                   | 50 VCaps  | \$49.99 | \$30.00  |
| #2391  | Sunflower Phospha-<br>tidyl Serine Gels | Sunflower Phosphatidyl Serine 100 mg                                                                                                                                                                                                                                        | 60 VGels  | \$34.99 | \$21.00  |
| #2393  |                                         |                                                                                                                                                                                                                                                                             | 120 VGels | \$59.99 | \$39.60  |
| #0155  | True Calm<br>Amino Relaxer              | Promotes Relaxed Mood * Amino Acid Blend with B Vitamins<br>& Valerian                                                                                                                                                                                                      | 90 VCaps  | \$15.99 | \$9.60   |
| #0157  | True Focus<br>Amino Acids               | Amino Acids, Ginkgo and DMAE<br>Plus CoQ10 and Grape Seed Extract                                                                                                                                                                                                           | 90 VCaps  | \$19.99 | \$12.00  |
| CODE # | PRODUCT                                 | LECITHIN                                                                                                                                                                                                                                                                    | COUNT     | Retail  | You Pay! |
| #2210  | Lecithin 19 Grain                       | <b>Supports Brain &amp; Nerve Function</b> * Non-GMO Lecithin<br>Softgels have Phosphatidyl Choline, which comprises a<br>major portion of our brain and nervous system. Also has<br>naturally occurring essential fatty acids and Inositol, & aids in<br>emulsifying fats. | 100 Gels  | \$7.99  | \$5.40   |
| #2212  | 1200 mg                                 |                                                                                                                                                                                                                                                                             | 200 Gels  | \$14.99 | \$10.20  |
| #2214  | NON-GMO                                 |                                                                                                                                                                                                                                                                             | 400 Gels  | \$31.99 | \$19.20  |
| #2260  | Leithin Granules                        | Identity Preserved - Supports Brain and Nerve Function<br>Integral for Energy Production*                                                                                                                                                                                   | 1 lb.     | \$15.99 | \$12.25  |
| #2262  | NON-GMO                                 |                                                                                                                                                                                                                                                                             | 2 lbs.    | \$29.99 | \$23.75  |
| #2311  | Sunflower                               | 1200 mg Phosphatidyl Choline * NON-GMO & Soy-Free                                                                                                                                                                                                                           | 100 Gels  | \$9.99  | \$6.60   |
| #2313  | Lecithin 1200 mg                        |                                                                                                                                                                                                                                                                             | 200 Gels  | \$18.99 | \$12.00  |
| #2314  | Sunflower<br>Lecithin Powder            | NON-GMO, & SOY-FREE                                                                                                                                                                                                                                                         | 1 lb.     | \$19.99 | \$14.40  |
| #2372  | Sunflower<br>Lecithin Liquid            | NON-GMO & SOY-FREE                                                                                                                                                                                                                                                          | 16 oz.    | \$12.99 | \$10.05  |

# NOW Supplements

| <b>Mental Fitness/Sleep &amp; Mood Support</b> |                                 |                                                                                                                                                                                                                                                                      |           |         |          |
|------------------------------------------------|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| CODE #                                         | PRODUCT                         |                                                                                                                                                                                                                                                                      | COUNT     | Retail  | You Pay! |
| <b>MELATONIN</b>                               |                                 |                                                                                                                                                                                                                                                                      |           |         |          |
| #3261                                          | Melatonin Liquid                | Free Radical Scavenger * 3 mg Per Serving * Fast Absorption, Great Taste                                                                                                                                                                                             | 2 oz.     | \$9.99  | \$6.00   |
| #3262                                          | Melatonin 1 mg                  | Two Stage Release * With Co-Factor Nutrients                                                                                                                                                                                                                         | 100 Tabs. | \$8.99  | \$6.00   |
| #3255                                          | Melatonin 3 mg                  | Free Radical Scavenger * Gastrointestinal Support*                                                                                                                                                                                                                   | 60 Caps   | \$5.49  | \$3.60   |
| #3257                                          |                                 |                                                                                                                                                                                                                                                                      | 180 Caps  | \$12.99 | \$9.00   |
| #3258                                          | Melatonin 3 mg Chewable         | Chewable Peppermint Flavor + B-6                                                                                                                                                                                                                                     | \$90 Loz  | \$6.99  | \$4.20   |
| #3259                                          |                                 |                                                                                                                                                                                                                                                                      | 180 Loz   | \$11.99 | \$7.20   |
| #3555                                          | Melatonin 5 mg                  | Free Radical Scavenger * Gastrointestinal Support*                                                                                                                                                                                                                   | 60 VCaps  | \$8.99  | \$5.40   |
| #3557                                          | Melatonin 10 mg                 | Free Radical Scavenger * Gastrointestinal Support*                                                                                                                                                                                                                   | 100 VCaps | \$17.99 | \$10.80  |
| #4768                                          | Sleep Formula                   | Valerian Root Extract * Plus Hops, Passionflower and GABA * Supports Restful, Rejuvenating Sleep*                                                                                                                                                                    | 90 VCaps  | \$22.99 | \$13.80  |
| #4769                                          | Sleep Regimen                   | Sleep Regimen 3-in-1, Theanine 200 mg, 5-HTP 50 mg, and Melatonin 3 mg/per VCap                                                                                                                                                                                      | 90 VCaps  | \$29.00 | \$18.00  |
| CODE #                                         | PRODUCT                         |                                                                                                                                                                                                                                                                      | COUNT     | RETAIL  | You Pay! |
| <b>Minerals ~ CALCIUM/MAGNESIUM</b>            |                                 |                                                                                                                                                                                                                                                                      |           |         |          |
| #1230                                          | Calcium Citrate                 | Bone Metabolism Formula with Minerals & Vitamin D-2* Highly Bioavailable Calcium                                                                                                                                                                                     | 100 Tabs  | \$14.99 | \$9.00   |
| #1232                                          |                                 |                                                                                                                                                                                                                                                                      | 250 Tabs  | \$27.99 | \$16.80  |
| #1235                                          | Calcium Citrate Plus            | Bone Metabolism Formula with Minerals & Vitamin D-2* Highly Bioavailable Calcium                                                                                                                                                                                     | 120 VCaps | \$15.99 | \$9.60   |
| #1237                                          |                                 |                                                                                                                                                                                                                                                                      | 240 VCaps | \$27.99 | \$16.80  |
| #1251                                          | Cal-Mag + D 3/Day Formula       | With Zinc * Delivered via softgel, this formula is more easily absorbed and assimilated than capsules or tablets.                                                                                                                                                    | 120 Gels  | \$15.99 | \$9.60   |
| #1252                                          |                                 |                                                                                                                                                                                                                                                                      | 240 Gels  | \$27.99 | \$16.80  |
| #1265                                          | Cal-Mag Caps 4/Day w/Zinc +     | With Trace Minerals, Copper and Vitamin D                                                                                                                                                                                                                            | 120 Caps  | \$17.99 | \$10.80  |
| #1266                                          |                                 |                                                                                                                                                                                                                                                                      | 240 Caps  | \$34.99 | \$19.20  |
| #1270                                          | Calcium & Magnesium 500/250     | High Potency * 2:1 Ratio                                                                                                                                                                                                                                             | 100 Tabs  | \$11.99 | \$7.20   |
| #1272                                          |                                 |                                                                                                                                                                                                                                                                      | 250 Tabs  | \$23.99 | \$14.40  |
| #1275                                          | Cal-Mag Stress Formula          | A mix of Calcium, Magnesium, Vitamin C, and a full range of B-vitamins which aid in the production of energy.                                                                                                                                                        | 100 Tabs. | \$16.99 | \$10.20  |
| #1273                                          | Coral Calcium 1000 mg           | Important for Bone Health * 350 mg of Calcium                                                                                                                                                                                                                        | 100 VCaps | \$17.99 | \$10.80  |
| #1279                                          |                                 |                                                                                                                                                                                                                                                                      | 250 VCaps | \$35.99 | \$21.60  |
| #1276                                          | Coral Calcium Plus Mag & Vit. D | Important for Bone Health* Magnesium & Vitamin D for Bone Metabolism*                                                                                                                                                                                                | 100 VCaps | \$17.99 | \$10.80  |
| #1281                                          |                                 |                                                                                                                                                                                                                                                                      | 250 VCaps | \$35.99 | \$21.60  |
| #1233                                          | Kid Cal Chewable                | Calcium Citrate, Magnesium & Vitamin D * With Real Fruit Concentrate * Sugar-Free                                                                                                                                                                                    | 100 Loz   | \$16.99 | \$10.20  |
| #1277                                          | Magnesium & Calcium 2:1         | This reverse ratio formula is formulated to provide higher levels of Magnesium for those who desire the nerve, muscle and bone supporting effects of this essential mineral.* Zinc and Vitamin D-3 are included in this product for their roles in bone metabolism.* | 100 Tabs  | \$14.99 | \$9.00   |
| #1278                                          |                                 |                                                                                                                                                                                                                                                                      | 250 Tabs  | \$29.99 | \$18.00  |
| #1283                                          | Magnesium 400 mg                | Nervous System Support                                                                                                                                                                                                                                               | 180 VCaps | \$18.99 | \$11.40  |
| #1297                                          | Magnesium Citrate 134 mg        | Superior Bioavailability * With Glycinate & Malate * In a liquid base with chelated forms for superior bioavailability.                                                                                                                                              | 90 Gels   | \$14.99 | \$9.00   |
| #1298                                          |                                 |                                                                                                                                                                                                                                                                      | 180 Gels  | \$27.99 | \$16.80  |
| #1289                                          | Magnesium Glycinate             | Magnesium Glycinate, 100 mg                                                                                                                                                                                                                                          | 180 Tabs  | \$29.99 | \$18.00  |
| #1303                                          | Magnesium Malate                | Magnesium Malate, 900 mg                                                                                                                                                                                                                                             | 180 VCaps | \$23.99 | \$14.40  |

# NOW Supplements

| CODE # | PRODUCT                       | CALCIUM/MAGNESIUM                                                  | COUNT      | RETAIL  | You Pay! |
|--------|-------------------------------|--------------------------------------------------------------------|------------|---------|----------|
| #1290  | Magnesium Citrate 200 mg      | Supports Energy Production*                                        | 100 Tabs   | \$14.99 | \$9.00   |
| #1292  | Magnesium Citrate 200 mg      | Critical for Enzyme Function*                                      | 250 Tabs   | \$29.99 | \$18.00  |
| #1294  | Magnesium Citrate             | 3 VCaps = 400 mg                                                   | 120 VCaps  | \$16.99 | \$10.20  |
| #1300  | Magnesium Malate 1000 mg      | 115 mg of Elemental Magnesium, has been helpful with Fibromyalgia. | 180 Tabs   | \$19.99 | \$12.00  |
| #1320  | Magnesium/Potassium/Aspartate | Supports Healthy Heart, Muscle, & Nerve Functions * With Taurine   | #120 VCaps | \$19.99 | \$12.00  |

| CODE # | PRODUCT                         | CALCIUM/MAGNESIUM POWDERS                                               | COUNT  | RETAIL  | You Pay! |
|--------|---------------------------------|-------------------------------------------------------------------------|--------|---------|----------|
| #1240  | Calcium Citrate                 | Pure Powder * Highly Bioavailable Calcium * Enhanced Mixability         | 8 oz.  | \$11.99 | \$7.20   |
| #1243  | Cal/Mag Citrate                 | Citrate Powder with Vitamin D3 * 1:1 Mineral Ratio                      | 8 oz.  | \$16.99 | \$10.20  |
| #1295  | Magnesium Citrate               | Pure Powder * Supports Energy Production * Critical for Enzyme Function | 8 oz.  | \$16.99 | \$10.20  |
| #1293  | Magnesium Inositol Relax Powder | Fizzy Lemonade Flavor, Comparable to Natural Calm                       | 16 oz. | \$29.99 | \$18.00  |

| CODE # | PRODUCT                       | OTHER MINERALS                                                                                                                                                 | COUNT     | RETAIL  | You Pay! |
|--------|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #1410  | Boron 3 mg                    | Supports Bone Strength * Works with Calcium and Magnesium*                                                                                                     | 100 Caps  | \$7.99  | \$4.80   |
| #1412  | Boron 3 mg                    | Supports Bone Strength * Works with Calcium and Magnesium*                                                                                                     | 250 Caps  | \$17.99 | \$10.80  |
| #1405  | Colloidal Minerals Unflavored | Low Aluminum * Fulvic Acid Trace Minerals * Plant Derived * Water Soluble                                                                                      | 32 oz.    | \$19.99 | \$12.00  |
| #1406  | Colloidal Minerals Raspberry  |                                                                                                                                                                | 32 oz.    | \$19.99 | \$12.00  |
| #1544  | Full Spectrum Mineral Caps    | Contains recommended potencies of essential minerals, including Calcium and Zinc *Is also an iron-free supplement and has a 1:1 ratio of Calcium to Magnesium. | 120 Caps  | \$17.99 | \$10.80  |
| #1545  | Full Spectrum Mineral Caps    | Contains recommended potencies of essential minerals, including Calcium and Zinc *Is also an iron-free supplement and has a 1:1 ratio of Calcium to Magnesium. | 240 Caps  | \$31.99 | \$19.20  |
| #1443  | Iron 18 mg                    | Gentle & NON-Constipating                                                                                                                                      | 120 VCaps | \$10.99 | \$6.60   |
| #1444  | Iron 36 mg                    | Double Strength, Gentle & NON-Constipating                                                                                                                     | 90 VCaps  | \$14.99 | \$9.00   |
| #1440  | Iron Complex                  | Bioavailable & NON-Constipating                                                                                                                                | 100 Tabs  | \$11.99 | \$7.20   |
| #1447  | Liquid Iron 18 mg             | 18 mg Per Serving * Iron Taste Free™ Ferric Glycinate Gentle & Non-Constipating*                                                                               | 8 oz.     | \$17.99 | \$10.80  |
| #1450  | Potassium Chloride Powder     | Pure * Sodium Free * Pharmaceutical Grade.                                                                                                                     | 8 oz.     | \$8.99  | \$5.40   |
| #1448  | Potassium Citrate 99 mg       | Supports Electrolyte Balance and Normal pH * Proper Muscular Contraction*                                                                                      | 180 Caps  | \$11.99 | \$7.20   |
| #1460  | Potassium Gluconate 99 mg     | Supports Electrolyte Balance & Normal pH * Proper Muscular Contraction * Easier to Swallow Tablet                                                              | 100 Tabs  | \$7.99  | \$4.80   |
| #1462  | Potassium Gluconate 99 mg     | Supports Electrolyte Balance & Normal pH * Proper Muscular Contraction * Easier to Swallow Tablet                                                              | 250 Tabs  | \$15.99 | \$9.60   |
| #1454  | Potassium Iodine              | 30 mg per Tablet * For Short-Term Use                                                                                                                          | 60 Tabs   | \$11.99 | \$7.20   |
| #1452  | Potassium Plus Iodine         | Supports Electrolyte Balance * Nutrition for Healthy Thyroid Function*                                                                                         | 180 Tabs  | \$13.99 | \$8.40   |
| #1538  | Red Mineral Algae             | Vegetarian Calcium * Calcium, Magnesium and Trace Minerals derived from Red Marine Algae * Plus Vegetarian Vitamin D-2                                         | 180 VCaps | \$19.99 | \$12.00  |
| #1480  | Selenium 100 mcg              | An essential trace mineral * Yeast-Free                                                                                                                        | #100 Tabs | \$6.99  | \$4.20   |
| #1482  | Selenium 100 mcg              | An essential trace mineral * Yeast-Free                                                                                                                        | #250 Tabs | \$19.99 | \$12.00  |

# NOW Supplements

| CODE #         | PRODUCT                  | OTHER MINERALS                                                                                                      | COUNT                 | RETAIL             | You Pay!          |
|----------------|--------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------|--------------------|-------------------|
| #1485<br>#1486 | Selenium 200 mcg         | An essential trace mineral * Yeast-Free                                                                             | 90 VCaps<br>180 VCaps | \$10.99<br>\$18.99 | \$6.60<br>\$11.40 |
| #1492          | Silica Complex           | With Horsetail Extract * Supports Hair, Skin and Nail Health * Supports Joint Structures*                           | 180 Tabs              | \$27.90            | \$16.80           |
| #1510          | L-OptiZinc 30 mg         | Highly Bioavailable Form * Supports Enzyme Function * With Copper                                                   | 100 VCaps             | \$9.99             | \$6.00            |
| #1520<br>#1522 | Zinc Gluconate<br>50 mg  | Supports Enzyme Functions*                                                                                          | 100 Tabs<br>250 Tabs  | \$6.99<br>\$13.99  | \$4.20<br>\$8.40  |
| #1554          | Zinc Glycinate<br>30 mg  | 30 mg Albion® TRAACS® Zinc * With 250 mg Pumpkin Seed Oil * Chelated Form in Softgels for Superior Bioavailability* | 120 Gels              | \$14.99            | \$9.00            |
| #1550<br>#1552 | Zinc Picolinate<br>50 mg | Supports Enzyme Functions*                                                                                          | 60 VCaps<br>120 VCaps | \$7.99<br>\$14.99  | \$4.80<br>\$9.00  |

## NUTRITIONAL OILS

|                |                                     |                                                                                                                                                                                                                                                                            |                                                                            |                     |                    |
|----------------|-------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|---------------------|--------------------|
| #1711          | Black Cumin Seed Oil, Org. 1000 mg. | Recent scientific studies indicate that black cumin seed oil has phenolic compounds and fatty acids that contribute to its ability to support balanced immune system responses. Studies also show that black cumin seed oil can help to support a healthy vascular system. | 60 Gels                                                                    | \$19.99             | \$12.00            |
| #1715          | Black Current Oil<br>500 mg         | Black Currant Oil is extracted from Black Currant Seeds to produce a valuable nutritional oil with 14% GLA.                                                                                                                                                                | 100 Gels                                                                   | \$16.99             | \$10.20            |
| #1717          | Black Current Oil<br>1000 mg        | Double Strength                                                                                                                                                                                                                                                            | 100 Gels                                                                   | \$28.99             | \$17.40            |
| #1720<br>#1722 | Borage Oil 240 mg                   | 240 mg of GLA * Omega-6 Essential Fatty Acids * Expeller-Pressed, Hexane-Free                                                                                                                                                                                              | 60 Gels<br>120 Gels                                                        | \$16.99<br>\$31.99  | \$10.20<br>\$19.20 |
| #1723          | Castor Oil 650 mg                   | Supports Digestive Regularity * With Fennel Oil                                                                                                                                                                                                                            | 120 Gels                                                                   | \$15.99             | \$9.60             |
| #1718          | Coconut Oil<br>1000 mg              | Abundant in MCTs * Cold-Pressed and Unrefined * Made with Organic Virgin Coconut Oil * Trans Fat Free                                                                                                                                                                      | 120 Gels                                                                   | \$15.99             | \$9.60             |
| #1750<br>#1752 | Evening Primrose<br>500 mg          | Healthy Skin * Balanced Immune Response * Support for Mild PMS Discomfort*                                                                                                                                                                                                 | 100 Gels<br>250 Gels                                                       | \$10.99<br>\$23.99  | \$6.60<br>\$14.40  |
| #1758          | Evening Primrose<br>1000 mg         |                                                                                                                                                                                                                                                                            | 90 Gels                                                                    | \$26.99             | \$16.20            |
| #1760<br>#1761 | Flax Seed Oil<br>Liquid             | Cold-Pressed & Unrefined * From Organic Flax Seeds * Essential Fatty Acids                                                                                                                                                                                                 | 12 oz.<br>24 oz.                                                           | \$12.99<br>\$22.99  | \$9.35<br>\$16.55  |
| #1773          | Flax Seed Oil Org.<br>1000 mg.      |                                                                                                                                                                                                                                                                            | 120 Gels                                                                   | \$16.99             | \$10.20            |
| #1770<br>#1772 | Flax Seed Oil                       | With Essential Omega-3's * Made with Organic Flax Oil                                                                                                                                                                                                                      | 100 Gels<br>250 Gels                                                       | \$10.99<br>\$23.99  | \$6.60<br>\$14.40  |
| #1799          | Hemp Oil, 1000 mg                   | Hemp Oil, 1000 mg.                                                                                                                                                                                                                                                         | 120 Gels                                                                   | \$15.99             | \$9.60             |
| #1780          | Hi-Lignan Flax Oil 1000 mg          | With Essential Omega-3s * Made with Organic Flax Oil                                                                                                                                                                                                                       | 120 Gels                                                                   | \$12.99             | \$7.80             |
| #1840<br>#1843 | Pumpkin Seed Oil<br>1000 mg         | Essential Fatty Acids and Phytosterols * Non-GMO, Cold-Pressed                                                                                                                                                                                                             | 100 Gels<br>200 Gels                                                       | \$14.99<br>\$28.99  | \$9.00<br>\$17.40  |
| #1755<br>#1757 | Super Primrose<br>1300 mg           |                                                                                                                                                                                                                                                                            | Healthy Skin * Balanced Immune Response * Support for Mild PMS Discomfort* | 60 Gels<br>120 Gels | \$12.99<br>\$24.99 |
| #1870          | Wheat Germ Oil                      | 1130 mg * Essential Fatty Acids * A Dietary Supplement                                                                                                                                                                                                                     | 100 Gels                                                                   | \$16.99             | \$10.20            |
| #1880          | Wheat Germ Oil<br>Liquid            | Naturally Occurring Vitamin E and Octacosanol                                                                                                                                                                                                                              | 16 oz.                                                                     | \$13.99             | \$10.05            |

# NOW Supplements

| <b>Nutritional Oils</b>       |                                           |                                                                                                                                                                                       |           |         |          |
|-------------------------------|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| CODE #                        | PRODUCT                                   |                                                                                                                                                                                       | COUNT     | Retail  | You Pay! |
| <b>OMEGA 3-6-9 OIL BLENDS</b> |                                           |                                                                                                                                                                                       |           |         |          |
| #1835                         | Omega 3-6-9<br>Flax, Primrose &<br>Canola | Blend of Five Nutritional Oils * Healthy Skin and Immune Support*                                                                                                                     | 100 Gels  | \$13.99 | \$8.40   |
| #1837                         |                                           |                                                                                                                                                                                       | 250 Gels  | \$29.99 | \$18.00  |
| <b>Vitamins</b>               |                                           |                                                                                                                                                                                       |           |         |          |
| CODE #                        | PRODUCT                                   |                                                                                                                                                                                       | COUNT     | Retail  | You Pay! |
| <b>VITAMINS A/A&amp; D</b>    |                                           |                                                                                                                                                                                       |           |         |          |
| #0320                         | Natural Beta<br>Caroltene 25,000 IU       | Precursor to Vitamin A<br>Antioxidant Protection of Vitamins A & E*                                                                                                                   | 90 Gels   | \$18.99 | \$11.40  |
| #0322                         |                                           |                                                                                                                                                                                       | 180 Gels  | \$32.99 | \$19.80  |
| #0350                         | Vitamin A & D                             | 10,000 IU-A/400 IU D-3                                                                                                                                                                | 100 Gels  | \$6.99  | \$4.20   |
| #0361                         | Ultra A & D-3                             | 25,000 IU-A/1000 IU D-3                                                                                                                                                               | 100 Gels  | \$9.99  | \$6.00   |
| CODE #                        | PRODUCT                                   |                                                                                                                                                                                       | COUNT     | Retail  | You Pay! |
| <b>VITAMIN B</b>              |                                           |                                                                                                                                                                                       |           |         |          |
| #0420                         | B-50 Caps                                 | B-Complex For Maximum Effectiveness * Supports Energy Production                                                                                                                      | 100 VCaps | \$16.99 | \$10.20  |
| #0422                         |                                           |                                                                                                                                                                                       | 250 VCaps | \$35.99 | \$21.60  |
| #0426                         | B-50 Tabs                                 | B-Complex For Maximum Effectiveness * Supports Energy Production                                                                                                                      | 100 Tabs  | \$16.99 | \$10.20  |
| #0428                         |                                           |                                                                                                                                                                                       | 250 Tabs  | \$35.99 | \$21.60  |
| #0436                         | B-100 Caps                                | B-Complex For Maximum Effectiveness * Supports Energy Production                                                                                                                      | 100 VCaps | \$25.99 | \$16.60  |
| #0438                         |                                           |                                                                                                                                                                                       | 250 VCaps | \$51.99 | \$31.20  |
| #0439                         | B-100 Tabs                                | Sustained Release                                                                                                                                                                     | 100 Tabs  | \$26.99 | \$16.20  |
| #0446                         | B-1, 100 mg                               |                                                                                                                                                                                       | 100 Tabs  | \$7.99  | \$4.80   |
| #0447                         | B-2, 100 mg                               | Now in VCaps!                                                                                                                                                                         | 100 VCaps | \$8.99  | \$5.40   |
| #0456                         | B-6, 100 mg                               | Sometimes helpful with Tinnitus & Neuropathy                                                                                                                                          | 100 Caps  | \$7.99  | \$4.80   |
| #0458                         |                                           |                                                                                                                                                                                       | 250 Caps  | \$15.99 | \$9.60   |
| #0466                         | B-12 1000 mcg<br>Chewable                 | Essential for Energy Production * With Folic Acid                                                                                                                                     | 100 Loz   | \$8.99  | \$5.40   |
| #0468                         |                                           |                                                                                                                                                                                       | 250 Loz   | \$19.99 | \$12.00  |
| #0459                         | B-12 2,000 mcg                            | Essential for Energy Production * 3 Forms of B-12, including Co-Enzyme Forms                                                                                                          | 100 Loz   | \$13.99 | \$8.40   |
| #0462                         | B-12 5000 mcg                             | Essential for Energy Production * With Folic Acid                                                                                                                                     | 60 Loz    | \$15.99 | \$9.60   |
| #0453                         | B-12 10000 mcg                            | Provides a full spectrum of B-Vitamins * Sugar free, sweetened with Xylitol * No artificial colors or flavors * Refreshing, natural blend of raspberry, strawberry and cherry flavors | 12/Box    | \$24.99 | \$15.00  |
| #3910                         | B-12 Liposomal Spray                      | Liposomal Spray * 1,000 mcg B-12 per spray * With Folic Acid, TMG and B-6 * Nerve Stability and Energy*                                                                               | 2 oz.     | \$13.99 | \$8.40   |
| #0464                         | B-12 Liquid<br>B-Complex                  | B-Complex * Essential For Energy Production*                                                                                                                                          | 2 oz.     | \$9.99  | \$6.00   |
| #0465                         |                                           |                                                                                                                                                                                       | 8 oz.     | \$21.99 | \$13.20  |
| #0495                         | Methyl B-12<br>1000 mcg                   | Supports Cognitive Function*                                                                                                                                                          | 100 Loz   | \$11.99 | \$7.20   |
| #0496                         | Methyl B-12<br>5000 mcg                   | Supports Cognitive Function*                                                                                                                                                          | 60 Loz    | \$25.99 | \$16.69  |
| #0493                         |                                           |                                                                                                                                                                                       | 120 Loz   | \$45.99 | \$27.60  |
| #0505                         |                                           |                                                                                                                                                                                       | 90 VCaps  | \$29.99 | \$18.00  |
| #0501                         | Methyl B-12<br>10000 mcg                  | Supports Cognitive Function*                                                                                                                                                          | 60 Loz    | \$34.99 | \$19.60  |
| #0502                         | Methyl Folate<br>5000 mcg                 | Metabolically Active Folate * Superior Bioavailability                                                                                                                                | 50 VCaps  | \$39.99 | \$24.00  |
| #0452                         | Ultra B-12 Liquid                         | 5,000 mcg of B-12 per Teaspoon * 3 Forms of B-12 for Maximum Utilization * Complete Liquid B-Complex * High in Folic Acid 800 mcg                                                     | 4 oz.     | \$15.99 | \$9.60   |
| #0454                         |                                           |                                                                                                                                                                                       | 16 oz     | \$39.99 | \$24.00  |

# NOW Supplements

| CODE #         | PRODUCT                       | VITAMIN B                                                                                                                                                                                                                                                                                                                                                                                                                 | COUNT                 | Retail             | You Pay!           |
|----------------|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|--------------------|--------------------|
| #0469          | Biotin 1000 mcg               | Supports Amino Acid Metabolism * Promotes Immune Function*                                                                                                                                                                                                                                                                                                                                                                | 100 Caps              | \$7.99             | \$4.80             |
| #0471<br>#0474 | Biotin 5000 mcg               | Supports Amino Acid Metabolism * Promotes Immune Function*                                                                                                                                                                                                                                                                                                                                                                | 60 VCaps<br>120 VCaps | \$9.99<br>\$17.99  | \$6.00<br>\$10.80  |
| #0479          | Biotin 10 mg                  | 10,000 mcg - EXTRA STRENGTH                                                                                                                                                                                                                                                                                                                                                                                               | 120 VCaps             | \$23.99            | \$14.40            |
| #0470          | Choline & Inositol 250/250 mg | Supports Healthy Nerve Transmission * Assists in Fatty Acid Metabolism*                                                                                                                                                                                                                                                                                                                                                   | 100 Caps              | \$12.99            | \$7.80             |
| #0406          | Co-Enzyme B-Complex           | Delayed Release * With Alpha Lipoic Acid and CoQ10 * Supports Healthy Nervous System*                                                                                                                                                                                                                                                                                                                                     | 60 VCaps              | \$23.99            | \$14.40            |
| #0472          | DMG 125 mg                    | N, N-Dimethyl Glycine * Methyl Donor *                                                                                                                                                                                                                                                                                                                                                                                    | 100 VCaps             | \$14.99            | \$11.00            |
| #0476          | Folic Acid 800 mcg            | Supports Healthy Homocysteine Metabolism*                                                                                                                                                                                                                                                                                                                                                                                 | 250 Tabs              | \$7.99             | \$4.80             |
| #0527          | Inositol Powder               | 100% Pure                                                                                                                                                                                                                                                                                                                                                                                                                 | 4 oz.                 | \$17.99            | \$10.80            |
| #3103          | NADH 10 mg                    | Neurotransmitter Support * Stable and Bioavailable * With 200 mg D-Ribose                                                                                                                                                                                                                                                                                                                                                 | 60 VCaps              | \$49.99            | \$30.00            |
| #0478          | Niacinamide 500 mg            | Vitamin B-3, No Flush                                                                                                                                                                                                                                                                                                                                                                                                     | 100 Caps              | \$9.99             | \$6.00             |
| #0480<br>#0482 | Niacin 500 mg                 | Sustained Release to Minimize Flushing                                                                                                                                                                                                                                                                                                                                                                                    | 100 Tabs<br>250 Tabs  | \$9.99<br>\$19.99  | \$6.00<br>\$12.00  |
| #0481          | Niacin 500 mg                 | Niacin (Vitamin B-3) is an essential B-Complex vitamin. Flush-free Niacin contains Inositol Hexanicotinate, a form of Niacin that contains six molecules of niacin linked to a single inositol molecule. It is slowly broken down in the body to yield free niacin and inositol. This gradual release of Niacin allows for true Niacin activity without the characteristic Niacin flush that many people cannot tolerate. | 100 Caps              | \$9.99             | \$6.00             |
| #0483<br>#0484 | Flush-Free Niacin 250 mg      |                                                                                                                                                                                                                                                                                                                                                                                                                           | 90 VCaps<br>180 VCaps | \$11.99<br>\$21.99 | \$7.20<br>\$13.20  |
| #0498<br>#0500 | Flush-Free Niacin 2X 500 mg   |                                                                                                                                                                                                                                                                                                                                                                                                                           | 90 VCaps<br>180 VCaps | \$21.99<br>\$39.99 | \$13.20<br>\$24.00 |
| #0487          | Pantethine 300 mg             |                                                                                                                                                                                                                                                                                                                                                                                                                           | Coenzyme A            | 60 Gels            | \$26.99            |
| #0486<br>#0488 | Pantothenic Acid 500 mg       | Vitamin B-5                                                                                                                                                                                                                                                                                                                                                                                                               | 100 Caps<br>250 Caps  | \$14.99<br>\$29.99 | \$9.00<br>\$18.00  |
| #0494          | TMG 1000 mg                   | Supports Healthy Homocysteine Levels * Promotes Normal Methylation Processes*                                                                                                                                                                                                                                                                                                                                             | 100 Tabs              | \$21.99            | \$13.20            |

| CODE #                  | PRODUCT                      | VITAMIN C                                                                    | COUNT                               | Retail                        | You Pay!                     |
|-------------------------|------------------------------|------------------------------------------------------------------------------|-------------------------------------|-------------------------------|------------------------------|
| #0716<br>#0717          | AlphaSorb-C 500 mg           | Threonic Acid & Alpha Lipoic Acid Enhanced Buffered, Bioavailable Vitamin C* | 90 VCaps<br>180 VCaps               | \$17.99<br>\$31.99            | \$10.80<br>\$19.20           |
| #0610                   | Bioflavonoid Caps 700 mg     | Supports Immune System* With Ascorbic Acid and Rutin                         | 100 Caps                            | \$14.99                       | \$9.00                       |
| #0676<br>#0677          | C-500 Ascorbate              | Vitamin C-500 Ascorbate                                                      | 100 VCaps<br>250 VCaps              | \$10.99<br>\$21.99            | \$6.60<br>\$13.20            |
| #0630<br>#0640          | C-500 Orange<br>C-500 Cherry | Tastes Great!! Naturally Sweetened! Natural Fruit Flavored!                  | 100 Loz<br>100 Loz                  | \$14.99<br>\$14.99            | \$9.00<br>\$9.00             |
| #0670<br>#0672          | C-500 Plus 40 mg             | With Rose Hips                                                               | 100 Tabs<br>250 Tabs                | \$7.99<br>\$16.99             | \$4.80<br>\$10.20            |
| #0680<br>#0682          | C-1000 Sustained Release     | Sustained Release with Rose Hips                                             | 100 Tabs<br>250 Tabs                | \$12.99<br>\$27.99            | \$7.80<br>\$16.80            |
| #0690<br>#0692<br>#0693 | C-1000 Caps                  | With 100 mg of Bioflavonoids                                                 | 100 VCaps<br>250 VCaps<br>500 VCaps | \$12.99<br>\$27.99<br>\$53.99 | \$7.80<br>\$16.80<br>\$32.40 |

