

AUTUMN of 2023



# NUTRI CHOICE

HEALTH THE NATURAL WAY

## **We've MOVED!!**

See page 3 for more details,  
In 'Our Letter from Us to You'

**FREE shipping**  
**Orders \$99+**  
\*See page 66

**OPEN: Mon. - Fri. 8:00 - 6:00 - Sat. 8:00 - 12:00 - CLOSED Sunday**

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



Basil



Bayleaf



Chives



Cilantro



Cinnamon



Coffee



Dill



Garlic



Ginger



Lavender



Mint



Oregano



Parsley



Rosemary



Sage



Tarragon



Thyme



Turmeric

**NEW! Simply Organic Spices - See page 23**

# A LETTER FROM US TO YOU

**Autumn** is here! Our weather still hasn't decided which it will be yet. But the calendar marks closer to Thanksgiving than the 4<sup>th</sup> of July.

For those who missed it in our Summer Catalog of this year:

**Nutri-Choice has MOVED!**  
**604A North Division Street**  
**Colby, WI 54421**

**IMPORTANT NOTE:** We receive our mail through:  
**PO Box 237, Colby, WI 54421**

**Our** weekday hours have extended! Saturday hours are still 8AM-NOON. And Sundays are CLOSED as usual. But Monday-Friday we are now open **8AM until 6PM**, making it more accessible to people working their 9-5.

**We** look forward to seeing you!

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**Slowly** growing & reaching out into the depths of available spaces - we are also online! You can find us at [www.nutrichoicewis.com](http://www.nutrichoicewis.com). In addition, you can follow us on Facebook and Instagram to stay updated on new products, days we're closed, and getting to know us!

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**Due** to the extra packaging and careful effort that our team puts into safely shipping liquids, we now apply a **Liquid Shipping Surcharge** on items of 16 fluid oz and above. On each bottle: 16 oz - \$1, and 32 oz - \$2, and Gallons are \$3 each. (see page 66 for more details)

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**Working** together here at Nutri-Choice, it's our mission to serve well. We put effort towards helping our customers feel at ease, when either shopping in our store or when calling-in their order.

**Sending** you, a friendly welcome & thanks for all your support as we grow more available to our communities - Bless You All with a joyful, healthy, & abundant 2023—and ongoing!

*Curtis & Rosetta Troyer Family*  
*Monica Riese*  
*Melody Miller*

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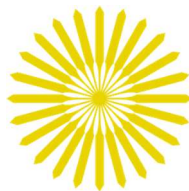


**XLEAR**

**LiquidHealth**



**Terry Naturally**  
Vitamins



**DANDY BLEND**





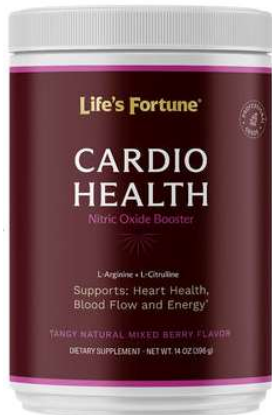


# 1 - Amino Acids

## L-ARGININE

**Arginine & Ornithine** (500/250) – Protein Metabolism – Nitric Oxide Promoter – Urea Detox  
0042 250 caps.....\$25.95

**Cardio Health** - Life's Fortune – Nitric Oxide Booster – designed to support energy, heart health, & circulation – a blend of **L-Arginine & L-Citrulline** - Mixed Berry Flavor



40015 16.8 oz.....\$34.95

**L-Arginine** - Nitric Oxide Precursor - Pure - 500 mg per capsule  
0030 100 caps .....\$8.95

**L-Arginine Powder - PURE**  
0210 1 lb.....\$27.76

**L-Arginine Complete FNX (Fenix)** - Mixed Berry flavor –  
10.5 oz.....\$30.95

## L-CARNITINE

**L-Carnitine Liquid** 1000mg – Highly Absorbable – Fat Metabolism – Non-GMO – blended with B6 & Pantothenic Acid – sweetened with stevia

**Citrus**  
0065 16 oz.....\$15.95

**Tropical Punch**  
0066 16 oz.....\$15.95

**L-Carnitine** - 500 mg  
0073 180 caps .....\$43.99

## L-LYSINE

**L-Lysine**- NOW brand – commonly used for the immune system, blood sugar management, skin health, collagen production, mood support & cold sores

0100 100 tabs.....\$ 5.95  
0102 250 tabs.....\$11.79

**L-Lysine** 500 mg  
0110 100 caps .....\$7.95

**L-Lysine SOLGAR- 500mg** - Free Form – Skin & Tissue Support



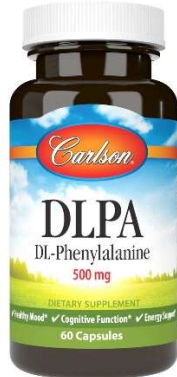
S1682 250 caps.....\$23.95

## MISC. AMINO ACIDS

**Acetyl-L-Carnitine** 500 mg  
0075 50 count .....\$11.50  
0076 100 count.....\$19.95

**Amino Complete – 20 Aminos**  
0011 120 caps .....\$11.95  
0013 360 caps .....\$28.95

**DLPA** – 500mg DL-Phenylalanine – healthy mood – cognitive function – energy support – helps supports endorphins and feelings of wellbeing



7916 60 caps.....\$10.95

**Gaba** see page 50

**N-A-C** 600 mg of N-acetyl Cysteine in each capsule – free radical protection – formulated with selenium & molybdenum – maintains cellular health  
0085 100 caps .....\$14.95

**L-Carnosine** 500 mg  
0079 100 caps .....\$38.95

**L-Citrulline** NOW. 750 mg. Promotes cardiovascular health.  
0083 90 caps.....\$18.34

**L-Glutamine** most commonly known from weight loss, building muscles, and supporting digestion – used for IBS  
0221 1 lb powder.....\$25.95  
0220 6 oz. powder....\$12.95  
0094 120 caps.....\$15.95

**L-Glutathione** – reduced active form - detoxification support-  
0096 60 caps.....\$17.03

**L-Methionine** 500 mg – commonly known for supporting cell function  
0117 100 caps.....\$11.95

**L-Ornithine** 500 mg – Healthy Protein Metabolism  
0120 60 caps.....\$8.95  
0122 120 caps.....\$17.95

**L-Phenylalanine** 500 mg – Nervous System Support - used for  
0132 120 caps.....\$12.85

**Taurine** 500 mg each. Strengthens the heart. Also helpful in some cases for convulsions  
0140 100 caps.....\$6.95

**Taurine Double Strength** 1000 mg.  
0142 100 caps.....\$ 8.95

**L-Theanine** 100 mg – commonly used for calming anxiety and for restful sleep.  
0145 90 caps.....\$14.95

**L-Theanine Instant Dissolve** Superior Source – 200mg -  
90045 100 count .....\$18.95

**L-Tyrosine** 500 mg.  
0162 120 caps.....\$10.95

**L-Tyrosine** 700 mg. Highest potency.  
0165 90 caps.....\$13.25

**L-Tryptophan** - see page 50





# 2 – Antioxidants

## ALPHA LIPOIC ACID

**Alpha Lipoic Acid** - Each capsule contains 100 mg Alpha Lipoic Acid, 20mg Vitamin E, and 250 mg Vitamin C as Ascorbic Acid.

3040 60 v-caps .....\$ 7.35  
3041 120 v-caps .....\$13.95

**Alpha Lipoic Acid** 250 mg each –  
3042 60 caps .....\$11.95

**Alpha Lipoic Acid** EXTRA STRENGTH  
600mg - with 30mg Grape Seed Extract  
& 5mg Black Pepper

3045 120 v-caps .....\$34.95  
3046 60 v-caps .....\$17.95

## Co-Enzyme Q-10

**CoQ10 30mg**  
3184 60 caps .....\$7.95

**Co-Q10 50mg** -with Vitamin E and  
Selenium.  
3193 100 softgels.....\$19.95

**CoQ10 60mg with Omega 3**  
3163 60 softgels.....\$12.95  
3166 120 softgels.....\$23.95

**Bio Co-Q10 100 mg** Solaray.-  
100mg  
9012 60 softgels .....\$28.95

**CoQ10 100mg**—Hawthorne Berry  
3210 30 v-caps .....\$10.99  
3212 90 v-caps .....\$24.95  
3213 180 v-caps.....\$46.95

**Q-10 Softgel 100 mg** –vitamin E  
3208 50 softgels .....\$14.95  
3209 150 softgels.....\$39.95

**CoQ10 150 mg** with Soy Lecithin  
3218 100 caps .....\$32.95

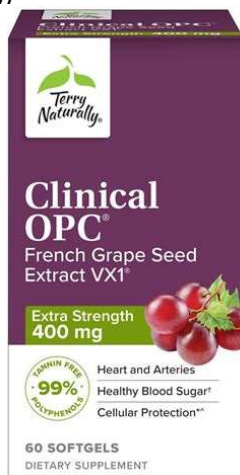
**Co-Q10 400mg + 20mg** Vitamin E &  
Sunflower Lecithin – Not made with Soy  
3198 60 softgels .....\$45.85

**Chewable Co-Q10 200mg** + Vit E  
3197 90 lozenges.....\$35.37

**CoQ10 600mg + 20mg** of Vitamin E  
3182 60 softgels.....\$65.95

## GRAPE SEED

**Clinical OPC- French Grape Seed**  
from Terry Naturally – *Heart & Arteries*  
– *Healthy Blood Sugar* – *Cellular*  
*Protection*



11486 300mg 60 caps.....\$28.95  
28426 400mg 60sgels.....\$36.95

**Grapeseed Antioxidant**  
EXTRA Strength 250 mg  
3274 90 caps.....\$19.95  
100 mg  
3249 200 count (100 mg)\$24.95

## MISC. ANTIOXIDANTS

**Metabolic Complete** “Free Radical”  
protection - Powerful antioxidants &  
anti-aging properties – formulated to  
reduce/slow down oxidative stress.  
5EGI 60 caps.....\$55.97  
1 case price per bottle.....\$45.00  
4 case price per bottle.....\$40.00

**Natural Beta Carotene** Totally  
natural. Algae source. Not irradiated.  
Has several other carotenoids besides  
beta, and recent research shows that all  
are important.  
0322 180 softgels .....\$23.95

**Natural Resveratrol** Mega potency.  
200 mg. With red wine extract.  
3353 60 V-caps.....\$19.95

**Pycnogenol** 30 mg per capsule –  
Free Radical Scavenger– a blend of  
proanthocyanins from French maritime  
pine bark. Designed to help with joint  
tissues, skin & eye health!  
3264 60 count .....\$21.95  
3266 150 count.....\$46.95

**Rutin** NOW. 500 mg  
0735 100 caps.....\$12.95

**Super Antioxidants** A combination  
of 11 different super antioxidant food  
substances such as green tea, ginkgo...  
3320 60 caps.....\$13.95  
3322 120 caps.....\$24.95

## QUERCETIN

**Quercetin** is a very specialized  
bioflavonoid & immune support.  
*With allergies like hay fever, it often*  
*starts to relieve symptoms within a few*  
*hours. Also great for varicose veins.*

**Activated Quercetin – Source**  
**Naturals** - Serving size of 3 caps  
contains 788mg Vitamin C, 50mg of  
Magnesium Citrate, 1000mg of  
Quercetin, and 300mg of Bromelain  
(2,000CDG)  
35177 100 caps.....\$33.50  
SN1691 200 caps.....\$59.95

**Quercetin with Bromelain** NOW-  
Serving size of 2 caps contain 800mg of  
Quercetin and 165mg of 2,400 G.D.U.  
Bromelain. For those who use vitamin C  
separately, we feel this formula is stiff  
competition for the Activated Quercetin,  
above.



3070 120 v-caps.....\$25.95  
3071 240 v-caps.....\$48.95

**Quercetin** from Solaray 500 mg –  
vegan – respiratory & immune health!  
44685 90 ct.....\$20.75

**Liposomal Quercetin** – From Life’s  
Fortune – a high quality & highly  
absorbable form of quercetin – 250 mg  
per capsule  
00043 60 caps.....\$29.95

# 3 – Books & Home

## BOOKS

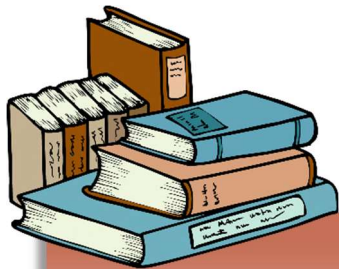
**A More Excellent Way** – a great read for those researching and looking for emotional root causes  
741019 .....\$24.95

**Be Your Own Doctor** An informative guide to herbal home health care. 101 stories, 329 pages.  
BYOD .....\$22.95

**Be Your Own Doctor II**  
26693 .....\$22.95

**Be Your Child's Pediatrician**  
BED.....\$22.95

**Back Yard Pharmacy**  
26691.....\$24.95



**If you have an interest for any other health books:**

The option for special ordering is available. Just give us the title, author, and *if needed*, the specific edition.

Thank you!



## DISH WASHING

**Ecover Dish Soap – Lime Zest Scent** – plant based ingredients – *great for cutting grease!*  
50007 25 fl oz .....\$5.95

**Sun & Earth Dish Soap – Citrus** – *Cuts the grease with the power of natural citrus oil*  
06706 24 fl oz .....\$4.95

**Rebel Green- Super Deluxe Dish Soap** – Sulfate FREE – scented with essential oils – plant based!

**Pink Lilac**  
06230 16 fl oz.....\$5.95

**Peppermint & Lemon**  
06223 16 fl oz.....\$5.95

**Seventh Generation Dish Soap** – Clementine & Lemongrass - *0% Artificial Fragrances*  
269169 19 fl oz.....\$6.95

**Seventh Generation Dish Soap Refill Size** - Fragrance FREE – *Tough on Grease*  
068640 50 fl oz.....\$12.95

**Dishwasher Detergent Gel** – Fragrance FREE – Free & Clear  
019355 42 fl oz .....\$9.95

**Dishwasher Detergent Gel– Lemon Scented** – *0% Artificial Fragrances, Dyes, Chlorine Bleach*  
068642 42 fl oz .....\$9.95

## LAUNDRY

**Rebel Green Laundry Detergent**  
An organic plant-based formula that is biodegradable and rinses clean. 3x concentrated formula

**Unscented**  
196973 64 oz.....\$19.95

**Lavender & Grapefruit**  
06162 64 oz.....\$19.95

**Pink Lilac**  
186329 64 oz.....\$19.95

**Seventh Generation** -Natural laundry detergent Fights Stains  
**Free & Clear** (Fragrance Free Formula)  
22803 90 fl oz.....\$22.95

**Fresh Citrus**  
45083 90 fl oz.....\$22.95

**Concentrated Laundry Detergent** – Seventh Generation – Free & Clear (Fragrance Free Formula) – *made for sensitive skin* – 66 loads -  
07527 50 fl oz .....\$21.95

**Liquid Fabric Softener - Seventh Generation** Free & Clear (Fragrance Free Formula)  
10019 32 fl oz .....\$ 8.95

**Fabric Softener Sheets** Seventh Generation -  
**Free & Clear** (Fragrance Free Formula)  
10036 80 sheets.....\$ 9.95

**Lavender Scented**  
22788 80 sheets.....\$ 9.95

## DIATOMACOUS EARTH

Despite this being known for pest/bug control – it can be taken internally **ONLY** when advertised as food-grade!!

**IMPORTANT:** take it slow! Starting dose recommended for an average adult is 1 teaspoon with a liquid of at least 12 oz. Diatomaceous Earth has a chalky consistency, so mixing it with food is good. Still take 12 oz of liquid with that! Since it works as a detox, it is common to feel a little off and may experience mild flu like symptoms. If that happens, take **less** Diatomaceous Earth and **more** water. As anything, be wise and pay attention to your body's symptoms.

**Diatomaceous Earth – chemical codex food-grade – mined, crushed & bagged in the USA-**

MA593 12 oz.....\$13.95  
MA595 1.5 pound.....\$18.95

## FRUIT & VEGGIE WASH

**Fruit & Vegetable Wash** Removes toxic residues from produce.  
54496 22 oz spray .....\$6.95

Apple Cider Vinegar works as a wonderful fruit & veggie wash as well  
**DIRECTIONS:**  
Fill your sink with water.  
Splash ¼ cup of the Apple Cider Vinegar  
Soak & swish them for 15 minutes.

# 4 – Botanicals & Herbs

## ALOE VERA

**Aloe Ace-Max** Immune & Anti-Inflammatory - Freeze-dried Aloe blended with EGI Enzymes – just 2 caps = 64 oz. of aloe juice! Making this a popular & powerful Aloe product.

7EGI 60 caps.....\$50.36  
1 case price per bottle.....\$40.00  
4 case price per bottle.....\$35.00

**Aloe Vera** Solaray Equivalent to 2 grams of fresh aloe vera gel.

000120 100 caps .....\$ 9.95

**Aloe Vera** Rated as 200:1. NOW  
3036 100softgels.....\$ 9.25

**Aloe Vera** Nature's Way 99.7% pure whole leaf juice. -from concentrate-  
14280 1 liter .....\$13.95

**Aloe Vera** Nature's Way 99.7% pure Inner leaf gel & juice! -from concentrate  
14283 1 liter Wild Berry....\$13.95

**Aloe Vera Concentrate** 40 to 1 concentrate. 4 oz equals one gallon regular aloe juice.  
3030 4 oz .....\$ 7.95

**Aloe Vera Leaf Gel** a soothing, moisturizing and healing Aloe Vera for topical applications



PAG8 8 oz.....\$8.95

**Aloe Vera Gel** Lily of the Dessert  
10032 32 oz.....\$8.95  
10128 1 gal.....\$31.95

**Freeze-Dried Aloe Vera Capsules** if for any reason, such as taste, traveling, convenience; etc. you are unable to use liquid you now have a product that is efficacious, palatable and easy to use.  
PA113 60 caps.....\$22.95

## Pharm Aloe Vera Juice

PA128 1 gallon.....\$29.95

## Pharm Aloe 4X Concentrate

PAC32 32 oz.....\$26.95

## BEE PRODUCTS



**Propolis** 500 mg per capsule - known to be an anti-inflammatory – supports a healthy immunity - prevents allergy reactions & encourages circulation - hair & skin support as well!  
2540 100 count.....\$11.95

**Propolis Extract EP300** - Terry Naturally – amazing support for immunity & respiratory, including ear health –for kids & adults!  
24296 60 caps.....\$21.95 **NEW**

**Royal Jelly** 1,000 mg per softgel – has been used to treat anxiety & depression – supports the immune system and can even be beneficial for those with high cholesterol  
2560 60 count .....\$12.95

**Beeswax Yellow** -block style–  
24240 4 oz.....\$12.95

**Beeswax Beads, Yellow**- Star West Filtered  
14226 4 oz.....\$9.95

**Bee Pollen Granules- Bulk** Great for fighting inflammation and bacteria. Improves nutrient utilization. And easy to add to your diet! Just sprinkle a little on your food or stir in a cold beverage. Do NOT cook it, as temperatures over 118° F will kill some of its good properties.



525 1lb.....\$20.95

## BULK HERBS

*There are obviously many more herbs in bulk, which we do not usually carry. Though upon request, we can try to special order it.*

## Alfalfa Leaf

00202 1 lb.....\$28.95

## Black Walnut Hulls



50626 1 lb.....\$34.95

## Blessed Thistle

50559 1 lb.....\$29.95

## Boneset

50648 1 lb.....\$37.95

## Bilberry Leaf

500297 1 lb.....\$23.95

## Burdock

500041 1 lb.....\$23.95

## Catnip Herb

500049 1 lb .....\$47.95

**Chamomile** Whole flowers – commonly used for sleep & digestion support -

50565 1 lb.....\$32.95

## Comfrey Leaf



4000065 1 lb.....\$28.95

## Comfrey Root

500284 1 lb.....\$25.72

## Corn Silk

00679 1 lb.....\$26.95

## Chickweed

1147 1 lb.....\$26.95

## Calendula Flowers

1802 1 lb.....\$23.95



**Dandelion Leaf**  
C596.....\$28.95

**Dandelion Root c/t – Raw**



500077 1 lb.....\$25.95

**Echinacea Root**  
50652 1/4 lb.....\$24.95  
081 1 lb.....\$74.95

**Echinacea Angustifolia Herb C/S**  
16123 1 lb.....\$34.95

**Echinacea Purpurea Herb C/S**  
02409 1lb.....\$29.95

**Elderberries- Whole- dried**



01212 1lb.....\$24.95

**Elderflowers**  
4 oz.....\$12.95  
C680 1 lb.....\$48.95

**Fennel Seeds-** a great breath freshening snack, acid reflux reducer, and even chemical toxicity - great on cabbage salads or even in scrambled eggs- also known to help burn fat -  
500089 1 lb.....\$12.95

**Fenugreek Seeds - Whole**



50645 1 lb.....\$10.95

**Ginger Root 1/4" Cuts**  
209850 1lb.....\$22.95

**Goldenrod Herb**  
321321 1lb.....\$22.95

**Goldenseal Root**  
654987 4oz.....\$79.95

**Hawthorn Leaf & Flower C/S**  
201590 1lb.....\$23.95

**Hawthorn Berries**  
02433 1lb.....\$20.95

**Hop Flowers**  
L-16011 1lb.....\$59.95

**Lavender Flowers**



20939 1lb.....\$24.95

**Lychee Black Tea**  
1 lb.....\$35.95

**Marshmallow Root Cut**  
50573 1 lb.....\$21.95

**Milk Thistle Seeds Whole**  
C1107 1lb.....\$20.95

**Mullein Leaf C/S**  
1236 1 lb.....\$25.95

**Nettle Leaf**  
500153 1 lb.....\$24.95  
10581 4 oz.....\$10.95

**Nigella Seeds- Whole-** also known as Kalonji or Black Cumin. It is used for  
15912 1lb.....\$14.95

**Oat Straw Herb –** well known to be taken by people who are depleted, always cold, or even chronic tiredness.  
15912 1lb.....\$20.95

**Oregano Herb**  
65421 1lb.....\$25.95

**Passionflower**  
1248 1 lb.....\$29.95

**Papaya Leaf**  
12521 4 oz.....\$ 8.95  
L15387 1 lb.....\$23.95

**Parsley Flakes**



12555 1 lb.....\$21.95

**Pau d'Arco** Flaked bark.



500261 1 lb.....\$24.95

**Pennyroyal Leaf**—helps gas, bloating, and even reduces swelling. Not safe for pregnant women

50585 1 lb.....\$24.95

**Peppermint** Cut & Sifted  
4 oz.....\$10.95  
50581 1 lb.....\$28.95

**Plantain Leaf**  
1 lb.....\$28.95

**Psyllium Husk WHOLE**  
209509 1lb.....\$16.95

**Red Clover Herb or Blossom**  
50587 1 lb.....\$29.95

**Red Raspberry Leaf** Cut & sifted.



50595 1 lb.....\$24.95

**Rosehips- WHOLE**  
209540 1lb.....18.95

**Sage** Cut



500201 1 lb.....\$20.95

**Sassafras Root C/S**  
01283 1lb.....\$99.95

**Shavegrass**  
500214 1lb.....\$21.95

**Spearmint Leaf** Cut & sifted.  
50596 1 lb.....\$31.95

**Slippery Elm Bark**  
p1036 1 lb.....\$52.95

**Senna**  
C1515 1 lb.....\$12.95



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**Thyme**  
 T1421 1 lb.....\$19.95  
 -----

**Valerian Root**



45A 1 lb.....\$32.95  
 -----

**Yarrow Fower Cut.**



C1755 16 oz .....\$21.95  
 -----

**Yerba Mate-** contains caffeine -  
 C1765 1 lb.....\$12.95  
 -----

**BULK HERBAL POWDERS**

*Unless noted otherwise, the package is 1 pound. Please do not order lesser sizes unless they are listed here.*  
 -----

**Activated Charcoal Powder**



4 oz. 210058.....\$16.95  
 1 lb. ACCP-33.....\$24.95  
**Alfalfa Juice Extract** 07210.....\$29.79  
**Arrowroot** 19230.....\$ 5.95  
**Apple Fiber** 1188.....\$13.95  
**Barley Grass** A1889.....\$34.95  
**Barberry Root** P195.....\$16.95  
**Beet Root** 50661.....\$ 9.95  
**Black Walnut Hull** 50625.....\$42.95