# NOW Supplements

| CODE #            | PRODUCT                                 | VITAMIN C                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | COUNT     | Retail  | You Pay! |
|-------------------|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #0700             | C-1000 Complex                          | With 250 mg of Bioflavonoids                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 90 Tabs   | \$15.99 | \$9.60   |
| #0702             | Buffered                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 180 Tabs  | \$29.99 | \$18.00  |
| #0598             | Effer-C Elderberry                      | Energy & Immune System Support * Vital Electrolytes * Plus Vitamins & Minerals * Made With Natural Acai Flavor * Effervescent Drink Mix * Sugar-Free - Sweetened with Better Stevia                                                                                                                                                                                                                                                                                                                                                    | 30/ Box   | \$15.99 | \$11.50  |
| #0613             | Effer-C Orange                          | 1,000 mg Vitamin C * Energy & Immune System Support * Vital Electrolytes * Plus Vitamins & Minerals * Made with Real Fruit                                                                                                                                                                                                                                                                                                                                                                                                             | 30/Box    | \$15.99 | \$11.50  |
| #0606             | Effer-C Lemon-Lime                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 30/Box    | \$15.99 | \$11.50  |
| #0735             | Rutin 450 mg                            | Free Radical Scavenger * Supports Vascular Strength*                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 100 VCaps | \$14.99 | \$9.00   |
| #0707             | Tru-C,<br>Organic Acerola,<br>60 VCaps, | Tru-C™ features acerola, a fruit from a plant native to South America. Acerola has one of the highest concentrations of vitamin C found in nature, with a content that's approximately 100 times that of a peeled orange. Acerola also has naturally occurring carotenoids and flavonoids which, together with vitamin C, support immune and vascular health and give acerola its potent free radical-neutralizing properties.* This formula contains no vitamin C from corn or citrus and includes a unique fruit and vegetable blend | 60 VCaps  | \$25.99 | \$15.60  |
| VITAMIN C POWDERS |                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |           |         |          |
| #0740             | Acerola Powder                          | Pure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 6 oz.     | \$13.99 | \$8.40   |
| #0752             | Calcium Ascorbate                       | Pure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 8 oz.     | \$18.99 | \$11.40  |
| #0760             | Sodium Ascorbate                        | Pure (Buffered Vitamin C)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 8 oz.     | \$16.99 | \$10.20  |
| #0790             | Vitamin C                               | 100% Pure Ascorbic Acid                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 8 oz.     | \$14.99 | \$9.00   |
| #0791             | Crystals                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 1 lb.     | \$27.99 | \$16.80  |

| CODE # | PRODUCT               | VITAMIN D                               | COUNT     | Retail  | You Pay! |
|--------|-----------------------|-----------------------------------------|-----------|---------|----------|
| #0384  | Mega D & MK-7         | 5000 IU of Vitamin D & 180 mcg of MK-7  | 60 VCaps  | \$24.99 | \$15.00  |
| #0364  | Vitamin D-3           | 400 IU                                  | 180 Gels  | \$6.99  | \$4.20   |
| #0368  | Vitamin D-2           | 1000 IU Dry                             | 120 VCaps | \$9.99  | \$6.00   |
| #0365  | Vitamin D-3           | 1000 IU                                 | 180 Gels  | \$8.99  | \$5.40   |
| #0375  |                       |                                         | 360Gels   | \$16.99 | \$10.20  |
| #0367  | Vitamin D-3           | 2000 IU                                 | 120 Gels  | \$8.99  | \$5.40   |
| #0377  |                       |                                         | 240 Gels  | \$16.99 | \$10.20  |
| #0357  | Vitamin D-3           | 1000 IU Chewable Fruit Flavor           | 180 Loz   | \$11.99 | \$7.20   |
| #0358  | Vitamin D-3           | 5000 IU Chewable Mint Flavor            | 120 Loz   | \$14.99 | \$9.00   |
| #0372  | Vitamin D-3           | 5000 IU                                 | 120 Gels  | \$12.99 | \$7.80   |
| #0373  |                       |                                         | 240 Gels  | \$22.99 | \$13.80  |
| #0376  | Vitamin D-3           | 10,000 IU w/Olive Oil                   | 120 Gels  | \$16.99 | \$10.20  |
| #0385  |                       |                                         | 240 Gels  | \$29.99 | \$18.00  |
| #0381  | Vitamin D-3           | 1000 IU plus K-2 100 mcg, Lipsome Spray | 2 oz.     | \$18.99 | \$11.40  |
| #0369  | Vitamin D-3           | 1000 IU & K-2 45 mcg                    | 120 VCaps | \$12.99 | \$7.80   |
| #0370  | Liquid Vit D-3        | 100 IU/Drop                             | 2 oz.     | \$9.99  | \$6.00   |
| #0371  | Liquid Vit D-3        | Extra Strength 1000 IU/Drop             | 1 oz.     | \$13.99 | \$8.40   |
| #0379  | Liquid Vit D-3 & MK-7 | Liquid D-3 & MK-7, 100 mcg              | 1 oz.     | \$29.99 | \$18.00  |

# NOW Supplements

| CODE #  | PRODUCT                             | VITAMIN E NATURAL                                                                                                                   | COUNT       | Retail  | You Pay! |
|---------|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|-------------|---------|----------|
| #0811   | Advanced Gamma                      | Advanced Gamma E + Tocotrienols & Tocopherols                                                                                       | 120 Gels    | \$35.99 | \$21.60  |
| #0825   | E-200 IU                            | D-Alpha Tocopheryl Acetate                                                                                                          | 100 Gels    | \$11.99 | \$7.20   |
| #0837   | E-400 IU                            | D-Alpha Tocopheryl Acetate                                                                                                          | 100 Gels    | \$17.99 | \$10.80  |
| #0839   |                                     |                                                                                                                                     | 250 Gels    | \$39.99 | \$24.00  |
| #0850   | E-400 IU Dry                        | D-Alpha Succinate                                                                                                                   | 100 VCaps   | \$21.99 | \$13.20  |
| #0892   | E-400 IU                            | Mixed Tocopherals/Unesterfied                                                                                                       | 100 Gels    | \$17.99 | \$10.80  |
| #0894   |                                     |                                                                                                                                     | 250 Gels    | \$39.99 | \$22.40  |
| #0906   | E-400 IU                            | w/Mixed Tocopherols + Selenium                                                                                                      | 100 Gels    | \$21.99 | \$13.20  |
| #0902   | E-1000 IU                           | Mixed Tocopherols/Unesterfied                                                                                                       | 100 Gels    | \$43.99 | \$26.40  |
| #0910   | E Liquid                            | 13,650 IU/per oz. D-Alpha in an Olive Oil Base                                                                                      | 1 oz.       | \$9.99  | \$7.20   |
| #0912   |                                     |                                                                                                                                     | 4 oz.       | \$24.99 | \$18.00  |
| #3081   | E-Red Palm                          | Red Palm Tocotrienols, 50 mg                                                                                                        | 60 Gels     | \$27.99 | \$16.80  |
| #0935   | Sun-E                               | 400 IU NON-GMO Soy-Free Sunflower Oil                                                                                               | 60 Gels     | \$19.99 | \$12.00  |
| #0936   |                                     |                                                                                                                                     | 120 Gels    | \$35.99 | \$21.60  |
| CODE #  | PRODUCT                             | VITAMIN K                                                                                                                           | COUNT       | Retail  | You Pay! |
| #0384   | Mega D & MK-7                       | 5000 IU of Vitamin D & 180 mcg of Vitamin MK-7                                                                                      | 60 VCaps    | \$24.99 | \$15.00  |
| #0992   | MK-7                                | Vitamin K-2 100 mcg                                                                                                                 | 60 VCaps    | \$19.99 | \$12.00  |
| #0994   | MK-7                                | MK-7 Vitamin K-2, 300 mcg                                                                                                           | 60 VCaps    | \$34.99 | \$21.00  |
| #0990   | Vitamin K-2                         | 100 mcg (MK-4 Primary Dietary Form)                                                                                                 | 100 VCaps   | \$14.99 | \$9.00   |
| CODE #  | PRODUCT                             | MULTI-VITAMINS & MINERALS<br>LIQUIDS & GELS                                                                                         | COUNT       | Retail  | You Pay! |
| #3816   | Liquid Multi Gels                   | Fast Absorption * With Lutein & Lycopene * Plus Flax Seed Oil                                                                       | 60 Gels     | \$21.99 | \$13.20  |
| #3817   |                                     |                                                                                                                                     | 180 Gels    | \$47.99 | \$28.80  |
| #3772   | Liquid Multi Vit & Mineral - Orange | Fast Absorption * Added Phytonutrients * Stabilized with Rice Protein - Tropical Orange Flavor * Iron-Free* *With Xylitol           | 16 oz.      | \$25.99 | \$15.60  |
| #3773   | Liquid Multi Vit & Mineral - Berry  | Berry Flavor * Fast Absorption * Added Phytonutrients * Stabilized with Rice Protein * Wild Berry Flavor * Iron-Free * With Xylitol | 16 oz.      | \$25.99 | \$15.60  |
| MEN'S   |                                     |                                                                                                                                     |             |         |          |
| #3875   | ADAM                                | The Ultimate Men's Multi, 2/Day Formula, Vegetarian                                                                                 | 60 Tabs     | \$23.99 | \$14.40  |
| #3876   |                                     |                                                                                                                                     | 120 Tabs    | \$43.99 | \$26.40  |
| #3878   | ADAM                                | The Ultimate Men's Multi, 3/Day Formula Vegetarian                                                                                  | 90 VCaps    | \$27.99 | \$16.80  |
| #3880   | ADAM                                | The Ultimate Men's Multi Softgels, 2/Day Formula                                                                                    | 90 Softgels | \$31.99 | \$19.20  |
| #3881   |                                     |                                                                                                                                     | 180 Sftgels | \$59.99 | \$36.00  |
| #3890   | Men's Extreme Sports Multi          | With Free-Form Amino Acids, ZMA®, Tribulus, MCT Oil, Herbal Extracts and more!                                                      | 90 Gels     | \$24.99 | \$15.00  |
| #3891   |                                     |                                                                                                                                     | 180 Gels    | \$44.99 | \$27.00  |
| WOMEN'S |                                     |                                                                                                                                     |             |         |          |
| #3796   | EVE                                 | Women's Multi, 3/Day                                                                                                                | 90 Tabs     | \$26.99 | \$16.20  |
| #3797   |                                     |                                                                                                                                     | 180 Tabs    | \$49.99 | \$30.00  |
| #3802   | EVE                                 | Women's Multi Softgels 3/Day                                                                                                        | 90 Gels     | \$26.99 | \$16.20  |
| #3803   |                                     |                                                                                                                                     | 180 Gels    | \$49.99 | \$30.00  |
| #3798   | EVE                                 | Women's Multi Veggie Caps Vegetarian and IRON-FREE                                                                                  | 120 VCaps   | \$29.99 | \$18.00  |
| #3809   | Prenatal Gels + DHA                 | With 250 mg DHA per serving to support Healthy Eye and Brain Development * Plus Borage Oil (GLA)                                    | 90 Gels     | \$26.99 | \$16.20  |
| #3811   |                                     |                                                                                                                                     | 180 Gels    | \$48.99 | \$29.40  |

# NOW Supplements

| CHILDREN'S        |                    |                                                                                                         |           |         |         |
|-------------------|--------------------|---------------------------------------------------------------------------------------------------------|-----------|---------|---------|
| #3882             | Kids Vits          | Chewable Berry Blast sweetened with Zylitol                                                             | 120 Loz   | \$16.99 | \$10.20 |
| MULTI W/GREENS    |                    |                                                                                                         |           |         |         |
| #3788             | Eco-Green          | IRON FREE MULTI - 4 Caps = 2 Tabs                                                                       | 180 VCaps | \$37.99 | \$22.80 |
| #3868             | Special Two Multi  | 4/Day Formula = 2 Tabs                                                                                  | 120 VCaps | \$25.99 | \$15.60 |
| #3869             |                    |                                                                                                         | 240 VCaps | \$47.99 | \$28.80 |
| SPECIALIZED MULTI |                    |                                                                                                         |           |         |         |
| #3770             | Daily Vits         | One Tablet Daily * With Lutein & Lycopene                                                               | 100 Tabs  | \$14.99 | \$9.00  |
| #3771             |                    |                                                                                                         | 250 Tabs  | \$31.99 | \$19.20 |
| #3775             | Daily Vits VCaps   | One Tablet Daily                                                                                        | 30 VCaps  | \$9.99  | \$6.00  |
| #3776             |                    |                                                                                                         | 120 VCaps | \$25.99 | \$15.60 |
| #3380             | True Balance Multi | Supports Healthy Blood Sugar Levels Already Within the Normal Range * Supports Carbohydrate Metabolism* | 120 Caps  | \$27.99 | \$16.80 |

| CODE # | PRODUCT                                | WOMEN'S SPECIALTY FORMULAS                                                                                                                                                                                                                                                                                                                                                                                            | COUNT     | Retail   | You Pay! |
|--------|----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------|----------|
| #3308  | Candida Support                        | With Pau D'Arco, Oregano Oil, Black Walnut & Caprylic Acid Supports Healthy Balance of Intestinal Flora*                                                                                                                                                                                                                                                                                                              | 90 VCaps  | \$19.99  | \$12.00  |
| #3319  |                                        |                                                                                                                                                                                                                                                                                                                                                                                                                       | 180 VCaps | \$35.99  | \$21.60  |
| #4773  | Chaste Berry-Vitex Extract             | 300 mg ~ Standardized Extract * With Dong Quai & Supports Endocrine Function*                                                                                                                                                                                                                                                                                                                                         | 90 VCaps  | \$19.99  | \$12.00  |
| #3373  | Clinically Advanced Hair, Skin & Nails | Formulated with Clinically Tested Cynatine * Maintenance of Strong Hair & Nails * Supports Healthy Skin*                                                                                                                                                                                                                                                                                                              | 90 Caps   | \$29.99  | \$18.00  |
| #2812  | Cranberry Mannose Packets              | For Women on the Go * Cleanses the Bladder * With 10 Probiotic Strains to Support Healthy Microbial Balance*                                                                                                                                                                                                                                                                                                          | 24/Box    | \$32.99  | \$23.75  |
| #2814  | Mannose Cranberry VCaps                | NOW® Mannose Cranberry is a combination of two ingredients known to support urinary tract (UT) health.*                                                                                                                                                                                                                                                                                                               | 90 VCaps  | \$31.99  | \$19.20  |
| #2810  | D-Mannose Powder                       | 100% Pure * Helps cleanse the urinary tract and maintain a healthy bladder lining.*                                                                                                                                                                                                                                                                                                                                   | 3 oz.     | \$31.99  | \$19.20  |
| #2809  |                                        |                                                                                                                                                                                                                                                                                                                                                                                                                       | 6 oz.     | \$59.99  | \$36.00  |
| #2811  | D-Mannose 500 mg                       |                                                                                                                                                                                                                                                                                                                                                                                                                       | 120 VCaps | \$31.99  | \$19.20  |
| #2816  |                                        |                                                                                                                                                                                                                                                                                                                                                                                                                       | 240 VCaps | \$159.99 | \$36.00  |
| #3295  | Female Balance                         | With Wild Yam, Vitex, Dong Quai and GLA                                                                                                                                                                                                                                                                                                                                                                               | 90 VCaps  | \$19.99  | \$12.00  |
| #3374  | Libido Fem                             | Libido Fem™ is an herbal formula for women featuring Libifem®, a unique fenugreek extract that has been used for centuries to enhance women's sexual desire.* More recently, Libifem® has been clinically studied in women aged 20-49 and shown to help promote feelings of intimacy, as well as sexual arousal and vitality in healthy women.* Libifem® is also shown to support normal endocrine function in women. | 60 VCaps  | \$33.99  | \$20.40  |
| #3325  | Menopause Support                      | Female Endocrine Support                                                                                                                                                                                                                                                                                                                                                                                              | 90 VCaps  | \$19.99  | \$12.00  |
| #3338  | Progesterone Cream Unscented           | 20 mg of Natural Progesterone per Pump * No Artificial Colors * No Added Fragrances                                                                                                                                                                                                                                                                                                                                   | 3 oz.     | \$22.99  | \$13.80  |
| #3346  | Progesterone Cream Lavender            | 20 mg of Natural Progesterone per Pump * No Artificial Colors No Artificial Fragrances                                                                                                                                                                                                                                                                                                                                | 3 oz.     | \$22.90  | \$13.80  |
| #3288  | Soy Isoflavones 150 mg                 | 60 mg of Isoflavones * Cardiovascular Health * NON-GMO                                                                                                                                                                                                                                                                                                                                                                | 120 VCaps | \$35.99  | \$21.60  |
| #3367  | Wrinkle Rescue Caps                    | With Vitamins A, C and E * Plus DMAE, Ascorbyl Palmitate, L-Carnosine, Alpha Lipoic Acid, Grape Seed Extract                                                                                                                                                                                                                                                                                                          | 60 VCaps  | \$19.99  | \$12.00  |

# NOW Supplements

| CODE # | PRODUCT                    | WOMEN'S SPECIALTY FORMULAS                                                                                                                                                                                                                                                                                                                                | COUNT    | Retail  | You Pay! |
|--------|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #3365  | Wrinkle Rescue Moisturizer | Formulated with 1% Sepilift® DPHP which has been proven to decrease the appearance of fine lines and wrinkles, to naturally moisturize and re-establish skin's supple glow, over a 4-6 week period. In combination with Lanablue™ Blue Green Algae Extract, L-Carnosine and Collagen, this formula will help you get toned and look tighter within weeks. | 2 oz.    | \$16.99 | \$11.20  |
| #2906  | Women's Probiotic          | Supports Vaginal Health * Reduces Occasional Bloating*                                                                                                                                                                                                                                                                                                    | 50 VCaps | \$33.99 | \$20.40  |

| CODE # | EMPTY GELATIN & VEGGIE CAPS       | COUNT      | Retail  | You Pay! |
|--------|-----------------------------------|------------|---------|----------|
| #5102  | Vegetarian Caps - '0' Size        | 300 VCaps  | \$9.99  | \$7.20   |
| #5104  |                                   | 1000 VCaps | \$26.99 | \$16.20  |
| #5106  | Vegetarian Caps - '00' Size       | 250 VCaps  | \$10.99 | \$7.20   |
| #5108  |                                   | 750 VCaps  | \$27.99 | \$16.80  |
| #5111  | Gel Caps '000' Largest - Teaspoon | 200 Caps   | \$16.99 | \$10.20  |
| #5136  | Gel Caps '00' Size                | 250 Caps   | \$6.99  | \$4.80   |
| #5131  |                                   | 750 Caps   | \$18.99 | \$11.40  |
| #5156  | Gel Caps '0' Size                 | 250 Caps   | \$4.99  | \$3.60   |
| #5150  |                                   | 1000 Caps  | \$12.99 | \$9.00   |
| #5171  | Gel Caps #1                       | 500 Caps   | \$9.99  | \$7.20   |
| #5210  | Gel Caps #3 (Smallest)            | 1000 Caps  | \$14.99 | \$10.20  |

| CODE # | PRODUCT                                    | PROTEIN POWDERS                                                                                                       | COUNT       | Retail  | You Pay! |
|--------|--------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------|---------|----------|
| #2129  | Plant Protein Complex, Vanilla             | Creamy Vanilla Powder, Vegan Protein Blend of Pea, Hemp, Quinoa<br>22 g Protein, Vegan                                | 2 lbs. 6 oz | \$34.99 | \$25.20  |
| #2134  | Pea Protein Vanilla Toffee Powder          | 25 g Protein * Mixes Easily, Smooth Texture, Delicious Flavor *<br>With Branched Chain Amino Acids * No Soy, No Dairy | 2 lbs.      | \$32.99 | \$25.20  |
| #2135  | Pea Protein Unflavored Powder              | Pure, 24 g Protein * Mixes Easily, Smooth Texture, Superior Taste *<br>With Branched Chain Amino Acids * Vegan        | 2 lbs.      | \$27.99 | \$20.15  |
| #2142  | Soy Protein Isolate Natural Vanilla Powder | Mixes Easily, Tastes Great! * 25 g of Soy Protein per serving *<br>Vegan                                              | 2 lbs.      | \$29.99 | \$25.80  |
| #2206  | Sprouted Brown Rice Protein Powder         | Mixes Easily, Smooth Texture * No Soy, No Dairy * Vegan                                                               | 2 lbs.      | \$24.99 | \$20.15  |

# NutraBiogenesis



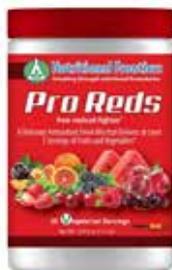
Welcome to another new line we are carrying ~ Nutra Biotgenesis, another company that is sold primarily by Doctors. They have very high quality products that have a proven track record for bringing very good results.

| Code # | Product Name      | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Count     | Retail  | You Pay! |
|--------|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #10298 | Diabetone Plus    | <p><b>One of our strongest and best formulas for lowering Blood Sugar naturally.</b></p> <ul style="list-style-type: none"> <li>• Diabetone Plus is a comprehensive nutritional and herbal formula specifically designed to help support healthy glucose metabolism</li> <li>• The powerful botanical blend in Diabetone Plus combines standardized extracts of Bitter Melon, Fenugreek, Gymnema, Cinnamon, Bilberry and Banaba containing much-researched compounds like Gymnemic Acid and Corosolic Acid</li> <li>• Studies have focused on the use of Biotin and Chromium in combination to help support normal, healthy blood sugar levels</li> <li>• Diabetone Plus features potent antioxidants including Quercetin, Inositol, Alpha Lipoic Acid and Rutin to protect against oxidative stress, a known contributor to blood sugar imbalance</li> <li>• 100% free of magnesium stearate and stearic acid</li> </ul> | 90 VCaps  | \$56.40 | \$42.30  |
| #10228 | Migra-Clear Ultra | <p><b>Our most powerful formula for MIGRAINE Headaches....</b></p> <p>Designed to help support healthy capillary function, calm smooth muscles and maintain normal cytokine activity using a unique blend of Vitamin B2 (Riboflavin), Magnesium, Feverfew extract and Butterbur extract</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 120 VCaps | \$44.70 | \$33.50  |
| #10230 | Osteo-Genesis ES  | <p><b>As the name suggests, this product is for those who are worried about Osteoporosis...</b></p> <ul style="list-style-type: none"> <li>• OsteoGenesis ES combines biologically key forms of vitamins and minerals along with Horsetail, containing plant-based minerals, for a powerful bone-targeting formula</li> <li>• OsteoGenesis ES is the ideal bone support formula for individuals needing extra Vitamin D3 and Calcium supplementation</li> <li>• OsteoGenesis ES provides Magnesium to help support the regulation of calcium transportation and to support optimal bone response</li> <li>• Features biologically key Cholecalciferol (Vitamin D3) and Menoquinone-7 (Vitamin K2) derived from vegan sources</li> <li>• 100% free of magnesium stearate and stearic acid</li> </ul>                                                                                                                       | 240 VCaps | \$43.50 | \$32.60  |

# NutraBiogenesis

| Code # | Product Name                 | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Count        | Retail         | You Pay!       |
|--------|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|----------------|----------------|
| #31831 | <b>Monolaurin<br/>500 mg</b> | <p><b>Monolaurin is a supplement that assists with a variety of health issues. Benefits of the naturally occurring compound include the following:</b></p> <p>Antibacterial. Monolaurin is a surfactant, reducing the surface tension of objects. These properties allow it to disintegrate the bacteria's microbial membrane, which may help neutralize it. This action plays a key role as an antibacterial, preventing the spread or growth of bacteria. Preliminary studies indicate these actions could prohibit the bacteria from multiplying and spreading to other parts of the body. The immune system is then able to destroy the harmful invaders.</p> <p>Antifungal. Antifungals prevent fungi' growth, which includes yeast, ringworm, mold, and candida. Monolaurin has been shown to be a potential antifungal treatment, killing or neutralizing various types of fungi in preliminary studies. This may occur due to the compound's ability to reduce inflammatory cytokines, which are the proteins that signal fungi to grow and multiply.</p> <p>Antiviral. Monolaurin may inhibit several fat-coated viruses that affect both animals and humans, such as the swine flu, measles, common cold, herpes simplex 1 and on 2, shingles, and influenza (the flu). Fat-coated viruses can live in the body for years and have a negative impact on health. Monolaurin is believed to penetrate the fat coatings of viruses and either weaken or kill them altogether. This process occurs in three phases: first, the virus envelope is removed; second, the replicative virus cycle during the late maturation stage is stopped; and third, harmful viral proteins are prevented from binding to the host cell membrane.</p> <p>Lyme Disease. Transmitted to humans via ticks, Lyme Disease is an inflammatory disease that can cause headaches, fever, chills, and rashes. If left untreated, it potentially increases the risk of arthritis as well as neurological and cardiac disorders. Many with Lyme Disease opt to for alternative treatments, such as consuming coconut oil, which contains monolaurin. Although not scientifically proven, some believe monolaurin is an effective treatment for fighting the bacteria that causes Lyme disease.</p> | 120<br>VCaps | <b>\$21.89</b> | <b>\$16.40</b> |
| #10234 | <b>Phyto-Immune</b>          | <p><b>A Powerful Formula to boost your immune-system when you need it.</b> Contains Vitamins A &amp; C, Goldenseal, Echinacea, Amia, Lysine, Astragalus, Reishi Mushroom, Schisandra and Andrographis</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 60 VCaps     | <b>\$29.70</b> | <b>\$22.30</b> |
| #10269 | <b>Pulmonary Factors</b>     | <p><b>Having trouble breathing? Your lungs are not working like they should be? Try this!</b></p> <ul style="list-style-type: none"> <li>• Pulmonary Factors is designed to help support overall bronchial health and contains Tylophora asthmatica extract, which has been studied for reputed benefits on upper airway function</li> <li>• This formula includes Picrorhiza kurroa root, a potent antioxidant that is traditionally used to help support lung, bronchial and sinus tissues</li> <li>• Formulated with mucolytic agents N-Acetyl-L-Cysteine and Bromelain, a proteolytic enzyme derived from pineapple, to help soothe and support bronchial mucosa and normal mucus</li> <li>• Contains: Magnesium, Boswellia, NAC, Bromelain, Quercetin, Turmeric, Forskohii, Long Pepper, Indian ipecac, Picrorhiza and Bioperine.</li> <li>• 100% free of magnesium stearate and stearic acid</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 90 VCaps     | <b>\$50.10</b> | <b>\$37.60</b> |

# Nutritional Frontiers



Please note that this brand is sold mainly in Dr.'s offices. Our prices are 25% below retail. These are potent & powerful formulas with a proven track record. This company has been in business for 20+ years. If you follow the 8 Laws of Health, while using these formulas, your results will be even better.