**Blessed Thistle** 00902.....\$29.95  
**Burdock Root** 11360.....\$23.95  
**Cascara Sagrada** 50630.....\$24.95  
**Cayenne**



40,000 heat units 50620.....\$22.95  
 90,000 heat units 50622.....\$23.95  
**Chaste Tree Berry** 11582.....\$15.95  
**Comfrey Root** A9988.....\$33.95  
**Fennel Seed** 03022.....\$14.95  
**Fenugreek Seed** 50321.....\$ 5.95  
**Garlic Powder** 500097.....\$31.95  
**Ginger Root** 50640.....\$21.95  
**Guar Gum** 1899.....\$22.95



**Hawthorne Berry** 55825.....\$22.95  
 4 oz - 55826.....\$ 8.95  
**Hop Flower** L-15911.....\$69.95  
**Horseradish Root** 50644.....\$16.95  
**Kelp** 75556.....\$ 8.95  
**Licorice Root** 500133.....\$20.95  
**Lobelia Leaf** 1565.....\$23.95  
**Marshmallow Rt** p1100.....\$29.95  
**Milk Thistle Seed** 50690.....\$21.95  
**Myrrh Gum** 50643.....\$39.95  
**Nettle Leaf** 51038.....\$33.95



**Parsley Leaf** 12556.....\$19.95  
**Passion Flower** 1583.....\$37.95  
**Pau D' Arco Bark** 54685.....\$19.95  
**Parsley Leaf** 12556.....\$19.95  
**Psyllium Husk** 09991.....\$13.95  
**Psyllium Seed** 60420.....\$19.95  
**Rhubarb Root** p1405.....\$26.95  
**Sage Leaf** 500201.....\$23.95  
**Shave Grass** P1530.....\$25.95  
**Sheep Sorrel** 17005.....\$23.95

**Slippery Elm Bark** 5061.....\$47.95  
 5060 4 oz.....\$12.95  
**Stevia Leaf** 52852.....\$22.95  
**Turmeric Root** 03058.....\$13.95  
**Valerian Root** 500232.....\$41.95  
**Wild Yam Rt** 02352.....\$62.95  
**Wheat Grass** 6oz 2710.....\$13.95  
**White Oak Bark** P1700.....\$44.95  
**Yellow dock root** 41320.....\$28.95  
 -----

**EMPTY CAPSULES**

**The Capsule Machine** "O" or "OO" sizes available- the "OOO" must be special ordered upon request  
*Easier and faster than filling by hand.*  
 5250 for "O" cap ..... \$19.99  
 5230 for "OO" cap ..... \$19.99



**Empty Gelatin Capsules**

**-NOW**  
 5150 1000 "O".....\$10.95  
 5156 250 "O".....\$ 3.95  
 5136 250 "OO".....\$ 5.95  
 5131 750 "OO".....\$12.95  
 5111 200 "OOO".....\$12.95  
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**-Starwest**

4970005 1000 O.....\$14.95  
 497025 1000 OO.....\$24.60  
 497005 500 O.....\$10.95  
 497003 500 OO.....\$12.95  
 -----

**LIQUID HERBAL EXTRACTS**



**American Ginseng**

62321 1 oz.....\$16.95  
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**Angelica**

61805 1 oz.....\$10.95  
 2032 2 oz.....\$19.95  
 -----

**Arteben**

50048 1 oz.....\$12.95  
 -----

**Barberry Root**

50010 1 oz.....\$11.95  
 -----

**Black Cohosh** Female hormone help.  
 90711 1 oz.....\$ 9.95  
 -----

<b>Black Walnut</b>	
07133 1 oz.....	\$10.95
00013 2 oz.....	\$15.95
<b>Black Walnut – Dr. Christophers</b>	
49811 2 oz.....	\$15.95
<b>Bloodroot</b>	
61833 1 oz.....	\$ 6.95
<b>Blue Cohosh</b>	
90331 1 oz.....	\$ 9.95
<b>Blue Vervain</b>	
00180 1 oz.....	\$ 9.95
<b>Bubble-B-Gone</b>	see page 19
<b>Calised</b>	
PCAL 1 oz.....	\$1.46
<b>Calm Child Syrup</b> - calm focus	
10119 4 oz.....	\$20.95
<b>Catnip</b>	
07313 1 oz.....	\$5.95
<b>Cayenne</b>	
00181 1 oz.....	\$ 9.95
49812 2 oz.....	\$13.95
<b>Hot Cayenne</b>	
49700 1 oz.....	\$15.95
<b>Cleavers</b>	
SCLE 1 oz.....	\$ 8.40
<b>Cramp Bark</b>	
1703 2 oz.....	\$21.95
<b>Echinacea</b>	
4840 2 oz.....	\$11.95
<b>Echinacea Glycerite</b>	
49827 2 oz.....	\$15.95
<b>Echinacea &amp; Goldenseal Plus</b>	
4850 2 oz.....	\$ 11.95
<b>Echinacea &amp; Goldenseal Glycerite</b>	
4848 2 oz.....	\$ 11.95
<b>False Unicorn</b>	
41319 2 oz.....	\$32.95
<b>Fennel Seed</b>	
9081 1 oz.....	\$ 9.95
<b>Fenugreek</b>	
22510 1 oz.....	\$10.95
<b>Feverfew</b>	
00055 1 oz.....	\$ 8.95
<b>Garlic –</b>	
225106 1 oz.....	\$ 8.95
<b>Ginger – stomach aid</b>	
00616 1 oz.....	\$12.95
<b>Goldenseal</b>	
00328 1 oz.....	\$15.95
<b>Grapefruit Seed Extract</b>	
8520 1 oz.....	\$14.95
1001 4 oz.....	\$18.95

<b>Juniper</b>	
90779 1 oz.....	\$ 7.78
<b>Kava-Kava</b>	
4893 2 oz.....	\$12.95
<b>Lemon Balm</b>	
1 oz.....	\$10.95
<b>Licorice</b>	
22500 1 oz.....	\$10.95
<b>Lobelia – Nature’s Answers</b>	
50084 1 oz.....	\$11.95
<b>Lobelia – Dr. Christophers</b>	
49702 1 oz.....	\$14.95
<b>Lobelia Vinegar Extract</b>	
49703 1 oz.....	\$14.95
<b>Lobelia Extract – Honeycomb</b>	
Industries HC800 1oz.....	\$10.95
<b>Milk Thistle</b>	
07943 1 oz.....	\$9.95
<b>Milk Thistle – used for supporting the</b>	
<b>liver, 4blood sugar, and digestion</b>	
ME4334 4 oz.....	\$34.95
<b>Mullein Leaf</b>	
90796 1 oz.....	\$ 9.95
<b>Myrrh Gum</b>	
90798 1 oz.....	\$9.95
<b>Nettle Blend Extract</b>	
00998 1 oz.....	\$12.95
<b>Olive Leaf Glycerite</b>	
4898 2 oz.....	\$9.95
<b>Oregon Grape –</b>	
04346 1 oz.....	\$12.95
<b>Oregon Grape – supports circulatory,</b>	
<b>digestion &amp; the immune system –</b>	
<b>Nature’s Sunshine</b>	
03395 2 fl oz.....	\$37.95
<b>Partridge Berry</b>	
09169 2 oz.....	\$24.95
<b>Pau D’Arco</b>	
4910 2 oz.....	\$12.95
<b>Periwinkle</b>	
225111 1 oz.....	\$9.95
<b>Propolis</b> Infection-fighter made by	
<b>bees. This mixture has other herbs also.</b>	
4920 2 oz.....	\$10.95
<b>Purple Pitcher Plant</b>	
22582 2 oz.....	\$39.95
<b>Rosemary Extract</b>	
51135 1 oz.....	\$9.95
<b>Shepherd’s Purse</b>	
00074 1 oz.....	\$ 9.95
<b>Slippery Elm</b>	
00505 2 oz.....	\$14.95

<b>St. Johns Wort Extract</b>	
04960 1 oz.....	\$9.95
<b>Stone Breaker</b>	
1533 1 oz.....	\$16.95
<b>Stone Root</b>	
9174 1 oz.....	\$ 9.99
<b>Trauma Drops</b>	
0622 1 oz.....	\$ 11.95
<b>Uva Ursi</b> Promotes Urinary Tract	
<b>Health</b>	
000527 1 oz.....	\$ 9.95
<b>Usnea</b>	
00037 1 oz.....	\$10.95
<b>Valerian-</b> mostly used for insomnia -	
<b>upper respiratory problems, pain relief,</b>	
<b>cramps, and skin problems</b>	
00680 1 oz.....	\$ 9.95
<b>Valerian Root Extract- NOW</b>	
4970 2 fl oz.....	\$ 9.95
<b>Vitex – Chaste Tree Berry</b>	
00196 1 oz.....	\$10.95
<b>Walt</b>	
SWALT 1 oz.....	\$16.95
<b>Wild Yam -</b>	
0834 2 oz.....	19.95
<b>Witch Hazel Extract</b>	
90847 1 oz.....	\$10.95
<b>Yarrow</b>	
90850 1 oz.....	\$ 9.95

### SWEDISH BITTERS

**Internally** used for stomach aid, nose & throat, blood & blood vessels, the gall bladder & kidneys!  
**Externally** used for insect bites, mouth problems (such as toothaches, tongue blisters, and mouth sores), and wounds.  
**Directions for wounds:** *Apply an ointment first. Soak a cotton ball in the Swedish Bitters solution. Secure the cotton ball over the wound. . Leave alone for hours. Repeat the next day until the wound is healed.*

**Swedish Bitters Liquid**  
**Ingredients:** Proprietary Extract Blend Manna (*Fraxinus ornus* L) (stem), Angelica (root), Cape Aloe (leaf), Chinese Rhubarb (root), Senna (leaf), Zedoary (root), Myrrh (stem), Camphor, Carline Thistle (root), Black Cohosh (root), Cinnamon (bark), Valerian (root), Cardamom (fruit), Saffron (pistil)  
 Other ingredients: water, alcohol (38%)  
 50880 8.45 oz..... \$27.95  
 50883 16.90 oz..... \$46.95  
 50885 33.80 oz..... \$69.95





**HERB - CAPSULES**

**Artichoke Extract 500**  
SN1812 180 tab.....\$29.95

**Ashwagandha** see page 49

**Astragalus** Solaray- acts as an anti inflammatory-boosts the immune system  
S3070 30 caps .....\$9.95

**Bayberry** Nature's Way- known to aid with irritable bowel syndrome  
40025 100 caps .....\$10.95

**Beet Root** Nature's Way  
40020 100 caps .....\$9.95  
11925 320 caps.....\$23.95

**Berberine** - Terry Naturally – supports a healthy metabolism, blood sugar, balancing cholesterol, liver, healthy joints, & cognitive function - 500mg per capsule- recommended taking 3 per day  
29746 60 caps.....\$20.95

**Black Cohosh** Nature's Way  
15179 100 caps.....\$11.95

**Black Walnut** See in Section 3

**Thistle** Nature's Way.  
10700 100 caps .....\$9.95

**Burdock Root** NOW. 430 mg.  
4608 100 caps .....\$6.75

**Butchers Broom** Nature's Way.  
40050 100 caps .....\$8.95

**Cat's Claw** NOW.  
4618 100 count.....\$5.95  
4621 250 count.....\$15.95

**Cayenne** NOW.  
4627 250 count.....\$12.95

**Cayenne** 450 mg- 100,000 HU.  
011340 100 caps .....\$8.95

**Cool Cayenne with Butcher's Broom** 40,000 HU  
08103 90 caps .....\$8.95

**Cayenne with Garlic** Appreciated by those who have high blood pressure.  
01140 100 count.....\$8.95

**Cool Cayenne** 100,000 HU. 600 mg.  
08102 90 caps..... \$ 11.95

**Cool Cayenne** 40,000 HU.  
8100 90 caps..... \$ 7.95

**Celery Seed** Solaray. 505 mg  
01154 100 caps .....\$8.50

**Charcoal** Nature's Way  
40065 100 caps ..... \$11.95  
11950 360 caps.....\$32.95

**Cinnamon Bark** NOW - 600 mg.  
4636 120 caps ..... \$10.95

**Cinnamon** -Solaray- 500mg  
11663 60 vcaps.....\$7.95

**Cinnamon** -Solaray- 300mg with 8% flavonoids plus 150mg of cinnamon  
11836 60vcaps.....\$11.65

**Cornsilk** Nature's Way  
14152 100 caps .....\$ 6.95

**Dandelion Root** NOW  
4645 100 caps .....\$5.24

**Dandelion Root** Nature's Way  
41230 100 caps .....\$7.95

**Devil's Claw** Rich in flavonoids and phytosterols  
4650 100 count..... \$ 6.55

**Dong Quai** – may help reduce PMS – anemia – menstrual cramps – detoxify the skin – reduce inflammation- may help replenish blood supply after a heavy period flow and/or injury – a natural way to increase hemoglobin –  
40080 100 caps ..... \$12.95

**Echinacea** NOW  
4660 100 caps .....\$7.95  
4662 250 count..... \$16.95

**Echinacea & Goldenseal** Nature's Way In 2 capsules: 900mg of a blend of Echinacea, Goldenseal, Burdock, Gentian, Cayenne, & Wood Betony  
00415 100 caps.....\$18.95

**Echinacea & Goldenseal** Two capsules supply 450 mg echinacea purpurea root powder, and 450 mg goldenseal root powder.  
4665 100 caps ..... \$19.95

**Eleuthero** NOW.  
4030 100 count.....\$6.55  
4033 250 count..... \$15.95

**Eyebright** Nature's Way - has been found to help ease symptoms of pink eye, improve vision, & reduce sinus and respiratory inflammation  
40096 100 caps ..... \$10.95

**Fenu-Thyme** an herbal combination of fenugreek seed & thyme herb.  
40350 100 caps ..... \$10.95

**Fenugreek** 500 mg  
4677 100 caps..... \$6.95

**Fenugreek** 1220 mg per 2 caps.  
12800 100 caps.....\$9.95  
146101 180 caps.....\$13.95

**Feverfew** Nature's Way  
40100 100 caps..... \$11.58

**Fo-Ti**  
4675 100 caps..... \$6.95

**Ginger Root** Nature's Way  
13100 100 caps..... \$8.95  
13108 180 caps.....\$13.95

**Ginkgo Biloba - 60mg – NOW brand**  
4686 60 caps..... \$5.95  
4687 120 caps..... \$11.95  
4684 240 caps..... \$20.95

**Ginkgo Biloba** – Nature's Way – Premium Extract – 60 mg  
61600 60 caps..... \$13.95

**Ginseng Panax** NOW  
4012 100 caps..... \$9.95  
4014 250 count ..... \$23.95

**Goldenseal Root** NOW  
4690 50 caps..... \$16.95

**Goldenseal Root** Solaray  
01320 50 caps..... \$17.95

**Gotu Kola** Nature's Way. Longevity and vitality.  
40112 100 caps..... \$9.95

**Green Tea Extract-** with Vit C –NOW  
4705 100 caps..... \$7.95

**Gymnema Sylvestre** NOW  
4707 90 count ..... \$10.95

**Horse Chestnut** Traditionally used for the circulatory system -  
**NOW Brand**  
4713 90 caps.....\$11.95

**Nature's Way**  
62000 90 caps.....\$10.95

**Horsetail** Nature's Way –commonly used for water retention  
40115 100 caps..... \$7.95

**Licorice Root** - NOW  
4718 100 caps..... \$5.24

**Maca** Stamina-builder-sometimes for menopause symptoms, improve your mood, & boost your energy!  
4721 100 caps..... \$8.95

**Marshmallow** Natures Way  
40150 100 caps..... \$12.95

**Milk Thistle** One daily 460 mg  
10679 60 caps..... \$27.95

**Milk Thistle** Natures Way  
NW62400 60caps.....\$18.95

**Milk Thistle - Silymarin** per capsule: 150mg Milk Thistle Extract, (120mg Silymarin) Plus 350mg Turmeric Root. This is an excellent herbal combination for detoxing the liver. Start with 1 daily and increase gradually to 6 per day. Be sure that the bowel is moving at least 2-3x daily to support the elimination process.

4737 120 count.....\$11.95

**Milk Thistle - Silymarin - Double Strength** - per capsule: 300mg Milk Thistle (240mg of Silymarin) plus 100mg Dandelion and 50mg Artichoke

4739 100 count.....\$17.95

**Mullein Leaf** Solaray



01390 100 caps .....\$8.95

**Myrrh**- intestinal support, decreasing inflammation, and parasites infections.

40160 100 caps .....\$9.95

**Nettle Leaf**

418269 100 capsules .....\$8.95

**Oregon Grape Root** - 475 mg

14159 100 caps .....\$10.95

**Olive Leaf Extract - NOW brand**

4746 100 count.....\$22.95

**Olive Leaf - Premium Extract** - Nature's Way - 250mg of Olive Leaf Extract (standardized to 12% oleuropein (30 mg)) - plus 180mg of Olive Leaf - Non-GMO

4746 100 count.....\$22.95

**Olive Leaf** - Nature's Way - 1500mg per serving of 3 capsules

01413 100 caps .....\$12.95

**Olive Leaf** - Solaray - 410mg each

s1413 100 Caps.....\$13.95

**Parsley** - Natures Way

40162 100 caps .....\$10.95

**Passion Flower** Solaray. 350 mg

01430 100 caps .....\$7.95

**Passion Flower** - supports the nervous system - promotes a restful night's sleep - Nature's Sunshine

500-3 100 cap.....\$22.95

**Red Clover** Nature's Way.

40169 100 caps .....\$ 8.95

**Pau d'arco** NOW- 500 mg per capsule

4726 250 count.....\$15.95

**Pomegranate Fruit Extract**

00956 30 caps.....\$10.75

**Red Clover Capsules** 400 mg per capsule

40395 100 count.....\$7.15

**Red Clover -NOW-** 375mg each

4730 100 count.....\$6.65

**Red Raspberry** Nature's Way.

40197 100 caps .....\$10.95

**Rosemary** Nature's Way. 800 mg

14162 100 caps .....\$ 5.95

**St. John's Wort (450)** Standardized to 0.3% Hypericin. Supports mood

01176 90 tbs .....\$16.32

**Sarsaparilla** Solaray - 450mg

40198 100 caps .....\$ 9.95

**Slippery Elm** NOW -helps coat soothe the GI Tract -400 mg per capsule

4750 100 caps .....\$ 8.95

**Slippery Elm** Nature's Way

17100 100 caps .....\$8.95

**Turmeric** Nature's Way - 500 mg

463100 60 tabs .....\$22.95

15356 120 tabs.....\$39.95

**Turmeric-** Turmeric 200 mg, bromelain 325 mg, boswellia 50 mg.

03802 60 caps.....\$18.95

**Turmeric Curcumin** - NOW

4638 60 v-caps .....\$19.95

4639 120 v-caps .....\$36.95

**Turmeric Curcumin Life's Fortune**

A combination of turmeric, curcumin complex root & black pepper extract - formulated for immune & digestion support, brain health, liver support, pain relief, & inflammation -

30435 180 caps .....\$37.95

**Uva Ursi** Nature's Way

40182 100 caps .....\$8.95

**Valerian Root** -500 mg per capsule -

4770 100 caps .....\$7.95

4771 250 count.....\$13.95

**Vitex (Chaste Tree Berry)** 300mg-NOW -woman's health-with 150mg of Dong Quai

4773 90 capsules .....\$13.95

**Water Out** - NOW brand- fluid balance - Uva Ursi, Dandelion, Potassium, Vitamin B-6, & Juniper Berry

1908 100 caps.....\$12.95

**White Willow** Nature's Way

40193 100 caps.....\$7.15

**Premium Extract-** Standardized

63600 60caps.....\$15.95

**Wild Yam** Nature's Way

15350 180 caps.....\$14.95

17870 100 caps.....\$8.95

**Yellow Dock Root** Nature's Way.

40194 100 caps.....\$11.95

**GARLIC**

**Full Odor Garlic** No odor reduction: It has its full aroma! 3 softgels are Equivalent to a whole clove of garlic - 1500 mg - recommended to take with food

1792 250 count .....\$10.95

**Garlic 5000** - Odor Controlled - one tablet contains 5,000mg of Allicin - Enteric Coated Tablet

1814 90 tabs .....\$15.95

**Garlic, Echinacea & Elderberry** Plus 12 other infection fighting and immune strengthening herbs. Tablets.

45016 120 count .....\$18.95

**Garlic & Parsley** Nature's Way

00360 100 caps.....\$ 8.95

**Garlic Oil** - each contains the strength of 1,000mg garlic clove - convenient odor-free delivery



1694-6 60 softgels.....\$22.95

**KYOLIC Formula 100 - Cardiovascular** - Odorless Garlic. Two provide 600 mg aged garlic powder.

45040 100 caps.....\$13.95

45042 200 caps.....\$24.95

**KYOLIC Formula 103 - Immune** Aged garlic with vitamin C, astragalus and mushrooms.

04049 200 caps.....\$25.95



**KYOLIC Formula 106 - Circulation**  
Two provide 600 mg aged garlic powder, 200 IU d-alpha vitamin E, 100 mg hawthorn berry, & 20 mg cayenne.  
45043 200 caps .....\$26.95

**Odorless Garlic- NOW brand -**  
*Concentrate extract from whole clove garlic* – 50 mg per serving (2 softgels)  
1808 250 soft-gels.....\$13.95  
1809 1000 (4 bottles) \$49.95

**GARLIC LIQUID**

**Garlic Tincture**  
061945 1 oz .....\$ 8.95

**KYOLIC Liquid Aged Garlic** Pure liquid garlic extract. Very concentrated. Commonly used for its anti-aging properties.  
45046 4 oz .....\$29.95

**Oil of Garlic** -in a base of extra virgin olive oil and tea tree oil -  
101080 2 oz .....\$15.95

**Super Immune Garlic** –garlic, aloe vera, wormwood, lobelia, marshmallow, white oak, black walnut hull, uva ursi, mullein, skullcap, ACV & raw honey.  
49852 2 oz.....\$16.95  
88551 4 oz.....\$16.95

**GREEN FOODS**

**Alfalfa Leaf Tablets** 10 grains each.  
2620 250 count.....\$ 8.95  
2622 500 count.....\$15.95

**Alfalfa Powder -**  
2614 1 lb.....\$18.95

**Alfa Max** Nature's Way. 10X concentrate. Easily digested -  
02011 100 caps .....\$ 9.95

**BeetElite** replaces the **Super Beets** – commonly used to lower blood pressure & improve circulation – it also aids as an anti-inflammatory - also aids in sports performance  
0200 7.1 oz.....\$35.95

**Blue Green Algae** American Health Brand Harvested from Klamath Lake in Oregon  
2627 120 tabs.....\$27.01

**Chlorella - Organic Powder** 500 mg  
2636 4 oz .....\$12.95

**Chlorella (Micro-Algae)** Nature's Way - 410 mg  
11850 100 caps .....\$15.50

**Chlorella Tablets** 1,000 mg.  
2632 120 count.....\$17.95

**Sun Chlorella** 200mg **NEW**  
01111 300 tabs.....\$37.95

**Chlorofresh** Chlorophyll concentrate from alfalfa – internal deodorant  
03550 90 softgels.....\$16.95

**Chlorofresh Liquid-** Nature's Way – 132mg chlorophyllin complex per serving 2 Tablespoons



**Unflavored**  
3502 16oz.....\$11.95  
**Mint flavored**  
60070 16 oz .....\$13.95

**Liquid Chlorophyll** From NOW. Triple strength – commonly known for its support to red blood cell production – it also aids as an internal deodorant (so for bad breath, sweat, stool, urine, and even food odors) – also aids in healing and digestion!  
2644 16 oz. ....\$17.95

**Chlorophyll Capsules** 100 mg pure chlorophyll each, plus alfalfa powder.  
2645 90 count .....\$13.95

**Chlorophyll Liquid – Digestive Tract Detoxifier** – Mint Flavor –very popular!  
1683-7 16 oz.....\$19.95  
1689-6 32 oz.....\$33.95

**Chlorophyll Liquid** – Dynamic Health-Spearmint Flavor – 100 mg  
10158 16 fl oz .....\$12.95

**Delicious Greens 8000 Original**  
00120 10.6 oz.....\$25.95  
**Berry**  
05774 10.6oz.....\$25.95  
**Chocolate**  
00077 10.6oz.....\$25.95  
**Mocha**  
13076 10.6.....\$25.95

**Delicious Reds 8000**  
Strawberry Kiwi  
13058 10.6oz.....\$25.95



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**Everyday Greens Tablets**

B12611 90 Tabs.....\$21.95

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**Kelp Capsules** Norwegian kelp has an abundance of trace minerals!

2675 250 caps .....\$11.95

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**Kelp- NOW**

2680 200 tabs.....\$ 8.95

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**Kelp** Nature's Way. Natural iodine.

14508 180 count.....\$12.95

14500 100 count.....\$ 8.95

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**Kelp, Organic Powder** See page 13

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**Spirulina Tablets** 500 mg – *nutrient rich* with vitamins, minerals,

2698 200 count.....\$11.95

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**Spirulina Caps 500 mg**

2702 120 vcaps.....\$11.95

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**Spirulina Pure Powder**

2690 4 oz .....\$ 9.95

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**Super Greens Berry Blast** – high quality superfoods, enzymes, probiotics, fiber, trace minerals & tons of phytonutrients – great for a healthy energy boost – with benefits of cleansing & detoxing additionally!

00325 9.5 oz.....\$41.95

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**Super For Kid's Daily Chocolate** –

contains 48 superfoods – plus enzymes, probiotics, fiber, trace minerals & phytonutrients – a great boost of health overall to start the day with!

00383 9.5 oz.....\$31.95

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**Perfect Food** – Garden of Life Super

Green– phytonutrient-dense superfoods

11287 10.58 oz.....\$45.95

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**Wheat Grass Powder**

2710 9 oz .....\$13.95

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**Hemp/CBD**

**Charlotte's Web** -Full Spectrum Hemp Extract infused products for external use only - Recommended Instructions: *Massage into skin until thoroughly absorbed. Repeat as desired.*

**Cream -750 mg CBD**

10022 2.5 oz.....\$35.95

**Balm – 150 mg CBD**

10239 0.5 oz.....\$ 6.95

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**CBD Sleep Gummies** – Charlotte's

Web – Raspberry Flavored – 10mg

1086 60 count.....\$39.95

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**CBD Wellness Gummies** 25mg

910302 60 count.....\$59.95

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**250mg Original Hemp Tincture-** Full Spectrum- water soluble- Unflavored

22054 1oz.....\$19.95

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**2000mg Original Hemp Tincture-**

Full Spectrum-water soluble- Unflavored  
22057 1oz.....\$89.95

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**Original Stress Blend** – 750mg – Full

Spectrum Hemp Extract - blended with L-Theanine, Vitamin B6, 5HTP, Pantothenic Acid, Ashwagandha, & Magnesium – high quality ingredients! Known for reducing irritability, anxiety attacks, depression, & overall stress – helps the thoughts be more positive and your life a little easier –

22019 60caps.....\$49.95

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**TEAS IN TEA BAGS**

**Blood Sugar Tea** – Prince of Peace Brand-

03053 18 bags.....\$ 6.95

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**Blood Pressure Tea** Bravo Brand

00500 20 tea bags.....\$5.95

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**Breathe Easy** - Traditional Medicinals – a blend of supporting herbs: fennel, licorice, eucalyptus, Bi Yan Pian, peppermint, and ginger.

50528 16 teabags.....\$5.56

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**Chamomile Tea**

4211 16 teabags.....\$5.95

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**Chamomile with Lavender** – Rest up and relax with this calming blend-perfect for the end of a busy day!

00054 16 teabags.....\$5.95

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**Cholesterol Health** Bravo Brand

00502 20 teabags.....\$5.95

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**Colon Cleansing** Bravo Brand

00504 20 teabags.....\$5.95

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**Elder Flower** -Alvita

257207 24 bags.....\$7.95

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**EveryDay Detox** - Traditional Medicinal - supports detoxing the liver

00089 16 teabags.....\$5.56

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**Ginger Mint Comfort** – designed for calming an upset or nervous stomach– a blend of ginger, licorice, peppermint, spearmint & fennel

4235 24 bags.....\$ 4.95

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**Green Tea** Decaf with Lemon Myrtle

4227 24 teabags.....\$ 4.95

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**Heavenly Hip Hibiscus** – a blend of hibiscus and rose hips with a touch of lemongrass, spearmint, cinnamon orange, and wild cherry bark!

4229 24 teabags.....\$ 4.95

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**Licorice Root Tea -Organic**

918033 18 bags.....\$6.49

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**Mother's Milk** supports breast milk production for nursing mommas-

50537 16 teabags.....\$ 6.95

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**Nettle Leaf**-Traditional Medicinals

00474 16 teabags.....\$ 5.95

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**Pau D'Arco** *For all that bothers you* -

The perfect blend for relaxing — Pau D'Arco Bark, Chai Spices (Ginger Root, Cinnamon, Cardamon, Clove, Black Pepper), and Natural Chocolate Flavor! Caffeine FREE & no added sugars

4233 24 teabags.....\$ 4.95

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**Pregnancy Tea**-Traditional Medicinal –

50545 16 teabags.....\$ 6.95

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**Red Raspberry** – Yogi Tea

40911 16 teabags.....\$5.95

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**Reishi Liver Health** Bravo Brand

005073 20 teabags.....\$5.95

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**Sleep & Renew** Bravo Brand

00509 20 teabags.....\$5.95

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**Smooth Move**- generally relieves constipation within 6-12 hours

000095 16 teabags.....\$ 6.95

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**Spearmint**

4375 24 teabags.....\$ 7.95

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**Sugar Level** Bravo Brand

00501 20 teabags.....\$5.95

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**Throat Coat Tea** Traditional Medicinals – licorice root & other herbs

50557 16 teabags.....\$ 7.50

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**Triple Immune Support** Bravo Brand

00508 20 teabags.....\$5.95

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**Triple Slimming** Bravo Brand

005035 20 teabags.....\$5.95

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**True Blue** -Celestial Tea Brand

63113 20 bags.....\$4.95

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**TEA BAGS IN BULK**

*Approx.: 200 bags in a pound*

*Approx.: 68 teabags in the ¼ pound*

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**Chamomile Leaf Tea Bags**

50535 1 lb.....\$32.95

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**Green-Tea Tea Bags**

08281 1lb.....\$22.95

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**Peppermint Leaf Tea Bags**

4 oz.....\$11.95

50548 1 lb.....\$31.95

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**Red Raspberry Leaf Tea Bags**

4 oz.....\$12.95

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**Spearmint Leaf Tea Bags**

4 oz.....\$12.95

50551 1 lb.....\$39.95

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# 5 - Children's Health

## ATTENTION

**Added Attention** – great for helping children calm and focus with school and learning.  
545674 16 oz. .... \$31.95

**Attention & Focus** Garden of Life – chewable attention aid for children  
12071 60 chew ..... \$36.95

**Calm Child** Calms nervousness, jitters, to help with focus and over all calmness  
10119 4 oz ..... \$20.95

**Liquid Health Attention** – 2x Concentrate – 32 servings – Mango Tangerine flavor – works great for everyday focus!  
33030 16oz.....\$28.95

**Natural Attention Aid** – focus & concentrate – support learning – reduce aggression – formulated for kids –



2214W 4 oz ..... \$34.95

## CHILDREN'S OILS

**Fish Oil** – Carlson Brand - *The very Finest*. Contaminant-free. Rich source of DHA and EPA.  
1543 6.7 oz **lemon** ... \$19.95  
1443 6.7 oz **orange**.. \$19.95

**Nordic Omega 3**– 82mg per 2 gummy -amazing tangerine flavor!



301315 120gummies.....\$35.95

**NOW's DHA** Children's chewable fish shapes. 100 mg DHA. 24 mg EPA –  
1607 60 count..... \$11.95

## COLIC & TEETHING

**Bubble-B-Gone** - chamomile, fennel, catnip, and lemon balm. Glycerite. Used to help get baby's burps up.  
50014 1 oz ..... \$ 7.95

**Colic Tablets** Quick dissolve tablets  
31471 125tabs.....\$9.95

**Gas & Colic Relief** - Gas Pain – Bloating – Cramps- this homeopathic liquid comes in pre-measured packets- safe for babies 1m+  
7409 30 packets.....\$13.95 **NEW**

**Baby's Gripe Ease** – for infant stomach discomfort, gas, colic, hiccups, teething & fussiness  
625350 2oz.....\$11.95

**Gripe Water- Mommy's Bliss**- blend of Ginger & Fennel to ease the gas and stomach pain often associated with colic, hiccups & teething  
65299 4 oz ..... \$14.95

**Oral Pain Relief** Quick dissolve tablets  
33151 125tabs.....\$9.95

**Pain & Fever Oral Liquid** not only for pains and fevers, but also for sore throat & headaches – great formula for children 6 month to 12 years – for children under 6 months, consult your pediatrician  
02078 25 ml ..... \$8.95

## DIGESTIVE AIDS

**Chewy Zymes** NOW -  
2957 90 count ..... \$13.95

**Yummi Bear Fiber + Digestive Support**- made from chicory root fiber  
668354 60 gummy.....\$19.95

**Smarty Pants Fiber Gummies** – designed for kids  
00407 120 gummy..... \$27.95

## PROBIOTICS

*Always refrigerate!*

**Baby Life** Unflavored, non-dairy. Bifidobacterium powder for infants.  
04835 2.5 oz ..... \$18.95

**Baby Probiotic Drops – Mommy's Bliss** – *flavorless – 30 servings* -  
05551 0.34 fl oz.....\$29.95 **NEW**

**Florajen for Kids** – balance gut flora after antibiotics  
88048 30 caps..... \$19.95

**Raw Probiotic Powder for Kids**- Garden of Life – 5 billion CFU – made from 23 raw & organic vegetables & fruits – raw inulin –for kids ages 3+  
11569 3.4oz.....\$26.95

**Berry Dophilus** Chewable Probiotic NOW brand-  
**Original** - 2 Billion CFU from 10 probiotic strains  
2936 60 count ..... \$9.95  
**Extra Strength** – 10 Billion CFU from 10 probiotic strains – can be used for children & adults  
2923 50 count.....\$16.95

**Primadophilus** 3 billion CFU- orange flavor. Ages 2-12. Chewables.  
14243 30 count.....\$10.95

*Refrigeration Not-Required*

**Baby Probiotic Drops** – Garden of Life – 4 billions CFU  
12523 1.9 fl oz.....\$21.95 **NEW**

**ChildLife ChildBiotics** - Probiotic Powder with Colostrum 400mg – plus FOS - Tropical Orange Flavor -  
60800 1.2 oz..... \$20.95

**Three Lac** - tasty lemon-flavored probiotic powder- High Quality - Comes in individual serving size packets  
104100 60 packets ..... \$49.95

## TINCTURES & EXTRACTS

**Bedwetting Formula – Krause**  
9009 4 oz..... \$20.95

**Tasty Dry Bed** – bedwetting formula from Natural Hope Herbals  
5003 4 oz..... \$26.95

**Kids Stay Dry** – supports little people's bladders – bedwetting relief at last!  
625355 2 oz.....\$11.50

**Kid-E-Dry** may support the urinary tract & prevent bedwetting  
44706 2 oz..... \$15.95

**Tasty Echinacea** – echinacea flower, root & leaf blended with peppermint!  
5002 2 oz.....\$13.95

**Kid-E-Calc** - *Calcium Formula*  
44702 2 oz..... \$14.95

**Kid-E-Mins** – *Vitamins & Minerals* -  
44701 2 oz..... \$11.95

**Kid-E-Reg** - a gentle laxative -  
44709 2 oz .....\$14.95

**Kid-E-Well** - fight colds, flu & fever  
44704 2 oz .....\$15.95

**Kid-e-Trac Emotional Clarity** – the children’s formula of Dr. Christopher’s Mind Trac (see page 50 for adult’s) – an gentle blend of herbs designed for the blues & mild depression in little people  
44710 2 oz .....\$14.95

**Valerian Super Calm** – nerve support  
0017 2oz.....\$18.95

**Chamomile Calm** – nerve support  
0015 2oz.....\$22.95

**Kids Life Focus** – aids with calmness & focus – Ages 1-10  
625370 2 oz.....\$10.95

**Kid’s Reg Ease** – constipation relief for Ages 0-10  
625365 2oz.....\$11.95

**Kid’s Relief Allergy Oral Liquid Drops** – Banana Flavored- Sugar FREE – Homeopathic



67639 0.85 oz.....\$8.95

**For more allergy relief** see page 24

**Licorice Tummy Aid-** for kids- digestive aid for all ages  
2012W 2 oz .....\$22.95  
2014W 4oz.....\$34.95

**Lil’ Ones Calcium Combo**  
4904 4 oz.....\$20.95

**Lil’ One’s Calm Tummy** –peppermint, ginger & chamomile designed to relieve an upset stomach – for kids & adults  
625375 2oz.....\$13.95

**Lil’ One’s Sleepy Time** –  
00536 2oz.....\$14.95

### VITAMIN-MINERALS

**U-Cubes Vitamin C** – gummies in cube shape! Orange & Strawberry flavor  
59598 90 chews.....\$9.95

**For other Vitamin C** see page 55

**Kids Cal** 100mg Calcium, 50mg Mag, 100 IU Vit D, & 60mcg Vit A- Orange  
1233 100 wafers.....\$12.95



**Alive Cal-D3 Gummies-** raspberry and strawberry flavored  
10255 60 count.....\$11.95

**Yummi Bear Calcium & D3** - - Non GMO- allergen free - including soy free! – shaped in fun bear shapes for kids!  
39433 90gummies.....\$22.50

**Childlife Liquid Calcium** – a great, tasty liquid calcium for kids! - *Popular*  
CD1011 16oz.....\$18.95

**U-Cubes Calcium with D3** gummies in cube shape! Strawberry flavor -  
57600 120 count.....\$14.95  
57607 60 count.....\$ 8.95

**Kids Vitamin D Gummies** – Garden of Life – 800IU per serving – orange flavor – Sugar FREE!  
12517 60 v-gummies.....\$14.95

**Kids Vitamin D Gummies** – Garden of Life – 800IU per serving – orange flavor  
12517 60 gummies.....\$14.95

**For other Vitamin D** see page 11 & 12

**Kids Immune Gummy** – Garden of Life – Vit C, D, & Zinc – cherry flavor – Sugar FREE!  
12518 60 v-gummies.....\$24.95

**For other Immunity** see page 46

**Alive Children’s Multi** - Nature’s Way  
15786 120 chewable .....\$15.95

**Vitamin Code Kids** - Garden of Life – a clean whole food multi– Non GMO – Cherry Berry  
11440 60 chews..... \$29.95

**Children’s Multiple** from Liquid Health – *Full Spectrum Vitamin/Mineral* – Citrus & Mango Flavor – High Quality!  
70116 16 oz.....\$25.95

**Child Life Liquid Vitamin & Mineral** – high quality multivitamin with a great taste – Orange & Mango Flavor  
10300 8 oz.....\$14.95

**Kid Vits NOW** - 15 vitamins and minerals - Berry Blast flavor  
3882 120 count ..... \$11.95

**Children’s Multi Vitamin Chewable** Solaray- Black Cherry Flavor -  
04797 120 count ..... \$11.95

**Thompsons Multivitamin** for Children– Yummy Punch Flavor -  
19135 120 count ..... \$12.95

**U-Cubes Multi Gummies** Multi-Vitamin & Mineral gummies in cube shape! Cherry and orange flavored – chews \$15.95  
52550 60 chews.....\$8.95

**Yummi Bears Complete Multi** -  
61300 90 count ..... \$23.95  
668003 200 count ..... \$47.75

### MOOD

**AnxiCalm** see page 49

**Cool, Calm & Collected** – a blend of lemon balm, passionflower, magnesium & L-Theanine - – for kids ages 8+  
13369 40 gummies.....\$13.95



# 6 – Foods & Drink Mixes

## NUTS

**Almonds** Raw, unblanched.



7005 1 lb.....\$ 8.95

**Cashews – Raw & Unsalted**

7065 10 oz.....\$ 7.95

**Macadamia Nuts** Dry Roasted. Made with Sea Salt- delicious buttery flavor!



7019 16 oz. ....\$11.95

**Honey Roasted Pecans**

7020 8 oz.....\$9.95

**Pecans**



7001 12 oz.....\$ 9.95

**Pumpkin Seeds** Raw.

7025 1 lb.....\$6.95

**Walnuts**



7074 10 oz.....\$ 10.95

**Unsalted Raw Energy Mix** Nuts, raisins, & seeds- Absolutely delicious!! – the perfect, healthy snack for school, work, or a road trip!

7030 1 lb.....\$8.95

## CANDY

**Crystalized Ginger** An actual candy which supports soothing an upset tummy or motion sickness. Has a sweet & warm affect



5695 12 oz.....\$8.95

**Lollipops** -Yum Earth- Organic-GF-Soy free- No artificial dyes- multiple fruit flavors (Grape, Mango, Peach, Pomegranate, Cherry, Raspberry, Watermelon)

115666 8.5 oz.....\$10.95

**Spry Gum and Mints** – sweetened with Xylitol see page 34.

## COFFEE

**Café Mam** - 100% Organic, Fair-Trade, and Shade-Grown by native Mayan farmers



**LIGHT – Breakfast Blend Ground**

1 lb.....\$14.95

**Whole Bean**

1 lb.....\$13.95

**MEDIUM – Mocho Blend Ground**

1 lb.....\$14.95

**Whole Bean**

1 lb.....\$13.95

**DARK -French Roast Ground**

1 lb.....\$14.95

**Whole Bean**

1 lb.....\$13.95

**5LB Trinity Blend – Ground**

65498 5lb.....\$65.95

## COOKING

**Almond Flour** -great for GF cooking-a slight texture similar to corn meal-NOW

6005 10 oz.....\$ 5.95

6006 22 oz.....\$11.95

**Baking Powder- Bob's Red Mill** Aluminum free. Double acting.

50900 1 lb.....\$4.58

**Baking Soda- Bob's Red Mill**

77855 1lb.....\$4.95

**Brewer's Yeast** Reduced bitterness.

2420 1 lb.....\$ 9.95

2410 200 tabs .....\$ 7.95

**Chia Seeds - Organic White - Whole**

10369 1 lb.....\$10.95

**Egg Replacer-** Bob's Red Mill – Equivalent to **34 Eggs** – potato starch, tapioca flour, baking soda & psyllium husk – Non GMO & Gluten FREE

00620 12 oz.....\$5.95

**NEW**

**Flax Seeds- Raw** Aid regularity. Add to yogurt, cereals, salads, soups, etc.

6260 1 lb.....\$5.95

6258 2 lb.....\$8.95

**Flax Seeds Bulk - Frontier Co-Op**

56333 1 lb.....\$5.95

**Golden Flax Seeds** Some claim golden is better than brown. Organic.

6268 1 lb.....\$4.95

**Golden Flax Meal-**

6274 12oz.....\$4.95

6257 22oz.....\$7.95

**Guar Gum**

5040 8 oz.....\$ 6.95

1899 1#.....\$22.95

**Hemp Seed Hearts**

6281 8 oz.....\$9.95

**Nutritional Yeast Flakes** – dairy-free substitute for cheese crumbles- can be added to soups, salads and even drinks. -the best tasting yeast supplement we have found.

2455 10 oz.....\$12.95

**Nutritional Yeast Powder**

2460 10 oz.....\$9.95

**Tapioca Flour Organic- Non-GMO**

6181 12 oz.....\$3.95

**Xanthan Gum** Soluble fiber powder-

6199 6 oz.....\$ 6.95

**JUICE**

**Apple Cider Vinegar** Organic, raw, unfiltered with the "Mother"

00132 32 oz.....\$10.95  
743128 1 gallon.....\$28.95

**Black Cherry Concentrate**

24416 16 oz .....\$17.50

**Cranberry Concentrate**

24516 16 oz .....\$19.95

**Elderberry Concentrate**

80320 16 oz .....\$20.00

**DRINK MIXES**

**Cocoa Powder** Organic

6672 12 oz .....\$ 8.95

**Instant Hot Cocoa** Organic

6671 14 oz .....\$7.95

**Dandy Blend** A coffee substitute of dandelion and other herbs. Instant! **100% caffeine FREE.** No acidity, no bitterness. Perfect HOT or COLD



15014 25 packets.....\$ 9.95  
15023 7.05 oz.....\$12.95  
15022 14.1 oz.....\$21.95  
15017 2 lbs .....\$36.95

**Organic** – same as above, just gone through an organic verification process.

15031 11 oz.....\$23.95

**Goat Milk Powder** - though it is known to carry the closest values to breastmilk compared with most formulas – as it contains a good alkaline PH, high protein & calcium – easily digestible fats – much less lactose than would be in cow milk– goat milk is **not** a complete formula if using as a baby formula, it is very important to add folate & a good B12 supplement -

3358 12 oz.....\$18.95

**Beef Bone Broth Collagen**

Vp5591 16.2oz.....\$41.95

**Collagen Peptides**

00740 14oz.....\$17.95

**Collagen Peptides Types I & III**

Unflavored Hydrolyzed Collagen – derived from Grass-Fed Cows – 18 servings per container

40060 12.7 oz.....\$12.95

**Keto Collagen Formula with MCTs** - has a rich chocolate flavor with a smooth texture- perfect for chocolate lovers!

400508 14oz.....\$22.95

**Multi Collagen + Protein** – Collagen Peptides I, II, III, V, & X blended with digestive enzymes – 30 servings – Unflavored powder – *clinically proven to start working in as little as 14 days* – **our Best Seller collagen** (new look)



000038 10.6 oz.....\$35.95

**Multi Collagen + PROTEOX capsules** – slightly different than the one above since there is salmon cartilage added in the formula – also, obviously, this is capsules and NOT a powder – 30 servings

143 60 caps.....\$19.95

**Beef Gelatin** High in collagen

6505 200 caps .....\$12.95

**Gelicious – Unflavored Gelatin Pwd**

00730 1 lb.....\$19.95

**Electrolyte Stamina** see page 27

**Power Pak & Emergen C** see page 56

**Natural Vitality Calm** see page 28

**Organic Soy-Milk Powder** Package makes about 6 quarts. Mixes easily into water. Adding a bit of vanilla and stevia gives it a better flavor- (NOT to be used as a baby formula as it is considerably low in important nutrients)

5837 20 oz .....\$10.95

**PROTEIN POWDERS**

**Egg White Powder-** unflavored-

16g Protein – pure egg white powder  
2040 1.2lb.....\$27.95

**Chicken Bone Broth Protein** – *Ancient Nutrition* –20g protein –90 calories—superfood protein powder with collagen peptides and co-factors

**Vanilla**

DA1700 1.1lb.....\$42.95

**Turmeric**

DA1300 16.2pz.....\$42.25

**Pea Protein** Gluten free, GMO free NutriBiotics - 80% protein

**Pure & Plain**

2135 1 lb 5 oz.....\$22.95

**Vanilla Flavored**

3205 1 lb 5 oz.....\$22.95

**Raw Protein Garden of Life – plant-based** - 22g Protein – 0g Sugar – Gluten-FREE – *Clean & Complete Protein* -approx.: 20 servings

11594 24 oz Chocolate.....\$43.95

11603 23 oz Vanilla.....\$43.95

11606 23 oz Vanilla-Chai..\$43.95

**Raw Protein & Greens** 20g Protein – 0g Sugar - Vanilla Flavor- 20 servings

11870 22 oz.....\$43.95

**Sustain- Chocolate- Sprig's** nutrition powder - high in protein & superfoods – energizing & aids in mental focus – supports weight loss & fights cravings– supports building muscle – feel the difference – feel supported – also great for nursing moms looking for nutrients!