Anyone who would like a copy of a FACT sheet on any of these products, please fax or call us, and I'll fax you over whatever you are interested in so you can learn more about the products.

| CODE #         | PRODUCT            | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                    | COUNT                    | Retail  | You Pay! |
|----------------|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|---------|----------|
| 06.NF.308A.090 | 20/20 Eye Formula  | A comprehensive eye formula containing nutrients & herbs that have been used to protect the functioning of the eyes.                                                                                                                                                                                                                                                                                           | 90 VCaps                 | \$47.50 | \$35.60  |
| 06.NF.116.060  | Active B-12 Folate | This unique, high quality formula contains the most biologically active form of vitamin B12 and Quatrefolic which may be helpful in certain cases of anemia. These nutrients are also crucial for proper cell division, nervous system function, and cardiovascular and emotional health.                                                                                                                      | 60 V-Chews               | \$29.50 | \$22.50  |
| 02.NF.171B.090 | AdrenamaX III      | A vegetarian formula of herbal adaptogens to provide basic support for adrenal function, for adrenal glands, energy & stress. Potent herbal extracts that make for a powerful formula. If your adrenal glands are burned out, this would be a good formula for you to try.                                                                                                                                     | 90 VCaps                 | \$34.50 | \$25.90  |
| 06.NF.614.090  | AirMaxx            | Designed to support healthy respiratory functions and reduce allergic response. The ingredients in this supplement were selected with the goal of maintaining histamine levels within normal ranges. People take AirMaxx to help with itchy skin and eyes, congested and runny nose, splotchy, red skin, and discomfort associated with skin irritation and respiratory dysfunction. <i>(Sample available)</i> | 90 VCaps                 | \$45.00 | \$33.75  |
| 06.NF.533A.090 |                    |                                                                                                                                                                                                                                                                                                                                                                                                                | 90 V-Chews Citrus Flavor | \$46.00 | \$33.75  |
| 02.NF.208.090  | Brain Boost II     | Supports cellular energy levels in the brain, cognitive function, memory recall, mental alertness, nerve conduction, neurotransmitter production and oxygen uptake by brain cells. Do you feel like you just aren't as sharp as you used to be? This might be just what you need.                                                                                                                              | 90 VCaps                 | \$49.50 | \$37.15  |

# Nutritional Frontiers

| CODE #         | PRODUCT                | DESCRIPTION                                                                                                                                                                                                                                                                                                                          | COUNT              | Retail  | You Pay! |
|----------------|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------|----------|
| 02.NF.210C.060 | <b>Buffered C Plus</b> | Contains a non-acidic, calcium ascorbate form of Vitamin C and citrus bioflavonoid. Extra Vitamin C can really make a difference in your immune-system. Powder.                                                                                                                                                                      | <b>60 Servings</b> | \$49.50 | \$37.00  |
| 17.NF.32B.060  | <b>Calm Day</b>        | This formula is designed to support the neurotransmitters dopamine and serotonin, with the potential to improve problems with sleep and anxiety. There is lots of stress in life these days, and sometimes you just need a little something extra to help you deal with it. <i>(Sample available)</i> .                              | <b>60 VCaps</b>    | \$34.50 | \$25.90  |
| 17.NF.32B.120  |                        |                                                                                                                                                                                                                                                                                                                                      | <b>120 VCaps</b>   | \$59.50 | \$44.60  |
| 06.NF.15F.120  | <b>CandiKill</b>       | Targets Candida albicans and other fungal infections. Candida infections can produce various symptoms depending on the area of infection. CandiKill plays an important role in reducing this type of infection. It is best to take a very good probiotic while trying to eradicate Candida, such as SBC II by Nutritional Frontiers. | <b>120 VCaps</b>   | \$49.50 | \$37.15  |
| 06.NF.15F.240  |                        |                                                                                                                                                                                                                                                                                                                                      | <b>240 VCaps</b>   | \$89.50 | \$67.10  |
| 17.NF.28D.120  | <b>Cardio Stack</b>    | Provides 3 critical nutrients to enhance cardiovascular health. Cardio Stack may be used by people who already suffer from heart disease or those looking to prevent the development of cardiovascular disease. Contains: L-Carnitine Tartrate, 1800 mg; N.N-Dimethylglycine HCl 300 mg; CoEnzyme Q10 100 mg.                        | <b>120 VCaps</b>   | \$49.50 | \$37.15  |
| 06.NF.325.090  | <b>Cherry Chews</b>    | Chewable Vitamin C, 500 mg in a great tasting Cherry flavored wafer.                                                                                                                                                                                                                                                                 | <b>90 Chews</b>    | \$25.00 | \$18.75  |
| 19.NF.170.090  | <b>Cholesto Red</b>    | Designed to assist in supporting cardiovascular function. Contains Vitamin B3 (Niacin), Chromium, Phytoosterols, Gugulipids, Policosanol, CoQ10, and Red Yeast Rice. Has helped many keep their Cholesterol levels in the normal range.                                                                                              | <b>90 VCaps</b>    | \$49.90 | \$37.10  |
| 06.NF.535.120  | <b>CircuCORE</b>       | Provides the building blocks to support nitric oxide formation which may enhance overall circulation, including heart health and erectile dysfunction (ED).                                                                                                                                                                          | <b>120 VCaps</b>   | \$59.50 | \$44.60  |
| 03.NF.170.090  | <b>Control II</b>      | The ingredients in Control II help those people struggling with sugar and carbohydrate cravings. Carb cravings can be a symptom of insulin resistance, neurotransmitter imbalance, or mood problems. This formula addresses these concerns to help people working to avoid excessive dietary intake of carbohydrates.                | <b>90 VCaps</b>    | \$39.50 | \$29.60  |
| 17.NF.235B.90  | <b>Cybzyme</b>         | A COMPLETE Digestive Enzyme Supplement to support digestive tract function & nutrient absorption.                                                                                                                                                                                                                                    | <b>90 VCaps</b>    | \$39.50 | \$29.60  |
| 17.NF.235B.180 |                        |                                                                                                                                                                                                                                                                                                                                      | <b>180 VCaps</b>   | \$69.50 | \$52.10  |

# Nutritional Frontiers

| CODE #         | PRODUCT                   | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | COUNT                    | Retail  | You Pay! |
|----------------|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|---------|----------|
| 01.NF.393.060  | EnerDMG                   | A dietary supplement to support immune system, circulatory, cardiovascular and neurological functions, muscle recovery and endurance. EnerDMG is an adaptogen that is used to maintain good health and benefits performance and productivity. It supports the body during times of stress, throughout the aging process and during immune system challenges.                                                                                                                                                                                                                                        | 60 Chews                 | \$49.50 | \$37.00  |
| 06.NF.314C.090 | EstroCleanse              | A unique antioxidant formulation designed to enhance detoxification and promote hormone balance in both men and women.                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 90 VCaps                 | \$59.50 | \$44.60  |
| 01.NF.240.176  | Frontier Fiber            | Is a sugar-free, low calorie, all-natural fiber product from digestion-resistant Maltodextrin. Frontier Fiber is a unique fiber formulation; no grit, no lumps, no flavor. It dissolves clearly in any cold or hot drink. It won't change the texture, taste or color of your favorite soft food or beverage. Add Frontier Fiber to water, yogurt, juice, applesauce, oatmeal, pudding, mashed potatoes or soup. The possibilities are endless! It is an excellent source of fiber as well as a natural way to support proper bowel function, cholesterol levels and healthy intestinal microflora. | 30 Servings<br>~ 6.21 oz | \$19.50 | \$14.60  |
| 06.NF.585A.120 | Frontier Minerals         | Contains a full spectrum of bioavailable, trademarked TRAACS minerals. This formula features the Albion TRAACS minerals. These patented minerals are designed to do the stomach's work in advance by producing low molecular weight mineral compounds in which the minerals are bound to amino acids to produce natural organic chelates that can pass easily through the intestinal wall. TRAACS stands for The Real Amino Acid Chelate System and is the Albion branded trade name for a range of patented products.                                                                              | 120 VCaps                | \$27.50 | \$20.60  |
| 06.NF.180.300  | GI Complete               | The most advanced formula on the market today for optimal gastrointestinal health. It has been designed to support gut health, soothe the digestive tract lining, promote regularity, microbial balance and support proper immune function. Comes in Lemon/Lime Pwd or Capsules.                                                                                                                                                                                                                                                                                                                    | 300 VCaps                | \$69.00 | \$51.75  |
| 02.NF.313L.030 |                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 30 Servings<br>~ 9.24 oz | \$69.00 | \$51.75  |
| 02.NF.888.060  | HA Plus Vegetarian Powder | A comprehensive supplement to support JOINT & CONNECTIVE TISSUE functions and SKIN HEALTH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 60 Servings,<br>19 oz.   | \$49.50 | \$37.10  |

# Nutritional Frontiers

| CODE #         | PRODUCT                   | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | COUNT       | Retail  | You Pay! |
|----------------|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|---------|----------|
| 17.NF.628C.060 | Immuno-Max                | An advanced nutritional supplement that combines two researched products, N,N-Dimethylglycine (DMG) and ImmuneEnhancer AG (Larch tree extract) with a purified D-fraction from Maitake Mushroom and Beta 1,3 Glucans from the cell walls of baker's yeast in vegetarian capsules. A very potent immune system builder.                                                                                                                                                       | 60 VCaps    | \$29.50 | \$22.00  |
| 17.NF.628C.180 |                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 180 VCaps   | \$59.50 | \$44.60  |
| 03.NF.466.090  | Iodine Plus               | A vegetarian synergistic blend of two types of Iodine plus L-Tyrosine and Selenium to support the maintenance and proper function of a healthy thyroid. It supports Appetite & Weight management; Energy; Mood; Production of thyroid hormones T3 and T4.                                                                                                                                                                                                                    | 90 VCaps    | \$27.50 | \$20.60  |
| 03.NF.466.180  |                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 180 VCaps   | \$49.50 | \$37.10  |
| 01.NF.423.090  | LivClear                  | This formula is designed to provide advanced, balanced support for the multiple phases of liver detoxification. LivClear contains a 2-Phase detoxification system for managing toxins, hormones, certain pharmaceutical medications, and some herbs. The job of liver detoxification is to transform these substances from fat-soluble compounds into water soluble products in order to efficiently excrete them into the urine or stool. A very comprehensive Liver Detox. | 90 VCaps    | \$41.50 | \$31.00  |
| 01.NF.45B.090  | LivClear II               | 3 Phase Detoxification Support                                                                                                                                                                                                                                                                                                                                                                                                                                               | 90 VCaps    | \$53.50 | \$40.10  |
| 01.NF.539.120  | Mag Complete 300          | A dietary supplement providing 3 important chelated forms of magnesium for enhanced absorption. Magnesium deficiencies include: Confusion; Occasional sleeplessness; Low mood states; Irritability; Fatigue; Musculoskeletal conditions; Tooth decay.                                                                                                                                                                                                                        | 120 VCaps   | \$25.00 | \$18.75  |
| 02.NF.539A.030 | Magnesium Complete Powder | Very similar to NATURAL CALM but more COMPLETE. Comes with the same fizz as Natural Calm. Ingredients: Vitamin D; Calcium; Magnesium; Chloride; Sodium; Potassium. Use this as you would use NATURAL CALM with more results. <i>(Lemon-Lime Flavor Only)</i> .                                                                                                                                                                                                               | 30 Servings | \$49.00 | \$36.75  |
| 02.NF.194.120  | Mood Lift II              | Maximum support for improving mood and supporting depression. Excellent product for: Depression; Eating Disorders; Sleep Disorders; Neurological Disorders; Mental Alertness; Nerve Conduction; Neurotransmitter Production; Oxygen Uptake by Brain Cells. This unique formula produces activity that differs from any other formula.                                                                                                                                        | 120 VCaps   | \$38.50 | \$28.90  |

# Nutritional Frontiers

| CODE #         | PRODUCT         | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | COUNT                               | Retail  | You Pay! |
|----------------|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|---------|----------|
| 19.NF.290.090  | NAC<br>500 mg   | <p>NAC has antioxidant properties and is necessary for the production of glutathione. Glutathione helps the body cope with oxidative stress which is associated with disease, and improves the number and activity of immune cells within the body.</p> <ul style="list-style-type: none"> <li>The antioxidant and free radical neutralizing properties of NAC might also help it support pulmonary and cardiac function</li> <li>NAC helps to support healthy lung tissue and the body's natural defenses including cellular health.</li> <li>NAC helps to break down mucus in the respiratory tract and assists with rebuilding of lung tissue, and helps activate immune cells to improve immunity.</li> <li>NAC seems to be able to help clear mucus from the body as a result of several different mechanisms. NAC ruptures mucous disulfide bonds, which reduces viscosity and it stimulates the clearance of mucus from the respiratory tract. NAC also may help maintain the inflammatory process within the normal ranges.</li> </ul> | 90 VCaps                            | \$24.00 | \$18.00  |
| 17.NF.898.120  | Nattokin Plus   | This formula is all about building Capillary Strength, Vascular Health & Healthy Blood Flow. It is for improving circulation. Ingredients consist of: Magnesium, Rutin; Nattokinase; Bromelain; Serratiopeptidose. If your circulation is poor, give this a try.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 120 VCaps                           | \$69.50 | \$52.10  |
| 03.NF.414A.060 | NeuroMax Liquid | A phenol-free dietary supplement designed to support balanced behavior, social interactions, immune system function and stress management for children or adults. Much better than putting your child on some dangerous drug.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | 12 oz<br>~ 60 Servings              | \$49.50 | \$37.00  |
| 01.NF.11E.060  | Neuropath-ease  | Supports nerve cell transmission and peripheral neuropathy.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 60 VCaps                            | \$34.50 | \$25.90  |
| 01.NF.738.180  | ParaCleanse     | An Advanced Parasite Formula, made from powerful herbal extracts, that supports the body's elimination of unwanted microorganisms while helping to maintain proper immune system and GI tract functions.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 180 Vtabs                           | \$48.50 | \$36.40  |
| 01.NF.976.030  | Pro Purple      | Powerful, health-promoting exotic berries and nutrients including acai, goji, mangosteen, pomegranate and camu. Great tasting berry flavor, easy to mix powder. Supports healthy aging, memory & mental clarity; cardiovascular health & circulation; smooth, healthy, radiant skin; immune-system function and nerve & brain function. (Both Pro Purple and Pro Red are vegetarian and free of pesticides, artificial flavorings and colorings, gluten, dairy, egg, yeast, added sugars, synthetic dyes, preservatives and rice.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 11.59 oz.<br>Powder,<br>30 Servings | \$49.50 | \$37.10  |

# Nutritional Frontiers

| CODE #         | PRODUCT                       | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | COUNT                                  | Retail  | You Pay! |
|----------------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|---------|----------|
| 01.NF.727.030  | Pro Red                       | A high ORAC blend antioxidant supplement to support brain, heart, liver immune system health and energy levels. Great tasting, fruit punch flavor easy to mix powder. Packed with antioxidants; designed to boost energy and support the body's antioxidant defense systems; guaranteed to provide the highest ORAC value – 5000 ORAC units per serving. Supports energy, eye, brain, liver, cardiovascular and immune-system functions.                                                                                                                  | 11.59 oz.<br>Powder,<br>30<br>Servings | \$49.50 | \$37.10  |
| 01.NF.20G.090  | ProbZyme                      | A comprehensive chewable vegetarian formula designed to support digestive tract health and nutrient absorption. Contains BOTH Probiotics & Digestive Enzymes.                                                                                                                                                                                                                                                                                                                                                                                             | 90<br>Cherry<br>Chews                  | \$45.00 | \$33.75  |
| 01.NF.68G.090  | ProbZyme<br>Grape             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 90 Grape<br>Chews                      | \$45.00 | \$33.75  |
| 01.NF.52E.090  | ProbZyme<br>Tropical<br>Punch |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 90<br>Tropical<br>Punch<br>Chews       | \$45.00 | \$33.75  |
| 06.NF.453B.060 | PSA                           | For balancing hormones, managing DHT levels and positively affecting the enzymes that support healthy prostate size and function. Very beneficial if you are making too many trips to the bathroom in the night.                                                                                                                                                                                                                                                                                                                                          | 60 VCaps                               | \$45.00 | \$30.75  |
| 06.NF.364A.120 | Re-LAXX                       | Re-LAXX is designed to relieve muscle spasms through its relaxing and anti-spasmodic ingredients. Very good formula for those plagued with Charlie Horses, cramps and muscle spasms.                                                                                                                                                                                                                                                                                                                                                                      | 120<br>VCaps                           | \$34.50 | \$25.90  |
| 05.NF.399A.090 | SBC II                        | SBC II Supplies 5 Billion CFU of Saccharomyces Boulardii and 2 Billion CFU of Bifidobacterium lactis (BI-04). Recommended for healthy microbial balance; GI health; immune-system.                                                                                                                                                                                                                                                                                                                                                                        | 90 VCaps                               | \$49.50 | \$37.15  |
| 00.NF.020.180  | Seven<br>Flowers BP           | Seven Flowers BP is a Traditional Chinese Medicine (TCM) formula. Beneficial in reducing mild to moderate blood pressure. Works by relaxing the nervous system and consequently reducing the stress on the cardiovascular system. In TCM, blue flowers are used to reduce blood pressure. All of the flowers in Seven Flowers BP are from the blue flower family. The ingredients are extracts of: Chrysanthemum flowers; Honeysuckle flowers; Sophora Japonica flowers; Brunella flowers; Nodo Ginseng flowers; Water Fairy flowers; Black Moss flowers. | 180<br>Veggie<br>Mini<br>Tabs          | \$40.00 | \$30.00  |

# Nutritional Frontiers

| CODE #         | PRODUCT                       | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | COUNT                 | Retail  | You Pay! |
|----------------|-------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|---------|----------|
| 17.NF.33B.060  | Sleep Time                    | Sleep Time should be taken 1 hour before bed. It is designed to improve problems with sleep and is formulated to help support the neurotransmitters dopamine and serotonin, which have a role with sleep cycles and anxiety. <i>(Free Sample Available)</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 60 VCaps              | \$39.50 | \$29.60  |
| 17.NF.338.120  |                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 120 VCaps             | \$69.50 | \$52.10  |
| 17.NF.406A.120 | Sugar Solve                   | Formulated with 9 researched and known nutritional factors, Sugar Solve is useful for: Maintaining healthy glucose levels; Reducing cravings and maintaining weight; Energy support; Aiding glucose transport and utilization by cells; Reducing free radical damage associated with unhealthy glucose levels.                                                                                                                                                                                                                                                                                                                                                                                                                       | 120 VCaps             | \$43.50 | \$32.60  |
| 05.NF.929A.060 | Super Biotics II              | Contains 12 species of microorganisms from non-dairy sources. Guaranteed to contain 50 Billion CFU of microorganisms in each vegetarian capsule.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 60 VCaps              | \$69.50 | \$52.10  |
| 06.NF.81E.060  | Super K2+                     | <b>Super K2 Plus</b> is a Dietary Supplement with Vitamins A, D, and K2 (as VitaMK-7®). Super K2 Plus is a dietary supplement that supports: <ul style="list-style-type: none"> <li>• Bone structure, density and integrity*</li> <li>• Proper bone remodeling</li> <li>• Calcium utilization</li> <li>• Cardiovascular Function</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                          | 60 VCaps              | \$43.50 | \$32.60  |
| 06.NF.82E.120  |                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 120 VCaps             | \$79.50 | \$56.60  |
| 02.NF.100.030  | Super Shake Vanilla           | We stopped carrying Garde of Life products after they started selling to Walmart. We cannot compete with Walmart. And since then, it's been really hard to find a healthy, good tasting Protein Shake. But finally, we found one! SUPER SHAKE is SUPER!                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 2.24 oz 30 Servings   | \$59.50 | \$44.60  |
| 02.NF.104.030  | Super Shake Banana Strawberry |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 2.24 lbs. 30 Servings | \$59.50 | \$44.60  |
| 02.NF.102.030  | Super Shake Peanut Butter     | <p>Non-GMO &amp; Vegan, it is a hypoallergenic, low carbohydrate meal replacement powder, suitable for those with food allergies and food sensitivities. Super Shake features pea, rice and pumpkin as its protein sources and NO SUGAR. Most of those on the market that taste good have a lot of sugar.</p> <p>It's great for those trying to lose weight and want a SHAKE for a meal replacement or those too busy to take time to fix a meal and of course for those working out who are looking for a good Protein Shake for working out. We stock it in Vanilla, Peanut Butter, and Banana Strawberry flavors. There are 30 Servings in a container. <i>(If you are interested, ask for a FREE Sample – Vanilla only.)</i></p> | 2.24 lbs. 30 Servings | \$59.50 | \$44.60  |

# Nutritional Frontiers

| CODE #         | PRODUCT       | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | COUNT              | Retail  | You Pay! |
|----------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------|----------|
| 17.NF.111B.120 | Testo 180     | A dietary supplement to help men achieve normal levels of sex hormones. It is a synergistic blend of research proven ingredients designed to maximize hormone levels and increase sexual drive. Hormones such as DHEA and Testosterone levels decline with age and adrenal stress. Testo 180 is a unique formula designed to support three metabolic pathways: 1). Increases Circulation (may help with atherosclerosis, erectile dysfunction and intermittent claudication); 2). Increases Testosterone Levels (may help with infertility, erectile dysfunction and low libido); 3). Hormone Balancer (may help with lean body mass, an efficient fat-burning metabolism, and low abdominal obesity.) Factors that contribute to LOW TESTOSTERONE levels: medications, sugar, stress, alcohol, aging, caffeine, nutritional imbalance, nicotine, diets low in healthy fats. | 120 VCaps          | \$47.50 | \$35.60  |
| 06.NF.291.030  | Turmeric Plus | An excellent choice for those suffering from Pain, Arthritis and Inflammation.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 30 VCaps           | \$25.00 | \$18.75  |
| 06.NF.291.060  |               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 60 VCaps           | \$45.00 | \$33.75  |
| 03.NF.623.060  | X-Flame       | Extinguish the Inflammation. Proven to increase mobility, decrease the need for over-the-counter pain medication and reduce pain and swelling. Helps with many kinds of Inflammations including: Arthritis; Auto-Immune Diseases; Cardiovascular Disease; Asthma; Crohn's Disease; Ulcerative Colitis and MUCH MORE.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 60 VCaps           | \$39.50 | \$29.60  |
| 03.NF.623.120  |               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 120 VCaps          | \$59.50 | \$44.60  |
| 03.NF.623.240  |               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 240 VCaps          | \$99.50 | \$74.60  |
| 03.NF.268.030  |               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 30 Servings Powder | \$59.50 | \$44.60  |

*Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. "A merry [rejoicing] heart doeth good like a medicine." Proverbs 17:22.*

*—Ministry of Healing, 241*

# Odds & Ends



| CODE #  | PRODUCT                             | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | COUNT              | Retail  | You Pay! |
|---------|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------|----------|
| #N01618 | Nordic Naturals<br>ALGAE OMEGA      | <p><b>Nordic Naturals Algae Omega</b> is the ideal vegetarian alternative to fish oil. Made from microalgae, it offers a plant-based source of beneficial marine omega-3s EPA and DHA without the use of fish. While most algae oils are short on EPA, Algae Omega's unique combination of EPA and DHA is a pure, safe, and effective source of both of these essential fatty acids.</p> <ul style="list-style-type: none"> <li>• 100% vegetarian, suitable for vegans</li> <li>• One of very few algae oils with significant amounts of EPA</li> <li>• Made from microalgae, the original source of marine omega-3</li> <li>• Supports normal vision, heart health, positive mood, and immunity</li> <li>• Sustainably sourced</li> <li>• Non-GMO and hexane free</li> <li>• Certified by the America Vegetarian Association</li> </ul> | 120 Vegan Softgels | \$52.95 | \$47.65  |
| #515373 | Bio Nutrition<br>Advanced Berberine | <p><b>Bio Nutrition's Advanced Berberine</b> is made using the highest quality Berberine HCL. Berberine HCL may be helpful to support healthy blood sugar and cholesterol levels that are both already in the normal range.</p> <ul style="list-style-type: none"> <li>• Cardiac Support</li> <li>• Immune Support</li> <li>• Gastrointestinal Support</li> <li>• Dietary Supplement</li> <li>• Vegetarian</li> <li>• Made in USA</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                             | 50 VCaps           | \$29.99 | \$22.50  |

# Odds & Ends

| CODE #  | PRODUCT                                                        | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | COUNT                       | Retail         | You Pay!       |
|---------|----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|----------------|----------------|
| #BST12  | <b>New Chapter<br/>Bone Strength<br/>Take Care<br/>Calcium</b> | <p>If you are worried about Osteoporosis, you should seriously consider taking <b>Bone Strength Take Care Calcium</b> (as well as stop doing the things that leach calcium out of your bones, like drinking coffee and using dairy products. Remember, cows milk was made for Baby Cows, not humans. 80% of black people are allergic to dairy products, they don't use them, and they have stronger bones and healthier teeth than white people.)</p> <p>Supports healthy bones and joints while reducing the risk of osteoporosis with plant-sourced, whole-food Calcium.</p> <p>Bone Strength Take Care is complete plant Calcium from Red Marine Algae (Lithothamnion), sustainably harvested from Iceland's pristine shores. New Chapter's award-winning whole-food Calcium supplement is slim and easy to swallow, compared to large size of typical calcium tablets.</p> <p>Bone Strength Take Care is formulated to strengthen bones and help with the absorption of Calcium, support joint flexibility, and help maintain proper artery health. When you don't get enough calcium in your bloodstream, calcium is taken from your bones. Bone Strength Take Care supplements your diet with quality plant Calcium for holistic bone health.</p> <ul style="list-style-type: none"> <li>• Reduces the risk of osteoporosis (loss of bone density starts around age 30)</li> <li>• 3-in-1 Benefits: Bone strength support, joint flexibility, and heart health support</li> <li>• Clinical strength plant calcium has added Vitamin K2 to direct calcium to bones, fermented Vitamin D3 for proper Calcium absorption</li> <li>• In easy-to-swallow slim tablets with slow and steady release</li> </ul> <p>Adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis. Vegetarian * Gluten-Free * Non-GMO *</p> | <b>120 Slim<br/>Tablets</b> | <b>\$63.95</b> | <b>\$52.75</b> |
| #E00503 | <b>Enzyme Science<br/>Candida Control</b>                      | <p><b>Enzyme Science Candida Control</b></p> <p>For Intestinal Detoxification ~ Sustaining healthy gut flora is crucial to overall health because it renews the body's energy and keeps the immune and digestive systems functioning optimally. When we have proper bacterial balance in the small intestine, our natural ability to maintain healthy levels of candida is optimized.</p> <p>Candida Control supports vaginal and urinary health, naturally helping the body reduce occasional gas, bloating, indigestion and fatigue.</p> <p>The targeted formula in Candida control uses natural ingredients in a scientifically blended ratio to maintain a healthy balance of intestinal flora. Cellulase breaks down the yeast cell wall, while protease digests the interior proteins. This combination provides a gentle, cleansing effect without harsh discomfort common to cleansing.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <b>84 VCaps</b>             | <b>\$38.00</b> | <b>\$28.50</b> |

# Odds & Ends

| CODE #  | PRODUCT                                        | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | COUNT        | Retail  | You Pay! |
|---------|------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------|----------|
| #CAND6  | Vitanica<br>CANDIDASTAT                        | <p><b>Vitanica CANDIDASTAT</b> provides select herbs and key nutrients to support the body's natural system in maintaining healthy flora and a healthy yeast balance.</p> <p><b>Featured Ingredients:</b></p> <ul style="list-style-type: none"> <li>• Yeast balance support from Caprylic acid, Garlic extract, Oregon grape root, and Grapefruit seed extract</li> <li>• Unique to the formula is a 4:1 Oregon grape root extract, not commonly found in yeast support products, but especially useful for yeast balance</li> <li>• Detoxification support from Milk thistle seed extract naturally promotes reduced die-off reaction</li> <li>• Immune system and antioxidant support with Vitamin E</li> </ul> | 120<br>VCaps | \$34.45 | \$28.40  |
| #140136 | RidgeCrest<br>ClearLungs                       | <p><b>RidgeCrest Herbals ClearLungs</b> Chinese Herbal Formula is an Ephedra-free Chinese herbal formulation to naturally relieve bronchial congestion, tightness of the chest, wheezing, and restore freer breathing. Recommended by Dr. &amp; Mrs. Balch in the best seller Prescription For Nutritional Healing. Clearlungs is a unique Chinese herbal formula designed to provide nutrients to the lungs. Each ingredient has a special role to play in providing nutritional support. A very effective product if you struggle to breathe.</p>                                                                                                                                                                | 120<br>VCaps | \$37.99 | \$28.49  |
| #387577 | Lumino<br>Diatomaceous<br>Earth                | <p><b>Lumino Wellness Diatomaceous Earth</b> Pure Fresh Water (DE) is not earth or dirt. It is the fossilized remains of microscopic shells created by one-celled aquatic plants (diatoms). As these diatoms fossilized, they retained their tubular shape and holes. Their shape and hardness produce extremely pure and consistent DE. There are different grades of DE in the marketplace. Of the 600 deposits in the U.S., only four are considered Food-Grade by the FDA. Lumino DE is almost pure white and consists of 89-94% silicon dioxide plus 28 trace minerals.</p>                                                                                                                                   | 1.5 lb.      | \$22.95 | \$16.40  |
| #MARS5  | Nature's Way<br>Marshmallow<br>Root            | <p><b>Marshmallow Root</b> is a demulcent herb, meaning it coats and forms a physical protective barrier in the esophagus and stomach which guards against damage from acid. Other demulcent herbs like slippery elm also have this effect. Helps Acid Reflux, Ulcers.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                         | 100<br>VCaps | \$13.99 | \$12.75  |
| #ORE21  | Nature's Way<br>Oregon Grape<br>Root<br>500 mg | <p><b>Oregon Grape Root</b> has been used as herbal medicine to treat many maladies including colds, flu, herpes, hepatitis, syphilis, stomach upset, cancer, skin disorders, yeast infections, and more. Herbalists have touted the use of Oregon grape, claiming that it is effective in stimulating liver function, treating infections, and supporting digestive health. It's very close to GOLDENSEAL, but MUCH CHEAPER.</p>                                                                                                                                                                                                                                                                                  | 90 VCaps     | \$11.99 | \$9.00   |
| #328108 | Life-Flo Progesta<br>Care Plus                 | <p><b>Life-Flo Progesta Care Plus:</b> Each full press of the pump provides approximately 20 mg of natural Progesterone USP. This Progesterone cream is formulated to contain 480 mg per ounce.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 4 oz.        | \$37.99 | \$30.65  |

# Odds & Ends

| CODE #   | PRODUCT                                            | DESCRIPTION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | COUNT        | Retail  | You Pay! |
|----------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------|----------|
| #PROHY   | EuroMedica<br>ProHydra-7                           | <p><b>ProHydra-7</b> contains SB-150™, a clinically studied blend of sea buckthorn fruit and seed oil. Seabuckthorn Seed Oil heals stomach ulcers better than H2 blockers or PPIs in preliminary animal studies. This blend:</p> <ul style="list-style-type: none"> <li>• Delivers 150 mg of Omega-7 per capsule</li> <li>• Relieved dryness and improved skin hydration up to 48% in a clinical study</li> <li>• Renews dry mucous membranes</li> <li>• Soothes the gastrointestinal tract</li> <li>• Supports the health and elasticity of skin*</li> </ul> <p>ProHydra-7 helps rejuvenate skin and mucous membranes – the tissues which line the eyes, mouth, gastrointestinal tract, vaginal and urinary tracts.*</p> | 60 Soft-gels | \$39.95 | \$30.00  |
| #9760005 | NatureWorks<br>Body Essential<br>Silica w/ Calcium | <b>Body Essential Silica</b> is a dietary supplement to support and give strength to nails, hair, skin and connective tissue, tendons and ligaments. Silica works with calcium in bone formation and bone remineralization. Vegetarian.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 90 VCaps     | \$20.49 | \$17.95  |
| #667669  | Thyme Out                                          | <b>Thyme Out</b> is the Knockout Alternative for Bug Bites, Eczema, Dermatitis, Acne, Cold Sores, Pet Rashes, Fungus, Psoriasis, Poison Ivy, and any Skin Inflammation. Ingredients: A Thyme tincture made from organic thyme, purified water, organic grain alcohol and organic aloe vera.                                                                                                                                                                                                                                                                                                                                                                                                                               | 8 oz.        | \$17.99 | \$15.50  |
| #HHWL1   | H & H Remedies<br>White Liniment                   | <b>WHITE LINIMENT</b> by H & H Remedies, LLC ~ Are you annoyed by those itchy insect bites or poison ivy? How about those tired, achy, sore muscles? Grab a bottle of our White Liniment. This multi-purpose product has many benefits. It is an excellent product for relief of muscle cramps and muscle aches, insect bites, skin rashes, and poison ivy. I have personally used this product for poison ivy many times as well as other very itchy issues, and it is the BEST thing I've ever found.                                                                                                                                                                                                                   | 1 oz.        |         | \$5.60   |
| #HHWH6   |                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 6 oz.        |         | \$16.00  |
| #215694  | Nature's Answer<br>White Willow<br>Bark Extract    | Nature's Answer White Willow Bark is a holistically balanced, alcohol-free herbal supplement. It delivers 2000 mg of 1:1 white willow extract with each serving. It's bio-chelated with a cold extraction process. For Pain, White Willow Bark is what Aspirin is made from.                                                                                                                                                                                                                                                                                                                                                                                                                                              | 60 VCaps     | \$19.00 | \$15.00  |