624705 22oz.....\$34.95

**Whey Protein Isolate-** NOW- 100% pure.. Only 1 carb per serving.

**Unflavored Plain**

2172 1 lb.....\$29.95

**Vanilla** Whey Isolate

2160 2 lb.....\$42.95

**Dutch Chocolate** Whey Isolate

2162 2 lb.....\$42.95

**Chocolate Whey Protein-** NOW

2180 2 lb.....\$34.95

**Vanilla Whey Protein-** NOW

2185 2 lb.....\$34.95

**NATURAL SWEETENERS**

**Erythritol** – ZERO calories – 70% as sweet as sugar! Keto friendly – no other added ingredients-

6927 1lb.....\$7.95

6923 2.5lb.....\$13.95

**Pure Stevia Powder** KAL brand. No aftertaste!

10412 3.5 oz .....\$35.95

**Pure Stevia Extract** KAL brand.

37497 8 oz liquid .....\$33.95

**French Vanilla Stevia**

6979 2 oz.....\$8.95

**Better Stevia Powder** -NOW brand-White. 1/4 - 1/2 teaspoon of powder gives the sweetness of 1 cup of sugar.

6943 4 oz.....\$23.95

6960 1 oz.....\$ 7.95

6957 100 packets .....\$ 7.95

6961 1 lb.....\$62.95



**Better Stevia Glycerite**- NOW brand- 3 to 4 drops give the sweetness of 1 teaspoon of sugar -

6952 2 oz .....\$ 7.95  
6953 8 oz .....\$20.95

**Lactose** - Milk sugar – a specialty sweetener – used for breads and homemade chocolates – has a delicate dairy taste!

6940 1 lb .....\$ 5.95

**Sucanat** The closest thing we have found to natural sugar. Richer taste than other sugars. Course granules-

6965 2 lb.....\$ 6.10

**Xylitol Powder** Xylitol has proven to be a successful against tooth decay. It has been used, in Europe and Asia, as a sweetener for diabetics for years. Some doctors in the U.S. are using it to curb ear and upper respiratory infections.

6983 1 lb powder .....\$ 6.95  
6986 2½ lb powder...\$15.95

**SALT**

**Celtic Sea Salt** A truly whole sea salt! Highly recommended by health practitioners and culinary chefs

**Coarse – Whole Crystal**

10408 Grinder 3 oz.....\$5.95  
607 1 lb.....\$6.95

**Fine Ground**

6062 Shaker 8 oz .....\$ 9.95  
10011 1 lb.....\$12.95

**Himalayan Pink Mineral Salt**

Fine Ground

210355 1 lb.....\$12.95

**Real Salt®** from Redmond Life

Derived from ancient salt deposits – this salt carries a full spectrum of minerals. Real Salt is mined in Utah. And the taste is found to be a touch sweeter.

As there are no anti-caking agents or additives, it may tend to clump

50906 9oz in a shaker.....\$5.95  
50907 16 oz in a bag.....\$8.95

**Sea Salt – Table Grind**

27276 1 lb.....\$ 4.95 **NEW**

**SEASONINGS & SPICES**

**Bragg Liquid Aminos** - A great addition to stir fries and salad dressings.



000102 10 oz.....\$ 5.95  
00066 16 oz.....\$ 6.95

**Simply Organic Spices** – Comes in a small jar – easy to shake/sprinkle into dishes - Organic

**Basil** 18512 .....\$4.95  
**Bay Leaf** 18764.....\$8.95  
**Black Pepper Fine** 18523.....\$7.95  
**Black Peppercorns** 18524.....\$6.95  
**Coarse Black Pepper** 18518.....\$5.95  
**Cayenne** 18761.....\$5.95  
**Cilantro** 18601.....\$5.95  
**Cinnamon Pwd** 18513.....\$6.95  
**Chili Pwd** 18760.....\$6.95  
**Crushed Red Pepper** 18603.....\$5.95  
**Cumin Ground** 18514.....\$6.95  
**Curry Pwd** 18763.....\$6.95  
**Dill Weed** 18604.....\$6.95  
**Garlic Pwd** 18516.....\$8.95  
**Garlic Salt** 18517.....\$6.95  
**Ginger Ground** 18518.....\$6.95  
**Lemon Pepper** 18519.....\$7.95  
**Nutmeg** 18766.....\$8.95  
**Minced Onion** 18520.....\$5.95  
**Onion Pwd** 18608.....\$6.95  
**Oregano Flakes** 18521.....\$5.95  
**Paprika** 18765.....\$6.95  
**Parsley Flakes** 18522.....\$5.95  
**Poppy Seeds** 18045.....\$5.95  
**Rosemary** 18610.....\$5.95  
**Sage Pwd** 18611.....\$5.95  
**Thyme** 18613.....\$5.95  
**Turmeric** 18525.....\$5.95



**NEW**

**Cheddar & Spice Popcorn Seasoning** – Frontier Co-Op Brand

2150 1 lb.....\$15.95 **NEW**

**Vanilla Extract– Pure Madagascar**

18531 2 fl oz....\$12.95 **NEW**

**SEEDS FOR SPROUTING**

**Organic Alfalfa Seeds** -sweet, nut-like flavor

7212 12 oz .....\$ 8.95

**Broccoli Seeds** Mainstream medicine research shows that broccoli seed sprouts contain from 10 to 100 times as much of the beneficial, anti-cancer substances as does raw broccoli. Sprout just like alfalfa seeds. Mild tasting.

7215 4 oz. ....\$4.95

**Mung Beans**

7250 1 lb.....\$4.95

**Radish Seeds**

130011 1 lb.....\$24.95

**Zesty Sprouting Mix** Mix of clover, alfalfa, fenugreek, and radish seeds. Tasty and good.

7271 1 lb.....\$ 7.95

**Citric Acid**

7320 4 oz. ....\$4.95

**Sprouting Jar with Lid** 2 quart size. Glass.



7350 1 jar .....\$ 7.95

**VEGETABLE GLYCERINE**

**Vegetable Glycerin**



7695 4 oz.....\$ 3.95  
7700 16 oz (1 pint) ...\$ 9.95  
7711 1 gallon .....\$42.95

**YOGURT SUPPLIES**

**Yogurt Starter**- Each packet will do 1 quart. Use new a packet every 4 or 5 batches. *Refrigerate!*

**Original**

50933 Pack of 6 .....\$ 9.95

**Probiotic Yogurt Starter**

50944 Pack of 6.....\$ 9.95

**Greek Yogurt Starter**

Pack of 2.....\$ 9.95

**Yogurt Thermometer** Marked with the exact temperature for making yogurt.

50934 1 count .....\$ 8.95

**Kefir Starter** Cultured milk you can drink! A great source of "friendly" bacteria. Easy and inexpensive - No electrical appliance needed. Each envelope makes one quart of Kefir.

50936 Pack of 6 .....\$11.95



# 7 - Homeopathic

## HOMEOPATHIC

**#2 Cell Salt Calc Phos 6X** – Gum & tooth sensitivity – Teething Pain



18388 100 tabs.....\$14.95

**#6 Cell Salt Kali Phos 6X** – Stress – Simple Nervous Tension - Headaches  
40921 100 tabs.....\$13.95

**Aconitum Napellus 30X** – colds or fevers  
29004 250 tabs.....\$8.08

**Allergy Relief 4 Kids-** Ages 2+  
30831 125 tabs.....\$7.95

**AlleryCalm – Kids** – Boiron – non-drowsy remedy – ages 2+  
30704 60 tabs.....\$8.95 **NEW**

**Apis Mell-** Bites, stings or swellings  
29034 250 tabs.....\$7.95

**Arsenicum Album 30x** – burning nasal discharge or diarrhea  
29054 250 tabs.....\$8.08

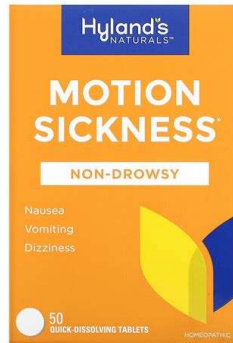
**Belladonna 30c**  
778215 80 tabs .....\$7.95

**Clear Restless Leg Relief** – Designed for cramps & spasms – with additional herbal extracts to help with muscle sprains, small injuries from sports and/or over use  
22581 60 caps.....\$14.95

**Hepar Sulph Calc. 30x** – cough, colds, or skin eruptions  
29144 250 tabs.....\$7.95

**Mercurius Vivus 30x** – sore throats or diarrhea  
29204 250 tabs.....\$7.95

**Motion Sickness** Used for motion sickness and also morning sickness. – Quick dissolving tablets



370000 50 tab.....\$8.95

**Nerve Tonic** – Stress Relief – Designed to help settle nervousness & anxiety – Non-Habit Forming



61129 50 tabs .....\$9.95

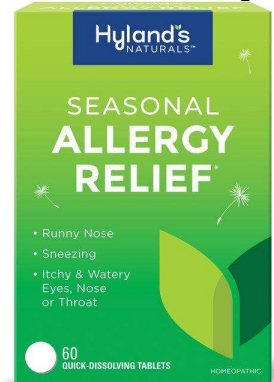
**Pulsatilla Nig. 30x** – colds, night cough, or headache  
29234 250 tabs.....\$7.95

**Restful Legs** – Fast & Effective

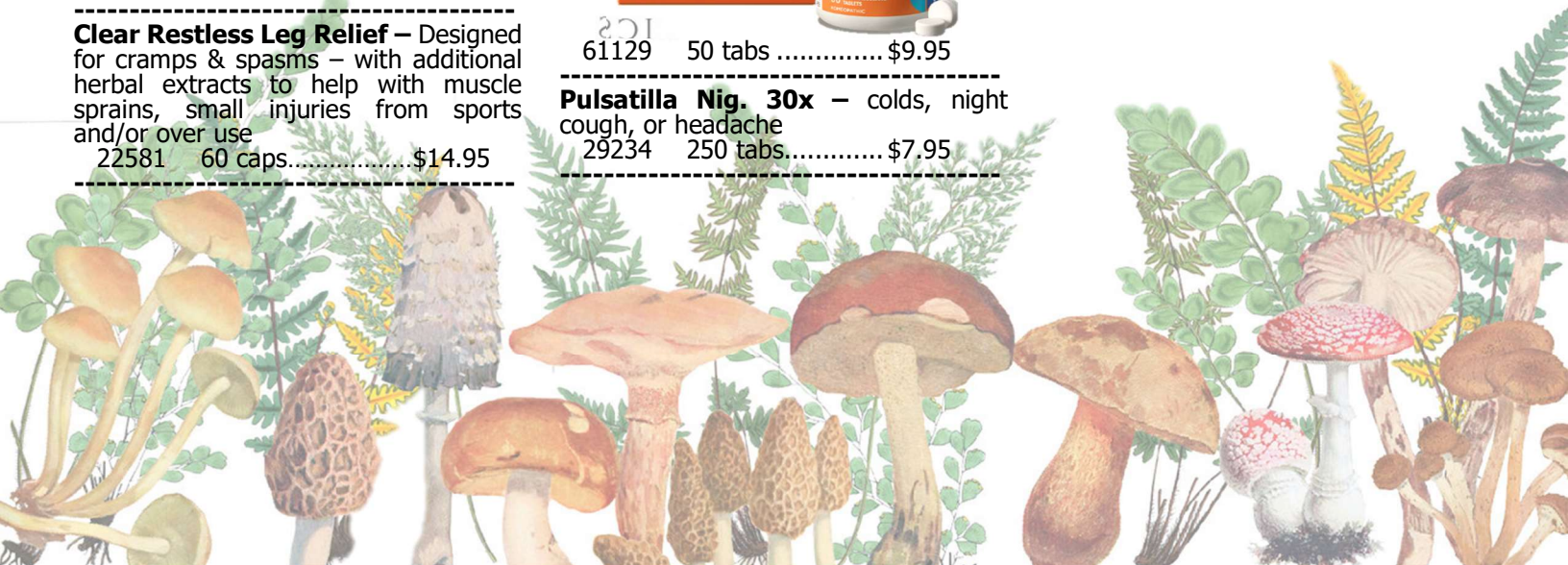


71898 50 tabs .....\$10.95

**Seasonal Allergy Relief** – Hyland's – natural relief from *runny nose, sneezing, itchy & watery eyes, nose or throat* due to seasonal allergies



30122 60 tabs .....\$ 9.95



# 8 – Men's Health

## HORMONE SUPPORT

**Legacy Herbs** – *Men's Fertility Enhancement* – it may take up to 4-6 months to experience best results  
L324 4 oz.....\$34.95

**Red Ginseng for Men** - sexual enhancement – with a blend of zinc, grape skin & seed extract, apple skin extract, saffron stigma, and red ginseng – it's best paired with a healthy diet and regular activity – Terry Naturally brand  
22224 48 cap.....\$39.95

**Sex Drive -Men ONLY-** Superior Source—under the tongue (quick dissolve tablets) Natural sexual enhancer made with pure ingredients, sugar free & gluten free  
90990 60 loz.....\$18.95

**TestoJack-** testosterone health  
2168 60 V-caps.....\$17.95

**Testo Strong XY** - designed to help with the production of testosterone – this herbal blend offers additional hormonal support for adult men. **NEW**  
626240 4 oz.....\$28.95

## MEN'S MULTI

**Adam Softgels** -NOW Superior men's multi with saw palmetto, lycopene, lutein, CQ10, ZMA, and ginkgo biloba-gentler and easier to swallow & absorb  
3881 180 softgels.....\$42.95

**Adam Capsules** -NOW – saw palmetto, lycopene, alpha, lipoic acid & CoQ10, resveratrol & grape seed extract  
3878 90v-caps.....\$19.95

**Garden of Life – Vitamin Code Men** – prostate & heart health – general energy support  
11368 120 V-caps. ....\$43.95

**Garden of Life 50 & Wiser Men** – helps with memory, heart health, and blood pressure – supports digestion as well!  
11369 120 caps.....\$43.95

**Liposomal Multivitamin Men's**  
34 nutrients blended with branched-chain amino acids (BCAAs) – only methylated B vitamins – great absorption and rate -  
88289 60v-caps.....\$42.95

**Life Essence Mater Multiple Men's**  
Super energizing with a vast whole food base over 26,000 MG  
01005 120 tabs.....\$45.95

**One 'n' Only Men** – great multi with addition support for stress response  
01705 90 tabs.....\$55.95

**Smarty Pants Men's Multiple**  
82278 180 gummies.....\$32.95

**Men's Multi Iron FREE**  
40048 60 count .....\$30.95

## PROSTATE SUPPORT

**Clinical Strength Prostate Health**  
3349 180 softgels .....\$49.95

**Male Urinary Tract Formula** Helps dissolve kidney stones, and get rid of infection and other things that can cause prostate enlargement.  
89122 100 caps .....\$21.95

**Prostate Support** Dr. Balch's formula. Two contain 10 mg B-6, 30 mg zinc, 160 mg saw palmetto extract, 10 mg pygeum extract, 250 mg stinging nettle root extract, 950 mg pumpkin seed oil, 3 mg lycopene.  
3341 180 softgels .....\$34.95

**Prostate Health Essentials.** Senior Life Health  
100001 90 caps.....\$36.95

**Saw Palmetto Formula** Each softgel contains 80 mg saw palmetto extract, 1,000 mg pumpkin seed oil, 15 mg zinc gluconate – Recommended: Take 1 to 3 daily  
4734 90 softgels .....\$12.95

**Saw Palmetto Berries** – Nature's Way – Recommended: 1 cap, 3x daily  
16750 100 caps.....\$12.95





# 9 – Minerals & Electrolytes

## CALCIUM

**Calcium & Magnesium + D Softgels** – Vitamin D3, Calcium, Magnesium & Zinc from Zinc Oxide –

1251 120 softgels.....\$10.95  
1252 240 softgels.....\$19.95

**Cal-Mag Stress Formula** - NOW – blend of Calcium, Magnesium, Vit C, inositol, PABA, & B Vitamins

1275 100 tab.....\$ 12.95

**Calcium Citrate Tablets** - 2 tablets provide 600mg Calcium Citrate, 300mg Magnesium, 15mg Zinc, 1mg copper, 400IU Vit D, and 5mg Manganese

1230 100 tablets.....\$10.95  
1232 250 tablets.....\$19.95

**Calcium Citrate Capsules** –blend of Vitamin D2, Calcium, Magnesium, Zinc, Copper, & Manganese – very popular!

1237 240 caps.....\$18.65

**Calcium Citrate** - Solaray 1,000mg

48552 240 caps.....\$18.95

**Calcium Lactate Tablets** 3 tablets provide 255mg Calcium

1260 250 tablets.....\$12.95

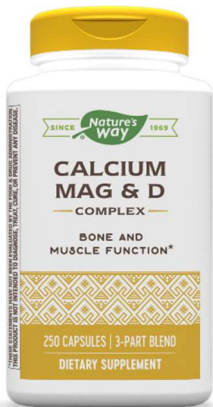
**Calcium Lactate** Krausse Line

9013 100 tabs.....\$11.95

**Cal-Mag Citrate** Solaray. 1:1 ratio – high potency formula – serving size is 6 capsules for 1,000mg of each

4525 180 caps.....\$18.95

**Calcium, Mag & D Complex** – 500mg Calcium, 250mg Magnesium & 5mcg Vit D



41421 250 caps.....\$19.95

**Calcium-Magnesium Capsule** . 2 caps provide 500mg Calcium, 250mg Magnesium, 7.5mg Zinc, 0.5mg Copper, 2.5 mg Manganese, 25mg Kelp, 4mcg Vit K

1265 120 count..... \$12.95  
1266 240 caps..... \$22.95

**Calcium Plus Vitamin D** – Nature's Sunshine

1675-0 150 tabs..... \$21.95

**Complete Calcium & Magnesium 1:1 ratio** – support your bones, energy, heart, muscles, & mood!

87894 120 tablets..... \$17.95

**Coral Calcium Plus** 1000 mg

1276 100 caps.....\$12.95  
1281 250 caps..... \$25.95

**Coral Life** Calcium & mineral support-

90 caps .....\$41.97  
1 case price per bottle...\$35.00  
4 case price per bottle.....\$30.00

**Calcium & Magnesium** Source Naturals - 2:1 Ratio

SN0304 250 tabs.....\$23.95

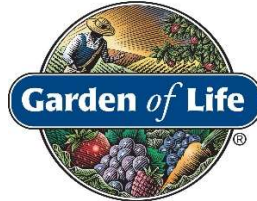
**Herbal Calcium Caps** Dr. Christopher

40215 100 caps..... \$16.95

**Liquid Cal-600 Softgels- Carlson**

5152 250 sgels.....\$26.95

**Raw Calcium-** Garden of Life—whole food, vit D3, K2 and MK 7, magnesium, Vegetarian Non GMO, and GF



11390 120 v-caps..... \$47.95

## CALCIUM CHEWABLE

**Alive! Cal- D3 Gummies** – 520mg Calcium and 50mcg Vitamin D3 –

10255 60count.....\$11.95

**Kid Cal-** 200mg per 2 chewable -NOW

1233 100 chewable.....\$12.95

**Growing Bones & Muscles-** a great calcium formula in a tasty gummie!

13371 90count.....\$13.95

**U-Cubes Calcium with D3** gummies in cube shape! Strawberry flavor -

57600 120 count.....\$15.95  
57607 60 count.....\$8.95

## CALCIUM POWDER

**Bone Meal** - Bioavailable Calcium

1220 1 lb..... \$15.95

**Calcium Citrate Powder** 1 teaspoon provides 730 mg calcium.

1240 8 oz..... \$ 9.95

**Cal-Mag Citrate Powder** 1:1 ratio with Vitamin D3 (200 IU per serving)

1243 8 oz..... \$12.95

## CALCIUM-LIQUID

**1:1 Ratio Cal-Mag Liquid-** Berry Flavor- 500mg of each; per Tablespoon- and Free from sugar, salt, gluten, soy, dairy, artificial colors, and wheat - *High Quality!*

It8813 16oz.....\$19.95

**2:1 Ratio Cal-Mag Liquid** – Orange Vanilla Flavor

10020 16oz.....\$19.95

**Calcium Combo** – Sprig's liquid calcium

4906 4 oz.....\$20.95

**Calcium Plus Liquid** Buried Treasures Brand - **1000mg Calcium Citrate** with a blend of multiple nutrients: Vit D, Iodine, Magnesium, Vit C, Zinc, Selenium, Manganese, Chromium, Potassium & Boron

**French Vanilla Flavor**

34579 16oz.....\$20.95

**Blueberry Flavor**

45678 16oz.....\$20.95

**Calcium Magnesium Citrate with D3 - Liquid (Solgar)** – Strawberry Flavored – delicious & easy to take – with great adsorption as well!

35833 16 oz.....\$10.95

**Herbal Calcium** Mountain Meadow Herbs

2032W 2 oz..... \$22.95

2034W 4 oz.....\$34.95

**Herb Calc-** Natural Hope Herbals

NA1033 4 oz.....\$21.95

Replaced with **Herbal Cal-Mag Syrup**

NA1691 4 oz.....\$21.95



**Cal/Mag/Zinc** – Trace Minerals – Strawberry Flavor -



00230 32 oz.....\$37.95

**Liquid Health Calcium** One ounce provides 500 mg calcium (chelate, citrate, gluconate, malate), 250 mg magnesium (chelate & gluconate), plus manganese, boron, lysine, horsetail, & Vitamin D - Orange Vanilla Flavor.

20232 32 oz ..... \$26.95

**ReCalcia** – RnA ReSet - Calcium Chloride – 300mg – 48 servings – Highly Concentrated! - Unflavored

304 8 oz.....\$26.95



**ReMag & ReMyte** see page 28 & 29

**Child Life Liquid Calcium-** orange flavored- Magnesium, zinc, and vit D  
CD1011 16oz.....\$18.95

**CHROMIUM**

**ChromeMate NOW**

1417 90 caps ..... \$ 13.95

**Chromium Source Naturals**

00336 250 tabs.....\$12.95

**Chromium Picolinate 200mcg** found sometimes to cut the cravings for sweets, and helps to regulate blood sugar levels

1420 100 caps .....\$5.95

1422 250 caps .....\$11.95

**Chromium Picolinate Source Naturals** – 200mcg

00774 120 tabs.....\$ 9.95

00108 240 tabs.....\$17.95

**Tri Chromium NOW-** 500mcg blend of chromium picolinate, Chelavite®, and ChromaMate® -and a 250mg of cinnamon bark

1428 90 v-caps .....\$7.95

1426 180v-caps.....\$13.95

**G.T.F. Chromium NOW** – GTF which stands for **Glucose Tolerance Factor**–

1432 250 tabs.....\$11.95

1430 100 count.....\$ 5.95

**COLLOIDAL MINERALS**

**Colloidal Minerals -Fulvic Acid**

**Trace Minerals** (which naturally contains boron, calcium, chromium, copper, iron, magnesium, manganese, molybdenum, phosphorus, potassium, selenium, silver, sodium, sulfur, and zinc) Plant Derived

**Unflavored**(yet a tart flavor otherwise)

1405 1 quart.....\$15.95

**Raspberry Flavored**

1406 1 quart.....\$15.95

**For Colloidal Silvers** see page 47

**ELECTROLYTES**

**Electrolyte Gummies** – Trace Mineral Brand – great for muscle cramps, endurance, hydration, & energy – 263 mg total electrolytes per 3 gummies

**Lemon - Lime**

00708 90 count.....\$25.95

**Watermelon**

00743 90 count.....\$25.95

**Electrolyte Stamina Tablets** – Trace Mineral Brand – great for muscle cramps, endurance, hydration & energy

00059 300 tablets.....\$42.50

**Hydration IV- Full Spectrum Electrolyte blend** -Trace Minerals - 20x the hydration of water!- Perfect for exercising & on the go.

**Raspberry Lemonade**

TIV01 16 packet.....\$25.95

**Strawberry Coconut**

TIV02 16 packets.....\$25.95

**Re-Lyte Electrolyte Mix** – a new found favorite! Made with Redmond Real Salt® & Coconut Water Powder- *Muscle Support – Endurance – Promotes Hydration* - Very popular!



**Lemon Lime**

10631 13.76 oz.....\$30.95

10877 6.88 oz.....\$19.95

**Mango**

10624 13.76 oz.....\$30.95

**Mixed Berry**

10872 6.88 oz.....\$19.95

**Strawberry Lemonade**

10869 6.88 oz.....\$19.95

**Watermelon Lime**

10632 13.76 oz.....\$30.95

**ZEROLyte** – Trace Minerals brand electrolyte packets – a combination of sea salt, ConcenTrace® Trace Mineral Complex + Coconut Water Pwd



**Salty Citrus**

00784 30 count.....\$32.95

**Salty Orange**

00786 30 count.....\$32.95

**Salty Watermelon**

00788 30 count.....\$32.95

**IRON**

**Chewable Iron** – 30mg – Carlson

55920 120 tabs.....\$11.95



**Complete Iron** – **Mini-Tabs**

Optimal absorption formula. Gentle and non-binding. Food grown iron.  
RB20061 60tabs ..... \$14.95

**Floradix Iron and Herbs**

Non-constipating.