# Olbas Herbal Remedies



Expertly formulated in Switzerland, Olbas Herbal Remedies are designed to comfort and soothe you in many ways. Some are recognized OTC remedies that provide fast, effective relief from cold symptoms, as well as minor aches and pains. Other Olbas Remedies support your body nutritionally, helping to enhance the immune system. The essential oils in Olbas have a rich history of aromatherapy use dating back to the ancient Egyptians and Chinese.

| CODE #  | Description                                                                                       | SIZE     | RE-TAIL | YOU PAY! |
|---------|---------------------------------------------------------------------------------------------------|----------|---------|----------|
| #22466  | <b>Olbas Analgesic Salve ~</b><br>FAST, Lasting Relief of Minor Aches & Pains                     | 1 oz.    | \$9.95  | \$8.95   |
| #22469  | <b>Olbas Cough Syrup ~</b><br>Extra-Strength Cough Suppressant, Sugar-Free                        | 4 oz.    | \$9.50  | \$8.05   |
| #22470  | <b>Olbas Inhaler ~</b><br>Pocket Size, Get the Power to Breath Naturally!                         |          | \$5.95  | \$5.60   |
| #22468  | <b>Olbas Herbal Bath ~</b><br>Therapeutic Bath Soothes, Relaxes & Invigorates                     | 8 oz.    | \$16.95 | \$15.85  |
| #213150 | <b>Olbas Instant Herbal Tea ~</b><br>Delicious, Soothing Instant Herbal Tea                       | 7 oz.    | \$16.95 | \$15.85  |
| #206250 | <b>Olbas Oil ~</b><br>Experience the Original Swiss Aromatherapy Massage Oil & Inhalant           | .32 oz.  | \$9.50  | \$8.05   |
| #235636 |                                                                                                   | 1.01 oz. |         | \$19.99  |
| #22472  | <b>Olbas Pastilles ~</b><br>Maximum Strength Cough Drops,<br>Clears the Head & Soothes the Throat | 27 Loz.  | \$6.50  | \$5.85   |

## Peelu Chewing Gum



Peelu Gum is sweetened with xylitol, which supports healthy gums and teeth, fights tooth decay and promotes good overall oral health. Peelu gum flavors include Citrus with Vitamin C, Cinnamon Sass, Peppermint Blast and Spearmint. If you can't brush your teeth after the meal, this is the next best thing!

| CODE #  | Peelu Chewing Gum with Xylitol      | SIZE       | RETAIL  | YOU PAY! |
|---------|-------------------------------------|------------|---------|----------|
| #224027 | <b>Cinnamon Sassafras</b>           | 100 Pieces | \$11.45 | \$9.00   |
| #224030 | <b>Citrus Breeze with Vitamin C</b> | 100 Pieces | \$11.45 | \$9.00   |
| #224029 | <b>Peppermint Blast</b>             | 100 Pieces | \$11.45 | \$9.00   |
| #224031 | <b>Spearmint</b>                    | 100 Pieces | \$11.45 | \$9.00   |

# Perrin's Products



| CODE #    | NAME                    | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | SIZE  | RETAIL  | YOU PAY! |
|-----------|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|----------|
| #PP-BLEND | Perrin's Blend          | <p>Perrin's Blend™ is a simple, all natural, antioxidant, grape seed extract ointment. Perrin's Blend™ contains 5 ingredients in a base of honey and grape seed oil.</p> <ol style="list-style-type: none"> <li>1. Grape Seed Extract contains an array of polyphenols that promote healthy cell growth. These polyphenols also help to inhibit the growth and encourage the apoptosis (a dying off) of abnormal cells.</li> <li>2. Ascorbic Acid or Vitamin C is an antibacterial, antiviral, antioxidant that promotes the growth of normal skin.</li> <li>3. N-Acetyl Cysteine is an amino acid derivative that helps to block the development of abnormal cells.</li> <li>4. Alpha Lipoic Acid is a powerful antioxidant that helps to prevent aging, and reduce inflammation associated with free-radical damage.</li> <li>5. D Alpha tocopherol or Vitamin E is an antioxidant that is needed for healthy skin growth.</li> </ol> <p><b>Perrin's Blend has been used successfully to treat:</b><br/>Lichen Sclerosis, Actinic Keratosis, Age Spots, Skin Damage, Squamous Cell Skin Cancer, Basal Cell Carcinoma, Skin Tags, Moles &amp; Warts, Topical Staph (MRSA), Boils, and various Skin Lesions.</p> | 1 oz. | \$49.99 | \$38.40  |
| #PP-CREME | Perrin's Creme Complete | <p><b>Perrin's Creme Complete</b> contains the greatest combination and highest concentration of cancer fighting vitamins and antioxidants of any of our creams and moisturizers (excluding <b>Perrin's Blend</b>, which is an ointment). With extended use of the <b>Creme Complete</b> we have seen abnormal skin tissue, such as sun damaged areas and age spots, peel away and return to normal healthy looking skin. The <b>Creme Complete</b> has also had a positive effect on Lichen Sclerosis. We've added the antioxidants CoQ10 and resveratrol for even more protection against aging and free-radical damage.</p> <p><b>Perrin's Creme Complete has been used successfully to treat:</b><br/>Abnormal Skin Tissue, Age Spots, Actinic Keratosis, Rosacea, Sun-damaged Skin, Lichen Sclerosis</p>                                                                                                                                                                                                                                                                                                                                                                                                    | 2 oz. | \$47.99 | \$33.60  |

# Perrin's Products

|               |                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |         |         |         |
|---------------|------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|---------|
| #PP-Itch-Eeze | Perrin's Itch Eeze           | <p><b>Perrin's Itch Eeze</b> is an all-natural remedy for insect bites and skin irritations. An herbal salve for minor irritation and itching. An updated version of an old and secret recipe, this herbal salve is formulated to relieve minor irritation and inflammation associated with insect bites, hives, sumac, poison oak, and ivy and other minor irritations. The ItchEeze™ infuses wild-crafted plantain, organic yellow dock root, and organic dandelion root with organic castor oil, organic extra virgin olive oil, and organic beeswax.</p> <ul style="list-style-type: none"> <li>• Organic and wild-crafted ingredients.</li> <li>• Incorporates herbs used for itch relief since ancient times.</li> <li>• Enriched with natural Vitamin E.</li> </ul> | 1 oz.   | \$12.99 | \$11.20 |
| #PP-LIP       | Perrin's Lip-Guard           | <p><b>Lip Guard</b> is a vitamin and antioxidant enriched lip balm. Beautify, soften, and soothe your lips with antioxidant protection. This revitalizing lip balm is enhanced with the grape seed extract and vitamins E, &amp; D. The Lip Guard protects and moisturizes while also fighting UV damage.</p> <ul style="list-style-type: none"> <li>• Completely natural.</li> <li>• Grape seed extract helps protect against UV damage.</li> <li>• Vitamin Enriched.</li> <li>• Peppermint oil provides a cooling effect.</li> </ul>                                                                                                                                                                                                                                     | .25 oz. | \$4.99  | \$4.00  |
| #PP-MASS      | Perrin's Massage Oil         | <p><b>Perrin's Massage Oil</b> is a therapeutic combination with rosemary and lavender for relaxing and aiding sleep</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 4 oz.   | \$13.99 | \$11.50 |
| #PP-NUTRA     | Perrin's Nutra Cream         | <p><b>Perrin's Nutra Cream</b> is the mildest in antioxidants, yet a wholesome moisturizer rich with vitamins A, D, E &amp; biotin; grape seed extract; alpha lipoic acid, and natural emollients designed as a nutritional skin therapy to revitalize and regenerate nutrition-lacking areas of the face and body and also to protect against dry, flaky skin. After the cream penetrates a protective coat can still be felt, giving long lasting benefit. Use as often as needed.</p>                                                                                                                                                                                                                                                                                   | 2 oz.   | \$29.99 | \$21.60 |
| #PP-REJUV     | Perrin's Lotion Rejuvenation | <p>Anti-aging, moisturizing, restorative. A whole body treatment.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 5 oz.   | \$49.99 | \$40.00 |
| #PP-SCABIES   | Perrin's Scabies Extinguish  | <p>A natural approach to fighting scabies using essential oils. Working in a two-prong approach our system uses coconut oil and olive oil to suffocate the scabies mites while engulfing the them with anti-scabies essential oils that have been shown to kill the mites.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 4 oz.   | \$34.95 | \$29.95 |

# Personal Care



| CODE # | NAME                          | <i>For the Bath</i>                                                                                                                                                                                                                                                                                                                                                                                                                                             | SIZE    | RETAIL  | PAY!    |
|--------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|---------|
| #22468 | <b>OLBAS Herbal Bath</b>      | Soothes, Relaxes, Invigorates & Tingles! Turn Your Tub Into a Swiss Spa! Marvelously Relaxing After A Tough Day! Use in the Tub, Whirlpool, or Shower! Olbas Vapors Encourage Free Breathing, Too! Natural Formula: NO SLS or SLES                                                                                                                                                                                                                              | 8 oz.   | \$17.95 | \$14.50 |
| CODE # | NAME                          | <i>Body Care ~ Natural Deodorants ~</i>                                                                                                                                                                                                                                                                                                                                                                                                                         | SIZE    | RETAIL  | PAY!    |
| #30079 | <b>Herbal Magic Roll-On</b>   | Herbal Magic Roll-On Deodorant Herbal Scent by Home Health, 3 oz. Safe for sensitive skin...Contains NO Aluminum or Artificial Preservatives, Parabens or Gluten                                                                                                                                                                                                                                                                                                | 3 oz.   | \$7.99  | \$6.50  |
| #30080 | <b>Herbal Magic Roll-On</b>   | Herbal Magic Roll-On Deodorant <u>Jasmine</u> Scent by Home Health, 3 oz. Safe for sensitive skin...Contains NO Aluminum or Artificial Preservatives, Parabens or Gluten                                                                                                                                                                                                                                                                                        | 3 oz.   | \$7.99  | \$6.50  |
| #8017  | <b>Lavilin Foot Cream</b>     | A unique herbal deodorant free of aluminum and other harsh chemicals, yet so effective, just one application can eliminate foot odor for days—without the need to re-apply even after showering.                                                                                                                                                                                                                                                                | 12.5 g. | \$19.99 | \$14.40 |
| #8012  | <b>Lavilin Underarm Cream</b> | A unique herbal deodorant free of aluminum and other harsh chemicals, yet so effective, just one application can eliminate perspiration odor for days—without the need to re-apply even after showering.                                                                                                                                                                                                                                                        | 12.5 g. | \$17.99 | \$14.40 |
| #8067  | <b>Lavender</b>               | Unlike conventional sticks that can wear off in just a few hours, <b>NOW® Long Lasting Deodorant Stick</b> was scientifically formulated to eliminate odor for days at a time. Combining the odor-fighting properties of Zinc Oxide along with carefully selected scents, NOW® Long Lasting Deodorant Stick offers amazing value and unparalleled protection that you can count on. <b>Free of:</b> Parabens, Aluminum, Talc, Artificial Colors and Fragrances. | 2.2 oz. | \$8.99  | \$6.25  |
| #8068  | <b>Unscented</b>              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 2.2 oz. | \$8.99  | \$6.50  |
| #8069  | <b>Rose + Ylang Ylang</b>     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 2.2 oz. | \$8.99  | \$6.50  |
| #8074  | <b>Cedarwood + Cypress</b>    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 2.2 oz. | \$8.99  | \$6.50  |
| #8077  | <b>NOW Deodorant Stone</b>    | Nature's Deodorant Stick leaves a thin layer of odor-controlling mineral salts to offer long-lasting, natural protection. Natural deodorant crystals have been proven to be highly effective in protecting against body odors. It is free of harsh chemicals, oils, alcohol, preservatives and harmful forms of aluminum.                                                                                                                                       | 3.5 oz. | \$7.99  | \$5.75  |

# Personal Care

| CODE #  | NAME                                        | <i>Body Care Mountain Ocean ~ Skin Trip~ Coconut</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | SIZE            | RETAIL         | PAY!           |
|---------|---------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|----------------|----------------|
| #4108   | <b>Lip Trip (SPF 15)</b>                    | A totally unique lip balm. The 100% beeswax base: Locks in moisture allowing active ingredients to protect and prevent dryness. Provides a physical block to sun, wind and extreme conditions. Lasts longer! Lip Trip uses PABA-Free sunscreen SPF-15 as well as aloe vera, lanolin, cocoa butter, allantoin, and vitamin E to maintain proper moisture balance. Lip Trip is flavored with natural vanilla and peppermint oil. A favorite among celebrities and athletes for long-lasting moisturizing protection.                                                                                                                                                                                                                    | .165 oz<br>Tube | <b>\$5.09</b>  | <b>\$4.60</b>  |
| #209315 | <b>Skin Trip Coconut Bar Soap</b>           | Skin Trip Soap was designed to complement Skin Trip Moisturizer. Our unique signature coconut fragrance lasts throughout the bar. Vegetable glycerin based, this mild and gentle bar provides enjoyable, rich, creamy lather without drying out your skin. Men also have shared that they like to use it for a shaving soap.                                                                                                                                                                                                                                                                                                                                                                                                          | 4.5 oz.         | <b>\$6.19</b>  | <b>\$5.55</b>  |
| #5454   | <b>Skin Trip Coconut Moisturizer Lotion</b> | Skin Trip is Mountain Ocean's original coconut moisturizer. Its light, smooth feel is unique among skin moisturizers. This extremely fast absorbing, non-greasy formula soothes, protects and quickly replenishes needed moisture to dry skin. Blended with coconut oil, aloe vera, and distilled lanolin, Skin Trip provides your skin with the nutrients it needs and effectively reduces the natural evaporation of moisture from being exposed to the elements. pH Balanced. Perfect after sun, after shower, after shave, anytime.                                                                                                                                                                                               | 8.5 oz.         | <b>\$11.89</b> | <b>\$10.70</b> |
| CODE #  | NAME                                        | <i>Body Care<br/>~Body Care Lotions~</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | SIZE            | RETAIL         | PAY!           |
| #7682   | <b>NOW Cocoa Butter Lotion</b>              | Cocoa Butter Lotion formulated with 6% Cocoa Butter and Rhodiola Extract to aid in protecting the skin from stress. Aloe Vera and Allantoin naturally soothe irritated skin while stimulating cell regeneration. Almond Oil and Lecithin act as emollients, helping draw and keep moisture in the skin.                                                                                                                                                                                                                                                                                                                                                                                                                               | 8 oz.           | <b>\$8.99</b>  | <b>\$6.50</b>  |
| #3283   | <b>Glucosamine/MSM/Arnica Lotion</b>        | Glucosamine, MSM & Arnica Liposomal Lotion is a soothing lotion specifically formulated for use on joint areas. This unique blend of ingredients combines Glucosamine, a normal joint and cartilage component with MSM, a source of organic sulfur. Sulfur is an element known to be a normal component of connective tissue structures. Arnica is well known for its traditional uses. NOW Solutions uses Liposome technology for enhanced absorption. Liposomes are very similar to the different layers of the skin barrier and compatible with cell membranes. Due to their mimicking ability, the liposome can more easily moisturize the skin's natural barrier layers, and allow the ingredients to function more effectively. | 8 oz.           | <b>\$16.99</b> | <b>\$10.20</b> |

# Personal Care

| CODE # | NAME                                | Body Care<br>~Body Care Lotions~                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | SIZE  | RETAIL  | PAY!    |
|--------|-------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|---------|
| #3293  | Joint & Muscle Cream w/ Glucosamine | Glucosamine, MSM & Arnica Liposomal Lotion is a soothing lotion specifically formulated for use on joint areas. This unique blend of ingredients combines Glucosamine, a normal joint and cartilage component with MSM, a source of organic sulfur. Sulfur is an element known to be a normal component of connective tissue structures. Arnica is well known for its traditional uses. NOW Solutions uses Liposome technology for enhanced absorption. Liposomes are very similar to the different layers of the skin barrier and compatible with cell membranes. Due to their mimicking ability, the liposome can more easily moisturize the skin's natural barrier layers, and allow the ingredients to function more effectively. | 4 oz. | \$14.99 | \$9.00  |
| #2123  | MSM Liposome Lotion                 | MSM Healthy Skin Liposome Lotion contains 15% methylsulfonylmethane (MSM), a source of naturally occurring sulfur, which is an important element in the connective structures of skin and cartilage. MSM Healthy Skin is specifically formulated to moisturize and revitalize skin and restore its youthful texture. We've included almond oil to help nourish the skin and provide moisturizing essential fatty acids, while aloe vera soothes the skin. Liposome technology is a superior method for aiding in the absorption of active ingredients.                                                                                                                                                                                | 8 oz. | \$14.99 | \$9.00  |
| #7764  | NOW Shea Butter Lotion              | Shea Butter Lotion is naturally formulated with 10% Shea Butter to provide a rich, nourishing coat of moisture to the skin. Allantoin and Vitamin E work to soothe irritated skin. Phospholipids help reduce moisture loss and act as a delivery system to penetrate key ingredients into the skin.                                                                                                                                                                                                                                                                                                                                                                                                                                   | 4 oz. | \$9.99  | \$7.20  |
| #8002  | NOW Vitamin C+Sea Buckthorn Lotion  | Vitamin C & Sea Buckthorn Lotion has been formulated to provide a nourishing layer of moisture to dry skin. Shea Butter, Coconut Oil and Olive Oil help to protect and moisturize the skin. Vitamin C brightens the skin, while Vitamin E and Sea Buckthorn aid existing damage. Cucumber, Chamomile and Aloe Vera soothe, tone and hydrate the skin. Hyaluronic Acid and Marine Collagen work to protect elastin levels and draw moisture to the skin.                                                                                                                                                                                                                                                                               | 8 oz. | \$12.99 | \$9.35  |
| #8198  | NOW Vitamin D-3 Cream               | Vitamin D-3 Cream provides comprehensive moisture renewal through a carefully balanced ratio of beneficial nutrients. A single gram of Vitamin D-3 Cream, equal to a 1/4 teaspoon, includes 1000 IU of Vitamin D-3 (the equivalent of one typical softgel) to help soothe dry, rough skin, 500 IU of Vitamin A to help rejuvenate your skin through its antioxidant benefits, and 50 IU of Vitamin E to help gently and naturally soothe dry, irritated skin                                                                                                                                                                                                                                                                          | 4 oz. | \$9.99  | \$7.20  |
| #8199  | NOW Vitamin E Cream                 | Vitamin E 28,000 IU Cream is formulated with one of the highest concentrations of Natural Vitamin E. It is designed to replenish skin's natural moisture. To boost the effects of Natural Vitamin E, Wheat Germ Oil is added to aid in fighting off free radicals from damaging the skin. Rhodiola Extract is also included for its "adaptogenic thermal stress protection" and protects the skin.                                                                                                                                                                                                                                                                                                                                    | 4 oz. | \$14.99 | \$10.80 |
|        |                                     | *** See the Forever Living Products Lotions - page 127***                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |       |         |         |

# Personal Care

| CODE # | NAME                                             | ~ Massage Oils ~                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | SIZE   | RETAIL         | PAY!           |
|--------|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------------|----------------|
| #7645  | <b>NOW Sweet Almond Oil</b>                      | 100% Pure Almond Oil is a natural oil that's perfect for nourishing and reviving any skin type. Almond oil is easily absorbed and won't clog pores, promoting clear, soft, healthy-looking skin. This natural skin-nourishing oil is ideal for the entire body. Almond oil is a natural oil derived from pressed almonds. Vegetable-derived oils date back to Biblical times, when they were mixed with fragrant herbs to create traditional ointments.                                                                                                                                                            | 32 oz. | <b>\$24.99</b> | <b>\$18.00</b> |
| #7663  | <b>NOW Almond-Lavender Massage Oil</b>           | Lavender Almond Massage Oil combines Organic Lavender Oil and natural Almond Oil to create a luxurious combination that soothes and relaxes. With Vitamins A, D & E included to nourish the skin, Lavender Almond Massage Oil is a highly versatile personal care and cosmetic product that won't clog pores and will leave skin feeling refreshed and reinvigorated. This blend can help create a soothing massage or act as a natural body moisturizer.                                                                                                                                                          | 16 oz. | <b>\$14.99</b> | <b>\$10.80</b> |
| #7664  | <b>NOW Comforting Massage Oil</b>                | Comforting Massage Oil is an advanced blend of natural oils specifically formulated for relaxation and skin rejuvenation. Natural essential oils from Lavender, Chamomile and Patchouli are combined with Grape Seed, Apricot and Almond Oils to provide a full spectrum of emollient properties. The tranquil and calming essence of Comforting Massage Oil is the perfect complement to a therapeutic massage. It can also be used as a daily moisturizer to leave skin feeling silky soft, nourished and rejuvenated.                                                                                           | 16 oz. | <b>\$14.99</b> | <b>\$10.80</b> |
| #7679  | <b>NOW Castor Oil</b>                            | 100% Pure Castor Oil is expeller-pressed from the seed of Ricinus communis and is virtually odorless. While its use is applicable to many other areas of wellness, Castor Oil is considered by many to be one of the finest natural skin emollients available today. Also known as Palma Christi (the "Palm of Christ"), castor oil celebrates a history of use that dates back to biblical times. Since then, it has been used to help moisturize and soften healthy skin and hair, and is commonly used in some of today's most popular cosmetic and beauty formulas.                                            | 4 oz.  | <b>\$4.99</b>  | <b>\$3.60</b>  |
| #7675  |                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 16 oz. | <b>\$8.99</b>  | <b>\$6.50</b>  |
| #7671  | <b>NOW Refreshing Vanilla Citrus Massage Oil</b> | Vanilla Citrus Massage Oil is infused with the powerful antioxidant benefits of natural Vitamin E to help protect skin and elastin fibers. Jojoba Oil penetrates deep to provide cell-renewing benefits while Almond and Apricot Oils soften and moisturize the skin's delicate tissues. The aromatherapy benefits of vanilla aid in reducing stress and providing relaxation while your skin is nourished with a wide array of natural nutrients to comfort the body and mind. Rose Hip Seed Oil rejuvenates the skin, minimizes the appearance of minor imperfections and keeps skin cells hydrated.             | 8 oz   | <b>\$8.99</b>  | <b>\$7.20</b>  |
| #7690  | <b>NOW Evening Primrose Oil</b>                  | Pure Evening Primrose Oil (EPO) is an all-natural vegetable oil. Used as an herbal treatment for a variety of ailments. EPO contains essential fatty acids (EFAs) that support body tissues, including skin. Combined with zinc, EPO may be helpful for a healthy complexion. Each 1 ml of oil contains 80-100 mg of GLA - an essential fatty acid that can nourish and protect healthy skin cells. Pure Evening Primrose Oil (EPO) is derived from Evening Primrose seeds. This oil is pressed at a low temperature to obtain a pure, natural, virgin oil, without the use of solvents, fillers or preservatives. | 4 oz.  | <b>\$16.99</b> | <b>\$12.25</b> |
| #7669  | <b>NOW Tranquil Rose Massage Oil</b>             | Tranquil Rose Massage Oil is infused with the powerful antioxidant benefits of natural Vitamin E to help protect skin and elastin fibers. Jojoba Oil penetrates deep to provide cell-renewing benefits while Almond and Apricot Oils soften and moisturize the skin.                                                                                                                                                                                                                                                                                                                                               | 8 oz.  | <b>\$9.99</b>  | <b>\$7.20</b>  |
| #7667  | <b>NOW Arnica Warming Relief</b>                 | Arnica Warming Relief Massage Oil captures the natural soothing essence of Arnica to provide immediate warmth and relief to tired, overworked muscles.                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 8 oz.  | <b>\$12.99</b> | <b>\$12.25</b> |

# Personal Care

| CODE # | NAME                                         | ~ Multi-Purpose Moisturizers/Butters ~                                                                                                                                                                                                                                                                                                               | SIZE    | RETAIL  | PAY!    |
|--------|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------|---------|
| #7680  | NOW<br>Cocoa<br>Butter<br>(Pure)             | Pure Cocoa Butter is a natural moisturizer that's safe for use on even the most sensitive skin types. It is popular for sunburn, dry chapped skin, scar tissue and stretch marks. In its natural state, cocoa butter is solid at room temperature, and may vary in color and appearance.                                                             | 7 oz.   | \$8.99  | \$6.50  |
| #7683  | NOW<br>Coconut<br>Oil                        | Natural Coconut Oil is rich in skin-friendly saturated fats, making it perfect for use on all complexions. This unique oil goes on smooth to leave skin feeling silky and refreshed. It also serves as a natural alternative to chemically formulated commercial moisturizers, oils and scalp conditioners.                                          | 7 oz.   | \$7.49  | \$5.40  |
| #7725  | NOW<br>Lanolin<br>100% Pure                  | Pure Lanolin is a powerful, natural moisturizer that can promote the smoothness and translucency associated with healthy, youthful skin. Derived from the wool of sheep, lanolin is remarkably close to our own natural skin oils and has a texture that is similar to petroleum jelly. It is perfect for use on very dry, rough or chapped skin.    | 7 oz.   | \$11.99 | \$8.60  |
| #7730  | NOW<br>Liquid<br>Lanolin                     | Pure Liquid Lanolin is remarkably close to our own natural skin oils. It is perfect for use on very dry, rough or chapped skin. Lanolin is a natural oil derived entirely from the fiber of sheep's wool. It is secreted from the skin of sheep and becomes trapped in the sheep's wool, giving protection from rain and moisture.                   | 4 oz.   | \$9.99  | \$7.20  |
| #7756  | NOW Shea<br>Butter<br>100% Pure<br>& Organic | Pure and Certified Organic Shea Butter has a rich, luxurious texture that penetrates deep to condition and moisturize every type of skin. Shea Butter is derived from the tree nuts of the karite trees that grow in Western and Central Africa. It is a wonderful emollient that's perfect for daily use. Can also be used as a scalp moisturizer.  | 7 oz.   | \$12.99 | \$9.35  |
| #7758  | NOW Shea<br>Butter<br>100% Pure              | Natural Shea Butter has a rich, luxurious texture that penetrates deep to condition and moisturize every type of skin. Shea Butter is derived from the tree nuts of the karite trees that grow in Western and Central Africa. It is a wonderful emollient that's perfect for daily use. Can also be used as a scalp moisturizer.                     | 7 oz.   | \$9.99  | \$7.20  |
| #7757  | NOW Shea<br>Butter 100%<br>Pure              | Natural Shea Butter has a rich, luxurious texture that penetrates deep to condition and moisturize every type of skin. Shea Butter is derived from the tree nuts of the karite trees that grow in Western and Central Africa. It is a wonderful emollient that's perfect for daily use. Can also be used as a scalp moisturizer.                     | 16 oz.  | \$16.99 | \$12.25 |
| #7760  | NOW<br>Cocoa<br>Butter/<br>Jjoba Oil         | Cocoa Butter with Jjoba Oil unites the skin-softening effects of 75% pure cocoa butter with 25% pure jjoba. Jjoba is very similar to the sebum produced by our own skin, making it an excellent choice for facial and body oils, as well as hair and scalp treatments. When combined together they can address dry skin, sunburns and stretch marks. | 6.5 oz. | \$9.99  | \$7.20  |

# Personal Care

| CODE #         | NAME                                       | <i>Oils - Skin Care Oils/Carrier Oils</i>                                                                                                                                                                                                                                                                                                                                                                                 | SIZE                      | RETAIL                                            | PAY!                                             |
|----------------|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|---------------------------------------------------|--------------------------------------------------|
| #7660<br>#7661 | <b>Almond Oil, Sweet, 100% Pure</b>        | 100% Pure Almond Oil is a natural oil that's perfect for nourishing and reviving any skin type. Almond Oil is easily absorbed and won't clog pores, promoting clear, soft, healthy-looking skin. This natural skin-nourishing oil is ideal for the entire body. Almond Oil is a natural oil derived from pressed almonds.                                                                                                 | 4 oz.<br>16 oz.<br>32 oz. | <b>\$4.99</b><br><b>\$12.99</b><br><b>\$24.99</b> | <b>\$3.60</b><br><b>\$9.35</b><br><b>\$18.00</b> |
| #7658          | <b>Almond Oil, Sweet 100% Pure Organic</b> | 100% Pure Almond Oil is a natural oil that's perfect for nourishing and reviving any skin type. Almond Oil is easily absorbed and won't clog pores, promoting clear, soft, healthy-looking skin. This natural skin-nourishing oil is ideal for the entire body. Almond Oil is a natural oil derived from pressed almonds.                                                                                                 | 8 oz.                     | <b>\$23.99</b>                                    | <b>\$17.25</b>                                   |
| #7665<br>#7666 | <b>Apricot Kernel Oil</b>                  | 100% Pure Apricot Oil is a rejuvenating natural oil that's ideal for softening fine lines and restoring a healthy glow to skin. Rich in essential fatty acids, this gentle oil has excellent restorative properties that promote soft, radiant hair and help to soothe dry skin. Similar in structure and function to almond extracts, oils derived from apricot kernels will naturally nourish and moisturize your skin. | 4 oz.<br>16 oz.           | <b>\$4.99</b><br><b>\$11.99</b>                   | <b>\$3.60</b><br><b>\$8.60</b>                   |
| #7670<br>#7678 | <b>Avocado Oil, 100% Pure</b>              | 100% Pure Avocado Oil is a natural, nutrient-rich vegetable oil. Heavy in texture, Avocado Oil helps to keep skin supple, while thoroughly moisturizing and softening stubborn, dry or rough skin.                                                                                                                                                                                                                        | 4 oz.<br>16 oz.           | <b>\$6.99</b><br><b>\$17.99</b>                   | <b>\$5.00</b><br><b>\$12.95</b>                  |
| #7679<br>#7675 | <b>Castor Oil 100% Pure</b>                | 100% Pure Castor Oil is expeller-pressed from the seed of Ricinus communis and is virtually odorless and tasteless.                                                                                                                                                                                                                                                                                                       | 4 oz.<br>16 oz.           | <b>\$4.99</b><br><b>\$8.99</b>                    | <b>\$3.60</b><br><b>\$6.50</b>                   |
| #7703          | <b>Liquid Coconut Oil, Pure</b>            | Liquid Coconut Oil is a versatile cosmetic oil that's pleasingly light and easily absorbed for comprehensive moisturization without clogged pores. Our fractionated Liquid Coconut Oil is colorless and odorless with a smooth, non-greasy texture that's ideal for a variety of personal care uses.                                                                                                                      | 16 oz.                    | <b>\$16.99</b>                                    | <b>\$12.25</b>                                   |
| #7695<br>#7700 | <b>Vegetable Glycerine 100% Pure</b>       | Pure Vegetable Glycerine is an outstanding moisturizer and skin cleanser that also provides softening and lubricating benefits. It's hypoallergenic and easily soluble in water, making it suitable for use in all of your favorite cosmetic applications. Pure Vegetable Glycerine has a long shelf life and does not easily oxidize. It is a natural product derived from Non-GMO palm oil or vegetable oil.            | 4 oz.<br>16 oz.<br>32 oz. | <b>\$4.49</b><br><b>\$8.99</b><br><b>\$15.99</b>  | <b>\$2.70</b><br><b>\$6.50</b><br><b>\$11.50</b> |
| #7684          | <b>Vegetable Glycerine Organic</b>         |                                                                                                                                                                                                                                                                                                                                                                                                                           | 8 oz.                     | <b>\$8.99</b>                                     | <b>\$6.50</b>                                    |
| #7705<br>#7707 | <b>Grape Seed Oil, 100% Pure</b>           | 100% Pure Grapeseed Oil is a light, odorless oil with mild astringent and emollient properties. This versatile oil contains numerous essential fatty acids including Linoleic, Oleic, Stearic, Palmitic, Myristic and Lauric. Its rich, silky texture is perfect for soothing away dryness and irritation and is suitable for all skin types since it won't clog pores or cause break-outs.                               | 4 oz.<br>16 oz.           | <b>\$4.99</b><br><b>\$10.99</b>                   | <b>\$3.00</b><br><b>\$7.90</b>                   |
| #7713<br>#7714 | <b>Jojoba Oil, 100% Pure Organic</b>       | Pure. Certified Organic Jojoba Oil is derived from the seed of the jojoba ( <i>Simmondsia chinensis</i> ) shrub and is one of the most popular cosmetic oils available today. Its high stability, invigorating scent and cosmetic versatility make it ideal for all skin and hair types, and it is most commonly used to promote softer hair and skin.                                                                    | 4 oz.<br>8 oz.            | <b>\$14.99</b><br><b>\$27.99</b>                  | <b>\$10.80</b><br><b>\$20.15</b>                 |