64777 17 fl oz.....\$42.95

**Flora Iron Liquid** With B-Vitamin Complex - Non-constipating – easily absorbed – vegan



64741 7.7oz.....\$18.95

**Gentle Iron**

1249 90 count ..... \$ 8.95

sg1250 180 count.....\$16.95

**Healthy Blood** Garden of Life - 28mg of non-binding iron, Vitamins B & C promote iron absorption

11654 60 vcaps.....\$15.95

**Herbal Iron** Mountain Meadow Herbs

H2064 4 oz.....\$34.95

H2062 2 oz.....\$22.95

**Iron Complex** Each tablet provides 27 mg non-constipating iron in bisglycinate form, plus 50 mcg B-12, 200 mcg folic acid, 50 mg vitamin C, 100 mg dong quai, 100 mg raspberry leaf.

1440 100 tabs ..... \$ 8.95

**Iron Response** - 27 mg iron, 30 mcg B-12, 400 mcg folic acid per tablet.

40010 90 count.....\$25.95

**Raw Iron** Garden of Life - 22mg gentle iron- NON constipating

11376 30 v-caps..... \$13.95

**MAGNESIUM**

**Calcium, Magnesium, & Potassium**  
10232 90 tabs.....\$34.95

**Bio Active Magnesium** with P-5-P and Zinc – Terry Naturally – supports heart function, the nervous system, managing muscle cramps, tendons, ligaments & cartilage function, also moods and emotional aid  
26102 120 cap.....\$18.95

**Liquid Magnesium Tangerine**– 300mg per serving (32 servings) – 100mg Ionic Trace Minerals Complex  
00277 16 oz. ....\$20.95

**Magnesium-Calcium 2:1 Reverse Ratio Tablets** 3 provide 800 mg magnesium from oxide, aspartate, taurinate, glycinate, and citrate; 400 mg calcium from carbonate, aspartate, lysinate, and citrate; 15 mg zinc, 200 IU vitamin D. Tablets.  
1277 100 count.....\$11.95  
1278 250 count.....\$24.95

**Magnesium Citrate Powder** Pure magnesium powder; no other ingredients. Highly absorbable form. 450 mg magnesium in 1 tsp.  
1295 8 oz .....\$ 11.95

**Magnesium Citrate** 200 mg magnesium per tablet  
1290 100 tabs.....\$9.95  
1292 250 tabs.....\$24.95

**Capsules**  
1294 120 V-caps.....\$12.95

**Magnesium Citrate Capsules** For those who absorb capsules better than tablets. Each contains 170 mg of magnesium. Capsules.  
20293 90 count.....\$14.95

**Magnesium Capsules** NOW. 400 mg magnesium per capsule. (From oxide, citrate & aspartate.)  
1283 180 count.....\$13.95

**Magnesium Complex** – energy production support  
1859 100 cap.....\$17.95

**Magnesium Potassium Aspartate** In 2 capsules: 300 mg magnesium aspartate, 66 mg potassium aspartate, and 100 mg taurine.  
1320 120 count.....\$13.95

**Magnesium Malate** Removes aluminum buildup from the body. In chronic fatigue sufferers, it helps to restore energy. Yields 150 mg magnesium plus 825 mg malic acid per tablet.  
1300 180 tablets.....\$15.95

**Magnesium Oxide Powder** Replacing magnesium carbonate.  
1310 8 oz.....\$9.95

**Magnesium Gummies** – Trace Minerals Brand – 84mg each **NEW**  
00689 120 count.....\$19.95

**Tangerine**  
00503 120 count.....\$19.95

**Watermelon**  
00488 120 count.....\$19.95

**Magnesium Plus Powder – Ionic Fizz**– high absorption – great taste!

**Orange Cream** -  
03107 12.06oz.....\$31.95  
30 Packets.....\$29.95

**Mixed Berry** –  
03109 12.06oz.....\$31.95  
30 Packets.....\$29.95

**Mama Bear Magnesium Complex** – for calming & vitality – four forms of magnesium –skeletal & brain health  
626217 120 caps.....\$20.95

**NOW Magnesium Softgels**  
1298 180 softgels .....\$19.95

**ReMag** – Magnesium Chloride – *The Magnesium Miracle* – 150mg per serving – very concentrated! – take diluted – Make sure to follow directions on bottle.



300 8 oz. ....\$23.95  
306 16 oz.....\$44.95

**ReMyte** under Misc. Minerals

**ReCalcia** see page 27

**Magnesium Softgels** - Carlson  
05201 100 softgels .....\$10.95  
05202 250 softgels .....\$25.95

**MagO7 -CLEANSE-** our BEST Magnesium Oxygen Detox Cleanse – normally, works overnight! – 3 capsule serving size includes: Magnesium 1,035mg (MOXiO3 as Ozonated Magnesium Oxides) + Potassium 99mg as Potassium Citrate –  
M7631- 90 cap.....\$23.95  
7631 - 180 cap.....\$37.95

**Ultra Mag** – Two tablets supply 420 mg Magnesium (as citrate, succinic, glycinate, malate & taurine complex) – with additional 30mg of B6  
800802 60 tablets .....\$ 8.95  
20294 120 tablets.....\$15.95  
20295 240 counts.....\$29.95

**Natural Vitality Calm** - magnesium supplement powder – designed to support a calm mind and relieve tension – can be made hot or cold – whichever is preferred- Fizzy!



**8 oz Powder**  
02725 Orange.....\$19.95  
00010 Raspberry/Lemon.....\$19.95  
02722 Sweet Lemon.....\$19.95  
544 Unflavored.....\$19.95

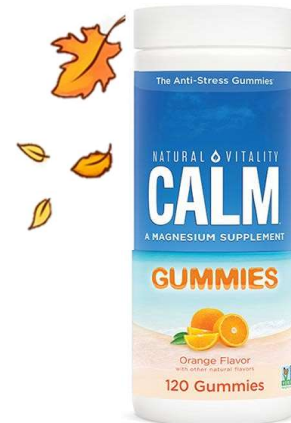
**16 oz Powder**  
02743 Orange.....\$34.95  
02739 Raspberry/Lemon.....\$34.95  
02742 Sweet Lemon.....\$34.95  
545 Unflavored.....\$34.95

**Calm + Calcium** –  
Raspberry/Lemon  
00970 8 oz.....\$22.95  
00098 16 oz.....\$35.95  
Unflavored  
8 oz.....\$22.95

**Natural Calm Gummies** – A delicious way to take in your magnesium citrate.

**Original – Raspberry Lemonade**  
NV4165 120 gummies.....\$26.95

**Original – Orange**



04308 120gummies.....\$26.95

**Natural Calm Sleep Formula** - Blueberry Pomegranate - Blended with melatonin and L-Theanine  
NV4209 120 gummies.....\$24.95

**Natural Calm Sleep Powder**  
00226 6oz.....\$22.95

## MISC. MINERALS

**Balanced Minerals** The potencies are low, but absorption is high. Tablets.  
20030 90 count.....\$27.28

**Boron**  
1410 100 caps .....\$ 5.59  
1412 250 caps .....\$12.95

**Concentrated Trace Minerals Drops**  
TRMD 8 oz .....\$28.99

**Copper** High levels of zinc intake can lead to copper deficiency. Take 2 mg of copper for each 50 mg zinc. Be cautious, though; too much copper does more harm than good.  
20225 100 count.....\$ 7.95

**Full Spectrum Minerals – Iron free** – Vitamin D –Calcium –Iodine – Magnesium –Zinc – Selenium –Copper – Manganese –Chromium –Molybdenum – Potassium Chloride –  
1545 240 capsules.....\$23.95

**Manganese** 10 mg capsules  
20035 100 count.....\$10.95

**Mega Multi Mineral – Solaray** –  
4514 200 caps.....\$17.95

**Mineral Complex -Honeycomb Industries**  
00565 16 oz .....\$24.95

**Potassium** As gluconate, 99 mg per tablet.  
1462 250 count.....\$12.95

**Potassium Citrate Now Foods**  
1448 180 count.....\$8.95

**Potassium Chloride** Powder.  
1450 8 oz .....\$5.95

**Potassium Chelated**  
00458 100 caps .....\$11.95

**Potassium Citrate 99mg**  
41071 100 caps .....\$6.95

**Iosol Iodine** - Wellness Resources.  
1830 mcg or 18 mg.  
00112 1 oz .....\$16.95

**Potassium Plus Iodine**  
1452 180 tabs.....\$7.95

**ReMyte – Mineral Solution** – Calcium, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, Sodium, Potassium & Boron – read bottle instructions!  
302 8 oz.....\$28.95  
310 16 oz.....\$59.95

**Selenium**  
1480 100 count.....\$ 4.95  
1482 250 count.....\$10.95  
**200 mcg** each capsule  
1486 180 caps .....\$13.95

**Selenium**  
40027 90 tabs .....\$22.95

**Silica Complex** – known as the "beauty mineral" for due to its support for strong hair, Skin & Nails support – but also known for supporting joint structure – with Horsetail Extract  
1492 180 tabs.....\$19.95

**Tri-Iodine – terry naturally** –  
- Metabolism & energy  
- Defend against iodine competitors  
- Weight management  
- Menopause Relief  
- Detox from environmental stress  
- Prostrate & Colon Health  
- Cellular defense throughout the body  
82908 180 caps.....\$42.95---

**Wholefood Minerals** - 642 mg – a blend of magnesium, chloride, sodium, potassium, wildflower bee pollen, ConcenTrace® Trace Mineral Complex & Atlantic Kelp – great for hydration, athletic performance and brain & nerve function – for best results, take 6 a day.  
00777 180 caps.....\$23.95

## M.S.M. (methylsulfonylmethane)

Commonly bought for *reducing joint pain, lessen one's inflammation, & support a person's immunity.*

**ActivJoint** – a blend of calcium, herbs, enzymes, sea minerals and nutrients  
00027 180 tabs.....\$29.95

**Active Joint Platinum** – support an active lifestyle with this high quality blend of glucosamine, chondroitin, MSM, herbs, enzymes & nutrients activated by Ionic Trace Minerals  
00030 90 tabs .....\$32.95  
00031 180tabs.....\$61.95----

**M.S.M. Tablets** 1,500 mg – 99.7% pure. 15 minute disintegration time.  
2131 200 count.....\$19.95

**M.S.M. Capsules** 1,000 mg  
2120 120 count.....\$10.95

**Malic Acid (with Magnesium)**  
1,500 mg malic acid. Enhanced absorption. Tablets.  
74590 120 count.....\$14.95

**Hyaluronic Acid** With MSM. Joint lubricant.  
3156 60 v-caps .....\$13.95

**M.S.M. Lotion** Rub into the skin on the area of discomfort. Helps relieve pain. - paraben FREE – unscented  
2123 8 oz .....\$ 9.95

**Joint & Muscle Cream** – with capsaicin and Boswellia – paraben FREE  
3293 4oz.....\$10.95

**Glucosamine, MSM & Arnica Liposome Lotion** – for joint areas – paraben FREE  
3283 8oz.....\$11.95

**M.S.M. Powder** Tastes similar to Epsom Salts, but not as strong. Mix in water or juice  
2125 ½ lb .....\$ 8.52  
2126 1 lb.....\$17.10

## ZINC

**Zinc** As gluconate. 50 mg zinc each. Medium absorption rate. Tablets.  
1522 250 count .....\$10.95

**Zinc Chelate** Source Naturals- 50mg  
250count.....\$19.95

**Zinc Citrate** Lewis Labs- 50mg – comes in easy-to-swallow capsules – and more importantly it is a pure zinc in a form that is easily absorbed -  
151 90caps.....\$11.95

**Zinc Picolinate** NOW 50mg



1552 120 count .....\$11.95

**Zinc Picolinate Plus** – Highly absorbable zinc with copper  
Zin27 60caps.....\$12.95

**Raw Zinc** Garden of Life  
11652 60 v-caps.....\$ 12.95

**Zinc + Vitamin C- Chewables-** Trace Minerals – Raspberry Flavor  
00497 60count.....\$15.95

**Zinc Advanced** - from Superior Source- 25mg Zinc and 5,000 IU Vit D  
92120 60 loz .....\$16.95

**Zinc Lozenges** – Nature's Way – wild berry flavor – 23mg Zinc + 100mg Vit C + 20mg Echinacea Purpurea each – Directions: *do NOT chew – gently let dissolve in mouth - take 1 every two hours* (adults can take up to 6 in one day – NOT designed for kids)  
41092 90 loz.....\$ 5.95

**Zinc Lozenges** Wellness brand. 23 mg. Peach, raspberry flavor.  
00916 120 chewables.....\$15.95



# 10 - Oils

## COD LIVER OIL

### Fermented Cod Liver Oil - Green Pastures



- Capsules – Orange Flavored**  
FOG-A 4524 120 caps.....\$34.95
- Liquid - Unflavored**  
29750 6.1 oz.....\$34.95
- Liquid - Orange Flavored**  
29710 6.1 oz.....\$34.95

### Concentrate Butter Oil/Fermented Cod Liver Oil Blend Capsules

- FOG-A 4673 120 caps.....\$39.95
- Gel – Cinnamon Flavored**  
29840 6.4 oz.....\$44.95
- Gel – Chocolate Flavored**  
29888 6.4 oz.....\$44.95

- Double Strength Cod Liver Oil**  
2,500 IU vitamin A and 270 IU vitamin D in each. One per day for school children. 2 per day is okay for adults.
- 1742 250 softgels.....\$13.95  
1743 4 bottles.....\$50.95

- Carlson's Cod Liver Oil- 1000mg**
- 01301 100 softgels.....\$13.95  
1302 250 softgels.....\$23.95

- Carlson Liquid Cod Liver Oil Unflavored**
- 1322 16.9 oz.....\$39.95  
1321 8.4 oz.....\$23.95
- Fruit Splash**  
1361 8.4 oz.....\$23.95

- Icelandic Cod Liver Oil Garden of Life**
- 11136 8 oz. ....\$17.95
- Icelandic Cod Liver Oil Life's Fortune**
- 00024 8 oz. ....\$19.95

## CARRIER & COOKING OILS

- Avocado Oil – NOW-**
- 7678 16oz.....\$14.95  
7670 4oz.....\$ 5.49

- Almond Oil** see page 32
- Apricot Oil** see page 32

- Virgin Coconut Oil -NOW-**
- 1725 12 oz .....\$7.95  
1726 20 fl oz .....\$10.95  
1735 54 oz.....\$25.95

- Liquid Coconut Oil**
- 10882 16 oz.....\$22.95

- Organic Olive Oil** First pressing, extra virgin. Excellent for salads.
- E0502 16 oz .....\$ 8.98

- Olive Oil- Gallon – Extra Virgin-**  
Organic- in a plastic jug
- 6400SC 1gal.....\$34.95

**Castor Oil** see page 32

- Grapeseed Oil –** works great for popping popcorn – and has almost no taste for cooking –
- 7707 16 oz.....\$ 9.95  
91107 1 Gal.....\$35.95

- Safflower Oil-** known to help with hypercholesterolemia, diabetes, losing weight, and even PMS.
- 92557 16 oz.....\$7.95

## DIFFUSER & BOTTLES

- Ultrasonic Oil Diffuser**
- 7519 1 unit.....\$38.95

### Amber Glass Dropper Bottles



- 800156 4 oz.....\$ 1.95  
800147 2 oz.....\$ 1.50  
800150 1oz.....\$ 0.95

## ESSENTIAL OILS - DOTERRA

- Breathe - Respiratory Blend**
- 15ml.....\$25.95  
Hard Lozenges.....\$15.95

**Deep Blue Rub** see page 35

- Eucalyptus**
- 15ml.....\$18.95

- Frankincense – Boswellia Oil**
- 15ml.....\$89.95

- Lavender**
- 15ml.....\$27.95

- Lemon**
- 15ml.....\$12.95

- ON- Guard**
- 15ml.....\$39.95  
Hard Lozenges.....\$18.95

- Peppermint**
- 15ml.....\$27.95

**If you want something else from Doterra, and don't see it listed here, - we can most likely special order it. Just have its name, size, and form (liquid, powder, or capsule, etc.)**

## ESSENTIAL OILS - NOW

- Anise Oil**
- 7515 1 oz.....\$5.90

- Atlas Cedar Oil**
- 7526 1 oz.....\$5.95

- Balsam Fir Needle Oil**
- 7513 1 oz.....\$7.95

- Basil Oil**
- 7516 1 oz.....\$9.95

- Bergamot Oil**
- 7518 1 oz.....\$11.95

**Bug Ban- bug repellent** – see page 33

- Camphor Oil** Used in chest rubs.
- 7520 1 oz.....\$4.95

- Cedarwood Oil**
- 7525 1 oz.....\$5.95

- Cinnamon Cassia Oil**
- 7530 1 oz.....\$7.15

- Citronella Oil**
- 7535 1 oz.....\$4.75

- Clary Sage Oil-** commonly used for period cramps & pain – also bloating!
- 7538 1 oz.....\$17.25

- Clove Oil** Used for numbing a toothache or sore gums.
- 7540 1 oz.....\$5.95

- Cypress Oil**
- 7652 1 oz.....\$7.99

- Eucalyptus Oil** Used as a chest rub -
- 7545 1 oz.....\$4.95  
7546 4 oz.....\$12.95

<b>Frankincense Oil</b>	
7548	1 oz 20%.....\$10.95
7542	1 oz 100% Pure.....\$22.95
<b>Geranium Oil</b>	
7552	1 oz .....\$15.95
<b>Ginger Oil</b>	
7550	1 oz .....\$ 9.95
<b>Grapefruit Oil</b>	
7553	1 oz .....\$ 8.32
<b>Helichrysum – Aura Cacia brand</b>	
195235	.5 oz.....\$13.95
<b>Jasmine Fragrance Oil -Natural &amp; Synthetic</b>	
7555	1 oz .....\$7.95
<b>Lavender Oil</b>	
7560	1 oz .....\$ 10.95
7561	4 oz .....\$31.95
<b>Lemongrass Oil 100% pure.</b>	
7582	1 oz .....\$ 6.95
<b>Lemon Oil</b>	
7565	1 oz .....\$ 5.95
7569	4 oz .....\$15.95
<b>Lime Oil</b>	
7567	1 oz .....\$ 5.72
<b>Myrrh Oil</b>	
7568	1 oz .....\$31.50
<b>Neem Oil – used as anti-fungal</b>	
7733	1 oz .....\$ 7.95
<b>Neroli Oil 7.5%</b>	
7576	1 oz .....\$27.95
<b>Orange Oil</b>	
7570	1 oz .....\$ 3.95
7578	4 oz .....\$ 8.95
<b>Oregano Oil</b>	
7573	1 oz .....\$12.95
<b>Oil of Oregano</b>	
7577	1 oz .....\$ 8.95
<b>Patchouli Oil</b>	
7575	1 oz .....\$12.95
<b>Peace, Love, and Flowers</b>	
7634	1oz.....\$13.95
<b>Peppermint Oil</b> Used to flavor food and in a vaporizer to clear sinuses, etc.	
7585	1 oz .....\$ 6.95
7495	2 oz .....\$11.95
7586	4 oz .....\$19.95
<b>Pine Needle Oil 100% Pure</b>	
7590	1 oz.....\$7.95
<b>Rose Absolute 5%</b>	
7597	1 oz .....\$13.95
<b>Rosemary Oil</b>	
7600	1 oz .....\$7.95
<b>Sage Oil</b>	
7610	1 oz .....\$9.95

<b>Sandalwood Oil 14%</b>	
7668	1 oz .....\$27.95
<b>Spearmint Oil</b> Used to flavor food and in a vaporizer to clear sinuses, etc.	
7620	1 oz .....\$ 6.95
<b>Tangerine Oil</b>	
7623	1 oz .....\$ 3.95
<b>Tea Tree Oil</b> 100% pure. Analyzes at 5% and 3% on the important levels. Has a multitude of uses.	
7625	1 oz .....\$ 6.95
7626	4 oz .....\$21.95
<b>Thyme Oil</b> Good for cystic fibrosis.	
7635	1 oz .....\$11.95
<b>Vanilla Oi Blend</b>	
7596	1 oz .....\$23.95
<b>Wintergreen Oil</b> Very lovely aroma. Used in chest rubs and in vaporizer.	
7640	1 oz .....\$10.95
<b>Woodland Walk</b>	
7648	1oz.....\$11.95
<b>Ylang-Ylang Oil</b>	
7650	1 oz .....\$31.55

**YOUNG LIVING**



<b>Frankincense Oil</b>	
3548	15ml.....\$110.95
<b>Lavender Oil</b>	
3575	15ml.....\$35.95
<b>Peppermint Oil</b>	
3614	15ml.....\$29.95
<b>Peace &amp; Calming Oil Blend</b>	
3398	0.17 oz.....\$28.95
<b>Thieves Oil Blend</b>	
	
3423	15ml.....\$49.95
<b>Thieves Mints</b>	
5140	30 mints.....\$11.95
<b>Thieves Aromabright</b> -toothpaste	
3039	4 oz.....\$15.95
<b>Thieves Dentrarome Ultra</b> -toothpaste	
3744	4 oz.....\$11.95
<b>Thieves Dentrarome Plus</b> -toothpaste	
3738	4oz.....\$9.95

<b>Thieves Throat Lozenges</b>	
y13282	30 count.....\$27.95
<b>Thieves Cough Lozenges</b>	
	30 count.....\$26.95
<b>Thieves Spray-</b>	
3265	1oz.....\$11.95
<b>Thieves Household Cleaner</b>	
	14.4 oz .....\$32.95
<b>Thieves Hand Purifier</b>	
3621	1oz.....\$6.95
<b>Foaming Hand Soap</b>	
<b>Thieves</b>	
	8fl oz.....\$ 14.95
<b>Winter Nights</b>	
	8fl oz.....\$ 14.95
<b>Thieves Dish Soap</b>	
5350	12 oz.....\$19.95

**FISH OILS**

<b>Barlean's Omega Swirl</b> Fish oil that tastes like a fruit smoothie! The no burp solution of some of the finest fish oils. 1,080 mg of Omega 3 per serving. 43 servings.	
<b>Lemon Crème</b>	
BE17	16 fl oz.....\$28.95
<b>Citrus Sorbet</b>	
BE10	16 fl oz.....\$28.95
<b>Cod Liver Oil</b> see page 30	
<b>Krill Oil</b> NOW. 1000 mg.	
1627	60 softgels ..... \$38.95
<b>Krill Oil</b> Nature's Way. 500 mg. Super antioxidant. Cardiovascular joint health and PMS relief. Potent antioxidant.	
15432	60 softgels ..... \$39.95
<b>Omega 3 - 950 mg</b>	
02057	50 softgels.....\$18.95
02058	100 softgels.....\$31.95
<b>Fish Oil</b> Carlson – Orange flavored - 700mg Omega 3s	
C1642	240 softgels.....\$36.95
<b>Fish Oil-<i>The very finest</i></b> - Bottled in Norway. Carlson Brand	
<b>Orange</b>	
01545	16.9 oz ..... \$38.95
<b>Lemon</b>	
01655	16.9 oz.....\$38.95
<b>Fisol</b> Enteric-coated. Delivers up to 3 times better absorption than non-coated fish oil.	
15688	90 softgels. .... \$19.27

-----  
**Ultra Omega 3 Fish Oil** 500 EPA/250 DHA – NOW  
1661 90 softgels .....\$17.95  
-----

**Salmon Oil Complete Softgels**  
18340 120 + 60 ct.....\$33.95  
-----

**Super EPA** Double strength. 360 mg EPA, 240 mg DHA, molecularly distilled.  
1682 120 gels .....\$15.25  
1683 240 gels .....\$28.95  
-----

**Super Omega 3 EPA – 1000mg** Fish Oil - 380mg EPA & 190mg DHA each – lemon flavored to improve taste  
1515-7 60 softgels.....\$36.95  
-----

**Omega 3** Also called fish body oil. Each 1,000 mg softgel provides 120 mg DHA and 180 mg EPA.  
1652 200 count.....\$12.95  
-----

**Triple Strength Omega 3 Fish Oil** 2,500mg EPA 800mg & DHA 600mg – Life's Fortune – *purity -potency* –  
30435 120 softgels.....\$27.95  
-----

**Omega Gummies** see page 19  
-----

### LECITHIN

-----  
**Lecithin** – 1060 mg – derived from soy – Nature's Sunshine -  
1660-5 180 softgels.....\$27.95  
-----

**Sunflower Liquid Lecithin**  
Commonly used in cooking but also as a supplement – contains essential fatty acids - may help support the nervous system, brain health, heart, liver, blood pressure – Soy-FREE  
2372 16 fl oz.....\$15.95  
-----