# Personal Care

|                         |                                                                      | <i>Body Care</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  |                          |                                                   |                                                  |
|-------------------------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------|---------------------------------------------------|--------------------------------------------------|
| CODE #                  | NAME                                                                 | <i>~ Oils - Skin Care Oils/Carrier Oils ~</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |  | SIZE                     | RETAIL                                            | PAY!                                             |
| #7715<br>#7717<br>#7718 | <b>Jojoba Oil,<br/>100% Pure</b>                                     | Pure Jojoba Oil is derived from the seed of the jojoba ( <i>Simmondsia chinensis</i> ) shrub and is one of the most popular cosmetic oils available today. Its high stability, invigorating scent and cosmetic versatility make it ideal for all skin                                                                                                                                                                                                                                                                                            |  | 1 oz.<br>4 oz.<br>16 oz. | <b>\$5.99</b><br><b>\$12.99</b><br><b>\$39.99</b> | <b>\$4.30</b><br><b>\$9.35</b><br><b>\$28.80</b> |
| #7724                   | <b>Sesame Seed<br/>Oil, Organic</b>                                  | Sesame Seed Oil is a superb natural moisturizer teeming with beneficial natural nutrients including vitamins, minerals and phytonutrients.                                                                                                                                                                                                                                                                                                                                                                                                       |  | 8 oz.                    | <b>\$14.99</b>                                    | <b>\$10.80</b>                                   |
| #7704<br>#7702          | <b>Shea Nut<br/>Oil, Pure</b>                                        | Pure Shea Nut Oil is an expeller-pressed, fractionated oil obtained from the seeds of African Karite trees. Rich in oleic and stearic essential fatty acids, Shea Nut Oil is a superior personal care oil that's ideal for nourishing and moisturizing your hair, scalp and skin. This luxurious oil absorbs quickly, so you'll enjoy youthful, radiant skin and healthy, lustrous hair without any greasy residue.                                                                                                                              |  | 4 oz.<br>16 oz.          | <b>\$6.99</b><br><b>\$14.99</b>                   | <b>\$5.00</b><br><b>\$10.80</b>                  |
| CODE #                  | NAME                                                                 | <i>Facial Care ~ Anti-Aging ~</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  | SIZE                     | RETAIL                                            | PAY!                                             |
| #8081                   | <b>2 in 1<br/>Correcting<br/>Eye Cream<br/>Pump</b>                  | Vitamin K and Mulberry Extract aid in reducing dark circles while Sepilift® DPHP at 1% has been proven to naturally tone and smooth fine lines. Helps correct tired eyes by tightening and brightening skin around the eyes.                                                                                                                                                                                                                                                                                                                     |  | 1 oz.                    | <b>\$17.99</b>                                    | <b>\$12.95</b>                                   |
| #8020                   | <b>Clarify &amp;<br/>Illuminate<br/>Facial<br/>Cleansing<br/>Gel</b> | This product is for people who have dull skin in need of brightening, firming, and the reduction of visible signs of aging. Clarify & Illuminate Facial Cleansing Gel contains Mitostime™, a clinically-tested, concentrated brown algae extract that, when tested at a 1-2% concentration for four weeks, is shown to help the skin breathe better by taking in more oxygen and releasing more carbon dioxide.                                                                                                                                  |  | 8 oz.                    | <b>\$15.99</b>                                    | <b>\$11.50</b>                                   |
| #8025                   | <b>Clarify &amp;<br/>Illuminate<br/>Moistur-<br/>izer</b>            | Is your skin looking dull, saggy and old? This product contains Mitostime™, a clinically-tested, concentrated brown algae extract that, when tested at a 5% concentration for four weeks, is shown to help reduce the appearance of facial aging by up to six years and restore the youthful appearance of cells. Vitamin C is included for its antioxidant protection and Marine Collagen gently promotes natural collagen production. Sea Buckthorn Oil further supports the skins repair processes, while Olive Oil helps replenish moisture. |  | 2 oz.                    | <b>\$24.99</b>                                    | <b>\$18.00</b>                                   |
| #8110                   | <b>CoQ10<br/>Anti-<br/>oxidant<br/>Serum</b>                         | This product is for skin in need of extra attention, especially around eyes, mouth and forehead where there is a loss of elasticity. CoQ10 Antioxidant Serum contains CoQ10 & REVINAGE™ to visibly firm, smooth, and renew skin tone.                                                                                                                                                                                                                                                                                                            |  | 1 oz.                    | <b>\$19.99</b>                                    | <b>\$14.40</b>                                   |
| #8022                   | <b>Dark Spot<br/>Serum</b>                                           | For skin in need of whitening and brightening due to age spots, pigment damage, and discoloration. Restores skins youthful glow with clinically tested ALPAFLOR® GIGAWHITE, an extract of alpine plants shown to significantly reduce age spot color intensity and even out skin tone over a 12-week time period.                                                                                                                                                                                                                                |  | 1 oz.                    | <b>\$15.99</b>                                    | <b>\$11.50</b>                                   |
| #7788                   | <b>Hyaluronic<br/>Acid<br/>Firming<br/>Serum</b>                     | High potency Hyaluronic Acid Serum naturally reduces the appearance of fine lines and smoothes the skins surface to protect delicate tissue. For all skin types. Skin developing fine lines around eyes, forehead, and mouth, with a loss of youthful texture.                                                                                                                                                                                                                                                                                   |  | 1 oz.                    | <b>\$19.99</b>                                    | <b>\$14.40</b>                                   |

# Personal Care

| CODE # | NAME                                              | <i>Facial Care<br/>~ Anti-Aging ~</i>                                                                                                                                                                                                                                                                                                                                                        | SIZE  | RETAIL         | PAY!           |
|--------|---------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----------------|----------------|
| #3363  | <b>Hyaluronic Acid Moisturizer AM</b>             | Hyaluronic Acid AM Moisturizer is formulated to help draw moisture to your skin's surface and reduce the appearance of fine lines. Our unique blend of Hyaluronic Acid and supporting extracts naturally restores the supple elasticity of healthy, youthful skin.                                                                                                                           | 2 oz. | <b>\$18.99</b> | <b>\$13.70</b> |
| #7781  | <b>Hyaluronic Acid Creme PM</b>                   | Hyaluronic Acid Night Creme delivers moisture, hyaluronic acid, and vital nutrient compounds to your skin. It also provides a rich dose of natural butters and skin care oils to replenish your skin while you sleep. Wake up to a smoother, healthier-looking complexion.                                                                                                                   | 2 oz. | <b>\$18.99</b> | <b>\$13.70</b> |
| #3365  | <b>Wrinkle Rescue Moisturizer</b>                 | Wrinkle Rescue™ is formulated with 1% Sepilift® DPHP which has been proven to decrease the appearance of fine lines and wrinkles, to naturally moisturize and re-establish skin's supple glow, over a 4-6 week period. In combination with Lanablue™ Blue Green Algae Extract, L-Carnosine and Collagen, this formula will help you get toned and look tighter within weeks.                 | 2 oz. | <b>\$16.99</b> | <b>\$12.60</b> |
| CODE # | NAME                                              | <i>Facial Care - Daily Systems</i>                                                                                                                                                                                                                                                                                                                                                           | SIZE  | RETAIL         | PAY!           |
| #7999  | <b>Vitamin C &amp; Acai Berry Purifying Toner</b> | Vitamin C & Acai Berry Purifying Toner removes excess residue, leaving skin fresh and revitalized. Vitamin C, Acai Berry and Gotu Kola help reduce the appearance of imperfections, in addition to removing pore-clogging residue. Vitamin C & Acai Berry Purifying Toner is an effective, non-abrasive way to help brighten, enhance and rediscover the glow of a healthy complexion.       | 8 oz. | <b>\$8.99</b>  | <b>\$6.50</b>  |
| #7997  | <b>Vitamin C &amp; Manuka Honey Gel Cleanser</b>  | Vitamin C & Manuka Honey Gel Cleanser provides a deep, gentle cleanse while working to brighten skin tone, smooth texture and naturally renew dull skin. Extra Virgin Olive Oil, Aloe Vera, and natural Vitamin E are included to enhance the brightening properties and draw moisture to the skin without clogging pores.                                                                   | 8 oz. | <b>\$9.99</b>  | <b>\$7.20</b>  |
| #7998  | <b>Vitamin C &amp; Oryza Sativa Gentle Scrub</b>  | Vitamin C & Oryza sativa Gentle Scrub is formulated to provide gentle, effective exfoliation of damaged skin cells to help restore a more even skin tone and healthy complexion. Vitamin C, Niacin and Aloe Vera penetrate the skin to unclog pores without irritating sensitive areas. Rice bran (Oryza sativa) beads provide natural exfoliation while protecting skin from future damage. | 4 oz. | <b>\$8.99</b>  | <b>\$6.50</b>  |
| #8000  | <b>Vitamin C &amp; Sea Buckthorn Moisturizer</b>  | If this describes your skin, this product may be for you! Combination or dry skin with minor color imbalances, dull appearance, uneven tone, light scarring or imperfections caused by acne or other blemishes. Uneven skin in need of additional moisture and brightening.                                                                                                                  | 2 oz. | <b>\$12.99</b> | <b>\$9.35</b>  |

# Personal Care

| CODE # | NAME                                      | <i>Facial Care - Daily Systems</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | SIZE  | RETAIL         | PAY!           |
|--------|-------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----------------|----------------|
| #8026  | <b>Charcoal Detox Cleanser</b>            | NOW® Solutions Charcoal Detox Gel Cleanser is a deep cleansing formula that helps revive dull and problematic skin. Activated charcoal helps absorb excess oil, dirt, and impurities to refine the appearance of pores. Superfruits acai and goji berry help to rejuvenate skin and replenish its youthful glow with antioxidants. Together they help improve and refine skin texture, brighten skin clarity, and minimize pore appearance over time, leaving you with skin that looks and feels hydrated and completely refreshed.                    | 8 oz. | <b>\$9.99</b>  | <b>\$7.20</b>  |
| #8028  | <b>Charcoal Detox Moisturizer</b>         | NOW® Solutions Charcoal Detox Moisturizer uses activated charcoal to help absorb excess oil, dirt, and impurities for a healthier-looking complexion. This lightweight formula includes aloe vera for its soothing attributes, as well as superfruits goji and acai berry to help rejuvenate the skin. Charcoal Detox Moisturizer helps to purify and hydrate skin to help you achieve a complexion that's fresh and healthy looking.                                                                                                                  | 1 oz. | <b>\$12.99</b> | <b>\$9.35</b>  |
| #8026  | <b>Charcoal Detox Mask</b>                | NOW® Solutions Charcoal Detox Gel Cleanser is a deep cleansing formula that helps revive dull and problematic skin. Activated charcoal helps absorb excess oil, dirt, and impurities to refine the appearance of pores. Superfruits acai and goji berry help to rejuvenate skin and replenish its youthful glow with antioxidants. Together they help improve and refine skin texture, brighten skin clarity, and minimize pore appearance over time, leaving you with skin that looks and feels hydrated and completely refreshed.                    | 8 oz. | <b>\$9.99</b>  | <b>\$7.20</b>  |
| #8030  | <b>Soothing Rose Cleansing Facial Oil</b> | Cleanse and balance skin's natural oils while gently removing makeup, dirt and impurities with this light-weight, rose-scented cleansing oil.                                                                                                                                                                                                                                                                                                                                                                                                          | 4 oz. | <b>\$14.99</b> | <b>\$10.80</b> |
| CODE # | NAME                                      | <i>Facial Care ~ Premium Systems</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | SIZE  | RETAIL         | PAY!           |
| #8056  | <b>Blemish Clear Cleanser</b>             | Blemish Clear Cleanser provides a gentle, deep-cleansing that helps clear your pores from the impurities, build-up, and daily grime that lead to breakouts. Clinically tested Psoralea corylifolia helps with reduction of blemishes, irritation, and discoloration while Grenadys helps brighten skin tone. A combination of key extracts such as willow bark, licorice root, witch hazel, and cucumber work with tea tree oil to help further combat the signs of blemishes and redness while also offering soothing benefits to help calm the skin. | 4 oz. | <b>\$14.99</b> | <b>\$10.80</b> |
| #8058  | <b>Blemish Clear Moisturizer</b>          | Blemish Clear Moisturizer provides light-weight hydration while helping to improve the appearance of skin texture and tone while reducing the appearance of minor blemishes. Clinically tested Psoralea corylifolia and Grenadys help reduce the signs of blemishes, irritation, and redness, while brightening skin tone. Aloe, squalane, and vitamin E have been included to soothe and calm skin.                                                                                                                                                   | 2 oz. | <b>\$14.99</b> | <b>\$10.80</b> |

# Personal Care

| CODE #         | NAME                                     | <i>Facial Care ~ Premium Systems</i>                                                                                                                                                                                                                                                                                                                                                                                  | SIZE         | RETAIL                          | PAY!                           |
|----------------|------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------------------------------|--------------------------------|
| #8059          | <b>Blemish Clear Spot Treatment</b>      | Blemish Clear is a spot treatment that uses key extracts and botanicals to reduce the signs of redness and irritation caused by blemishes. Clinically tested Psoralea corylifolia & Grenadys diminish imperfections and dark spots while brightening skin tone. Willow bark, licorice root, and cucumber work with tea tree oil to soothe blemished skin.                                                             | .5 oz        | <b>\$8.99</b>                   | <b>\$6.50</b>                  |
| #8062          | <b>Glutathione Skin Brightener Cream</b> | Glutathione Skin Brightener™ Cream is formulated with several clinically-tested ingredients including Ceramosides® and Aquaxyl® to create a skin cream that not only helps brighten the skin's appearance and improve elasticity, but also provides intense moisture and hydration while reducing the appearance of skin pigmentation.                                                                                | 2 oz         | <b>\$16.99</b>                  | <b>\$12.25</b>                 |
| #7782          | <b>Hyaluronic Acid Hydration</b>         | Hyaluronic Acid Hydration Facial Mist contains hyaluronic acid and aloe vera, along with multi-fruit and cucumber extracts to instantly rehydrate and replenish your thirsty skin while diminishing the appearance of fine lines. This product also contains Aquaxyl®, a clinically-tested blend of vegetable-derived humectants that decreases skin water loss and visually improves moisture on the skin's surface. | 4 oz         | <b>\$12.99</b>                  | <b>\$9.35</b>                  |
| #7748          | <b>Vitamin C + Ferulic Acid Serum</b>    | Highly concentrated Vitamin C + Ferulic Acid Serum effectively helps brighten the complexion, minimizes the visible signs of aging, and improves skin texture, all while offering antioxidant protection. This serum is uniquely formulated with vitamin C and ferulic acid, along with clinically tested Grenadys for brightening and hyaluronic acid for moisturizing.                                              | 1 oz         | <b>\$19.99</b>                  | <b>\$14.40</b>                 |
| CODE #         | NAME                                     | <i>Facial Care ~ Detox Masks 100% Pure</i>                                                                                                                                                                                                                                                                                                                                                                            | SIZE         | RETAIL                          | PAY!                           |
| #3051          | <b>Bentonite Clay Powder</b>             | NOW Bentonite, also known as montmorillonite or fuller's earth, is a natural clay that's used as a facial mask to help remove impurities, excess oil, and dirt, resulting in healthy skin that's clean and clear of harmful debris.                                                                                                                                                                                   | 1 lb.        | <b>\$19.99</b>                  | <b>\$12.00</b>                 |
| #8150<br>#8151 | <b>European Clay Powder</b>              | NOW Ideal for most skin types, European Clay Powder helps draw out impurities and unwanted debris from the skin, making pores less noticeable and improving overall skin tone.                                                                                                                                                                                                                                        | 6 oz. 14 oz. | <b>\$6.99</b><br><b>\$12.99</b> | <b>\$5.00</b><br><b>\$9.24</b> |
| #8190<br>#8191 | <b>Moroccan Red Clay Powder</b>          | NOW Moroccan Red Clay is a natural clay powder that is highly absorbent and mixes easily with water and other moisturizing products. It serves as an excellent facial cleanser and purifying mask, especially for individuals with sensitive skin.                                                                                                                                                                    | 6 oz. 14 oz. | <b>\$6.99</b><br><b>\$12.99</b> | <b>\$5.40</b><br><b>\$9.35</b> |
| CODE #         | NAME                                     | <i>Facial Care ~ Moisturizing Lip Balm ~</i>                                                                                                                                                                                                                                                                                                                                                                          | SIZE         | RETAIL                          | PAY!                           |
| #7742          | <b>Peppermint</b>                        | NOW Completely Kissable™ Peppermint Lip Balms                                                                                                                                                                                                                                                                                                                                                                         | .15 oz       | <b>\$1.99</b>                   | <b>\$1.50</b>                  |
| #7743          | <b>Pomegranate</b>                       | NOW Completely Kissable™ Pomegranate Lip Balms                                                                                                                                                                                                                                                                                                                                                                        | .15 oz       | <b>\$1.99</b>                   | <b>\$1.50</b>                  |
| #7744          | <b>Vanilla</b>                           | NOW Completely Kissable™ Vanilla Lip Balms                                                                                                                                                                                                                                                                                                                                                                            | .15 oz       | <b>\$1.99</b>                   | <b>\$1.50</b>                  |

# Personal Care

| <b>Hair &amp; Shower Care ~ Hair Care-SLS Free ~</b><br><b>Shampoos &amp; Conditioners</b> |                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                     |        |         |         |
|--------------------------------------------------------------------------------------------|--------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|---------|---------|
| CODE #                                                                                     | NAME                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                     | SIZE   | RETAIL  | PAY!    |
| #8206                                                                                      | <b>Citrus Moisture Shampoo</b>             | NOW Citrus Moisture™ Shampoo with Vitamins B, C, and A work with Jojoba Oil and Green Tea extract to remove grimy buildup.                                                                                                                                                                                                                                                                                                          | 16 oz. | \$7.99  | \$5.75  |
| #8208                                                                                      | <b>Citrus Moisture Conditioner</b>         | NOW Citrus Moisture™ Conditioner with Vitamins B, C, and E work with Jojoba Oil and Green Tea Extract to add essential nutrients to help strengthen hair and add beautiful shine and body.                                                                                                                                                                                                                                          | 16 oz. | \$7.99  | \$5.75  |
| #8214                                                                                      | <b>BerryFull Volumizing Shampoo</b>        | Berry Full™ Shampoo combines Biotin, Panthenol, Rosemary and Algae Extract to boost volume, add body and generate beautiful shine. It cleans fine hair and delivers nutrients to the scalp, creating a fuller, more beautiful hair.                                                                                                                                                                                                 | 16 oz. | \$7.99  | \$5.75  |
| #8216                                                                                      | <b>BerryFull Volumizing Conditioner</b>    | Berry Full™ Conditioner provides a boost of volume to fine hair, providing a stunning difference in the feel and look. Biotin, Panthenol and Algae Extract add dramatic body and generate a beautiful shine. This cream based conditioner will re-establish moisture and provide full, healthy hair.                                                                                                                                | 16 oz. | \$7.99  | \$5.75  |
|                                                                                            |                                            | <b>Don't forget to check out the Forever Living HAIR CARE Products on Page 126 &amp; Dr. Christopher's Shampoo &amp; Conditioner on Page 108!</b>                                                                                                                                                                                                                                                                                   |        |         |         |
| <b>Hair &amp; Shower Care</b><br><b>~ Shaving Cream ~</b>                                  |                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                     |        |         |         |
| CODE #                                                                                     | NAME                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                     | SIZE   | RETAIL  | PAY!    |
| #8204                                                                                      | <b>NOW Nutri-Shave Natural Shave Cream</b> | Nutri-Shave™ is a unique skin care product specially formulated to reduce the irritation that shaving can cause, leaving skin smooth, healthy and well nourished. We've combined the soothing and protective properties of Allantoin with the hydrating and moisture-retentive properties of Hyaluronic Acid to create a truly effective shave. It's formulated for women and men to provide a close shave that comforts your skin. | 8 oz.  | \$7.49  | \$5.40  |
| <b>Hygiene</b><br><b>~ Nasal Hygiene ~</b>                                                 |                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                     |        |         |         |
| CODE #                                                                                     | NAME                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                     | SIZE   | RETAIL  | PAY!    |
| #8098                                                                                      | <b>NOW Activated Nasal Mist</b>            | Activated Nasal Mist is a saline activated formula containing erythritol, xylitol, sea salt and essential oils, that cleanses nasal passages of dirt and irritating airborne particles.                                                                                                                                                                                                                                             | 2 oz.  | \$9.99  | \$7.70  |
| #213024                                                                                    | <b>Neti Pot for Nasal Cleaning</b>         | The ancient practice of nasal cleansing is endorsed by MD's and natural health practitioners as an important and highly beneficial technique for overcoming the effect of pollen, dust, dry air, pollution and helping keep the nasal passages free and open.                                                                                                                                                                       |        | \$16.95 | \$12.20 |

# Personal Care

| CODE #  | NAME                         | <i>Hygiene ~ Mouthwash ~</i>                                                                                                                                                                                                                                                                                                                                                                                                  | SIZE                                                                                                                                                        | RETAIL | PAY!   |
|---------|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|--------|
| #8095   | Mint                         | NOW® XyliWhite™ Mouthwash is an effective fluoride-free oral rinse that works in unique ways to help you achieve a smile that's healthier and brighter than ever before! XyliWhite™ Mouthwash gets its cleansing properties from xylitol - a naturally occurring sugar alcohol that has been shown in clinical studies to help promote oral hygiene, effectively rinsing debris, such as food particles, from mouth surfaces. | 16 oz.                                                                                                                                                      | \$9.99 | \$7.20 |
| #8096   | XyliWhite                    |                                                                                                                                                                                                                                                                                                                                                                                                                               | 16 oz.                                                                                                                                                      | \$9.99 | \$7.20 |
|         | Cinnafresh                   |                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                             |        |        |
| #8103   | Tea Tree Mouthwash w/ Neem   |                                                                                                                                                                                                                                                                                                                                                                                                                               | 16 oz.                                                                                                                                                      | \$9.99 | \$7.20 |
| #MF0028 | EcoDent Clean Mint           | Eco-DenT Ultimate Daily Rinse. Alcohol-free natural daily rinse. based on a time-tested university-proven blend of 14 essential oils, fortified with echinacea, goldenseal, CoQ10 and baking soda. Vibrant fresh taste and baking soda-clean fresh feel. Helps sooth the mouth area when abraded or inflamed. Helps promote natural healing.                                                                                  | 8 oz.                                                                                                                                                       | \$9.89 | \$9.50 |
| #MF0030 | EcoDent Spicy Cool Cinnamon  |                                                                                                                                                                                                                                                                                                                                                                                                                               | 8 oz.                                                                                                                                                       | \$9.89 | \$9.50 |
| CODE #  | NAME                         | <i>Hygiene ~ Toothpaste &amp; Toothbrushes~</i>                                                                                                                                                                                                                                                                                                                                                                               | SIZE                                                                                                                                                        | RETAIL | PAY!   |
| #8092   | Cinnafresh                   | NOW XyliWhite™ is a remarkable Fluoride-free toothpaste gel that uses natural Xylitol as its main ingredient.                                                                                                                                                                                                                                                                                                                 | 6.4 oz.                                                                                                                                                     | \$5.49 | \$3.95 |
| #8101   | Neem & Tea Tree              |                                                                                                                                                                                                                                                                                                                                                                                                                               | 6.4 oz.                                                                                                                                                     | \$5.99 | \$4.30 |
| #8091   | Platinum Mint w/ Baking Soda |                                                                                                                                                                                                                                                                                                                                                                                                                               | 6.4 oz.                                                                                                                                                     | \$5.49 | \$3.95 |
| #8090   | Refresh-mint                 |                                                                                                                                                                                                                                                                                                                                                                                                                               | 6.4 oz.                                                                                                                                                     | \$5.49 | \$3.95 |
| #8105   | Charcoal Refresh             |                                                                                                                                                                                                                                                                                                                                                                                                                               | 6.4 oz.                                                                                                                                                     | \$6.99 | \$5.00 |
| #8088   | Kids Bubble Gum              |                                                                                                                                                                                                                                                                                                                                                                                                                               | NOW XyliWhite™ is a remarkable Fluoride-free toothpaste gel that uses natural Xylitol as its main ingredient. Fluoride & SLS-Free. Kid Tested, Kid Approved | 3 oz.  | \$3.99 |
| #8089   | Kids Orange Splash!          | 3 oz.                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                             | \$3.99 | \$2.95 |
| #8097   | Kids Strawberry Splash!      | 3 oz.                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                             | \$3.99 | \$2.95 |
| #TBA    | Orasweet Toothbrush          | SoFresh Flossing Toothbrush                                                                                                                                                                                                                                                                                                                                                                                                   | Adult                                                                                                                                                       | \$3.50 | \$2.95 |
| #TBC    | Orasweet Toothbrush          | SoFresh Flossing Toothbrush for Children                                                                                                                                                                                                                                                                                                                                                                                      | Child                                                                                                                                                       | \$3.00 | \$2.50 |
| #TC     | Orasweet Tongue Cleaner      | Great for cleaning your tongue!                                                                                                                                                                                                                                                                                                                                                                                               | Adult                                                                                                                                                       | \$3.50 | \$2.95 |

# Personal Care

| CODE #         | NAME                                           | Specialty ~ Topical Treatments - Balms, Gels, Oils & Sprays                                                                                                                                                                                                                                                                                                                                                                                                      | SIZE           | RETAIL             | PAY!               |
|----------------|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|--------------------|--------------------|
| #7734<br>#7736 | NOW<br>Argan<br>Moroccan<br>Oil                | Organic Argan Oil (Moroccan) (100% pure) (from tree nuts of Argan Tree), beneficial for all skin types due to its rich fatty acid content.                                                                                                                                                                                                                                                                                                                       | 2 oz.<br>4 oz. | \$16.99<br>\$29.99 | \$12.25<br>\$21.60 |
| #7686          | NOW Ear<br>Oil                                 | Soothing Ear Oil ~ Olive Oil, Garlic Extract, Mullein Extract, Calendula Extract, St. John's Wort Extract, Vitamin E from Soy and Tea Tree Oil.                                                                                                                                                                                                                                                                                                                  | 1 oz.          | \$9.99             | \$7.20             |
| #7690          | NOW<br>Evening<br>Primrose<br>Oil 100%<br>Pure | Each 1 ml of oil contains 80-100 mg of GLA - an essential fatty acid that can nourish and protect healthy skin cells. Pure Evening Primrose Oil (EPO) is derived from Evening Primrose seeds. This oil is pressed at a low temperature to obtain a pure, natural, virgin oil, without the use of solvents, fillers or preservatives.                                                                                                                             | 4 oz.          | \$16.99            | \$12.25            |
| #7807          | NOW<br>Chest Rub<br>Balm                       | Combines soothing natural oils with menthol aroma for breathing comfort and well-being. Made from Sunflower Seed Oil, Beeswax, Olive Oil, Coconut Oil, Camphor, Menthol, Eucalyptus Oil, Thyme Oil, Fir Needle Oil, Tea Tree Oil, Rosemary Oil and Nutmeg Oil.                                                                                                                                                                                                   | 2 oz.          | \$8.99             | \$6.50             |
| #7738          | NOW<br>Mag-<br>nesium<br>Flakes                | NOW® Solutions 100% Pure Magnesium Chloride Flakes are an ideal natural bath additive for softening skin. Derived from the ancient Zechstein seabed in the Netherlands, one of the world's purest remaining subterranean mineral sources, our pure magnesium flakes have traditionally been used to improve skin hydration, and make a soothing addition to bath water and foot baths. One cup of flakes contains approximately 19 grams of elemental magnesium. | 54 oz.         | \$21.99            | \$15.80            |
| #7737          | NOW<br>Magne-<br>sium Topi-<br>cal Spray       | NOW® Solutions Magnesium Topical Spray is a pure, highly concentrated, topical magnesium chloride solution sourced from the Ancient Zechstein Seabed in the Netherlands. This Magnesium Spray is easily applied and non-greasy. Approximately 4 sprays equal 66 mg of elemental magnesium.                                                                                                                                                                       | 8 oz.          | \$9.49             | \$6.80             |
| #7755          | NOW<br>Rosewater<br>Concentrate                | Rosewater Concentrate is made from Rose Oil, alcohol, distilled water and Rose fragrances.                                                                                                                                                                                                                                                                                                                                                                       | 1 oz.          | \$9.99             | \$7.20             |
| #7595<br>#7637 | NOW<br>Rose Hip<br>Seed Oil<br>100% Pure       | Extracted from the seeds of Rosa mosqueta, Pure Rose Hip Seed Oil is rich in Omega-6 essential fatty acids. This oil can be used to aid in skin renewal to replenish a healthy glow and for antioxidant protection.                                                                                                                                                                                                                                              | 1 oz.<br>4 oz. | \$8.99<br>\$24.99  | \$6.50<br>\$18.00  |
| #7773          | NOW<br>Vitamin E<br>Oil                        | Tocopherol (Natural Vitamin E Oil) (soy) (non-GMO) and Organic Olea Europaea (Olive) Oil (Extra Virgin), 23,000 IU, Natural                                                                                                                                                                                                                                                                                                                                      | 1 oz.          | \$17.99            | \$12.95            |

# Personal Care

| CODE # | NAME                              | ~ Seasonal Care ~                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | SIZE     | RETAIL  | PAY!    |
|--------|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|---------|
| #7508  | NOW Aloe Soothing Gel             | Aloe Soothing Gel is a refreshing and revitalizing formula with Aloe Vera and Cucumber Extract to help naturally replenish healthy skin. Allantoin, Arginine, and Vitamin E help to soothe exposed skin, restoring moisture, and Panthenol helps to deeply moisturize the skin.                                                                                                                                                                                                                                                                            | 8 oz.    | \$7.99  | \$5.40  |
| #7804  | NOW Bug Ban Oil Blend             | By combining essential oil extracts from citronella, lemongrass, rosemary and thyme, NOW® Bug Ban™ essential oil blend naturally repels some of today's most annoying winged intruders.                                                                                                                                                                                                                                                                                                                                                                    | 1 oz.    | \$12.99 | \$9.35  |
| #7805  | NOW Bug Ban Spray                 | NOW® Bug Ban™ is a natural insect repellent that helps prevent insect bites without the use of harsh chemicals. By combining essential oil extracts from Citronella, Lemongrass, Rosemary and Thyme, NOW® Bug Ban™ offers protection against some of today's most annoying winged intruders.                                                                                                                                                                                                                                                               | 4 oz.    | \$7.49  | \$5.40  |
| CODE # | NAME                              | ~ Women's Health ~                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | SIZE     | RETAIL  | PAY!    |
| #3338  | NOW Progesterone Cream, Unscented | 20 mg of Natural Progesterone per Pump No Artificial Colors No Added Fragrances                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 3 oz.    | \$22.99 | \$13.80 |
| #3346  | NOW Progesterone Cream, Lavender  | 20 mg of Natural Progesterone per Pump No Artificial Colors No Artificial Fragrances                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 3 oz.    | \$22.99 | \$13.80 |
| CODE # | NAME                              | ~ Personal Care Supplements ~                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | SIZE     | RETAIL  | PAY!    |
| #8404  | Bamboo Silica Beauty              | Silicon is the third-most abundant trace element in the body. Silicon is present in all body tissues as silica (silicon dioxide), and the tissues with the highest concentrations of silica are bone and other connective tissue including skin, hair, arteries, and nails.* Bamboo is one of the most abundant natural sources of silica.                                                                                                                                                                                                                 | 90 VCaps | \$15.99 | \$9.60  |
| #3378  | Glutathione Skin Brightener       | NOW® Solutions Glutathione Skin Brightener™ is a combination of two clinically validated ingredients that nourish from within to give skin a healthy glow.* First, glutathione helps to maintain normal expression of skin pigments, which can result in a bright and even skin tone, and helps to maintain skin's natural moisture content and elasticity.* This product also features Ceramosides®, a plant extract highly concentrated in phytoceramides, which has been shown to moisturize skin from within and to maintain youthful skin appearance. | 30 VCaps | \$32.99 | \$19.80 |

# Personal Care

| CODE #  | NAME                                                 | ~ Personal Care Supplements ~                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | SIZE     | RETAIL  | PAY!    |
|---------|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|---------|
| #3373   | <b>NOW Clinically Advanced Hair Skin &amp; Nails</b> | Formulated to nurture hair, skin, and nails from the inside. This product features Cynatine® HNS, a revolutionary patented and bioavailable form of solubilized Keratin that can help you maintain full, lustrous hair and nails that are strong and flexible.* Cynatine® HNS can also help the skin to retain its youthful moisture and elasticity, as well as battle signs of aging associated with free radicals.* This product also has other critical nutrients necessary for the support and maintenance of the skin's healthy and youthful appearance.* | 90 Caps  | \$29.99 | \$18.00 |
| #3381   | <b>NOW VEGAN Hair Skin &amp; Nails</b>               | NOW® Solutions Vegan Hair, Skin & Nails works at the cellular level to promote natural beauty from within.* This completely vegan formula offers the amino acids and minerals that are essential for the production of collagen and keratin, which are the main structural components of hair, skin, and nails.* This formula also has the antioxidant vitamins C and E, which help protect skin from free radicals, as well as biotin and hyaluronic acid, which can also support healthy, youthful skin. With 5000 mcg Biotin.                               | 90 Vaps  | \$23.99 | \$14.40 |
| #170230 | <b>Shen Min Advanced Hair Formula - MEN</b>          | Shen Min Advanced Formula is a revolutionary combination of Traditional Chinese Medicine with modern science to create the latest breakthrough in achieving full, lustrous, healthy hair. By combining a powerful mixture of standardized herbs such as He Shou Wu and Horse Chestnut Extract, with vital hair energizing co-factor nutrients such as Silica, Biotin, and more, Shen Min Advanced Men's or Women's Formula helps you maximize your hair's potential naturally.                                                                                 | 60 Tabs  | \$39.99 | \$32.00 |
| #170540 | <b>Shen Min Advanced Hair Formula - WOMEN</b>        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 60 Tabs  | \$39.99 | \$32.00 |
| #3367   | <b>NOW Wrinkle Rescue Caps</b>                       | With Vitamins A, C and E Plus DMAE, Ascorbyl Palmitate, L-Carnosine, Alpha Lipoic Acid, Grape Seed Extract                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 60 VCaps | \$19.99 | \$12.00 |
| CODE #  | NAME                                                 | <i>Diffusers</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | SIZE     | RETAIL  | PAY!    |
| #7512   | <b>Ultrasonic Original Core Diffuser</b>             | Just add tap water and essential oils * Extremely quiet and easy to clean * Cool steam / no heat involved / no risk of burns *Automatically shuts off * Runs 4 to 6 hours                                                                                                                                                                                                                                                                                                                                                                                      |          | \$44.99 | \$34.55 |
| #7519   | <b>Ultrasonic Faux Wood Grain Diffuser</b>           | Just add tap water and essential oils * Extremely quiet and easy to clean * Cool steam / no heat involved / no risk of burns * Automatically shuts off * Runs up to 8 hours                                                                                                                                                                                                                                                                                                                                                                                    |          | \$49.99 | \$38.40 |
| #7486   | <b>Ultrasonic Black Metal Touch Diffuser</b>         | Extremely quiet * Easy to clean * Just add tap water and essential oils * Cool steam * No heat involved/no risk of burns * Automatically shuts off * BPA-free *Great for home or office * 1 year warranty * Run life of 5000+ hours *Rotating LED lights * Runs up to 7 hours continuously                                                                                                                                                                                                                                                                     |          | \$49.99 | \$38.40 |

# Personal Care

| CODE #     | <i>DIY! Make Your Own Personal Care Products!</i><br>(There are lots more, these are just the more common ones.) | SIZE   | RETAIL  | PAY!    |
|------------|------------------------------------------------------------------------------------------------------------------|--------|---------|---------|
| #2670      | Bees Wax Beads, by Frontier                                                                                      | 1 lb.  | \$24.00 | \$25.20 |
| #2197      | Bees Wax Block, by Frontier                                                                                      | 1 lb.  | \$28.00 | \$23.00 |
| #3051      | Bentonite Powder, 100% Pure, by NOW                                                                              | 1 lb.  | \$19.99 | \$12.00 |
| #525       | Calendula Petals, by Frontier                                                                                    | 1 lb.  | \$24.00 | \$18.00 |
| #2708      | Camphor Granules, by Frontier                                                                                    | 8 oz.  | \$22.80 | \$17.10 |
| #398       | Chamomile Flowers, Whole, Organic, by Frontier                                                                   | 16 oz. | \$33.80 | \$25.35 |
| #541       | Comfrey Leaf, Organic, C/S, by Frontier                                                                          | 1 lb.  | \$19.90 | \$14.95 |
| #2881      | Dead Sea Salts, by Frontier                                                                                      | 5 lbs. | \$26.50 | \$19.90 |
| #8151      | European Clay Powder, by NOW                                                                                     | 14 oz. | \$12.99 | \$9.35  |
| #2195      | French Green Clay Powder, by Frontier                                                                            | 16 oz. | \$17.50 | \$13.15 |
| #2193      | French Red Clay Powder, by Frontier                                                                              | 16 oz. | \$16.50 | \$12.40 |
| #209353-51 | Henna Leaf, Red Powder, Organic, by Starwest                                                                     | 16 oz. | \$31.35 | \$23.50 |
| #2784      | Kaolin Clay Powder, by Frontier                                                                                  | 16 oz. | \$17.50 | \$14.00 |
| #1310      | Lavender Flowers Whole, Organic, by Frontier                                                                     | 16 oz. | \$63.60 | \$47.70 |
| #594       | Lavender Flowers Whole, by Frontier                                                                              | 16 oz. | \$50.40 | \$37.80 |
| #2709      | Menthol Crystals, by Frontier                                                                                    | 8 oz.  | \$58.00 | \$43.50 |
| #2720      | Mineral Bath Salts, by Frontier                                                                                  | 16 oz. | \$12.00 | \$9.00  |
| #8191      | Red Clay Moroccan Powder, by NOW                                                                                 | 14 oz. | \$12.99 | \$9.35  |
| #8190      | Red Clay Moroccan Powder, by NOW                                                                                 | 6 oz.  | \$6.99  | \$5.00  |
| #379       | Rosemary Whole, Organic, by Frontier                                                                             | 16 oz. | \$17.00 | \$12.75 |
| #697       | Roses, Pink Buds & Petals, by Frontier                                                                           | 16 oz. | \$54.00 | \$40.50 |
| #4893      | Roses, Red Petals, Organic, by Frontier                                                                          | 16 oz. | \$48.00 | \$36.00 |
| #4407      | Salt, Himalayan Pink, Coarse Ground, by Frontier                                                                 | 16 oz. | \$14.00 | \$10.50 |
| #202400-51 | Yucca Root Powder, by Starwest                                                                                   | 16 oz. | \$50.66 | \$38.00 |
| #7757      | Shea Butter, 100% Pure, by NOW                                                                                   | 16 oz. | \$16.99 | \$12.25 |

# Products for Your Pet



## CV Sciences CBD Oil - Pet Formula - Soothing Hemp Extract

Sometimes our four-legged friends struggle. Routines get disrupted, environments change, bodies age and break down, and owners become preoccupied. Stress and discomfort may lead to irregular behavior, restlessness, unhealthy eating habits, and even destructive activity. It's times like these when CV Sciences' Plus CBD Pet can help set things right by addressing the physical and emotional discomfort that prevents your pet from being their most remarkable.

Our pet products are held to CV Sciences' strict quality standards and are third party lab tested for purity, safety, and consistency. We take these steps because we know what you give your pet matters to you. And because it matters to us, too.

| CODE # | PRODUCT                           | DESCRIPTION   | COUNT   | Retail  | You Pay! |
|--------|-----------------------------------|---------------|---------|---------|----------|
| 800    | 250 mg - bottle ~<br>5 mg/serving | Unflavored    | 1 oz    | \$24.99 | \$18.75  |
| 801    |                                   | Salmon        | 1 oz    | \$24.99 | \$18.75  |
| 802    | 500 mg - bottle ~<br>5 mg/serving | Beef          | 1.86 oz | \$39.99 | \$29.99  |
| 803    |                                   | Peanut Butter | 1.86 oz | \$39.99 | \$29.99  |
| 804    |                                   | Chicken       | 1.86 oz | \$39.99 | \$29.99  |
| 805    |                                   | Unflavored    | 1.86 oz | \$39.99 | \$29.99  |



## ENP ~ Effective Natural Products

### Canine Glucosamine

| CODE #         | PRODUCT                              | DESCRIPTION                                                                                                                                                                                                                                                                                                           | COUNT  | Retail   | You Pay! |
|----------------|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------|----------|
| #WellCanine201 | Canine<br>Glucosamine<br>Plus        | Canine Glucosamine Plus - SHELLFISH-FREE for owners who prefer a plant based source of glucosamine. NEW - our vegetarian canine glucosamine is now certified Non-GMO! The formula also includes turmeric for added antioxidant and anti-inflammatory properties.                                                      | 32 oz. | \$38.95  | \$30.95  |
| #WellCanine205 |                                      | Contains a shellfish-free and human grade glucosamine formulated with MSM, Chondroitin, Turmeric Root and antioxidants. Boron supports calcium absorption for overall bone health. Provides the building blocks for healthy, lubricated joints and strong connective tissues: ligaments, tendons, bone and cartilage. | Gallon | \$125.95 | \$99.95  |
| #WellCanine203 | Canine<br>Glucosamine<br>Concentrate | Canine Glucosamine Concentrate - Our concentrated formula for large breed dogs and multiple pet households.                                                                                                                                                                                                           | 32 oz. | \$46.95  | \$36.95  |
| #WellCanine206 |                                      | Glucosamine, MSM and Chondroitin blend to support healthy joints, bone, ligaments and tendons. Boron supports calcium absorption for overall bone health.                                                                                                                                                             | Gallon | \$149.95 | \$119.95 |

# Pure Encapsulations



We are excited to tell you that we recently picked up the Pure Encapsulations Brand. Pure Encapsulations is typically sold in Dr.'s offices, and because I'm a Master Herbalist, they have allowed me to sell it. Please read these two paragraphs found on the home page of their site and you will understand why their products are more expensive:

At Pure Encapsulations', we know it's what's inside that counts. That's why we've spent the last 30 years researching, innovating, and developing our comprehensive line of premium supplements, to bring you over 400 uniquely formulated products made with high-quality, pure ingredients backed by verifiable science to complement your plan of care. Everything your patients need and nothing they don't—that's goodness encapsulated.

What makes us different is the promise of goodness that goes into every one of our supplements. We take high standards seriously, which is why we're the most recommended professional supplement brand, ranked highest in quality and trust.<sup>1</sup>Our supplements are made with only premium ingredients sourced from trusted suppliers and guided by our nutritional experts, then carefully manufactured **and tested to ensure they are FREE FROM unnecessary additives and many common allergens.**

**They only allow me to post the full retail price Online and in our catalog, but I am allowed to discount the products when you order. Please call/email me for the discount price. And they have over 400 other products, if there is something you need, just let me know. They have some EXCELLENT products.**

| Code # | Product Name              | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Count        | Retail  |
|--------|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------|---------|
| #BACO3 | Bacopa Monnieri<br>200 mg | When you're frequently under stress, your nervous system can be affected. This can lead to a lack of mental focus, memory loss, and reduced cognitive function. To prevent this, you can try to make lifestyle changes like managing stress, getting the proper amount of sleep, and exercising every day. If you have tried all of these things and still find that you are frequently anxious or stressed out, you might want to consider supplementing your lifestyle efforts with a supplement like Pure Encapsulations' Bacopa monniera. The ingredients are known for their antioxidant properties, which can offer protection from free radicals, molecules that can damage cells in your nervous system or elsewhere. This supplement may also improve mental focus and memory if used on a regular basis. | 180<br>VCaps | \$42.80 |
| #BC016 | B-Complex Plus            | B-Complex Plus capsules from Pure Encapsulations is a combination of B vitamins, including vitamins B1, B2, B3, B5, B6, B12, biotin and folate. The B complex vitamins are known mostly for their role in converting the food you eat into energy as well as keeping your metabolic rate at a healthy level, but there are many reasons to take a good B-Complex                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 60<br>VCaps  | \$36.70 |

# Pure Encapsulations

| Code # | Product Name      | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Count     | Retail  |
|--------|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|
| #BRF6  | Best Rest Formula | <p>If you find yourself tossing and turning when you go to bed, Best-Rest Formula may be just what you need. This supplement contains a unique blend of herbs, all of which have a long history of promoting sleep. The ingredients include:</p> <p>Pyridoxal-5-phosphate (vitamin B6)—promotes the creation of serotonin, a hormone your body uses to regulate your sleep cycles</p> <p>Melatonin—naturally regulates when your body wakes up and goes to sleep</p> <p>Valerian root—reduces the amount of time it takes for you to fall asleep, while also improving sleep quality</p> <p>Lemon balm—works along with valerian root to help you fall asleep</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 60 VCaps  | \$29.30 |
| #BOS23 | Boswellia AKBA    | <p>Enhanced support for immune, joint, gastrointestinal and cell health*<br/>           5-LOXIN® is a patent-pending Boswellia extract providing ten times as much AKBA as typical Boswellia extracts. In studies, 5-LOXIN has demonstrated the potential to support joint mobility and comfort, in part by promoting a healthy immune response. It may also play a role in maintaining healthy matrix metalloproteinase (MMP) activity, supporting connective tissue structural composition. Additionally, a randomized double-blind study involving 102 individuals revealed that AKBA supports gastrointestinal health. Further studies have indicated that AKBA may provide gastrointestinal support by maintaining healthy immune activity in the epithelial lining of the digestive tract. Moreover, studies suggest AKBA supports healthy cell signaling and cell cycle function for high capacity cellular support.*</p> <ul style="list-style-type: none"> <li>• Supports joint structure, longevity and comfort*</li> <li>• Contains 5-LOXIN®, patent-pending Boswellia extract providing ten times as much AKBA as typical boswellia extracts</li> <li>• Made with hypoallergenic, vegan ingredients</li> </ul> | 120 Vcaps | \$47.80 |
| #CAP1  | Caprylic Acid     | <p>Proper digestion supports overall health by allowing your body to experience the benefits of the nutrients you consume. If the balance of microflora in your GI tract is out of whack, you may experience malabsorption; this is in addition to the potential for uncomfortable and inconvenient symptoms such as constipation or diarrhea. Caprylic Acid provides a naturally occurring medium-chain fatty acid that helps promote a better environment for microflora. Since it's fat-soluble, caprylic acid may be able to penetrate the mucosal cells in your intestines, maximizing effectiveness. Caprylic acid, which is also known as octanoic acid, may promote healthy candida balance in the gastrointestinal tract by working to normalize the stomach's acidity, which can decrease the prevalence of yeast. It may be especially helpful when used in addition to probiotics. It's also very good for chasing away ACNE.</p>                                                                                                                                                                                                                                                                              | 120 VCaps | \$22.80 |

# Pure Encapsulations

| Code #  | Product Name                  | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Count               | Retail  |
|---------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|---------|
| #COPP8  | Copper 2 mg                   | Essential mineral with wide-ranging support.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 60<br>VCaps         | \$10.40 |
| #DGL4   | DGL                           | Herbal blend provides support for gastrointestinal tract health<br>This combination of deglycyrrhizinated licorice (DGL) and herbal extracts provides nutritional support to the gastrointestinal tract. DGL Plus® supports the body's natural defense mechanisms by stimulating the mass, quality, and production of mucous, a major component of the stomach's protective lining. DGL is free of side effects typically associated with licorice.* With Aloe Vera, Slippery Elm & Marshmallow Herb.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 60<br>VCaps         | \$22.80 |
| #P13176 | Junior<br>Nutrients           | The capsules are small, easily swallowed and digested, and bioavailable (meaning that they're easily absorbed by the body). In addition, each capsule provides beta carotene, lycopene, and zeaxanthin, powerful antioxidants that work protect your child's cellular structure from damage and set a lifetime precedent for healthy cells. Junior Nutrients is a vegetarian formula, free of allergens and artificial colors. Consult your pediatrician before giving Junior Nutrients by Pure Encapsulations to kids under the age of four. Each bottle of Junior Nutrients contains 120 vegetable capsules, which should last for one to two months, depending on your dosage. The dose varies depending on your child's age.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 120<br>VCaps        | \$24.40 |
| #LI9    | Lithium<br>(orotate)          | Lithium is designed to support healthy mental function, including mood, emotion, memory and behavior. Lithium may support healthy brain receptor function and brain signaling cascades to maintain healthy mental function.*<br><ul style="list-style-type: none"> <li>• Supports healthy mood, memory and behavior*</li> <li>• Supports neurotransmitter activity*</li> <li>• Made with hypoallergenic ingredients</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 90<br>VCaps<br>5 mg | \$21.70 |
| #MACU3  | Macular<br>Support<br>Formula | The comprehensive antioxidant formula for healthy eyes. Macular Support Formula is a combination high in antioxidants and botanicals designed to protect and support the macula, the central area of the retina responsible for sharp vision. Since the macula is extremely susceptible to free radical damage, the research emphasizes the importance of antioxidant supplementation in maintaining and improving macular health. N-acetyl-l-cysteine, a glutathione precursor, has been shown to protect against oxidative damage to the lens and to support healthy glutathione levels. Glutathione is one of the natural antioxidants found in retinal tissues. Bilberry, containing anthocyanidins, may help moderate visual fatigue and improve light to dark adjustments.<br><br>Combined with these cofactors, grape seed extract helps provide antioxidant balance in the retina. This formula is also enhanced with lutein and zeaxanthin, the only two carotenoids found in macular pigment. Lutein and zeaxanthin promote the integrity and density of the macular pigment, as well as helps maintain the health of the optical lens. The antioxidant activity of carotenoids and vitamin C provide optimal macular protection and ocular health. Lasts from 2-4 weeks, depending on how much you take per day. | 60<br>VCaps         | \$48.40 |
| #MACU4  |                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 120<br>VCaps        | \$85.60 |

# Pure Encapsulations

| Code # | Product Name                 | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Count     | Retail  |
|--------|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|
| #MAG48 | Magnesium (glycinate) 120 mg | Highly bioavailable magnesium chelate for sensitive individuals. In a 15-year study involving almost 5,000 young adults, higher intakes of magnesium were associated with healthy cardiovascular function and glucose utilization. Another large cross-sectional study found that magnesium intake was positively associated with bone mineral density in certain subgroups. This vital mineral also helps utilize some vitamins, including vitamin B6, vitamin C, and vitamin E. Magnesium (glycinate) is less likely to cause loose stools than other forms of magnesium. Magnesium (glycinate) is a very stable form of magnesium and allows for larger amounts of magnesium to be absorbed more quickly and be better retained by the body. Benefits from this type of magnesium include reduction in pain and muscle contractions, help with Fibromyalgia and Chronic Pain Syndrome and it has an overall calming effect on the body. There are many kinds of magnesium and they are not all created equal. Yes, this one is more expensive but like anything else, you get what you pay for.                       | 180 VCaps | \$37.10 |
| #MUSC5 | Muscle Cramp/Tension Formula | A combination of magnesium, calcium and potassium, specific designed for nighttime or exercise-related leg muscle cramps, and to ease muscle tension.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 60 VCaps  | \$15.30 |
| #PON6  | O.N.E. Multi-Vitamin         | Are you looking for a powerful ONE-A-DAY Multivitamin? For a source of highly bioavailable vitamins that your body can absorb easily, look no further than Pure Encapsulations' O.N.E.™ Multivitamin with With Metafolin® L-5-MTHF. This supplement contains vitamin A, vitamin C, vitamin D, vitamin E, and several B complex vitamins. O.N.E.™ Multivitamin also contains an antioxidant complex, which can work to fight off potentially harmful free radicals. These antioxidants include MicroActive® CoQ10 (a patented, sustained-release form of coenzyme Q10 that's almost universally absorbed) and alpha lipoic acid (ALA). While supporting physical well-being, it also supports cognitive functioning and memory. Every dose gives you inositol and choline, B vitamins found in many animal tissues that assist nervous system functioning. Along with lycopene, they also help cell membranes throughout the human body function effectively. Additionally, choline may promote liver health. Nutrients like zeaxanthin and lutein are also included in this product to help you maintain healthy vision. | 60 VCaps  | \$37.20 |
| #PCZ6  | Peptic-Care                  | <b>Peptic-Care (Zinc-L-Carnosine) ~ For Ulcers:</b> Provides patented support for the stomach's mucosal defenses, buffering gastric acid, maintaining gastric integrity and providing antioxidant support for overall gastric health and comfort*<br><br>This patented, 1:1 chelate of zinc and l-carnosine provides a unique configuration that is important to this compound's activity. Zinc-carnosine has a slow disassociation rate and adheres to the stomach lining, allowing for prolonged protection. Once dissociated, zinc and carnosine provide synergistic antioxidant protection, support the stomach's mucosal defenses, buffer gastric acid and maintain healthy cytokine release.                                                                                                                                                                                                                                                                                                                                                                                                                       | 60 VCaps  | \$56.20 |

# Pure Encapsulations

| Code #  | Product Name         | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Count                       | Retail  |
|---------|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|---------|
| #PRE22  | Prenatal Nutrients   | <ul style="list-style-type: none"> <li>• Pure Encapsulations PreNatal Nutrients is a hypo-allergenic, highly bioavailable multi-vitamin and multi-mineral formula.</li> <li>• Provides the core nutrients needed to support maternal and fetal health in the recommended doses for pregnant or lactating women.</li> <li>• Pure Encapsulations PreNatal Nutrients provides 1 mg of folic acid for healthy neural and cellular development of the fetal brain and spinal cord, helping to prevent neural tube defects.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                               | 120 VCaps<br>2 Month Supply | \$44.90 |
| #P21291 | Pure Nutrients Gummy | <ul style="list-style-type: none"> <li>• Chewable berry-shaped gummy</li> <li>• Enhanced with natural beta carotene and organic berries and fruits</li> <li>• Lower sugar - 75% less sugar than other leading gummy multivitamins (2 grams vs. 8 grams per serving)</li> <li>• Natural and lightly sweet raspberry-lemonade flavor with prebiotic fiber isomalto-oligosaccharides</li> <li>• No artificial flavors or colors</li> <li>• Vegetarian; gelatin-free</li> </ul> <p><i>(for Children Over 2 or Adults)</i></p>                                                                                                                                                                                                                                                                                                                                                                                                      | 100 Gummies                 | \$36.90 |
| #THY35  | Thyroid Support Comp | <p>This comprehensive thyroid support formula contains vitamins, minerals and herbal extracts to nourish and support thyroid gland function. Healthy vitamin A, vitamin D, zinc and selenium status have been associated with maintaining healthy thyroid cell metabolism as well as triiodothyronine (T3) and thyroxine (T4) hormone function. Iodine and l-tyrosine are key components in the synthesis of thyroid hormones. Coleus extract contains forskolin, which has been shown to promote adenylate cyclase activity, supporting thyroid hormone metabolism. Research indicates that ashwagandha and guggul are also key factors for helping to sustain healthy thyroid function. Vitamins A and C, along with selenium, guggul and curcumin, help moderate free radicals that affect iodothyronine 5'-monodeiodinase enzyme activity, the limiting factor in the conversion of T4 to the more active T3 hormone.*</p> | 60 VCaps                    | \$52.60 |
| #P16283 | Trace Minerals       | Provides a highly absorbable blend of essential minerals to support metabolism and cellular function.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 60 Caps                     | \$13.50 |
| #UAF1   | Uric Acid Formula    | If you have trouble with gout, and you don't want to change the way you eat or drink, this product is for you. Gout is a result of uric acid buildup in your body, usually from eating red meats and drinking alcohol.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | 120 VCaps                   | \$40.50 |

# Pure Essence



Please MEET yet another NEW BRAND we are carrying! I LOVE this company! Pure Essence has been around 23 years. They are the LEADER in Customer Satisfaction.

They have so much confidence in their products that they tell you that you can use their products for 90 days, (not 30 days! 90 days, that is 3 months!) and if you are not completely satisfied you can ask for 100% of your money to be returned. I know of no other company who stands behind their products like Pure Essence stands behind theirs! So, as you are reading about their products, keep that in mind....you have NOTHING to lose. If they don't work, you get your \$\$\$ back.

All of their products are in VCaps or Tablets, and are GMO-FREE & GLUTEN-FREE.

| Code #    | Product Name                                                                                                    | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Count    | Retail  | You Pay! |
|-----------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #PE-13001 | <b>Adrenal Stability™</b><br> | Chronic stress is extremely hard on the adrenal glands, and may undermine energy levels, mental focus, mood, immune function and sleep patterns. Adrenal Stability™ is an exquisite blend of cordyceps, ashwagandha and supporting herbs to help nourish the adrenal glands and support: <ul style="list-style-type: none"> <li>• Healthy Stress Response*</li> <li>• Healthy Energy Levels*</li> <li>• Mental Focus &amp; Mood*</li> <li>• Healthy Immune Function*</li> </ul>                                                                                                                                                                   | 30 VCaps | \$27.32 | \$20.49  |
| #PE-13002 |                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 60 VCaps | \$45.09 | \$33.81  |
| #PE-00402 | <b>AllerFree™</b><br>        | Studies have shown that enzymes taken between meals can be absorbed into the bloodstream. In the bloodstream, amylase may support a healthy autoimmune response. Meanwhile, protease can digest the foreign proteins that trigger the autoimmune response. AllerFree™ provides rich levels of these enzymes along with burdock root, nettle leaf and quercetin, which have long been used in natural health systems for centuries.* Together, these ingredients: <ul style="list-style-type: none"> <li>• Support a healthy immune response to allergens*</li> <li>• Non-drowsy allergy defense*</li> <li>• Sinus &amp; nasal support*</li> </ul> | 60 VCaps | \$24.59 | \$18.44  |
| #PE-30001 |                              | Brain Essence™ combines the world's most profound nootropic nutrients and botanicals to create an exquisite mental support system. It supports: <ul style="list-style-type: none"> <li>• Energy &amp; Focus*</li> <li>• Memory &amp; Mental Clarity*</li> <li>• Mood &amp; Cognitive Function*</li> <li>• Problem Solving &amp; Neurogenesis*</li> <li>• Healthy Stress Response*</li> </ul>                                                                                                                                                                                                                                                      | 30 VCaps | \$29.99 | \$25.61  |
| #PE-30002 |                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 60 VCaps | \$51.59 | \$44.06  |

# Pure Essence

| Code #    | Product Name                                                                                                         | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Count     | Retail  | You Pay! |
|-----------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #PE-26001 | <b>Breast-D™</b><br>                | Breast-D™ combines therapeutic levels of vitamin D3 with calcium D-glucarate, DIM, green tea, and lycopene. Together these ingredients support: <ul style="list-style-type: none"> <li>• Healthy estrogen metabolism*</li> <li>• Breast, prostate &amp; vascular health*</li> <li>• Antioxidant responses*</li> </ul>                                                                                                                                                                                                                        | 30 VCaps  | \$30.05 | \$22.54  |
| #PE-15001 | <b>Calm-Essence™</b><br>            | CalmEssence™ combines the world's best calming agents with the finest adrenal support factors. Because of this, it helps keep you calmer than any other supplement without causing a "mental fog." <ul style="list-style-type: none"> <li>• Promotes a deep sense of calm*</li> <li>• Decreases nervous tension*</li> <li>• Supports a healthy stress response*</li> <li>• Increases energy*</li> </ul>                                                                                                                                      | 15 VCaps  | \$27.32 | \$20.49  |
| #PE-15002 |                                     | (Continued from #PE-15001) <ul style="list-style-type: none"> <li>• Promotes a deep sense of calm*</li> <li>• Decreases nervous tension*</li> <li>• Supports a healthy stress response*</li> <li>• Increases energy*</li> </ul>                                                                                                                                                                                                                                                                                                              | 30 VCaps  | \$45.09 | \$33.81  |
| #PE-00901 | <b>Candex™</b><br>                  | Candex™ is a yeast management supplement that has been clinically proven to be a safe and effective Candida treatment. With this remarkable formula you will find: <ul style="list-style-type: none"> <li>• You Will Begin to Feel Better in 10 Days or Less*</li> <li>• Little to No Healing Crisis*</li> <li>• No Major Dietary Restrictions are Needed</li> <li>• It Digests Cell Walls and Biofilm of Yeasts*</li> <li>• Is Safe for Children and Pets*</li> </ul>                                                                       | 40 VCaps  | \$34.15 | \$25.61  |
| #PE-00903 |                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 80 VCaps  | \$51.92 | \$38.94  |
| #PE-00902 |                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 120 VCaps | \$65.58 | \$49.19  |
| #PE-26111 | <b>DIM-D™</b><br>                 | DIM-D™ combines therapeutic levels of vitamin D3 with calcium D-glucarate, DIM, green tea, and lycopene. Together these ingredients support: <ul style="list-style-type: none"> <li>• Healthy estrogen metabolism*</li> <li>• Breast, prostate &amp; vascular health*</li> <li>• Antioxidant responses*</li> </ul>                                                                                                                                                                                                                           | 30 VCaps  | \$30.05 | \$22.54  |
| #PE-02003 | <b>Energy Plus™</b><br>           | Energy Plus™ is a caffeine free, all-natural energy and focus formula. Perfect for both mental and physical vitality. The adaptogens and Superior Herbs in the formula are rich sources of the "Qi" and "Essence" energies made famous by Traditional Chinese Medicine (TCM). These phytochemicals support: <ul style="list-style-type: none"> <li>• Sustained energy without the jitters or crashes*</li> <li>• Sharp mental focus*</li> <li>• Healthy hair, skin and nails*</li> </ul>                                                     | 60 VCaps  | \$34.15 | \$25.61  |
| #PE-02004 |                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 120 VCaps | \$60.12 | \$45.09  |
| #PE-29021 | <b>Immune Support System™</b><br> | Immune Support System™ provides a wealth of beta-glucans and other immune supporting polysaccharides from mushrooms, aloe vera, laminaria japonica and colostrum. It also provides super foods like spirulina, oat grass and barley grass, and legendary immune supporting herbs like astragalus, codonopsis and gynostemma. Together, these ingredients: <ul style="list-style-type: none"> <li>• Create a remarkable synergy*</li> <li>• Boost immune function*</li> <li>• Support healthy metabolism*</li> <li>• Build energy*</li> </ul> | 60 Tabs   | \$40.99 | \$30.74  |