**Sunflower Lecithin Soft-Gels**  
1200 mg – *Nervous System Support* – Soy-FREE -  
2313 200 count.....\$16.95  
-----

**Soy Lecithin Soft-Gels** 1200 mg -  
2212 200 count.....\$13.95  
-----

**Soy Lecithin Granules** –  
2260 1 lb.....\$16.95  
2262 2 lb.....\$29.95  
-----

### MULTIUSE OILS

-----  
**Almond Oil** 100% pure.  
7660 4 fl oz .....\$4.95  
-----

**Apricot Kernel Oil** 100% Pure  
7665 4oz.....\$5.95  
7666 16 oz .....\$11.95  
-----

**Avocado Oil**  
7670 4 oz.....\$5.95  
7678 16 oz.....\$14.95  
-----

**Castor Oil** - NOW brand – commonly used for skincare and hair care –  
7675 1 pint.....\$ 7.95  
-----

**Castor Oil** Cold-pressed – 100% solvent free – vegan – pure & natural  
50105 8 oz.....\$ 8.95  
50107 16 oz.....\$13.95  
880132 32 oz.....\$21.95  
-----

Castor Oil dates back to ancient bible times, and is also known as Palma Christi (which is "Palm of Christ") – with its anti-inflammatory & anti-oxidant properties it is mostly known for softening & soothing skin – also found helpful for hair growth & shine – the softgels are used as a natural laxative  
-----

**Coconut Oil** See page 30  
-----

**Evening Primrose Oil Liquid** 100%  
7690 4 oz .....\$14.95  
-----

**Joboba Oil** 100% pure.  
7717 4 oz .....\$10.95  
-----

### NUTRITIONAL OILS

-----  
**Barlean's Fresh Flax Oil- Organic**  
16 oz.....\$23.95  
B32C 32oz.....\$44.95  
-----

**Barlean's Flax Oil Softgels**  
10080 250count.....\$32.95  
-----

**Barlean's High Lignan Flax Oil- Organic**  
B16 16 oz.....\$22.95  
B32HL 32 oz. ....\$44.95  
-----

**Barlean's Total Omega - Blueberry Pomegranate Flavored** - Vegan Formula. Great source of Omega 3-6-9 from fresh pressed flaxseed oil, pure borage oil, and plant-based DHA -  
50027 16 fl oz. ....\$33.95  
-----

**Flax Seed Oil** Flax oil has an abundance of linoleic and linolenic acids, which are essential nutrients, and which are woefully missing in our modern diets. 1,000 mg flax oil each..  
1770 100 count.....\$ 7.25  
1772 250 count.....\$16.95  
-----

**Black Currant Oil** 500 mg, 70 mg G.L.A. Softgels.  
1715 100 count.....\$10.95  
-----

**Black Seed Oil** Premium, from cumin seed. Great source of EFA. Great fortification for your respiratory health.  
12008 8 oz. ....\$30.75  
91380 12 oz. ....\$41.17  
91120 90 vcaps .....\$29.95  
-----

**Borage Oil Softgels** A more economical source of G.L.A. than Evening Primrose oil is. Each 1,000 mg gel has 240 mg actual G.L.A., and no inhibitors.  
1720 60 count .....\$11.45  
1722 120 count.....\$23.95  
-----

**Castor Oil Softgels** NOW. Supports intestinal health. 650 mg- natural laxative  
1723 120 softgels .....\$11.95  
-----

**Evening Primrose Oil** 1300 mg – Source Naturals  
03039 120 softgels .....\$30.95  
-----

**Evening Primrose Oil**  
1750 100 count .....\$ 8.95  
1752 250 count.....\$18.95  
-----

**Super Primrose** 1,300 mg Softgels – NOW brand  
1755 60 count .....\$10.95  
1757 120count.....\$19.95  
-----

**Omega 3-6-9** 1000 mg. – flax, evening primrose, canola, black currant, and pumpkin see oils.  
1837 250 softgels .....\$22.95  
-----

**Super Omega 3-6-9** Borage. Flax seed and fish oil. 1200 mg  
1841 180 softgels .....\$23.95  
-----

**Oregano Oil** Enteric-coated - 181 mg of 55% carvacrol oregano oil plus some ginger and fennel oils in each softgels  
4732 90 count .....\$12.95  
-----

**Oreganol** Oil of wild oregano. Non-GMO. Tested P73. Softgels.  
00050 60 count .....\$25.95  
-----

**Oreganol- Super strength**  
00234 60 softgels .....\$34.95  
-----

**Oreganol -Super Strength Oil**  
33583 1 oz.....\$46.95  
-----

**Oil of Oregano** -  
00651 1 oz.....\$23.95  
-----

**Orega Max** Original ancient formula certified wild. Non-GMO. Garlic and onion powder.  
10004 90 V-caps.....\$25.72  
-----

**Peppermint Oil Gels**- Designed for intestinal comfort – blended with Ginger & Fennel Oils – Enteric Coated so that it may pass through the stomach and release later into the intestines –  
4727 90 softgels .....\$10.95  
-----

**Pumpkin Seed Oil** 1,000 mg.  
1840 100 softgels .....\$11.95  
-----

**Sea Buckthorn Oil- Omega 7**  
98370 120 softgel.....\$32.95  
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**Super DHA Gems** – Carlson  
1554 60 softgels.....\$26.95  
-----

**Wheat Germ Oil - Softgels - 1130 mg each**  
1870 100 count .....\$12.95  
**Liquid**  
1880 16 fl oz .....\$11.95  
-----



# 11 – Personal Care

## BABY

**Baby Shampoo & Wash** Natural and organic- Millcreek brand  
702100 8.5oz ..... \$10.50

**Organic Baby Shampoo & Wash** – Lafa's brand – foaming dispenser  
**Jasmine & Grapefruit**  
3005 8 oz.....\$8.95

**Vanilla & Orange**  
3044 8 oz.....\$8.95

**Diaper Rash Cream - Organic**  
33454 2.9 oz ..... \$10.95

**Baby Wipes – Seventh Generation**  
– designed for sensitive skin -  
115231 64 wipes.....\$4.95

**Gentle Baby Shampoo & Wash** – NOW Baby - *nutrient-rich, high-quality, plant-based ingredients* – FREE of artificial fragrances, parabens, phthalates, petrolatum and sulfates –  
**Calming Lavender**  
8236 8 fl oz.....\$8.95 **NEW**

**Fragrance Free**  
8233 8 fl oz.....\$8.95

**Nourishing Baby Lotion** – NOW Baby –  
**Fragrance-Free**  
8232 8 fl oz.....\$9.95 **NEW**

**Soothing Baby Oil** – NOW Baby –  
**Fragrance-Free**  
8230 8 fl oz.....\$9.95 **NEW**

## BATH & BODY

**Bedu Camel Milk Soap – Triple Milled Face & Body Bar**– Excellent, high-quality ingredients –  
**Black Seed & Frankincense** – *Renewing*  
**French Clay & Rosewood** - *Detoxing*  
**Lemongrass & Aloe** – *Nourishing*  
**Moroccan Clay & Cinnamon** - *Balancing*  
**Sandalwood & Saffron** – *Brighten*  
4 oz ..... \$5.95

**Pure and Natural Glycerin Bar Soap**  
Aloe Vera  
Cucumber  
Honeysuckle  
Rainforest  
Tea Tree  
Unscented  
Vitamin E  
01200 4oz ..... \$ 2.75

**South Of France** 6 oz bar.....\$ 3.95  
20010.....Orange Blossom & Honey  
128252.....Lush Gardenia  
20015.....Blooming Jasmine  
20014.....Wild Rose  
20025.....Shea Butter

**South Of France** Foaming Hand Soap  
. Orange Blossom & Honey  
. Rose Gardenia  
8 fl oz.....\$ 3.95

**Tea Tree Hand Soap - Liquid**  
73149 .....\$5.95

**Kiss My Face** Bar Soap Olive  
73149 .....\$4.95

**Black Seed, Oatmeal & Honey**  
Bar Soap  
7837 .....\$6.95

**Aloe Vera Body Wash** JASON  
75142 30 oz.....\$14.95

**Lavender Body Wash** JASON  
02113 30 oz.....\$14.95

**Chamomile & Lotus Blossom Body Wash** - JASON  
02109 30 oz.....\$14.95

**Rose Water Body Wash** JASON  
802123 30 oz.....\$14.95

**Tea Tree Body Wash** JASON  
27588 30 oz.....\$14.95

**Men's Forest Body Wash** JASON –  
8001 30 oz.....\$14.95

**Coconut Body Wash** JASON  
02126 30 oz.....\$14.95

**Honey & Black Seed Body Wash** – made with a unique blend of black seed oil, Arabian honey, natural enzymes, amino acids, & apricot oil made for smoothing & hydrating your skin to possible perfection!  
11907 13 oz.....\$12.95

**Every Man Jack Body Wash** **NEW**  
**Cedarwood**

00087 16.9 fl oz.....\$7.95  
00625 33.8 fl oz.....\$12.95

**Sandalwood**  
77441 16.9 fl oz.....\$7.95  
00623 33.8 fl oz.....\$12.95

**Herban Cowboy Men's Body Wash**  
Forest- 18 oz.....\$10.95  
Sport- 18 oz.....\$10.95

## BATH SALTS

**Sitz Bath** – Sprig's - great for the postnatal period –Blend of Sea Salt, Aloe Vera, Comfrey, White Oak Bark, Yarrow Flower, Witch Hazel & Calendula  
626230 8oz.....\$14.95

**Epsom Salts** – Unscented – Whether it's after a long exhausting day, a hard work out, a rough menstrual cycle, or a sprained ankle, Epsom salt added to a good hot bath are *also used to: Detoxify from toxins & heavy metals*  
*Improve sleep quality*  
*Brighten & soften skin*  
16204 5lb bag.....\$12.95

## BUG REPELLANT

**Buzz-Away Spray** Non-toxic bug repellent- DEET FREE -  
01621 2 oz.....\$5.95  
01810 4 oz.....\$8.95  
01690 8 oz.....\$14.95

**Herbal Armor** – natural bug repellent  
54871 4oz.....\$10.95

**Bug Ban** – Pleasant citrus aroma- Non stick and quickly dries- NOW  
**Mini Spray Bottle**

7805 4oz.....\$5.95  
**Essential Oil - Bug Ban Blend**  
7804 1oz.....\$9.95

## DENTAL CARE

**Earth Paste – Redmond** – *Simple, Clean, and Real* - made with Bentonite Clay – sweetened with Xylitol – flavored with essential oil – and Real Salt  
**Cinnamon**  
**Lemon Twist** with Nano Silver  
**Peppermint** with Nano Silver  
**Spearmint** with Nano Silver  
**Wintergreen** with Nano Silver  
4oz.....\$8.95

**Fresh Breath – Spray** – Natural Hope Herbals - Designed for keeping your mouth smelling and feeling fresh! Perfect to use before social events. Directions: 2-3 Sprays,  
NA1053 2oz.....\$10.95

**JASON Peppermint - POWER-SMILE**  
Whitening Paste- Fluoride FREE  
61847 6 oz.....\$6.95

**JASON Sea Fresh Toothpaste** All natural strengthening with blue green algae. Deep Sea Spearmint.  
801510 6 oz.....\$5.95

**JASON Kids Only Toothpaste** – Fluoride-Free - Strawberry flavored -  
800729 4.2 oz.....\$6.95

**Neem & Tea Tree Toothpaste- Wintergreen** – Fluoride & SLS FREE - 8101 6.25 oz.....\$5.95

**XyliWhite Tooth Paste** Fluoride-free, xylitol based! *Popular* -



8091 Platinum Mint 6.4 oz.....\$4.95  
8090 ReFreshmint 6.4 oz.....\$4.95  
8092 CinnaFresh 6.4 oz.....\$4.95  
8102 Coconut Mint 6.4 oz.....\$4.95  
8105 Charcoal Refresh 6.4.....\$4.95  
8089 Kid's Orange 3 oz.....\$3.95

**Xyliwhite Mouthwash** 16 fl oz  
8095 Refreshment.....\$ 8.95  
8096 CinnaFresh .....\$ 8.95

**Ora Sweet Flossing Toothbrush** Floss and brush at once!  
31721 .....\$ 3.95

**Ora Sweet Children's Flossing Toothbrush**  
31755 .....\$ 3.95

**Colgate Classic Toothbrush** – Firm  
1 toothbrush.....\$ 0.97

**Ora Wellness- Healthy Mouth**  
Blend of essential oils. Very important for healthy gums and teeth.  
BB-12 0.5 oz .....\$18.95

**SPRY Chewing Gum- xylitol gum Peppermint**

00062 10 ct pack .....\$0.99  
GPP100 100 pieces.....\$ 9.95

**Spearmint**

00061 10 ct pack.....\$0.99  
GSP100 100 pieces.....\$ 9.95

**Cinnamon**

00064 10 ct. pack .....\$0.99  
GC100 100 pieces.....\$ 9.95

**Fresh Fruit**

00063 10 ct. pack .....\$0.99  
GFF100 100 pieces.....\$ 9.95

**SPRY Xylitol Mints** Sugar free.

**45 count Mints**

00988.....Berry Blast  
00095.....Cinnamon  
60009.....Lemon Burst  
00971.....Peppermint  
45 count.....\$1.95

**240 count Mints**

Berry Blast.....\$10.95  
Peppermint.....\$10.95  
Cinnamon.....\$10.95  
Lemon Burst.....\$10.95

## DEODORANTS

**Rose Pomegranate** from Andalou  
599768 2.65 fl oz.....\$ 9.50

**Herban Cowboy for Her - Blossom** – rosemary, parsley & sage with a splash of mandarin orange  
00061 2.8oz.....\$8.95

**Powder – Maximum Protection** – a mild blend of rosemary, parsley & sage  
00060 2.8 oz.....\$7.95

**Herban Cowboy for Him** – Aluminum Free – the stick deodorants are additionally infused with Aloe for a smooth application – Cruelty Free

**Forest – Stick** – Notes of Cedarwood, Cedar Leaf & Black Pepper  
00330 2.8 oz.....\$8.95

**Sport – Stick** – Notes of Lemon, Lavender & Patchouli  
00863 2.8 oz.....\$8.95

**Wild – Stick** – Notes of Rosemary, Parsley & Sage  
36368 2.8 oz.....\$8.95

**Dusk- Stick** – Notes of Sandalwood, Sage & Cedar Leaf  
02862 2.8 oz.....\$8.95

**Dusk- Dry spray**  
00047 2.8 oz.....\$8.95

**Dusk- Cologne**  
02888 1.7 floz.....\$25.95

**Dusk- Shave Cream with aloe-**  
02899 6.7floz.....\$9.95

**Dusk – After Shave Balm**  
00282 3.4fl oz.....\$9.95

**Every Man Jack** Deodorant for Him

00209 Signature Mint.....\$7.25  
78639 Cedarwood.....\$7.25  
00023 Sandalwood.....\$7.25

**Mineral Crystal Stone** - pure – long lasting odor-controlling mineral salts  
8077 3.5 oz .....\$ 6.95

**Lavilin 72 hour** – roll on- Hypo-allergenic – gentle on sensitive skin – Aluminum Free – Does not clog pores  
000105 60 ml.....\$16.95

**Lavilin 48 hour Unscented**– roll on- Hypo allergenic – gentle on sensitive skin – Free of Aluminum Salts  
0112 80 ml.....\$17.95

**Lavilin Arm-** Natural underarm deodorant cream - applying once can last up to 7 days – hypo-allergenic – gentle on sensitive skin – Aluminum Free -  
8012 6 mo supply ..... \$15.95

**Lavilin Feet** Looking for a natural way to fight foot odors? Here it is! Gentle on sensitive skin – Aluminum Free – Does not clog pores – lasts up to 7 days!  
8017 6 mo supply ..... \$15.95

**NOW Deodorant Stick**– Long-Lasting - Paraben & Aluminum Free

**Lavender**

8067 2.2 oz.....\$7.95

**Rose & Ylang Ylang**

8069 2.2 oz.....\$7.95

**Schmidt's**

08531 Cedarwood Juniper .....\$ 8.49  
03207 Hemp & Rose.....\$10.75

**Tom's of Maine 2.25 oz**

66422 Woodspice .....\$8.95  
683332 Deep Forest.....\$8.95  
683528 Mountain Spring.....\$8.95

**48 Hour- Coconut Lavender- stick**  
302221 2oz.....\$7.95

**CRYSTAL Deodorant Stick** –

**CRYSTAL**  
SAFETY ARMED WITH CONFIDENCE™

**Lavender & White Tea**

00444 2.5 oz.....\$6.95

**Chamomile & Green Tea**

55375 2.5 oz.....\$6.95

**Vanilla & Jasmine**

55475 2.5 oz.....\$6.95

**CRYSTAL Magnesium Enriched Deodorant** – Charcoal & Tea Tree  
08500 2.5 oz.....\$10.95

**CRYSTAL Spray Mist** - No aluminum chloralhydrate- paraben FREE- No white marks- 24HR protection- rapid dry

**Unscented**

684980 4 fl oz .....\$4.95

**Chamomile & Green Tea**

221310 4 fl oz .....\$4.95

**Pomegranate**

11991 4 fl oz .....\$4.95

**Vanilla Jasmine**

221317 4 fl oz .....\$4.95

**Lavender & White Tea**

21991 4 fl oz .....\$4.95

## DMSO

**D.M.S.O.** Sold as a solvent only; what you do with it is your *own* business.

**99% DMSO**

50715 4 oz.....\$15.95

50716 8 oz.....\$22.95

**70% DMSO with 30% Aloe Vera**

11175 8 oz.....\$19.95

**70% DMSO with 30% Distilled Water**

14231 8 oz.....\$18.95

**D.M.S.O. Gels & Creams**–

**70% DMSO with 30% Distilled Water – Gel**

11142 4oz.....\$21.95

**Rose Scented Cream** – 70% DMSO *in a cream base*

11147 4 oz.....\$27.95

**FIRST AID**

**Antifungal Lotion**-designed to treat Athlete's Foot, Jock Itch & Ringworm  
881812 4 oz .....\$10.95

**Arniflora Arnica Gel** 1X homeopathic gel for sprains, strains, and muscle tears. Use as soon as possible after the injury, and apply every half hour.  
50704 2.75 oz .....\$14.95

**Arnicare Cream** Relieves stiffness and swelling - unscented arnica cream great for massage – homeopathic  
12177 4.2 oz.....\$18.95

**Arnicare Meltaway Tablets** – Arnica Montana homeopathic – easy to dissolve in water or under tongue –  
05904 60 tabs.....\$10.95

**Arnica 30 X – Hyland's –**



32661 50 tabs.....\$10.95

**B&W Ointment**- Burn and Wound - as honey-based product, this formula is a marvelous healer –great for controlling bad bacteria

90027 64 oz.....\$123.95  
90022 32 oz.....\$66.95  
20018 16 oz .....\$33.95  
90019 12 oz .....\$29.95  
90023 8 oz .....\$22.95  
90024 4 oz .....\$11.95  
90085 2 oz.....\$ 5.95

**Bandages -ALL TERRAIN-**

Fabric Bandages – Non-stick pad  
05003 30 count.....\$ 4.50  
Sheer Bandages- Latex FREE  
05004 40 count.....\$ 4.95

**Bandage ABD pads:** (do NOT reuse)

5" x 9" 25 pads – Dukal  
8" x 10" 20 pads - Dukal  
8" x 10" 24 packs – McKesson

**Sponges** – 2 per pkg – 25 packages  
4 x 4" –4 Ply

**Bandages - Moore Medical-** Stretch

Bandages- Sterile – Latex FREE  
2" x 4.1 yards – 12 count  
3" x 4.1 yards – 12 count  
4" x 4.1 yards – 12 count  
6" x 4.1 yards – 6 count

**Butterfly Bandages**  
68207 100 count.....\$10.95

**Large Butterfly Bandages**  
68208 100 count.....\$11.95

**Black Ointment** A drawing ointment  
34002 2 oz .....\$23.95

**Black Salve** For removing moles- Request the Information Sheet if this is your first time trying Black Salve!!  
1 oz .....\$39.95  
2 oz.....\$59.95  
60 tablets.....\$38.95

**Calendula Ointment**  
20004 4 oz.....\$10.95

**Califlora** Calendula gel - Cools and relieves pain from burns - homeopathic  
25197 2.75 oz .....\$11.14

**Chickweed Plantain Healing Salve** Natural Hope  
NA2006 4oz.....\$18.95

**Chickweed Ointment -Dr. Christopher-** (Formerly *Itch Formula*) Works very well for eczema and other skin infections. Also works for acne, hives, etc.  
34007 2 fl oz .....\$ 13.35

**Chickweed Salve –**  
10023 4 oz .....\$ 9.96

**Comfrey Cream Traumaplant** from Terry Naturally – "start seeing results in 15 minutes" -  
01385 1.76 oz.....\$18.95

**Comfrey Ointment** – Dr. Christophers  
89660 2 oz.....\$15.95

**Comfrey Salve** - Natural Hope  
NA1116 4 oz.....\$18.95

**Cayenne Heat Ointment** Wonderful for stiff necks, sore muscles, headaches, stiff joints, arthritis, etc.  
34644 2 oz.....\$22.95

**Cayenne Heat Massage Oil**  
49900 4 fl oz .....\$15.71

**Deep Blue Rub** - Doterra – cooling and powerful – this rub is a great cream for muscle soreness – can be use before or after workouts – very soothing -  
38900 4 oz.....\$35.95

**Deep Tissue Oil** – Natural Hope Herbals  
NA1024 1 oz .....\$14.95  
NA6002 2 oz.....\$23.95

**Deep Tissue Salve** – Natural Hope Herbals – same as above but as a salve  
NA2003 4oz.....\$20.95

**First Aid Gel – Pump Gel** – Sovereign Silver – commonly used for *minor skin infections* – *topical pain* – *promotes healing* -



60HG10 1 oz.....\$10.95

**Garlic Salve** Natural Hope – a blend of Organic Garlic bulb & Rosemary leaf, in a base of olive oil, beeswax & lavender  
2011-004 4oz.....\$18.95

**Gentian Violet** - topical antiseptic – used to help prevent infection from minor wounds & burns – antibacterial & antiviral – also used against thrush.  
15361 1 oz.....\$7.95

**Hospital Powder - Krause**  
9018 7 oz.....\$19.95

**Hydrogen Peroxide** Helpful in treating candida. 12% food grade.  
12160 16 oz .....\$16.95

**3% Hydrogen Peroxide Spray**  
23280 8oz.....\$7.95

**35 % Hydrogen Peroxide**  
HP3516 8oz.....\$17.95  
H202 32 oz.....\$29.95

**Koala Brand Medicinal Oil of Eucalyptus – Nature's Pain Relief Remedy Spray** – Ingredients: Eucalyptus, Jojoba Blend, Almond, Aloe - Used to help reduce inflammation, relax muscles & lessen swelling. Can also be used in hot bath water to open congested sinuses. Used as well on cuts & burns to prevent scarring and promote healing and fight infection.  
11200 8 oz.....\$19.95

**Lydia's Miracle Cream** – Holistic Acers – To be used on newly healed burns and/or wounds – great for scars, that itch with healing & aids skin elasticity  
60622 8oz.....\$ 50.95

**Muscle Cream – Krause Line**  
9023-C 6 oz.....\$13.95

**Olbas Analgesic Salve**  
50211 1 oz.....\$8.95

**Olbas Massage Oil** -  
50031 1.01 oz .....\$17.50

**Poison Oak & Ivy** Homeopathic  
60502 2 oz Spray .....\$11.95



**Sen Sei Menthol Rub** Great for tension headaches, sinus pressure, and sore muscles.

34010 2 oz .....\$14.95

**Scar Reducing Cream** – smooth, soften, & diminish appearance of scars, stretch marks & new wounds

01801 .75 oz.....\$10.95

**Skin Tag Removal** Thuja Oil

05765 0.5 oz.....\$13.95

**Stings & Bites** Ointment

34011 2 oz.....\$14.25

**Super L-Lysine Ointment**

31300 0.75 oz.....\$22.95

**Wound Relief Nature's Rite Skin Repair Gel** – silver colloid gel - great for scrapes, burns & irritated skin

89829 4 oz.....\$14.9

### HAIR GEL & SPRAY

**Giovanni Hair Thickener Gel** –help thicken, add volume & seal the split ends to prevent frizz!

05008 6.8 oz .....\$ 8.95

**L.A. Hold** Hair spritz organic hair care, firm hold- our most popular hair spray

11008 8.5 fl oz.....\$7.95

**Lily of the Desert – Styling Spray** – Fragrance & alcohol free

5775 8 fl oz.....\$7.95

**Jason Hair Spray - Thin to thick Extra volume**

00046 8 oz.....\$12.95

**Millcreek Hair Spray – EXTRA HOLD**

66100 8 oz.....\$9.95

**Ultra Volume Hair Spray** – 2chic – for fine, limp hair – medium hold

716449 5 fl oz.....\$7.95

### LOTIONS

**Vitamin E Cream** – NOW - *Intense moisture!* – Contains 28,000 IU –used for dry/flaky skin, age spots & scars – blended with wheat germ oil & rhodiola

8199 4oz .....\$12.95

**O' KEEFE'S Healthy Feet** fast relief for dry & cracking skin on feet

03200 3.2 oz jar .....\$ 5.69

**O' KEEFE'S Working Hands** an amazing cream designed for hands that crack & split – applying 3x daily for approx. 2 weeks

22005 3 oz jar.....\$6.95

0003 2.7 oz tube.....\$6.95

**Seven Wonders** Miracle lotion. Formulated for dry skin problems - Aloe, 7 Natural Oils & 14 Herbs.

771 8 fl oz.....\$7.95

**Miracle Lotion**- great for dry, itchy, & problem skin- non-greasy formula, lasts all day! 17 natural oils and 14 herbs.