# Pure Essence

| Code #    | Product Name                                                                      | Ionic-Fizz™ Calcium Plus™                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Count                                                                               | Retail    | You Pay! |         |
|-----------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------|----------|---------|
| #PE-03001 | Raspberry Lemon                                                                   | Ionic-Fizz™ Calcium Plus™ is an all-natural, tasty powder mix, with each scoop delivering pure calcium and magnesium ions. Calcium is vital for many life processes but must be balanced by sufficient magnesium and other nutrients to work. Ionic-Fizz™ Calcium Plus™ stands alone in supporting: <ul style="list-style-type: none"> <li>• Bone Health</li> <li>• Healthy Stress Response*</li> <li>• Muscle Comfort*</li> <li>• Healthy Sleep Patterns*</li> </ul>                                                                                                                                                | 7.41 oz.                                                                            | \$31.42   | \$23.56  |         |
| #PE-03002 |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 14.82 oz.                                                                           | \$45.09   | \$33.81  |         |
| #PE-03006 | Orange                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 7.41 oz.                                                                            | \$31.42   | \$23.56  |         |
| #PE-03007 | Vanilla                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 14.82 oz.                                                                           | \$45.09   | \$33.81  |         |
| #PE-03008 | Mixed                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 7.41 oz = 1 Month Supply                                                            | 7.41 oz.  | \$31.42  | \$23.56 |
| #PE-03009 | Berry                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 14.82 oz = 2 Month Supply                                                           | 14.82 oz. | \$45.09  | \$33.81 |
| Code #    | Product Name                                                                      | Ionic-Fizz™ Magnesium Plus™                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Count                                                                               | Retail    | You Pay! |         |
| #PE-03101 | Raspberry                                                                         | While Magnesium is involved in hundreds of functions in the body, 80% of Americans get less than the government's recommended DV for this miracle mineral. Among countless other things, Magnesium: <ul style="list-style-type: none"> <li>• Supports a healthy stress response*</li> <li>• Soothes nerves &amp; supports healthy sleep patterns*</li> <li>• Helps produce sustainable energy*</li> <li>• Supports heart &amp; bone health &amp; healthy blood sugar levels*</li> <li>• Supports muscle comfort when cramping*</li> </ul>                                                                            | 6.03 oz                                                                             | \$25.95   | \$19.46  |         |
| #PE-03102 | Lemon                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 12.06 oz                                                                            | \$40.99   | \$30.74  |         |
| #PE-03106 | Orange                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 6.03 oz.                                                                            | \$25.95   | \$19.46  |         |
| #PE-03107 | Vanilla                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |   | 12.06 oz  | \$40.99  | \$30.74 |
| #PE-03108 | Mixed                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 6.03 oz = 1 Month Supply                                                            | 6.03 oz   | \$25.95  | \$19.46 |
| #PE-03019 | Berry                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 12.06 oz = 2 Month Supply                                                           | 12.06 oz. | \$40.99  | \$30.74 |
| Code #    | Product Name                                                                      | Ionic-Fizz™ Super D-K Calcium Plus™                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Count                                                                               | Retail    | You Pay! |         |
| #PE-04001 | Raspberry                                                                         | Ionic-Fizz™ Super D-K Calcium Plus™ is an all-natural, tasty powder mix, with each scoop delivering pure calcium and magnesium ions along with vitamin K2 and vitamin D3. Calcium is vital for many life processes but must be balanced by sufficient magnesium and other nutrients to work. Ionic-Fizz™ Super D-K Calcium Plus™ stands alone in supporting: <ul style="list-style-type: none"> <li>• Healthy Bones</li> <li>• Muscle Comfort*</li> <li>• Healthy Blood Sugar Levels*</li> <li>• Breast, Prostate &amp; Heart Health*</li> <li>• Healthy Stress Response &amp; Sleep Patterns*</li> <li>•</li> </ul> | 7.41 oz.                                                                            | \$34.15   | \$25.61  |         |
| #PE-04101 | Lemon                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 14.82 oz.                                                                           | \$51.92   | \$38.94  |         |
| #PE-04106 | Orange                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 7.41 oz.                                                                            | \$34.15   | \$25.61  |         |
| #PE-04107 | Vanilla                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 14.82 oz.                                                                           | \$51.92   | \$38.94  |         |
| #PE-04108 | Mixed                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 7.41 oz.                                                                            | \$34.15   | \$25.61  |         |
| #PE-04109 | Berry                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  | 14.82 oz. | \$51.92  | \$38.94 |
|           |                                                                                   | 7.41 oz = 1 Month Supply                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                     |           |          |         |
|           |                                                                                   | 14.82 oz = 2 Month Supply                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                     |           |          |         |

# Pure Essence

| Code #    | Product Name                                                                                                            | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Count    | Retail         | You Pay!       |
|-----------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|----------------|----------------|
| #PE-20010 | <b>JointEssence™</b><br>               | A blend of clinically studied eggshell membrane (NEM®) - shown to improve joint complaints in as little as 7 to 10 days, AprèsFLEX® boswellia extract - promotes healthy inflammatory processes, boron – supports bone and joint health, and herbs to create a synergy that no other joint support product can match.* Together these ingredients support: <ul style="list-style-type: none"> <li>• Joint health*</li> <li>• Range of motion*</li> <li>• Healthy inflammation response*</li> </ul>                                                                                                                                             | 60 VCaps | <b>\$51.92</b> | <b>\$38.94</b> |
| #PE-05003 | <b>LifeEssence™ Men</b><br>            | LifeEssence™ Men is a complete nutritional solution that delivers vitamins and minerals with exquisite blends of organic SuperFoods, adaptogens, Superior Herbs, fruits and vegetable extracts and a potent group of uniquely masculine nutrients. Its total whole food value is over 43,300 mg – up to 100 times more than other multivitamins! These whole foods add countless phytochemicals that result in an amazing energy boost.* They also support: <ul style="list-style-type: none"> <li>• Prostate Health*</li> <li>• Immune Health*</li> <li>• Vision Health*</li> <li>• Cellular Health*</li> <li>• Energy Production*</li> </ul> | 120 Tabs | <b>\$61.48</b> | <b>\$46.11</b> |
| #PE-01007 | <b>LifeEssence™ Multivitamin</b><br> | LifeEssence™ is the world's most profound multiple, combining vitamins, minerals, trace elements, enzymes and co-nutrients with the equivalent of over 44,000 mg of pure SuperFoods, adaptogens and Superior Herbs. In these foods are phytochemicals and energies that holistic health practitioners have used for millennia to build optimal health. This remarkable nutritional system: <ul style="list-style-type: none"> <li>• Provides Vitamin &amp; Mineral Needs*</li> <li>• Supports Cellular Integrity &amp; Function*</li> <li>• Supports Immune Function*</li> <li>• Promotes Energy (With No Stimulants)*</li> </ul>              | 120 Tabs | <b>\$51.92</b> | <b>\$38.94</b> |
| #PE-01008 |                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 240 Tabs | <b>\$92.92</b> | <b>\$69.69</b> |
| #PE-00102 | <b>LifeEssence™ Powder</b>                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 7.3 oz   | <b>\$51.92</b> | <b>\$38.94</b> |
| #PE-06003 | <b>LifeEssence™ Women</b><br>        | LifeEssence™ Women is a complete nutritional system that delivers vitamins and minerals, organic SuperFoods, adaptogens, Superior Herbs, fruit and vegetable extracts and a potent group of uniquely feminine support factors. These foods and herbs provide countless phytochemicals and the clean, clear energy you need to function at peak levels 24/7. LifeEssence™ Women supports: <ul style="list-style-type: none"> <li>• Immune Health*</li> <li>• Vision Health*</li> <li>• Cellular Health*</li> <li>• Bone Health*</li> </ul>                                                                                                      | 120 Tabs | <b>\$61.48</b> | <b>\$46.11</b> |

# Pure Essence

| Code #    | Product Name                                                                                                                  | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Count    | Retail  | You Pay! |
|-----------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #PE-16001 | LiverEssence™                                                                                                                 | LiverEssence™ combines the finest milk thistle extract (Siliphos®) along with 12 other herbs used for millennia to promote healthy liver function. It also contains N-acetylcysteine (NAC) and alpha-lipoic acid (ALA) as precursors to your liver's master antioxidant, L-glutathione. This amazing blend supports: <ul style="list-style-type: none"> <li>• Healthy Liver Function*</li> <li>• Healthy Detoxification Process*</li> <li>• Healthy L-Glutathione Levels*</li> </ul>                                                                                                                                                                                                                                         | 30 VCaps | \$27.32 | \$20.49  |
| #PE-16002 |                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 60 VCaps | \$45.09 | \$33.81  |
| #PE-01502 | Longevity™ Men<br>                           | Longevity™ Men is a complete nutritional solution that delivers optimal potencies of vitamins and minerals with a powerful blend of rejuvenating, energizing SuperFoods, adaptogens and Superior Herbs. It also adds trace minerals, mushrooms, fruit extracts, antioxidants and co-nutrients. Its whole food equivalent (amount of extract times extract ratio) of 34,500 mg is up to 100 times more than other leading brands – creating a difference you'll actually feel from day one.* It supports: <ul style="list-style-type: none"> <li>• Prostate Health &amp; Virility*</li> <li>• Immune Health*</li> <li>• Vision Health*</li> <li>• Cellular Health*</li> <li>• Robust Energy Levels &amp; Vitality*</li> </ul> | 120 Tabs | \$66.95 | \$50.21  |
| #PE-01402 | Longevity™ Women<br>                       | Longevity™ Women is a complete nutritional solution that delivers optimal potencies of vitamins and minerals with a powerful blend of rejuvenating, energizing SuperFoods, adaptogens and Superior Herbs. It also adds trace minerals, mushrooms, fruit extracts, antioxidants and co-nutrients. Its whole food equivalent (amount of extract times extract ratio) of 30,400 mg is up to 100 times more than other leading brands – creating a difference you'll actually feel from day one.* It supports: <ul style="list-style-type: none"> <li>• Bone Health*</li> <li>• Immune Health*</li> <li>• Vision Health*</li> <li>• Cellular Health*</li> <li>• Robust Energy Levels &amp; Vitality*</li> </ul>                  | 120 Tabs | \$66.95 | \$50.21  |
| #PE-01302 | Mother & Child™ PostNatal Multivitamin<br> | Mother & Child™ is a perfect blend of vitamins, organic SuperFoods, Superior Herbal tonics and much, much more. Its 44,600 mg of whole food value, (vastly more than others), are blended specifically to: <ul style="list-style-type: none"> <li>• Helps you recuperate from the rigors of giving birth*</li> <li>• Supports your energy needs during early motherhood*</li> <li>• Enriches your breast milk with immune enhancing nutrients*</li> </ul>                                                                                                                                                                                                                                                                    | 120 Tabs | \$46.45 | \$34.84  |

# Pure Essence

| Code #    | Product Name                                                                                                                    | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Count    | Retail  | You Pay! |
|-----------|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #PE-01202 | <b>Mother to Be™ PreNatal Multivitamin</b><br> | Mother to Be™ is a perfect blend of vitamins, minerals, organic SuperFoods, and nourishing Superior Herbal tonics that have been used for centuries to gently support joyous, radiant pregnancies and super healthy babies. It is blended specifically to: <ul style="list-style-type: none"> <li>• Support comfortable digestion*</li> <li>• Promote healthy fetal development*</li> <li>• Boost energy levels*</li> <li>• Support immunity*</li> </ul>                    | 90 Tabs  | \$47.32 | \$32.79  |
| #PE-01801 | <b>MyPure™ Cordyceps</b><br>                   | MyPure™ Cordyceps provides 500 mg of our premium, certified organic, whole Cordyceps 1:1 mushroom extract to deliver pure, highly bioavailable Cordyceps nutrition. Every batch is lab tested for cleanliness, purity and potency. Cordyceps supports: <ul style="list-style-type: none"> <li>• Maximum Physical &amp; Mental Performance*</li> <li>• Healthy Stress Response*</li> <li>• Healthy Immune Function*</li> <li>• Healthy Lung &amp; Kidney Systems*</li> </ul> | 30 VCaps | \$23.22 | \$17.41  |
| #PE-01802 |                                                | MyPure™ Cordyceps provides 500 mg of our premium, certified organic, whole Cordyceps 1:1 mushroom extract to deliver pure, highly bioavailable Cordyceps nutrition. Every batch is lab tested for cleanliness, purity and potency. Cordyceps supports: <ul style="list-style-type: none"> <li>• Maximum Physical &amp; Mental Performance*</li> <li>• Healthy Stress Response*</li> <li>• Healthy Immune Function*</li> <li>• Healthy Lung &amp; Kidney Systems*</li> </ul> | 60 VCaps | \$38.25 | \$28.69  |
| #PE-92101 | <b>MyPure™ Cordyceps 4X</b><br>              | MyPure™ Cordyceps 4X combines 1:1 and 10:1 extracts of certified organic Cordyceps fruiting bodies to deliver the most potent Cordyceps nutrition you'll find. Every batch is lab tested for cleanliness, purity and potency. Cordyceps supports: <ul style="list-style-type: none"> <li>• Maximum Physical &amp; Mental Performance*</li> <li>• Healthy Stress Response*</li> <li>• Healthy Immune Function*</li> <li>• Healthy Lung &amp; Kidney Systems*</li> </ul>      | 30 VCaps | \$34.15 | \$25.61  |
| #PE-92102 |                                              | MyPure™ Cordyceps 4X combines 1:1 and 10:1 extracts of certified organic Cordyceps fruiting bodies to deliver the most potent Cordyceps nutrition you'll find. Every batch is lab tested for cleanliness, purity and potency. Cordyceps supports: <ul style="list-style-type: none"> <li>• Maximum Physical &amp; Mental Performance*</li> <li>• Healthy Stress Response*</li> <li>• Healthy Immune Function*</li> <li>• Healthy Lung &amp; Kidney Systems*</li> </ul>      | 60 VCaps | \$58.75 | \$44.06  |
| #PE-91701 | <b>MyPure™ Lion's Mane</b><br>               | MyPure™ Lion's Mane provides 500 mg of our premium, certified organic, whole Lion's Mane 1:1 mushroom extract to deliver pure, highly bioavailable Lion's Mane nutrition. Every batch is lab tested for cleanliness, purity and potency. Lion's mane supports: <ul style="list-style-type: none"> <li>• Healthy Brain Function*</li> <li>• Cognizance, Memory, Mood*</li> <li>• Healthy Nerve Growth*</li> <li>• Healthy Immune Function*</li> </ul>                        | 30 VCaps | \$23.22 | \$17.41  |
| #PE-91702 |                                              | MyPure™ Lion's Mane provides 500 mg of our premium, certified organic, whole Lion's Mane 1:1 mushroom extract to deliver pure, highly bioavailable Lion's Mane nutrition. Every batch is lab tested for cleanliness, purity and potency. Lion's mane supports: <ul style="list-style-type: none"> <li>• Healthy Brain Function*</li> <li>• Cognizance, Memory, Mood*</li> <li>• Healthy Nerve Growth*</li> <li>• Healthy Immune Function*</li> </ul>                        | 60 VCaps | \$38.25 | \$28.69  |

# Pure Essence

| Code #    | Product Name                                                                        | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Count    | Retail  | You Pay! |
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| #PE-92201 | <b>MyPure™<br/>Lion's Mane<br/>4X</b>                                               | MyPure™ Lion's Mane 4X combines 1:1 and 8:1 extracts of certified organic Lion's Mane fruiting bodies to deliver the most potent Lion's Mane nutrition you'll find. Every batch is lab tested for cleanliness, purity and potency. Lion's Mane supports: <ul style="list-style-type: none"> <li>• Healthy Brain Function*</li> <li>• Cognizance, Memory, Mood*</li> <li>• Healthy Nerve Growth*</li> <li>• Healthy Immune Function*</li> </ul>                                              | 30 VCaps | \$34.15 | \$25.61  |
| #PE-92202 |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 60 VCaps | \$58.75 | \$44.06  |
| #PE-91601 | <b>MyPure™<br/>Maitake</b>                                                          | MyPure™ Maitake provides 500 mg of our premium, certified organic, whole Maitake 1:1 mushroom extract to deliver pure, highly bioavailable Maitake nutrition. Every batch is lab tested for cleanliness, purity and potency. Maitake supports: <ul style="list-style-type: none"> <li>• Healthy Immune Function*</li> <li>• Healthy Blood Sugar Levels*</li> <li>• Antioxidant Systems*</li> </ul>                                                                                          | 30 VCaps | \$23.22 | \$17.41  |
| #PE-91602 |    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 60 VCaps | \$38.25 | \$28.69  |
| #PE-91401 | <b>MyPure™<br/>MYcoMune</b>                                                         | MyPure™ MYcoMune™ provides 500 mg of our premium, certified organic, whole fruiting body mushroom extracts to deliver pure, highly bioavailable mushroom nutrition. Every batch is lab tested for cleanliness, purity and potency. MyPure™ MYcoMune™ supports: <ul style="list-style-type: none"> <li>• Healthy Stress Response*</li> <li>• Healthy Immune Function*</li> <li>• Brain Health, Memory, Concentration &amp; Focus*</li> <li>• Nerve &amp; Neuron Growth*</li> </ul>           | 30 VCaps | \$24.59 | \$18.44  |
| #PE-91402 |   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 60 VCaps | \$40.99 | \$30.75  |
| #PE-92301 | <b>MyPure™<br/>MycoMune<br/>4X</b>                                                  | MyPure™ MYcoMune™ 4X provides 500 mg of our premium blend of certified organic, fruiting body mushroom extracts to deliver the most potent mushroom nutrition you'll find. Every batch is lab tested for cleanliness, purity and potency. MyPure™ MYcoMune™ 4X supports: <ul style="list-style-type: none"> <li>• Healthy Stress Response*</li> <li>• Healthy Immune Function*</li> <li>• Brain Health, Memory, Concentration &amp; Focus*</li> <li>• Nerve &amp; Neuron Growth*</li> </ul> | 30 VCaps | \$38.25 | \$28.69  |
| #PE-92302 |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 60 VCaps | \$66.95 | \$50.21  |
| #PE-91901 | <b>MyPure™<br/>Reishi</b>                                                           | MyPure™ Reishi provides 500 mg of our premium, certified organic, whole Reishi 1:1 mushroom extract to deliver pure, highly bioavailable Reishi nutrition. Every batch is lab tested for cleanliness, purity and potency. Reishi supports: <ul style="list-style-type: none"> <li>• Healthy Stress Response*</li> <li>• Healthy Immune Function*</li> <li>• Concentration &amp; Focus*</li> </ul>                                                                                           | 30 VCaps | \$23.22 | \$17.41  |
| #PE-91902 |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 60 VCaps | \$38.25 | \$28.69  |

# Pure Essence

| Code #    | Product Name                                                                      | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Count                                                                                       | Retail  | You Pay! |
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| #PE-92001 | <b>MyPure™<br/>Reishi 4X</b>                                                      | MyPure™ Reishi 4X combines 1:1 and 8:1 extracts of certified organic Reishi fruiting bodies to deliver the most potent Reishi nutrition you'll find. Every batch is lab tested for cleanliness, purity and potency. Reishi supports: <ul style="list-style-type: none"> <li>• Healthy Stress Response*</li> <li>• Healthy Immune Function*</li> <li>• Concentration &amp; Focus*</li> </ul>                                                                                                                                                                                                  | 30 VCaps                                                                                    | \$34.15 | \$25.61  |
| #PE-92002 |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 60 VCaps                                                                                    | \$58.75 | \$44.06  |
| #PE-01103 | <b>One 'n'<br/>Only™</b>                                                          | One 'n' Only™ combines vitamins, minerals, trace elements and co-nutrients with a raw food equivalent of 4900 mg (up to 100 times more than other one-daily multiples) of SuperFoods, adaptogens and Superior Herbs – providing countless phytochemicals that other products lack. These phytochemicals support: <ul style="list-style-type: none"> <li>• Healthy Immune Response*</li> <li>• Healthy Stress Response*</li> <li>• Memory, Focus, Concentration*</li> <li>• Clean, Clear Energy* – No Stimulants &amp; No Jitters</li> </ul>                                                  | 30 Tabs                                                                                     | \$25.95 | \$19.46  |
| #PE-01104 |                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 60 Tabs                                                                                     | \$46.45 | \$34.84  |
| #PE-01105 |                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |            | 90 Tabs | \$65.58  |
| #PE-01703 | <b>One 'n'<br/>Only™ Men</b>                                                      | With over 23,000 mg of whole food value, One 'n' Only™ Men combines vitamins, minerals, organic SuperFoods, Superior Herbs, cell protecting antioxidants and uniquely masculine factors into an amazing one-daily multivitamin and mineral complex to support: <ul style="list-style-type: none"> <li>• Energy Levels*</li> <li>• Immune &amp; Stress Response*</li> <li>• Virility &amp; Prostate Health*</li> <li>• General Metabolism*</li> <li>• Cellular Health*</li> </ul>                                                                                                             | 30 Tabs                                                                                     | \$27.32 | \$20.49  |
| #PE-01705 |                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |          | 60 Tabs | \$73.15  |
| #PE-01803 | <b>One 'n' Only™<br/>PreNatal 30<br/>Tabs</b>                                     | Requiring just one per day for superb gestational support, One 'n' Only™ PreNatal is fortified with vast levels of whole food nutrition – the absolute best kind for both you and your baby. Its premium vitamins, minerals, SuperFoods, supportive herbs and other factors provide you with the most complete one-daily prenatal system you'll find anywhere.* It is blended specifically to: <ul style="list-style-type: none"> <li>• Support comfortable digestion*</li> <li>• Promote healthy fetal development*</li> <li>• Boost energy levels*</li> <li>• Support immunity*</li> </ul> |  30 Tabs | \$27.32 | \$20.49  |

# Pure Essence

| Code #    | Product Name                                                                        | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Count    | Retail   | You Pay! |
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| #PE-01603 | <b>One 'n' Only™</b><br><b>Women</b>                                                | With over 22,300 mg of whole food value, One 'n' Only™ Women combines vitamins, minerals, Organic SuperFoods, Superior Herbs, cell protecting antioxidants and uniquely feminine factors into an amazing one-daily multivitamin and mineral complex to support:                                                                                                                                                                                                                | 30 Tabs  | \$27.32  | \$20.49  |
| #PE-01605 |    | <ul style="list-style-type: none"> <li>• Energy Levels*</li> <li>• Immune &amp; Stress Response*</li> <li>• Bone, Breast &amp; Digestive Health*</li> <li>• Hormone Balance*</li> <li>• General Metabolism*</li> <li>• Cellular Health*</li> </ul>                                                                                                                                                                                                                             | 60 Tabs  | \$73.15  | \$56.36  |
| #PE-00805 | <b>ProFema™</b>                                                                     | More than a multiple, ProFema™ is a complete nutritional system for women in their transitional years. It provides perfect potencies of vitamins and minerals, an energy packed superfood complex, adaptogens and superior herbs, and specific menopausal support nutrients.*                                                                                                                                                                                                  | 30 Tabs  | \$40.99  | \$30.74  |
| #PE-00806 |    | Supports: <ul style="list-style-type: none"> <li>• Immune Function*</li> <li>• Bone Health*</li> <li>• Healthy Stress Response*</li> </ul> Helps Calm: <ul style="list-style-type: none"> <li>• Hot Flashes*</li> <li>• Mood Swings*</li> <li>• Associated Menopausal Discomfort*</li> </ul>                                                                                                                                                                                   | 60 Tabs  | \$68.32  | \$51.24  |
| #PE-17002 | <b>Prostate Essence™</b>                                                            | Beta-sitosterol is a nutrient found in tiny amounts in saw palmetto and other herbs. Research shows that 80 to 180 daily mg of this nutrient helps support prostate health. ProstateEssence™ provides more than 180 mg in each serving, along with vitamin D3, zinc, selenium, trace minerals and herbal extracts that have been used for centuries to support healthy prostate function. This combination sets a new standard in prostate support.* ProstateEssence supports: | 60 VCaps | \$38.25  | \$28.69  |
| #PE-17002 |  | <ul style="list-style-type: none"> <li>• Healthy prostate function*</li> <li>• Urinary health*</li> <li>• Healthy inflammatory response*</li> </ul>                                                                                                                                                                                                                                                                                                                            |          |          |          |
| #PE-29005 | <b>PureBiotics™</b>                                                                 | Antibiotics, birth control pills, chlorinated water and other factors can deplete the probiotic cultures that live in your gut and are vital for good health. Each capsule of PureBiotics™                                                                                                                                                                                                                                                                                     | 30 VCaps | \$68.32  | \$51.24  |
| #PE-29006 | <b>Maxima</b>                                                                       | Maxima provides at least 100 billion total probiotic cultures from 15 different strains offered in delayed release vegan capsules that protect the probiotics from stomach acids. These strains support:                                                                                                                                                                                                                                                                       | 60 VCaps | \$122.98 | \$92.24  |
| #PE-29006 |  | <ul style="list-style-type: none"> <li>• Immune Health*</li> <li>• Healthy Digestion*</li> <li>• Healthy Microbiome*</li> </ul>                                                                                                                                                                                                                                                                                                                                                |          |          |          |

# Pure Essence

| Code #    | Product Name                                                                        | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Count    | Retail         | You Pay!       |
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| #PE-29001 | <b>PureBiotics™<br/>Restore</b>                                                     | Antibiotics, birth control pills, chlorinated water and other factors can deplete the probiotic cultures that live in your gut and are vital for good health. Each capsule of PureBiotics™ Restore provides at least 30 billion total probiotic cultures from 12 different strains offered in delayed release vegan capsules that protect the probiotics from stomach acids. These strains support:                                                                         | 30 VCaps | <b>\$32.79</b> | <b>\$24.59</b> |
| #PE-29002 |    | <ul style="list-style-type: none"> <li>• Immune Health*</li> <li>• Healthy Digestion*</li> <li>• Healthy Microbiome*</li> </ul>                                                                                                                                                                                                                                                                                                                                             | 60 VCaps | <b>\$50.55</b> | <b>\$37.91</b> |
| #PE-29003 | <b>PureBiotics™<br/>Restore 40+</b>                                                 | Antibiotics, birth control pills, chlorinated water and other factors can deplete the probiotic cultures that live in your gut and are vital for good health. Each capsule of PureBiotics™ Restore 40+ provides at least 35 billion total probiotic cultures from 15 different strains offered in delayed release vegan capsules that protect the probiotics from stomach acids. It is especially formulated for those who are 40 and older. These strains support:         | 30 VCaps | <b>\$36.89</b> | <b>\$27.86</b> |
| #PE-29004 |    | <ul style="list-style-type: none"> <li>• Immune Health*</li> <li>• Healthy Digestion*</li> <li>• Healthy Microbiome*</li> </ul>                                                                                                                                                                                                                                                                                                                                             | 60 VCaps | <b>\$60.12</b> | <b>\$45.09</b> |
| #PE-29007 | <b>PureBiotics™<br/>Women</b>                                                       | Antibiotics, birth control pills, chlorinated water and other factors can deplete the probiotic cultures that live in your gut and are vital for good health. Each capsule of PureBiotics™ Women provides at least 50 billion total probiotic cultures from 15 different strains offered in delayed release, vegan capsules that protect the probiotics from stomach acids. It is especially formulated for women who want maximum feminine support. These strains support: | 30 VCaps | <b>\$39.62</b> | <b>\$29.71</b> |
| #PE-29008 |  | <ul style="list-style-type: none"> <li>• Immune Health*</li> <li>• Healthy Digestion*</li> <li>• Healthy Microbiome*</li> </ul>                                                                                                                                                                                                                                                                                                                                             | 60 VCaps | <b>\$68.32</b> | <b>\$51.24</b> |
| #PE-90501 | <b>Real-Zymes™<br/>KETO</b>                                                         | Because Keto diets contain far more fat than other plans, they require more fat digesting enzymes. Real-Zymes™ KETO is the world's first enzyme supplement built to digest Keto meals. It delivers:                                                                                                                                                                                                                                                                         | 30 VCaps | <b>\$21.85</b> | <b>\$16.39</b> |
| #PE-90503 |  | <ul style="list-style-type: none"> <li>• 10,500 FIP's of fat digesting power</li> <li>• 18 other enzymes for proteins and carbs</li> <li>• Quicker, more complete digestion*</li> <li>• Better nutrient absorption*</li> <li>• Reduced digestive distress*</li> </ul>                                                                                                                                                                                                       | 90 VCaps | <b>\$51.92</b> | <b>\$38.94</b> |

# Pure Essence

| Code #    | Product Name                                                                                                             | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Count    | Retail         | You Pay!       |
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| #PE-90401 | <b>Real-Zymes™<br/>OMNIVORE</b><br>     | Because omnivore diets contain more carbohydrates than other plans, they require more carbohydrate digesting enzymes. Real-Zymes™ OMNIVORE is the world's first enzyme supplement built to digest omnivore meals. It delivers: <ul style="list-style-type: none"> <li>• 13 different carbohydrate and fiber digesting enzymes</li> <li>• 9 other enzymes for proteins and fat</li> <li>• Quicker, more complete digestion*</li> <li>• Better nutrient absorption*</li> <li>• Reduced digestive distress*</li> </ul>                                                      | 30 VCaps | <b>\$21.85</b> | <b>\$16.39</b> |
| #PE-90403 |                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 90 VCaps | <b>\$51.92</b> | <b>\$38.94</b> |
| #PE-90801 | <b>Real-Zymes™<br/>VEGAN</b><br>        | Because vegan diets contain more carbohydrates than other plans, they require more carbohydrate digesting enzymes. Real-Zymes™ VEGAN is the world's first enzyme supplement built to digest vegan meals. It delivers: <ul style="list-style-type: none"> <li>• 13 different carbohydrate and fiber digesting enzymes</li> <li>• 9 other enzymes for proteins and fat</li> <li>• Quicker, more complete digestion*</li> <li>• Better nutrient absorption*</li> <li>• Reduced digestive distress*</li> </ul>                                                               | 30 VCaps | <b>\$21.85</b> | <b>\$16.39</b> |
| #PE-90803 |                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 90 VCaps | <b>\$51.92</b> | <b>\$38.94</b> |
| #PE-90901 | <b>Real-Zymes™<br/>VEGETARIAN</b><br> | Because vegetarian diets contain more carbohydrates than other plans, they require more carbohydrate digesting enzymes. Real-Zymes™ VEGETARIAN is the world's first enzyme supplement built to digest vegetarian meals. It delivers: <ul style="list-style-type: none"> <li>• 13 different carbohydrate and fiber digesting enzymes</li> <li>• 9 other enzymes for proteins and fat</li> <li>• Quicker, more complete digestion*</li> <li>• Better nutrient absorption*</li> <li>• Reduced digestive distress*</li> </ul>                                                | 30 VCaps | <b>\$21.85</b> | <b>\$16.39</b> |
| #PE-90903 |                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 90 VCaps | <b>\$51.92</b> | <b>\$38.94</b> |
| #PE-18060 | <b>Stress Support System™</b><br>     | Stress Support System™ combines a 763 mg blend of jujube seed, standardized magnolia, ashwagandha, and rhodiola extracts to help promote a sense of calm and encourage a healthy stress response. For enhanced whole-body support we've added 300 mg of spirulina along with a blend of botanicals that create an amazing synergy for the body, mind and spirit. This amazing blend: <ul style="list-style-type: none"> <li>• Improves Mood*</li> <li>• Supports Relaxation*</li> <li>• Promotes Restful Sleep*</li> <li>• Promotes Healthy Adrenal Function*</li> </ul> | 60 Tabs  | <b>\$34.15</b> | <b>\$25.61</b> |