00742 16 fl oz.....\$18.00

**Miracle II Moisturizer** see page 36

**Olive Oil & Green Tea Body lotion** – Ultra moisturizing

11802 13 oz.....\$11.25

**Mango Butter Body lotion** – rejuvenating & firming

11400 13 oz.....\$11.25

### LUBRICANT

**Natural Lubricant from Emerita** was discontinued. The Personal Moisturizer works as a replacement for the time being.

**Personal Moisturizer – Emerita** – designed to soothe vaginal dryness with vitamin E, Aloe Vera Gel, Chamomile & Calendula

30520 4 oz.....\$18.95

### MENTSRUAL PRODUCTS

**NatraCare Menstrual Pads** - Organic Cotton- Plastic FREE- Chlorine FREE- Perfume FREE - No dyes

**natracare**

**Liners**

00312 22 count.....\$5.95

**Regular with Wings**

03256 14 count.....\$6.95

**Super with Wings**

03089 12 count.....\$6.95

**Maxi Regular -no wings**

03027 14 count.....\$5.95

**Maxi Super -no wings**

03034 12 count.....\$5.95

### MIRACLE II

**Miracle II Soap** often used for spot/stain remover in clothing & carpeting.

02308 22oz.....\$18.95

00231 Gallon.....\$89.95

**Miracle II Soap Moisturizing** –Best to use for hand, body, shaving, and other irritated skin areas – especially in the winter when dealing with cracked hands and feet. Can also be used as a shampoo and facial cleanser!

00232 22oz.....\$18.95

6007 Gallon.....\$84.95

**Miracle II Neutralizer Gel** – great for putting in cat litter to remove unpleasant odors – even as a medical gel for bruises and sunburn! Even age spots (washed first with the Miracle II soap)

00240 8oz.....\$18.95

**Miracle II Neutralizer Liquid** – can also be used for sunburn, used to heal cuts on cats, dogs, & horses (formerly washed/shampooed with the Miracle II Soap)

00238 22oz.....\$29.82

**Miracle II Skin Moisturizer** – a very excellent product to soothe irritated skins or just keep skin healthy & nourished – non-greasy & designed to give you baby-soft skin. A customer favorite!

02346 8oz.....\$18.95

00235 22oz.....\$42.95

### SHAMPOO + CONDITIONER

**2-in-1 Shampoo + Conditioner – Sandalwood – Daily Care** formulated for all hair types -

00115 13.5 oz.....\$9.95

**2-in-1 Shampoo + Conditioner Tea Tree Thickening** – for normal to thinning hair – with tea tree oil & shea butter to control oil yet retain a balance of moisture– plus Soy Protein to create shine & volume

01107 13.5 oz.....\$9.95

**2-in-1 Shampoo + Conditioner – Anti- Dandruff** - Every Man Jack – for a dry or flaky scalp – **Natural Menthol**

00117 13.5 fl oz.....\$9.63

**2chic Ultra Moist Shampoo - Avocado & Olive Oil** - designed for dry, damaged hair –

18431 24 oz.....\$16.95

**2chic Ultra Sleek Shampoo – Brazilian Keratin & Moroccan Argan Oil** – designed for all hair types

18411 24 oz.....\$16.95

**2chic Ultra Volume Shampoo – Papaya & Tangerine Butter** – designed for fine, limp hair

18459 24 oz.....\$16.95

**Anti-Dandruff - 2-in-1 Shampoo + Conditioner** – for dry or flaky scalp – contains Pyrithione Zinc 1% for dandruff control - **Menthol with Peppermint Scent**

00117 13.5 oz.....\$9.95

**Aloe Vera – Mild Formula** –moisturizing Shampoo

87001 14oz.....\$ 8.95

**Conditioner** .

87002 14 oz.....\$ 8.95

**Berry Full NOW** – from fine to FULL – volume boost for fine hair –

**Shampoo**  
8214 16 oz .....\$ 7.95  
**Conditioner**  
8216 16 oz .....\$ 6.95

**Citrus Shampoo & Conditioner**  
Volumizing shampoo- fine and oily hair  
**Shampoo**  
17430 12 fl oz.....\$9.95  
**Conditioner**  
17470 12 fl oz.....\$9.95

**Fragrance-Free** designed for a sensitive hair & scalp – EXTRA GENTLE  
**Shampoo**  
70310 12 oz .....\$ 8.95  
**Conditioner**  
70311 12 oz .....\$ 8.95

**JASON 4x thicker Shampoo -Thin to Thick - Biotin**  
00042 8oz.....\$12.95

**Keratin Shampoo - Repair Formula -**  
70312 16 oz .....\$9.95  
**Keratin Conditioner**  
70313 16 oz .....\$ 9.95

**Tea Tree Oil Replenishing by Desert Essence** – contains herbs used for dandruff control – non-medicated –  
**Shampoo**  
70316 18 oz .....\$ 8.99  
**Conditioner**  
70318 18 oz .....\$ 8.99

**JASON Anti-Dandruff 2-in-1 Shampoo + Conditioner**  
809029 12 oz.....\$14.95  
**Shampoo**  
810030 12 oz.....\$13.95

**Jojoba – Balancing Formula** – a lightweight moisture to soften and protect your hair  
**Shampoo**  
702705 16 oz.....\$9.95  
**Conditioner**  
702703 16oz.....\$8.95

**Pharm Aloe** – High quality, non-toxic-moisturizing– supports softer, bouncier hair & a healthy scalp  
**Shampoo**  
PASH8 8 oz.....\$15.95  
**Conditioner**  
PACN8 8 oz.....\$10.95

**SHAVING CREAM**

**Coconut Lime Shaving Cream**  
003425 8 oz.....\$6.01

**Sandalwood Shaving Gel** – Every Man Jack  
127833 5oz.....\$7.95

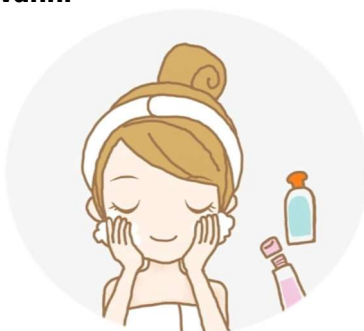
**Unscented Shaving Cream**  
00346 8 oz.....\$ 7.95

**Nutri-Shave** - NOW's Shaving Cream  
8204 8 fl. oz. ....\$ 7.95

**SKIN CARE**

**Acne Relief-** Homeopathic Remedy to support healing acne, pimples, and blackheads.  
01560 60tabs.....\$9.95

**D:TOX Cleanse Products from Giovanni**



D:TOX Purifying Facial Cleanse  
716281 4 oz .....\$8.95

D:TOX Purifying Facial Scrub  
716280 4 oz .....\$8.95

D:TOX Replenishing Facial Moisturizer  
716279 4 oz .....\$8.95

D:TOX Facial Mask  
18281 4 oz .....\$8.95

**Blemish Touch Stick-** Desert Essence – used as a spot treatment for irritated acne and insect bites – a blend of Tea Tree Oil, Chamomile, & Lavender  
22069 0.31 oz.....\$8.95

**Beauty Facial Cream** Christopher's. Extra virgin olive oil, wheat germ oil, vitamin E, aloe vera, etc.  
34001 2 oz .....\$15.95

**Bentonite Powder - Redmond** – still made and processed the same as before but no longer advertised for internal use, but rather a facial mask



RC10cs6 10oz.....\$11.95  
10129 24oz.....\$16.95  
RC61b 6lb.....\$54.95

**Cocoa Butter** Has <0.1% citric acid as a preservative.  
7680 7 oz.....\$7.49

**Vitamin E Cream** Now Intense moisture for dry flaky skin. Reduces appearance of age spots and scars.  
8199 4 oz.....\$11.77

**Lanolin – 100% Pure**  
7725 7 oz.....\$ 9.95

**Liquid Lanolin – 100% Pure**  
7730 4 oz.....\$ 8.95

**Magnesium Spray**  
7737 8 oz.....\$ 9.95

**Magnesium Gel – Trace Minerals – 10% Magnesium Chloride - non-greasy**  
00490 8 oz.....\$14.95

**SUNSCREEN**

**JASON Sunscreen For Family**  
08300 4oz.....\$12.95  
**For Kids**  
08322 4 oz.....\$12.95

**MyChelle Sun Sheild – Water Resistant Clear Spray SPF 30** – A blend of Bentonite Clay, & Jojoba **NEW**  
00527 6oz.....\$18.95

**Stick SPF 50** – a blend of Avocado & Vitamin E  
08322 4 oz.....\$12.95

# 12 – Pre & Post Natal



## GENERAL TIPS FOR A HEALTHY PREGNANCY

### A daily intake of:

- 400 to 600 mg of Magnesium Citrate
- 100 mg Vitamin B-6
- 200 IUs mixed Tocopherol Vitamin E
- 400 mg Potassium
- high-quality Prenatal Vitamin-Mineral.
- high-quality digestive enzyme (aid in nutrient absorption)

### Daily Habits:

- a clean lifestyle & diet (mostly whole foods if possible)
  - limiting salt or replace with Real Salt or Himalayan
  - stay hydrated (between meals)
  - Keep the bowels moving (at least  
And be sure that the bowels are moving twice a day (eliminates toxins)
- Some have found these things helpful in maintain their blood pressure levels.

Symptoms of toxemia such as swelling of the feet & hands can lessen. If the swelling persists, 1 L-Methionine capsules taken between meals, up to 6 daily if necessary. This can raise the chance to full term (twins included) less change of a C-Sections : and momma's teeth are not so destroyed from nutrient loss, and later nursing is not such a trouble.

**IMPORTANT NOTE:** Doing all the above does NOT guarantee a trouble-free pregnancy.

## PREP for BIRTH

**Birth Prep** Dr. Christopher's birthing formula for the LAST 6 weeks of pregnancy. Ingredients: *Squawvine herb, blessed thistle herb, black cohosh root, pennyroyal herb, false unicorn root, red raspberry leaf & lobelia herb*  
89127 100 V-caps ..... \$26.95

**C & B Formula** - used to prevent spotting, cramping and/or premature labor - can be taken any stages of pregnancy - Mountain Meadow Herbs  
1314W 4 oz ..... \$34.95

**Gentle Birth Formula** - may help birth be more comfortable labor & delivery - take 5 weeks prior to due date - Mountain Meadow Herbs -  
1032W 2 oz ..... \$22.95  
1034W 4 oz ..... \$34.95

**P-6 Formula**- Tones the female organs in preparation for birth - 535 mg.  
CHU-6 200 V-caps.....\$25.95

**Pregnancy Tea**-Traditional Medicinal - taste is a minty touch with a gentle sweetness, made mostly from raspberry leaves (known to help with uterus toning and preparing your womb for birth) blended along with other herbs - this is a perfect tea for these 9 months of waiting for your special little person!



50545 16 teabags ..... \$6.95

## MORNING SICKNESS

Note: some have found that taking the Enriching Gift's Plant Enzymes and Probiotic with FOS (as directed on bottle or as needed) has helped greatly to reduce morning sickness & nausea.

**Morning Joy** - Sprig's formula for morning sickness - a combination of Ginger, Fennel Seed & Peppermint Leaf - approx.: 32 servings



625040 2 oz.....\$13.95

**P-9 Formula** Can be taken the whole way through pregnancy - commonly taken for morning sickness  
20420 180 caps.....\$21.95

**Stomach Aid**- designed especially for pregnant women struggling with morning sickness- but may also be used for kids and men of all ages - Mountain Meadow Herbs  
1302W 2 oz..... \$22.95  
1304W 4 oz..... \$34.95



**PRENATALS**

**ALIVE Premium Prenatal Gummies**  
-75 mg plant DHA – *high potency folate*  
10482 75 count.....\$19.95

**ALIVE Prenatal** – 200mg DHA sourced from plants – high quality B Vitamins – vegetarian softgels  
11209 60 softgels.....\$28.95

**Baby & Me Multivitamin Pre & Post Natal** – contains folate, B12 & iron in methylated form –  
40156 120 tablets.....\$55.95

**Herbal Vita Mom Prenatal Vitamin**  
– a blend of vitamins, minerals, and *digestive-friendly herbs* to support a healthy pregnancy – 60 servings  
VM9060 120 softgels.....\$34.95

**Liquid Health Prenatal** - Meyer Lemon & Elderberry Blast Flavor – high quality ingredients – great absorption – FREE of GMOs, Gluten, Dairy, Sugar & Soy – *Pre & Post Pregnancy*  
70117 32 oz .....\$29.95

**Mama Bear Prenatal** – Sprig’s brand – a very popular supplement among our prenatal section. Formulated from whole foods – it even targets morning sickness with ginger – there is also: Red Raspberry, Chamomile, Dandelion, folate, even a trademarked ingredient called ConcenTrace Alfalfa & more!  
00373 .....\$33.95

**Mama Bear Magnesium Complex** – see pages 28

**Prenatal Multi with Buffered C** - - Nature’s Way – with Folate and Kelp! 2 caps a day – two month supply!  
45130 180ct.....\$22.95

**Prenatal Multi-Nutrients- Vital Nutrients**  
PREN7 180 caps.....\$33.95

**Prenatal Nutrients-** Solgar – a well balanced formula of Calcium, Iron, Folate, Antioxidants, Beta Carotene, B Vitamins, Vit C, D, & E  
2273 240tabs.....\$24.95

**Prenatal Gels + DHA** NOW Brand- Contains DHA & GLA and more!  
3811 180 softgels .....\$38.95

**Prenatal + DHA Chupp’s**  
68894 90 softgels .....\$26.95

**Prenatal Plus from Chupp’s**– with DHA, Ginger, and 1,000 mcg DFE of Folate – 30 servings  
01182 120 taqs.....\$19.95

**Raw Prenatal-** Garden of Life – whole food prenatal—gentle for your stomach – can be used before conception, during pregnancy, and while lactation.  
101811 180caps.....\$64.95  
11392 90caps.....\$41.95

**Pre-Natal – KRAUSE Line**  
9025 120 count.....\$16.95

**Nature’s Prenatal** – *100% Daily Value of 8 Nutrients + 800mcg folic acid* - can be used as a prenatal, postnatal and/or for lactating moms – Nature’s Sunshine  
3242-2 120 tabs.....\$30.95

**POST BIRTH CARE**

**After Pain Relief** - Relaxes muscle tension, relieves spasms & cramps – specifically for postpartum & can even menstrual cramps – *Fast Acting!* - Mountain Meadow Herbs  
1012W 2 oz.....\$22.95

**Cramp Bark** – usually used for post-birth menses – to relieve pain -  
NA1003 4 oz.....\$27.95

**Sitz Bath** – Sprig’s – **very relaxing and soothing-** great for the postnatal period – Proprietary Blend of Sea Salt, Aloe Vera, Comfrey, White Oak Bark, Yarrow Flower, Witch Hazel & Calendula  
626230 8oz.....\$14.95

**NURSING SUPPORT**

**Lactation Support** – great for those struggling with milk production – 25 servings  
626105 120 caps.....\$16.95

**Lacti-Milk** - aids greatly with milk production -with additional herbs to ease anxiety & stress – 65 servings  
6504 4 oz.....\$20.95

**Maxi-Milk** – *Lactation Support* – increase breastmilk quality & supply! – great for first-time moms – for greater support try adding a calcium - Mountain Meadow Herbs  
1204W 4 oz.....\$34.95

**Milk Plus Formula** – Natural Hope Herbals  
NA1004 4 oz.....\$25.95

**Mother’s Milk** -Traditional Medicinal- supports breast milk production for nursing mommas- Very popular~  
50537 16 teabags.....\$6.95



# 13 – Probiotics

## BEST-SELLER

**Probiotic Flora with FOS** *Intestinal Flora Support* – Balance a healthy bacteria in your gut, reduce the harmful bacteria, & help eliminate toxins – **no need to refrigerate!**



4EGI 90 caps.....\$54.95  
 1 case price per bottle.....\$45.00  
 4 case price per bottle.....\$40.00

**Refrigerate at ALL times  
 For those below!**

See page 19 for children's probiotics

**8 Billion Acidophilus & Bifidus**  
 NOW brand - dairy, soy & gluten FREE  
 2930 60 count.....\$10.95  
 2932 120 count.....\$19.95

**Multidophilus 12** Over 20 billion microorganisms, 12 probiotic strains.  
 49300 100 v-caps .....\$26.95

**Multi Dophilus 24** Over 30 Billion  
 90578 60 vcaps.....\$22.95

**Raw Probiotic Men's** (Garden of Life)



101763 90 caps.....\$49.95

**Raw Probiotic Women's** – *promotes vaginal, digestive & immune health*



101765 90 caps.....\$49.95

## Florajen® Probiotics

**Florajen Digestion -Formerly Floragen3** 15 billion cells per capsule. Acidophilus, bifidum  
 70013 60 caps..... \$33.95

**Florajen Acidophilus** - 20 billion -  
 22048 60 caps..... \$29.95

**NO refrigeration required below:**

**Gr 8-Dophilus** 8 strains and 4 billion potency- NOW – clinically validated strains – dairy & gluten FREE – with FOS  
 2912 60 V-caps..... \$11.95

**Herbal Flora Plus** – Mountain Meadow Herbs  
 01591 120 cap.....\$29.95

**iFlora** - Sedona Lab. 16 Probiotics & 32 Billion cells per serving – 30 servings- known to survive stomach acid



70010 60 count ..... \$25.95

**Probiotic Defense** Probiotic blend in whole food base. 1 billion organisms, includes soil organisms- NOW  
 2918 90 V-caps..... \$21.95

**Primal Defense Ultra** Garden of Life- Probiotic formula- including soil-based probiotics -  
 11235 90 v-caps..... \$55.95

**Probiotic Pearls**– Active Cultures  
 136002 90 pearls..... \$31.95

**Probiotic Pearls Complete** – 6 Probiotic Strains – 1 Billion Cultures – *Designed to Survive Stomach Acid* – No-Refrigeration **NEW**



04369 90 softgels ..... \$38.95

For FOS powder see page 42

**Three Lac** All natural lemon-flavored probiotic- great for kids! Comes in individual serving size packets—very convenient for traveling



104100 60 packets ..... \$49.95

**Ultimate Care RAW Probiotics** – Garden of Life – 100 Billion – *Once Daily* – 34 Probiotic Strains – 30 servings – Free of Soy  
 11664 30 caps.....\$52.95 **NEW**



# 14 – System Support

## ACID TO ALKALINE

**Acid-2-Alkaline** Helps change the body to an alkaline/anti-oxidant state.  
CP-1027 90 v-caps ..... \$22.95

**PH Test Strips** Now easier to use and easier to read.  
00738 90 ct ..... \$10.95

**PH Test Strip Roll Dispenser**  
478844 180ct.....\$15.25

## ADRENAL

**Adrenal Caps – Solaray**  
05100 60 caps.....\$8.95

**Adrenal Energy**  
Ad-Energy 120 caps.....\$35.95

**Adrenal Stability** Pure Essence Labs  
13001 60 vcaps.....\$29.95

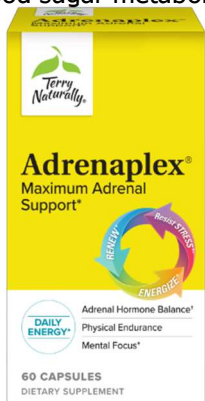
**Adrenal Stress End** - essential vitamins that support adrenal function  
74035 50 caps ..... \$17.95

**Adrenal Support-** Nature's Sunshine  
1507-0 60 caps ..... \$28.95

**Adrenal Support** - homeopathic. Providing glandular support. Tablets.  
001607 60 count.....\$10.95

**Adrenal Support Formula** by Dr. Christopher - 8 supportive herbs. Ask for our FREE Information Sheet on adrenal exhaustion and rebuilding -  
40210 100 caps ..... \$16.95

**Adrenaplex** Terry Naturally- *When stress is leaving you feel depleted recharge with Adrenaplex!* This product aids with daily energy levels, mental focus, physical endurance, immune system health, adrenal health, and healthy blood sugar metabolism!



37002 120 cap.....\$33.95

**Adren-L-Aid** - alleviate adrenal exhaustion & stress related to adrenals  
1004W 4 oz ..... \$34.95

**Adren-L-Aid II-** avoid exhaustion for pregnant moms—support exhausted adrenals and start enjoying more energy  
A2004 4 oz ..... \$34.95

**Energy** Adrenal support formula. Vitamins and herbs that support adrenal function. NOW  
3326 90 caps ..... \$15.95

**Glandular System** Dr. Christopher  
34006 2 oz.....\$8.95  
89112 100 caps. .... \$16.95

**Glandular System** Dr. Christopher Massage Oil. Great for plugged lymph nodes or plugged breast duct.  
49819 2 oz. .... \$16.95

**Master Gland Formula** – a blend of electrolytes, vitamins & minerals which provides nutrients & antioxidants for glandular maintenance – supports energy metabolism  
3040-3 120 caps ..... \$28.95

**Natural Motivation** – targeted for adrenal support – clear the brain, increase energy, and avoid afternoon energy crashes – since adrenals play a huge role in energy, weight gain, & general wellbeing this is an amazing blend for overall maintaining health!  
626255 120 caps.....\$28.95

**Raw Pituitary**  
701100 60 caps ..... \$27.95

## BONE HEALTH

**BF & C with Comfrey** Bone, Flesh & Cartilage blended with Comfrey – **not meant for internal use due to the comfrey!**

**Powder**  
87329 16 oz ..... \$41.95

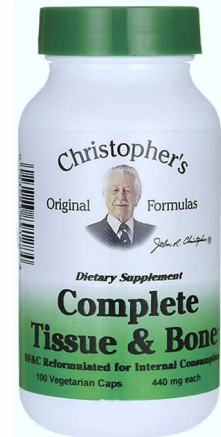
**Cut**  
H87329 16oz.....\$41.95

**Bone & Marrow** – Contains grassfed whole bone extract (bovine), bone marrow & cartilage – with an additional 100mg of ConcenTrace® Trace Mineral Complex –  
00775 180 caps.....\$44.95

**Bone Strength** 4 capsules provide 667 mg calcium, 400 mg magnesium, 287 mg phosphorus, 7 mg zinc, 0.7 mg copper, 667 IU vitamin D, 2 mg manganese.

1228 120 capsules ..... \$ 9.95  
1229 240 capsules .... \$21.95

**Complete Tissue & Bone** Dr. Christopher's - healing support for broken bones, damaged teeth, etc.



89128 100 caps ..... \$19.95

**Complete Tissue & Bone Ointment** - Dr. Christopher Formula  
34004 2 oz.....\$16.95  
340058 4 oz.....\$21.95

**Complete Tissue & Bone Massage Oil** –  
49901 4 oz..... \$19.95

**Complete Tissue & Bone Syrup**  
88527 4 oz.....\$13.95  
88528 16 oz.....\$40.95

## CANDIDA & YEAST

**Boric Acid** Extra value size.  
30396 6 oz.....\$13.95

**Candex** An excellent choice for candida, the enzyme cellulase. Cellulase digests the Candida Albicans organism, thereby eliminating the unpleasant "die-off" effect of many candida killers.