# Pure Essence

| Code #    | Product Name                                                                                                    | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Count     | Retail  | You Pay! |
|-----------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #PE-00703 | <b>Transitions™</b><br>        | With over 12,000 mg of whole food value, Transitions™ is an exquisite blend of botanicals and nutrients Traditional Chinese Medicine (TCM) has used for thousands of years for feminine support. It is designed to promote maximum comfort during perimenopause and menopause: <ul style="list-style-type: none"> <li>• Helps with Hot Flashes*</li> <li>• Supports Positive Mood*</li> <li>• Supports Breast Health*</li> <li>• Supports Healthy Stress Response*</li> <li>• Supports Natural Feminine Balance*</li> <li>• Calms Midlife Discomforts*</li> </ul>                 | 60 VCaps  | \$34.15 | \$25.61  |
| #PE-00704 |                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 120 VCaps | \$60.12 | \$45.09  |
| #PE-19002 | <b>VisionEssence™</b><br>      | VisionEssence™ is formulated with lutein and zeaxanthin – known to provide strong support for healthy vision – along with L-taurine, vitamin C, quercetin, black currant fruit, goji berries, schizandra and alpha lipoic acid. Together these ingredients: <ul style="list-style-type: none"> <li>• Supports Macular Health*</li> <li>• Supports Healthy Vision*</li> <li>• May Help Reduce Eye Fatigue*</li> </ul>                                                                                                                                                              | 60 VCaps  | \$43.72 | \$32.79  |
| #PE-23001 | <b>Vitamin-D 2000 IU</b>                                                                                        | While studies show that 2,000 IU - 10,000 IU of vitamin D per day may be needed for optimal health, most Americans get less than 400 IU. Vitamin D supports: <ul style="list-style-type: none"> <li>• Healthy Bones &amp; Brain Function*</li> <li>• Immune &amp; Cardiovascular System*</li> <li>• Healthy Blood Sugar Levels</li> <li>• Breast &amp; Prostate Health*</li> <li>• Helps the body absorb calcium &amp; deposit it into the bones</li> </ul>                                                                                                                       | 30 Caps   | \$9.55  | \$7.16   |
| #PE-24002 | <b>Vitamin-D 5000 IU</b><br> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | 30 Caps   | \$10.92 | \$8.19   |
| #PE-09001 | <b>Whole-C™</b><br>          | Whole-C™ is a whole food concentrate made from eco-sustainable, wild crafted camu camu berries from the Amazon rain forest. It contains the ENTIRE vitamin C complex found only in whole foods (not just the fractional ascorbic acid). Buckwheat sprouts, lemon peel, elderberry, cranberry, blueberry, raspberries and pomegranates are included to synergize its effects, along with BioPerine® to enhance its absorption.* Together, these ingredients: <ul style="list-style-type: none"> <li>• Support Immune Health*</li> <li>• Provide Antioxidant Protection*</li> </ul> | 30 Tabs   | \$13.65 | \$10.24  |

# Rapid Cell

## *Do You Battle with High Blood Pressure?*

*Are you worried about the side effects of the drug medications?*

*If so, HYPERTENOL may be just what you are looking for!*



### **Benefits of Hypertenol:**

- Normalize blood pressure levels. Help obtain and maintain desirable blood pressure levels in people who have not responded adequately to prescribed hypertension medication.
- Help obtain and maintain further desirable blood pressure levels (<130/85 mmHg) in patients who have been under control of prescribed hypertension medication.
- Help obtain and maintain normal blood pressure levels in patients who suffer the side effects from conventional hypertension medication and wish to discontinue it.
- Help improve and maintain a normal heartbeat in people who suffer from arrhythmia either with or without hypertension
- Improve breathing in people who complain of breathing difficulties caused from obesity or high blood pressure.

| Code # | Product Name | Description        | Count    | Retail  | You Pay! |
|--------|--------------|--------------------|----------|---------|----------|
| #91002 | Hypertenol   | Hypertenol Formula | 45 VCaps | \$29.99 | \$25.00  |



## *Immunol — Enhance Your Bodies' Immun Defense System!*

RapidCell Immunol works by enhancing the body's production of Immunoglobulin A (IgA), a sticky mucosal material, which is one of the most common of the five major classes of immunoglobulins and the chief antibody in the membranes of the gastrointestinal and respiratory tracts. IgA protects the body's mucosal surfaces from infection by binding to intruders such as allergens and preventing them from passing the surface layer of the body.

Immunol is mainly designed as an immune-modulator to help enhance and balance the entire immune system. When necessary, Immunol helps activate the body's own defense systems against viral, bacterial, fungal, parasitic and other harmful organisms, while providing balanced nutrition and helping to relieve stress, thus improving and achieving optimal immune function.

Immunol also assists the body in fighting allergies.

Immunol is a unique combination of botanical extractions from date fruit, olive leaf and astragalus and eluthero, which are then bio-enhanced with the patent pending B.E.E. technology.

Immunol enhances and balances the entire immune system. It promotes normal urination in many people with incontinence, and acts as an immune modulator. It activates the body's own defenses against viral, bacterial, fungal and other harmful organisms, and strengthens the body's natural immunity and resistance to allergies.

Immunol promotes liver and cardiovascular function, increases proliferation of bone marrow stem cells, and increases the antibody levels of IgA and IgG. It potentiates the effects of interferon, aids people with autoimmune disorders, supports adrenal gland function, and enhances the body's ability to cope with stress.

| Code #   | Product Name | Description     | Count    | Retail  | You Pay! |
|----------|--------------|-----------------|----------|---------|----------|
| #RCT-IMM | Immunol      | Immunol Formula | 45 VCaps | \$26.95 | \$21.75  |

# Tea Tree Therapy

| Code #  | Product Name                    | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Count    | Retail  | You Pay! |
|---------|---------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|----------|
| #92060  | Pure Tea Tree Oil               | A natural antiseptic packaged in an amber bottle to protect the oil from the harmful effects of light. Pharmaceutical grade guaranteed by analysis. Apply to cuts, abrasions, bites, stings and whenever a natural antiseptic is needed.                                                                                                                                                                                                                                                       | 2 oz.    | \$19.50 | \$17.55  |
| #92120  | Antiseptic Cream                | Fast acting and readily absorbed into the skin. The antiseptic properties provide natural relief from minor skin irritations such as sunburn, windburn, minor cuts, abrasions, insect bites, and rashes. It is especially helpful in stopping the itching associated with chicken pox and shingles and aids in healing. For use with Pets, apply antiseptic cream to hot spots.                                                                                                                                                                                                  | 4 oz.    | \$7.49  | \$6.75   |
| #92369  | Antiseptic Tea Tree Liquid Soap | Antibacterial Liquid Soap is the ideal hand and face soap for everyday use. We have added Aloe Vera gel and extracts of Chamomile, Calendula and Elderflower to make a soothing nurturing formula that takes care of your hands as well as being antiseptic.                                                                                                                                                                                                                                                                                                                     | 8 oz.    | \$6.49  | \$5.85   |
| #92500  | Cinnamon Tea Tree Toothpicks    | Cinnamon Toothpicks are made from birchwood infused with Tea Tree Oil and other natural extracts. Tea Tree Oil's natural antiseptic properties help freshen the breath and kill bacteria that causes plaque and tartar. Their long lasting flavor can be an aid to those giving up smoking and snacking.                                                                                                                                                                                                                                                                         | 100/Pack | \$3.59  | \$3.15   |
| #92010  | Tea Tree Mint Toothpicks        | Mint Toothpicks are made from birchwood infused with Tea Tree Oil and other natural extracts. Tea Tree Oil's natural antiseptic properties help freshen the breath and kill bacteria that causes plaque and tartar. Their long lasting flavor can be an aid to those giving up smoking and snacking.                                                                                                                                                                                         | 100/Pack | \$3.59  | \$3.15   |
| #92005  | Natural Toothpaste              | Toothpaste with Baking Soda and Tea Tree Oil provides a dual cleaning system of Calcium Carbonate and Sodium Bicarbonate for every day use. Tea Tree Oil provides antiseptic qualities which inhibit the growth of bacteria which cause plaque, tartar, bad breath and tooth decay. It helps in the treatment of gum conditions and assists in controlling mouth ulcers. There is no fluoride or artificial sweeteners and parsley seed oil has been added to freshen the breath.                                                                                                | 5 oz.    | \$5.49  | \$5.00   |
| #92003  | Natural Whitening Toothpaste    | Whitening Toothpaste with Tea Tree Oil provides extra whitening especially if teeth are stained. Dicalcium Phosphate and Silica are gentle low abrasive polishers. They are the same ingredients Dentists use to polish your teeth after a dental cleaning. Tea Tree Oil's natural antiseptic properties inhibit the growth of bacteria which cause plaque and tooth decay. It helps in the treatment of gum conditions and assists in controlling mouth ulcers and bad breath. The formula contains no artificial sweeteners or fluoride and has a pleasant natural mint taste. | 3 oz.    | \$5.25  | \$5.05   |
| #92606  | Suppository                     | Suppositories with Tea Tree Oil provide vaginal hygiene. Each suppository contains approximately 200mg of Tea Tree Oil in a vegetable base.                                                                                                                                                                                                                                                                                                                                                                                                                                      | 6/Box    | \$12.99 | \$11.50  |
| #92300  | Tea Tree/Eucalyptus Bar Soap    | Eucalyptus Vegetable Base Soap is a gentle ex-foliating soap that combines the antiseptic properties of Tea Tree Oil, Lavender Oil and Eucalyptus Oil.                                                                                                                                                                                                                                                                                                                                                                                                                           | 3.5 oz.  | \$3.79  | \$3.40   |
| #920506 | Tea Tree Oil Ointment           | Antiseptic Ointment is a 100% natural treatment that combines antiseptic, therapeutic doses of pure Tea Tree Oil, Eucalyptus Australian oil and Lavender Oil. It is the ideal treatment to protect and treat cuts, abrasions, chafing, rashes and other skin irritations. Eucalyptus Australian from the Banalasta Plantation is a milder more medicinal Eucalyptus more suitable for use on the skin. In a Beeswax and olive oil base. Does not contain any petrochemicals or mineral oil.                                                                                      | 2 oz.    | \$10.95 | \$9.55   |

# Thorne



One of THORNE's specialties is HEAVY METAL DETOX. They have been successful in helping many people with their products. There are places online where you can order before/after tests, to see if you are actually getting rid of the excess heavy metals in your system.

| Code #  | Product Name               | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Count                  | Retail  | You Pay! |
|---------|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|---------|----------|
| #T95032 | THORNE Heavy Metal Support | In addition to depleting unwanted toxins, detoxification can also deplete important metals and minerals. Thorne's Heavy Metal Support helps maintain the normal balance of metals and minerals in the body and can be used as an adjunct to other Thorne detox support products, such as Pectinate. The selenium and alpha-lipoic acid in Heavy Metal Support increase levels of the important detoxification antioxidant glutathione. Heavy Metal Support can replenish the magnesium typically lost during detoxification. It also helps maintain manganese, copper, and molybdenum at healthy levels. The zinc in Heavy Metal Support increases the production of metallothionein, which helps protect the kidneys. Uva ursi and marshmallow root are kidney-protective botanicals.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | 120 VCaps              | \$31.00 | \$24.45  |
| #T06071 | THORNE Pectinate           | <b>THORNE Pectinate, Ph-Modified Citrus Pectin Powder, Detox Support</b> contains modified citrus pectin and alginate plus R-lipoic acid to support gentle detoxification. Thorne's Pectinate contains citrus pectin that has been pH-modified, which breaks the citrus pectin molecule into much smaller pieces that are better absorbed into the bloodstream. Modified citrus pectin acts by surrounding and trapping metal ions, which allows the metal ions to be gently eliminated from the body. Alginate, from seaweed, is comprised of chains of polysaccharides that also act by surrounding and trapping metal ions. Finally, R-lipoic acid is a sulfur-containing antioxidant that binds to metal ions. R-lipoic acid also increases the level of the body's premier intracellular antioxidant glutathione, in addition to having its own antioxidant activity in the body.<br><b>Customer testimony:</b> <i>Easy to drink...pleasant taste.. has helped with food allergies and general feeling healthier... awaiting second heavy metal test results from Thorne to see if Mercury level goes down after 4 months of use, 2 scoops/2xday... Got results back and mercury down to safe level... also tested for lead and other heavy metals after scraping and painting my house and mercury was down on this independent lab test as well! Will continue with a maintenance dose and retest in 4 months...</i> | 8.7 oz.<br>60 Servings | \$99.00 | \$67.50  |

# Transformation Enzymes



Eating healthy food is extremely important, but sometimes, due to a lack of enzymes, your body is not able to break down the food you are eating, so no matter how healthy it is, you do not benefit from it like you should. I would like to introduce you to Transformation Enzymes, a company that specializes in ENZYMES. We've been selling TE products for many years now and have very happy customers. If you need help deciding which one may benefit you most, don't hesitate to call me. Consultations are FREE: 888-332-6343. The products will be organized here by CATEGORY.

\*TPP stands for Transformation Professional Protocol.

| Code #  | Product Name      | Digestive Enzymes                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Count           | Retail  | You Pay! |
|---------|-------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------|----------|
| #T40023 | TPP               | A comprehensive digestive enzyme formula that addresses the breakdown of difficult to digest carbohydrates-protein combinations such as endosperm + gluten in wheat and lactose + casein in dairy products. Beneficial for those with Gluten intolerance; Celiac; Autism; Casein intolerance; Food Sensitivities and Digestive Wellness.                                                                                                                                      | 90<br>VCaps     | \$54.00 | \$40.50  |
| #T40025 | Carbo-G           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 180<br>VCaps    | \$98.00 | \$73.50  |
| #T40031 | TPP               | Our most therapeutic and comprehensive digestive formula, the best choice for those with chronic or serious health challenges. May be used by anyone. Especially good for: Inability to digest FAT, CHO, PRO; Gallbladder Removed; Cardiovascular Disease; Bloating, Indigestion, GERD; Obesity; Hormone Imbalance; Pancreatic insufficiency.                                                                                                                                 | 60<br>VCaps     | \$42.00 | \$31.50  |
| #T40035 | Digest            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 120<br>VCaps    | \$73.00 | \$54.75  |
| #T10051 | DigestZyme        | Best choice for those with "GUT sensitive" symptoms such as IBS, frequent Nausea, frequent intolerance to Rx and/or supplements. Small, easily swallowed. May be taken by anyone. Excellent for nausea during pregnancy. Probiotics in this formula do not need refrigerated. Beneficial for: Wellness & Prevention; Sensitive GI tract; IBS; Gall bladder distress; Nausea & Vomiting; Burping, Belching & Indigestion; Chemical & Environmental sensitivities; Infant Colic | 120<br>VCaps    | \$36.00 | \$27.00  |
| #T10055 |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 240<br>VCaps    | \$64.00 | \$48.00  |
| #T10057 |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 360<br>VCaps    | \$88.00 | \$66.00  |
| #T10111 | DigestZyme Powder | For those unable to swallow a capsule...this is the same formula as Kidz Digest. Suitable for pets.                                                                                                                                                                                                                                                                                                                                                                           | 125<br>Servings | \$48.00 | \$36.00  |
| #T10081 | LypoZyme          | This is a good addition to other digestive formulas when extra focus is needed for fat digestion or fat imbalances. Very well tolerated. Promotes absorption of EFAs; Additional support for fat digestion, cardiovascular health & weight reduction.                                                                                                                                                                                                                         | 60<br>VCaps     | \$30.00 | \$22.50  |
| #T70011 | Kidz Digest Pwd.  | For those unable to swallow a capsule...this is the same formula as Kidz Digest. Suitable for pets.                                                                                                                                                                                                                                                                                                                                                                           | 125<br>Servings | \$48.00 | \$36.00  |
| #T70021 | Kidz Digest Chews | Very similar to Kidz Digest Powder, but in a CHEWABLE format                                                                                                                                                                                                                                                                                                                                                                                                                  | 30<br>Chews     | \$17.00 | \$12.75  |
| #T70025 |                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 180<br>Chews    | \$64.00 | \$48.00  |

# Transformation Enzymes

| Code #                                                                                                                                                                                                                                                                                                            | Product Name           | Proteolytic Enzymes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Count                             | Retail                        | You Pay!                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------------|-------------------------------|
| <b>For Circulation, Immunity, Inflammation &amp; Detoxification</b>                                                                                                                                                                                                                                               |                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                   |                               |                               |
| #T40081<br>#T40085                                                                                                                                                                                                                                                                                                | TPP<br>Protease        | First choice for those with Cancer; Arthritis; Heart Disease; Chronic Fatigue; Fibromyalgia; Bacterial/Viral/Fungal Infections; Hepatitis; Kidney Disorders/Renal Insufficiencies; Eczema/Psoriasis; Asthma/Emphysema; All Hormone Imbalances; Auto-Immune Disorders; Autism; Diabetes; Muscle Strains/Soreness/Injuries & Surgeries. Better to take small doses throughout the day rather than 1 or 2 times/day.                                                                                                                          | 60<br>VCaps<br>120<br>VCaps       | \$42.00<br>\$75.00            | \$31.50<br>\$56.25            |
| #T40051<br>#T40055                                                                                                                                                                                                                                                                                                | TPP<br>Protease<br>IFC | <b>Transformation's Professional Protocol™ Protease IFC</b> is a unique proprietary formulation of active proteolytic enzymes, vitamins, minerals, and herbs designed to support a healthy muscular system.<br><br>The normal experience of exercise can include muscle aches and minor pains. This supplement is a highly effective formulation with enzymes, vitamins, minerals, and herbs designed to promote overall wellness for oxidative stress and is especially beneficial for supporting muscle pain and fatigue after exercise. | 60<br>VCaps<br>120<br>VCaps       | \$39.00<br>\$68.00            | \$29.25<br>\$51.00            |
| #T10121<br>#T10123                                                                                                                                                                                                                                                                                                | PureZyme               | Slightly gentler formula for those who are sensitive to detoxification. Will benefit those with same symptoms as Protease does. Small capsules.                                                                                                                                                                                                                                                                                                                                                                                            | 120<br>VCaps<br>200<br>VCaps      | \$44.00<br>\$66.00            | \$33.00<br>\$49.50            |
| Code #                                                                                                                                                                                                                                                                                                            | Product Name           | Probiotic Formulas                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Count                             | Retail                        | You Pay!                      |
| <b>Consider adding probiotics to your daily regime if you are dealing with:</b><br><b>Digestive Disorders; Constipation; Diarrhea; IBS; Gas &amp; Bloating; Dysbiosis;</b><br><b>Frequent antibiotic use; Weakened immunity; Lactose intolerant;</b><br><b>Viral &amp; Bacterial Infections; Yeast Infection.</b> |                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                   |                               |                               |
| #T40075<br>#T40076                                                                                                                                                                                                                                                                                                | Probiotic<br>42.5      | Transformations MAXIMUM strength ~A blend of 10 bacteria providing 42.917 Billion. No soy, completely non-allergenic.                                                                                                                                                                                                                                                                                                                                                                                                                      | 30 VCaps<br>60 VCaps              | \$55.00<br>\$107.00           | \$41.25<br>\$80.25            |
| #T40073<br>#T40071<br>#T40072                                                                                                                                                                                                                                                                                     | Probiotic              | This is a blend of 6 bacteria common to the human GI tract. It has been formulated to mirror the proper ratios of these bacteria as found in the healthy GI tract and helps to maintain optimal flora to reduce GI discomfort.                                                                                                                                                                                                                                                                                                             | 30 VCaps<br>60 VCaps<br>120 VCaps | \$20.00<br>\$36.00<br>\$64.00 | \$15.00<br>\$27.00<br>\$48.00 |
| #T10101                                                                                                                                                                                                                                                                                                           | Plantadophilus         | Well tolerated by everyone, time-tested formula contains the single bacteria Lactobacillus Plantaru. Good for those suffering from: IBS; Crohn's; Celiac; Excessive gas & bloating; Chronic constipation; Yeast infections; candida; Sore throat; Mouth sores.                                                                                                                                                                                                                                                                             | 90<br>VCaps                       | \$32.00                       | \$24.00                       |

# Transformation Enzymes

| Code #             | Product Name       | Digestive Discomfort Formulas                                                                                                                                                                                                                                                                                                                                                                                                                       | Count                  | Retail             | You Pay!           |
|--------------------|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|--------------------|--------------------|
| #T40041<br>#T40043 | TPP Gastro         | Especially for those suffering from Heartburn; Indigestion; GERD (acid reflux); Gastritis; Esophagitis; Diarrhea; Nursing mothers to promote lactation; Excess mucus production. Stronger than GastroZyme                                                                                                                                                                                                                                           | 60 VCaps<br>90 VCaps   | \$36.50<br>\$48.50 | \$30.25<br>\$36.40 |
| #T10071<br>#T10073 | GastroZyme         | First choice for chronic diarrhea & extremely sensitive GI tracts; Inflammation of the upper and lower GI tract such as heartburn, upset stomach, sour stomach, gastritis, ulcers, colitis, Crohn's and celiac; Inflammation and discomfort associated with UTI; Excess mucous production, allergies, colds, asthma & sinus congestion.                                                                                                             | 100 VCaps<br>270 VCaps | \$30.00<br>\$72.00 | \$22.50<br>\$54.00 |
| #T30171            | Intestinal Support | If you suffer from Candida; Thrush; Vaginal Yeast infections; Fungal infections on skin & toes; Excess gas & bloating, this may help you a lot.                                                                                                                                                                                                                                                                                                     | 60 VCaps               | \$22.00            | \$16.50            |
| #T10131            | Release-Zyme       | Especially for those suffering from: Chronic Constipation (those who have experienced constipation all their life or for a LONG time); few than 1 BM a day; and to help with bowel regularity.                                                                                                                                                                                                                                                      | 100 VCaps              | \$31.00            | \$23.25            |
| Code #             | Product Name       | Immune System Support                                                                                                                                                                                                                                                                                                                                                                                                                               | Count                  | Retail             | You Pay!           |
| #T30251            | Immune AV          | Especially good for those suffering from: Pneumonia; Hepatitis; Herpes; HIV; and other Viral Infections                                                                                                                                                                                                                                                                                                                                             | 60 VCaps               | \$31.50            | \$23.60            |
| Code #             | Product Name       | Cell Nutrition Formulas                                                                                                                                                                                                                                                                                                                                                                                                                             | Count                  | Retail             | You Pay!           |
| #T40123<br>#T40125 | Joint Health       | This unique combination of NEM (a whole food source of glucosamine, chondrotin, dermatan, and more) and enzymes supplies whole food nutrients for healthy joints, helps balance the fluids in and around the joint, and reduces inflammation, thus reducing pain and improving flexibility. Especially for Joint pain; Degenerative joints; Stiffness or swelling of joints; Osteoarthritis; Healthy aging; Sports injuries; Alternative to NSAIDS. | 30 VCaps<br>60 VCaps   | \$52.50<br>\$98.50 | \$39.40<br>\$74.00 |
| #T10161            | Super CellZyme     | A whole foods product that will help fill in the holes from poor diet, limited diet, malnutrition, low energy and a stressful lifestyle.                                                                                                                                                                                                                                                                                                            | 90 VCaps               | \$36.00            | \$27.00            |
| #T10145            | RepairZyme         | For any condition in which tissue repair is needed including surgery and injuries and muscle strains; Good for skin repair, too.                                                                                                                                                                                                                                                                                                                    | 120 VCaps              | \$49.00            | \$36.75            |

# Transformation Enzymes

| Code #  | Product Name      | Detoxification Formulas                                                                                                                                                                                                                                                                                                                                                                                    | Count     | Retail  | You Pay! |
|---------|-------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|---------|----------|
| #T30191 | TPP Liver Support | For all types of toxicity including environmental toxicity, bowel toxicity and constipation; alcohol & drug abuse; liver or lymphatic stress and congestion; elevated cholesterol; fatty liver; hormone balance and elevated ALT/AST.                                                                                                                                                                      | 60 VCaps  | \$20.00 | \$15.00  |
| #T10321 | H-Drain           | Helpful for severe toxicity to lesson the detox symptoms and helpful for fatigue due to poor circulation and congested blood.                                                                                                                                                                                                                                                                              | 1 oz.     | \$25.00 | \$18.75  |
| #T10311 | K-Drain           | Wonderful for: Kidney support & health; Fluid retention/edema; Lymphatic congestion; Tubules; Kidney Stones, kidney stress, decreased kidney function, elevated BUN/creatinine; Support for Detoxification protocols; Acidosis (low urine pH).                                                                                                                                                             | 1 oz.     | \$25.00 | \$18.75  |
| #T10315 |                   | 4 oz.                                                                                                                                                                                                                                                                                                                                                                                                      | \$72.00   | \$54.00 |          |
| #T10301 | L-Drain           | Especially for Lymphatic congestion; Lymphedema; Fluid retention and Support for Detoxification Protocols.                                                                                                                                                                                                                                                                                                 | 1 oz.     | \$25.00 | \$18.75  |
| #T10305 |                   |                                                                                                                                                                                                                                                                                                                                                                                                            | 4 oz.     | \$72.00 | \$54.00  |
| Code #  | Product Name      | Energy Balancing Formulas                                                                                                                                                                                                                                                                                                                                                                                  | Count     | Retail  | You Pay! |
| #T10031 | CalmZyme          | Great for: Insomnia; Hypertension; Anxiety/ADD Disorders; Inability to focus or stay focused/hyperactivity; Migraines & Stress Headaches; Adrenal fatigue; Stressful lifestyle                                                                                                                                                                                                                             | 100 VCaps | \$28.50 | \$21.40  |
| #T10061 | ExcellZyme        | Good for: General fatigue or sluggishness; Mental fog, lack of focus; Loss of memory; Dizziness                                                                                                                                                                                                                                                                                                            | 60 VCaps  | \$25.00 | \$18.75  |
| #T80011 | ReZEN             | Designed to help with: Stress/chronic stress; Chronically elevated cortisol; Anxiety disorders; Depression; ADHD; Memory Loss; Dementia; Alzheimer's; Parkinson's; Addiction; Insomnia; Panic Attacks. Calms & relaxes without a sedative feeling. This product is a cognitive enhancer supplement that improves cognitive function, particularly executive functions, memory, creativity, and motivation. | 90 VCaps  | \$42.00 | \$31.50  |
| Code #  | Product Name      | Weight & Lipid Management Formulas                                                                                                                                                                                                                                                                                                                                                                         | Count     | Retail  | You Pay! |
| #T10021 | Balance-Zyme Plus | Beneficial for Weight Management; Appetite Control; Blood Sugar Balance; Diabetes; Metabolic Syndrome. It also helps to lower cholesterol.                                                                                                                                                                                                                                                                 | 90 VCaps  | \$44.00 | \$33.00  |
| #T40061 | TPP Lypo          | This product is good to help: Lower Cholesterol; Lower High Triglycerides; Obesity; Cardiovascular Disease; Diabetes and Metabolic Syndrome. May be taken with Prescription Meds for lowering cholesterol and/or blood sugars (monitor blood sugar closely).                                                                                                                                               | 60 VCaps  | \$42.00 | \$31.50  |

There are several Transformation Enzyme products that are not listed here because they have animal products in them. I do not believe that supplements made from dead animals are healthy for us so I do not stock them, but if you want them, I can order them for you.

# Order Form - Better Than Greens

| BILL TO: |        |      | SEND TO: |        |      |
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| Name:    |        |      | Name:    |        |      |
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| Phone:   |        |      | Phone:   |        |      |
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| <b>Make Checks Payable to: Better Than Greens • Fax Order Form To: 440-224-1265</b><br><b>Mail Order Form To: 5464 State Rd. • Kingsville, OH 44048</b><br><br><b>Shipping Fees:</b> Orders over \$80 ship for FREE. Orders less than \$80:<br>East of the Mississippi: \$8.00 • West of the Mississippi: \$10.00 • West Coast: \$12.00<br>All orders 15 oz or less will ship First Class Mail for \$5.00 shipping. Hawaii and Alaska,<br>please add \$20.00 for shipping. | Grand Total   |

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*The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.*

—Ministry of Healing, 241



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*There are multitudes today as truly under the power of evil spirits as was the demoniac of Capernaum. All who willfully depart from God's commandments are placing themselves under the control of Satan.*

*Many a man tampers with evil, thinking that he can break away at pleasure; but he is lured on and on, until he finds himself controlled by a will stronger than his own. He cannot escape its mysterious power.*

*Secret sin or master passion may hold him a captive as helpless as was the demoniac of Capernaum.*

*Yet his condition is not hopeless. God does not control our minds without our consent; but every man is free to choose what power he will have to rule over him. None have fallen so low, none are so vile, but that they may find deliverance in Christ. The demoniac, in place of prayer, could utter only the words of Satan; yet the heart's unspoken appeal was heard. No cry from a soul in need, though it fail of utterance in words, will be unheeded. Those who consent to enter into covenant with God are not left to the power of Satan or to the infirmity of their own nature.*

—Ministry of Healing, 92-93

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## The Fence, or the Ambulance?

'Twas a dangerous cliff, as they freely confessed,  
Though to walk near its crest was so pleasant.  
But over its terrible edge there had slipped  
A duke and full many a peasant.

So the people said something would have to be done,  
But their projects did not at all tally,  
Some said, "Put a fence 'round the edge of the cliff;"  
Some, "An ambulance down in the valley."

But the cry for the ambulance carried the day,  
For it spread through the neighboring city;  
A fence may be useful or not, it is true,  
But each heart was brim full of pity  
For those who slipped over that dangerous cliff;  
And the dwellers in highway and valley  
Gave pound or gave pence, not to put up a fence,  
But an ambulance down in the valley.

"For the cliff is all right if you're careful," they said,  
"And if folks even slip or are dropping,  
It isn't the slipping that hurts them so much  
As the shock down below when they're stopping."  
Then an old sage remarked, "It's a marvel to me  
That people give far more attention  
To repairing results than to stopping the cause,  
When they'd much better aim at prevention.

"Let us stop at its source all this mischief," cried he,  
"Come, neighbors and friends, let us rally,  
If the cliff we will fence we might almost dispense  
With the ambulance down in the valley."

"Oh, he's a fanatic," the others rejoined.  
"Dispense with the ambulance? Never!  
He'd dispense with all charities, too, if he could;  
But no! We'll protect them forever;  
Aren't we picking folks up just as fast as they fall?  
And shall this man dictate to us? Shall he?  
Why should people of sense stop to put up a fence  
While their ambulance works in the valley?"

But a sensible few who were practical, too,  
Will not bear with such nonsense much longer,  
They believe that prevention is better than cure  
And their party will soon be the stronger.  
Encourage them, then, with your purse, voice and pen,  
And (while other philanthropists dally)  
They will scorn all pretense and put up a stout fence  
On the cliff that hangs over the valley.

— John. N. Hurty, M.D.

We are not Doctors, so we must tell you that before you change or discontinue your medications, or add any supplements, you should talk with your Physician. Please consult with them and make sure they know what you are doing.

**Disclaimer: The statements in this catalog have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.**

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