60303 120 count ..... \$49.95



**Candida Support-** NOW brand - With Pau D' Arco, Oregano Oil, Black Walnut & Caprylic Acid.

3308 90 caps ..... \$13.95

**High Potency 9-** Dr. Kings AquaFLora  
80018 8oz.....\$29.95

**Grapefruit Seed Liquid** See page 14

**Grapefruit Seed Extract** 250 mg  
85204 60 caps ..... \$15.75

**Intestinal Sweep** Helps eliminate yeast overgrowth. Works well when following a special diet.

101264 180 caps ..... \$28.95

**Yeast Cleanse** Solaray's yeast fighting formula- high quality

8138 180caps.....\$25.95

**Yeast X I**

Y2112 2 oz. .... \$22.95

**Yeast X II**

Y2122 2 oz. .... \$22.95

**Yeast/Fungal Detox** - *supports immunity and detoxification - promotes balance in the microbiome, healthy gut microflora*

508-9 90 caps ..... \$23.95

### CHOLESTEROL HELP

**Berberine** see page 15

**Red Yeast Rice CoQ-10** Solaray - 600mg- 30mg Coenzyme Q-10 - 50 mg Niacin

12155 90 V-caps ..... \$32.95

**Red Yeast Rice** NOW. 600 mg.  
3334 180 V-caps ..... \$32.95

### COLON CARE

**Aloe Lax** Fennel & Aloe Blend



900 100 caps ..... \$10.95

**Aloe Max Lax** Aloe, cascara sagrada, buckthorn bark & fennel seed blend

60396 100 caps ..... \$12.95

**Apple Pectin Capsules** 750 mg pure apple fiber per capsule.

6425 120 count..... \$12.95

**Bentonite Detox** Binds herbicides and other potentially harmful substances by absorbent action. Maximum activity, maximum purity.

05195 16 fl oz ..... \$13.95

**Bentonite Powder** - Redmond - see page 37

**Cascara Sagrada** The most economical herbal laxative, and often all that is needed

4620 100 caps ..... \$ 6.95

4623 250 caps ..... \$14.95

**Cascara Sagrada** - 450 mg  
01120 100 caps ..... \$7.95

**Smarty Pants Fiber Gummies** - designed for kids

00407 120 chews.....\$27.95 **NEW**

**Colon Cleanse**- Speicher's Brand  
Spcolon 100caps.....\$29.95

**Jim's Colon Pills** - Speicher's Brand  
JIMS 100 caps.....\$29.95

**Fiber Mix** Our own special blend: psyllium husk powder, psyllium seed powder, apple fiber, and guar gum. No sugar or flavors added. Use an herbal laxative if necessary, to keep the fiber moving through

60350 1 lb canister ..... \$ 8.50

60352 5 lb canister ..... \$36.95

**40 Herbs Plus Blend** A mixture of more than 40 different herbal powders that cleanse and rebuild the various glands and organs of the body. Emphasis on detoxification. The average person mixes this 3 ounce package with 1 pound of Fiber Mix as above. However, having them separate allows you to make whatever strength you prefer - Includes some laxative herbs.

60425 3 oz ..... \$3.50

60424 10oz.....\$13.99

**NutraFlora (F.O.S. PURE Powder)** -  
2942 4 oz ..... \$ 9.95

**Lower Bowel Formula** - Dr. Christopher's formula made to eliminate unwanted bacteria and waste in the intestines

**Capsules**

89101 100 v-caps ..... \$19.95

**Glycerin Extract**

49801 2 oz.....\$16.95

**Lower Bowel Stimulator** - a natural laxative - Nature's Sunshine

0990-5 100 caps.....\$19.95

**Psyllium Husk Capsules**

5972 500 count..... \$21.95

**Psyllium Husk/Seed Caps** with Apple Pectin

5973 180 v-caps.....\$12.95

**Psyllium Husk Powder** Pure

5975 12 oz ..... \$ 9.95

5978 24 oz ..... \$17.95

**Psyllium Husk, Whole** Coarser than the above powder, it might be more efficient for colon cleansing.

5981 1 lb..... \$10.95

**Psyllium Seed Powder** The entire seed, both husk and kernel, ground very fine. Produces somewhat less bulk than the husk does, but is more cleansing to the colon wall.

60420 1 lb..... \$19.95

**Prune Juice Organic**

10712 32 oz.....\$10.95

**Quick Colon Formula** Part I

89136 100 V-caps..... \$15.95

**Raw Organic Fiber** - Garden of Life

11570 803 grams.....\$34.95

**Renew & Restore Herbal Fiber Colon Cleanse Powder** - Life's Fortune - a blend of 36 herbs to support colon detoxification & strengthening



121 1 lb.....\$29.95

**Reset & Go** - a gentle colon cleanse - formulated for constipation relief & digestive support -

626250 120 caps.....\$20.95

**Swiss Kriss** - Herbal Laxative Tabs - contains Senna - works within 6-12 hours - relieves constipation effectively for ages 6 and over - best to be taken before bed.

16212 120 tabs ..... \$9.95

15835 3.4 oz ..... \$8.39

**COUGH SYRUP AND DROPS**

**Dr. Tierra's Wild Cherry Bark Syrup** (formerly: Old Indian Wild Cherry Bark Syrup) – supports immunity & respiratory health with Echinacea.  
 PF0097 4 oz .....\$10.95  
 PF0098 8 oz .....\$20.95

**Herbal Throat** Dr. Christopher's  
 89537 4 oz .....\$14.95

**Soothing Throat & Tonsil** – great for adults and children (ages  
 2314 4 oz .....\$34.95  
 2312 2 oz .....\$22.95

**Throat & Tonsil**  
 NA1012 4 oz .....\$27.95

**Well Child** Echinacea-Elderberry herbal syrup  
 pf0323 8 oz .....\$29.95  
 pf0322 4 oz .....\$16.95

**Cough** Hylands homeopathic  
 3910-42 100 tabs.....\$9.99

**Olbas Aromatherapy Oil**  
 50031 30 ml .....\$17.96

**Olbas Cough Syrup** Swiss-made honey, thyme, licorice, plantain, pine and chestnut. Essential oils: peppermint, eucalyptus, cajuput, juniper, wintergreen, clove.  
 50420 4 oz .....\$9.95

**Olbas Lozenges** Clears the head, soothes the throat. Sugar Free.  
 023304 24 lozs .....\$7.95

**Olbas Wellness Herbal Tea** – Supports Respiratory Health its tastes great hot or cold!  
 507102 7 oz .....\$16.95

**RespirActin** see page 51

**Ricola Cough Drops** – 19 wrapped  
 23809 Berry Medley.....\$3.95  
 300010 Honey Herb.....\$3.95  
 31195 Lemon Echinacea.....\$3.95  
 07917 Original Herb.....\$3.95  
 SUGAR FREE (below)  
 23903 Lemon Mint.....\$3.95  
 19209 Swiss Herb.....\$3.95

**Zand**– approx.: 15 wrapped drops each  
 93367 Echinacea Zinc.....\$2.75  
 41549 Elderberry Zinc.....\$2.75  
 04774 Lemon-Honey.....\$2.75  
 34624 Lemon-Mint Zinc .....\$2.75  
 68363 Menthol.....\$2.75  
 23503 Organic Herb.....\$2.75  
 18926 Wild Cherry Honey.....\$2.75

**Zand Elder Zinc - 80 Count Bag**  
 2024 80 count.....12.95

**Save The Baby Salve** – the Improved formula!  
 90206 1.75 oz.....\$12.95

**Unkers** Multi Purpose therapeutic salve  
 00204 3.5 oz.....\$ 9.95  
 10800 7 oz.....\$16.95  
 00216 13.5 oz.....\$28.95

**DENTAL/ORAL HEALTH**



**Dental Formula** – Natural Hope Herbals – recommended to be taken with Herb Calc (see page 26)



NA1001 4 oz .....\$23.95

**Dental Health** – supports teeth & gum health with nutrients & minerals – flavored with peppermint leaf for a minty fresh effect – Popular for kids & adults! – Fluoride FREE  
 625021 4oz.....\$20.95  
 00316 8 oz.....\$35.95

**Hydrogen Peroxide 3%** see page 35

**Herbal Tooth & Gum Powder** – Dr. Christopher  
 89318 2 oz.....\$16.95

**Oral Care Solution** – Herbal Mouth Rinse to promote gum & teeth health – Do NOT swallow – for better effects, add 2000mg of Vit C -  
 02694 4 oz.....\$34.95

**DETOXING & CLEANSING**

**Blood Stream** Dr. Christopher - Red clover combination  
 89102 100 caps .....\$16.95

**Cell Food** Nourishes, cleans, and detoxifies the cells. Ask for free Cell Food book  
 00001 1 oz.....\$31.95

**Cell Food Essential Silica Formula** Support for joints, connective tissue, hair, skin, teeth, gums, heart, and brain. Yeast and gluten free.  
 00003 4 fl oz .....\$32.95

**Daily Detoxification** - Bowel Cleansing - Supports elimination of parasites and harmful bacteria in the GI Tract - To be used as a gentle daily cleanse for the intestines, liver & colon – not a laxative –  
 3EGI 60 count.....\$31.47  
 1 case price per bottle.....\$27.00  
 4 case price per bottle.....\$23.00

**Expello-C** – Cleanse & Detox – a blend of echinacea, goldenseal & red clover  
 465 16 fl oz .....\$20.95

**Flor-Essence** Gentle detox for the whole body. 3 packets - 2-1/8 oz (similar to Ojibwa as down below)



68090.....\$39.95

**Ojibwa** an excellent Native American formula of Burdock Root, Sheep Sorrel, Slippery Elm Bark & Turkey Rhubarb. - 3 capsules are about the same herbal strength as 2 Tbsp. of the 6x Liquid which equals close to 4 oz of the original brewed tea -

**Capsules:** 4:1 Extracts – 450mg each  
 4674 180 count .....\$18.95

**Liquid 6x Concentrate**  
 4855 16 oz.....\$22.95

**Oxy Quest -from Anovite- Liquid Oxygen-** anti-aging support—and overall immune support- containing negatively charged electrolytes of oxygen, which make this different than the others forms of oxygen product.  
 9913 2oz .....\$41.95

**Vitamin O – Liquid Oxygen**—used for increasing energy, memory, yeast infections, parasites, eliminating toxins, bloating, PMS, obesity, and so much more!  
 000043 16oz.....\$73.95

**Whole Body Cleanse** - Nature's Way – 10 Day Cleansing Kit  
 84500 1 box.....\$28.95

**Zeolite Powder** - a natural mineral used mostly for a heavy metal cleanse – gentle and effective  
 SKU41 1 lb.....\$46.95



**DIABETES  
(BLOOD SUGAR)**

**Berberine** see page 15

**Blood Glucose Success** Solaray  
39812 90 caps .....\$26.95

**Blood Sugar** Natures Way. Herbal blend to help control blood sugar.  
79200 90 caps .....\$14.95

**Blood Sugar Manager** Glucose control formula. 8-point improvement one hour after a high carb meal.  
04906 60 tabs.....\$23.95

**Cinnamon Extract** Full spectrum. 500 mg.  
11663 60 caps .....\$6.40

**Sucontral D** Terry Naturally – helps support healthy A1C levels, insulin function, glucose support, & carbohydrate metabolism  
12700 60 caps.....\$26.95  
12706 120 caps.....\$49.95

**DIGESTIVE AIDS**

**Acid Ease** For sensitive stomachs



60690 90 caps .....\$17.95

**Artemisia Combination** – supports the intestinal system - soothes digestion  
787-6 100 caps .....\$23.95

**Betaine HCL with Pepsin** Now 10 grains of hydrochloric acid plus 150 mg of pepsin each. (Double the usual rate.).  
2938 120 capsules ....\$13.95

**Betaine HCL with Pepsin Solaray**  
04816 180caps.....\$16.95

**Bromelain** 2,400 GDU potency - Great digestive aid. Also relieves inflammation in injuries - 500 mg tablets  
2947 120 V-caps.....\$25.95  
2943 60 count.....\$11.95

**Capsicum** – digestion support – may improve blood circulation  
160-5 100 cap.....\$18.95

**Capryl** calcium, magnesium & zinc which - designed to be slowly released along the gastrointestinal tract  
08130 100 caps .....\$ 8.95

**Caprylic Acid** 600. Supports healthy intestinal flora- NOW  
3347 100 gelcaps..... \$11.95

**Clear Motion & Digestive Aid** Relieves bloating, gas, nausea, abdominal distress and motion sickness.  
CX0003 60 caps..... \$10.95

**Dairy Digest Complete** Now Digests lactose dairy proteins and fats.  
2956 90 V-caps..... \$13.95

**DGL** Deglycyrrhizinated Licorice  
09001 100 chew tabs.....\$13.95

**Digest-All** – vegetarian formula – a full spectrum enzyme blend with ginger, peppermint & triphala – can help with occasional bloating and gas  
100 vcaps.....\$23.95

**Digest Ultimate** – vegetarian full-spectrum enzyme formula from NOW – recommended per meal: 1 capsule  
60vcaps.....\$16.95

**Enriching Gifts Plant Enzymes** - our most popular and effective enzyme based from plants & blended with a unique mineral – formulated to work with your body to digest carbs, proteins, fats, fiber, sugars, & more! – get more value from your food with this supplement to help! **Best Seller!**

60847 270 caps.....\$79.95  
1 case price per bottle..... \$60.00  
4 case price per bottle.....\$55.00

**Essential Enzymes** Source Naturals  
60830 120 caps ..... \$17.95  
60832 240 caps ..... \$35.95

**Food Enzymes** – a blend of enzymes which help digest your fats, proteins & carbs! 60 servings – Nature's Sunshine  
1836-9 120 cap.....\$26.95

**Gastro** Enzymes without protease. Assists with healing ulcers, ulcerative colitis, and gastric reflux.  
60853 90 count ..... \$27.95

**Gluten Digest-** with BioCore® DPP IV  
2959 60 v-caps ..... \$13.95

**G.I. Benefits** – Da Vinci – 30 servings – fruit flavor & sweetened with stevia– formula of L-Carnosine, L-Glutamine, Arabinogalactans, licorice, slippery elm, aloe vera, marshmallow root, and a special proprietary zinc to support your digestive system, regularity-  
24793 13.55 oz.....\$63.95

**Gut Restore** – new and improved formula of the Digestive Health –  
3214 60 capsule.....\$25.95

**Gut Health – Trace Minerals – Ionic Fulvic & Humic Minerals Blend** – 10mg per tsp -great for digestion – immunity – detoxification – cognitive function – metabolism – UNFLAVORED -  
00703 8 fl oz.....\$25.95  
07026 32 fl oz.....\$59.95

**Hi-Lipase** – aids in the digestion of fatty or greasy foods  
1528-4 100 cap.....\$29.95

**Intestinal Tune-up**  
00470 10 oz ..... \$23.25  
000474 90 capsules..... \$15.95

**Maximizer** – R Garden's Enzyme Blend  
00006 180 caps.....\$68.95

**Pancreas Formula** Contains cedar berries, goldenseal root, uva ursi leaves, licorice root, mullein leaves, cayenne, licorice root and mullein leaf. Designed to help the pancreas function normally.  
40390 100 count ..... \$20.95

**Pancreatin-** NOW  
2945 100 count ..... \$11.95  
2946 250 count ..... \$23.95

**Papaya Chewables** – American Health brand- serving size 3 chew tabs-  
750104 250count.....\$7.95

**Papaya Lozenges – NOW** - supports protein digestion –mint & chlorophyll- –  
2970 180 count.....\$8.95  
2972 360 count.....\$15.95

**Plant Enzymes** From NOW Foods. All-vegetable source enzymes. 125 mg protease, 10 mg acid protease, 125 mg amylase, 50 mg lipase, 50 mg cellulase, 40 mg lactase, 50 mg 6,000 PUC papain, and 50 mg 5,000 FCC bromelain in each.  
2966 120 v-caps ..... \$12.95

**Protease** Pure protein digestion enzymes. 120,000 HUT protease each.  
60852 180 caps..... \$27.95

**Soothing Digestion** Dr. Christopher's  
101256 180 caps ..... \$23.95

**Super Enzymes** A blend of animal & vegetable source digestive aids. Each contains 200 mg betaine HCl, 50 mg 2,000 GDU bromelain, 50 mg papaya concentrate, 200 mg 4 X pancreatin, 50 mg 1:10,000 pepsin, 10 mg cellulase, 100 mg ox bile extract, 45 mg papaya enzyme, 45 mg pineapple enzyme.  
2960 90 tabs ..... \$14.50  
2962 180 tabs ..... \$28.95

**Super Enzyme Caps** Same formula as the rather popular Super Enzyme tablets, now in capsules.  
2964 180 count ..... \$28.95

**Ultra Zyme** - an excellent digestive aid for lactose intolerance – a high quality blend of enzymes, probiotics & herbs  
04453 180 tabs ..... \$26.95



## EAR HEALTH

- Ear Candles** - 4 candles per box  
**Beeswax Unscented**  
50719 1 box.....\$13.95  
**Beeswax Herbal Blend**  
50720 1 box.....\$13.95  
**Paraffin Unscented**  
50718 1 box.....\$11.95  
**Soy Blend**  
50717 1 box.....\$13.95

**Wally's Ear Oil** – calms sensitivity, soothes & comforts – formulated with Garlic, Mullein & Tea Tree –



10500 1 oz .....\$10.95

**Willow & Garlic Ear Oil** – for kids!  
10145 1 oz .....\$14.95

**Ear Oil Relief** NOW – soothing herbal blend - a blend of Garlic, Mullein, Calendula, St. John's Wort, Vitamin E & Tea Tree in a base of Olive Oil  
7686 1 oz .....\$ 7.95

**Ear Drops** with Grapefruit Seed Extract & Tea Tree Oil  
01055 1 oz .....\$ 4.95

**Earache Relief** Hylands for Kids  
1835 2 oz .....\$9.95

**Ear Ringing Remedy (Similasan)** – May offer temporary relief from these: Ringing, Humming, Buzzing, Pounding & Roaring  
25519 0.33 oz.....\$12.95

**Ear & Nerve Formula** - Dr. Christopher's – can be helpful with ear infections, swimmer's ear, vertigo, tonsillitis, and more...  
49817 2 oz .....\$16.95

**Ring Stop** – Natural Care – used for ear ringing, noise sensitivity, & buzzing sounds in the ears.  
12987 60 tab.....\$26.95

## EYE HEALTH

**Astaxanthin** Cellular Protection, Free radical neutralizer- 4mg - NOW  
2305 90 softgels .....\$19.95

**Astaxanthin**- KAL brand  
61160 60caps.....\$34.95

**Bilberry Complex** -NOW brand - a blend of Vitamin A, B-2, Bilberry Extract, Carrot Powder & Citrus Bioflavonoid  
4612 100 caps .....\$20.95

**Bilberry Eye** Helps improve night vision, repair damaged vessels, cleanse the tissues - provides antioxidants  
89106 100 count.....\$20.95

**Complete Eye Relief – Sterile Eye Drops** – Use for: Redness, burning, watering, grittiness, dryness, & irritation  
10 ml .....\$11.95

**Eye Drops Allergy** - used for relief from itching, burning, watering & redness  
300245 10 ml .....\$12.95

**Eye Drops Dry Eye** – used for relief from dryness & redness by soothing & moisturizing  
30114 10 ml .....\$12.95

**Herbal Eyebright Extract**  
49701 1 oz .....\$13.25

**Herbal Eye (Eyeright) Capsule** – Dr. Christopher's Formula  
89120 100 caps .....\$25.95

**Lutein Esters** NOW. 20 mg.  
3057 120 count.....\$17.95  
3058 60 count .....\$ 9.83

**Lutein Eyes**  
32181 60cv-caps.....\$28.95

**Lutein Nature's Way**  
15491 60 softgels.....\$26.95

**Night Eyes**- Positive Power Nutrition – "Feel More Comfortable Driving at Night" – Vitamin A – Bilberry Fruit – Carrot Root Juice – Turmeric Root – Taurine – Lutein – Zeaxanthin – High Potency & good quality!  
32201 90 vcap.....\$32.95

**OcuDyne II** – NutriCology- an impressive blend of nutrients to support eye health – has also been used as a multi-vitamin/mineral - It is recommended taking for 6 months for best results  
60136 200 caps .....\$62.95

**Glass Eye Cup**  
31807 1 cup .....\$ 8.95

## HAIR HEALTH

**Bamboo** - 600mg - 70% Silica – supports healthy hair, skin & nails.  
60 caps.....\$ 8.95

**Silica Complex** see page 29

**Cell Food Silica Formula** see page 41

**Bao Shi Hair Growth Capsules**  
Remarkable blend of herbs, vitamins, & minerals supplying potent nutrients  
**Men's Formula**  
BM60011 120 caps.....\$33.95  
**Women's Formula**  
BM60012 120 caps.....\$33.95

**Hair Skin & Nails** – known as "America's Favorite" – this product is an amazing formula by Futurebiotics  
00049 135 tablets.....\$21.95

**Skin Rescue & Renew Liquid** – blend of Vit C, Resveratrol, Phytoceramides, 5,000mcg of Biotin, Maqui Berry, Astaxanthin, & Antioxidants — great for skin health & stronger hair  
02022 16 oz.....\$28.95



## HEADACHE RELIEF

**Clear Headache** – Homeopathic – NON drowsy – quick working – works great for those random headaches.  
71892 60 caps.....\$13.95

**Curamin Headache** – Terry Naturally  
11521 21 tabs.....\$14.95

**Clear Migraine** – homeopathic – NON drowsy – quick working – great for migraines, tension, & cluster headaches  
41354 60 caps.....\$14.95

**Head Ease** – calm central nervous system – support healthy blood circulation to the brain –  
M2224 4 oz.....\$34.95

**Migraine for Men & Women** – homeopathic – follow directions on box – can take up to 16 capsules a day but do not exceed that.  
231140 60 caps.....\$18.95

**Migraine Relief**– Hyland's – Tough on Pain – Gentle on You  
40301 100 tabs.....\$12.95



## HEART HEALTH

**Blood Circ** - Dr. Christopher's Circulation formula - a blend of Cayenne, Parsley, Ginger, Goldenseal, Eleuthero & Garlic  
89110 100 caps .....\$19.95

**CircuFlow Kroeger Herb-** increases blood flow - commonly used for balancing high blood pressure  
961015 270 caps.....\$28.95

**EDTA** 600 mg.  
12101 100 caps .....\$14.95

**Formula Bac +** Blood anti clot. Plaque remover.  
08523 2 fl oz .....\$31.95

**Hawthorn Berries** Nature's Way- Cardio tonic, 510 mg.  
14100 100 caps .....\$8.95

**Hawthorn Berries** NOW - 550 mg.  
4715 100 caps .....\$7.95

**Heart Algae** Heart & artery nutrients.  
60 caps .....\$50.36  
1 case price per bottle....\$40.00  
4 case price per bottle....\$35.00

**Herbal Cardio Care - Mountain Meadow Herbs** formula for regulating blood pressure - *support heart health - safe for pregnant & nursing moms*  
2024W 4 oz .....\$34.95

**Mega-Chel - Nature's Sunshine** supports circulatory system - *helps fight free radicals* -Refrigerate upon opening!  
4201-3 120 tabs.....\$35.95

**Nattokinase** NOW -  
3140 60 V-caps .....\$19.95

**Nattokinase Plus E**  
00099 60 count.....\$27.95

**Pomegranate Seed Oil - Cell Protecting Power** -Omega 5 - *Supports Healthy Heart, Arteries, plus Breast and Prostate Cells*  
15006 60 ct.....\$24.95 **NEW**

## IMMUNE SUPPORT

**ACF Buried Treasures** - Advanced Immune support - a blend of vitamins, minerals, herbs & silver to boost the immune system - 0g Sugar

**ACF 14-in-1**  
34574 16 oz .....\$36.95

**Children's ACF 14-in-1**  
45682 16 oz.....\$32.95

**Advantage** Anti-bacterial, anti-viral, anti-fungal, anti-parasitic - Grapefruit Seed Extract -Green Tea & Jasmine Tea  
2001 2 fl oz .....\$17.95

**Allibiotic CF** - an blend of garlic, olive leaf extract, elderberry & oregano  
1811 60 softgels .....\$15.95

**Andrographis EP80 EXTRA STRENGTH** see page 49

**Andrographis EP80 with Umckaloabo C&F Formula** - *Serious Immune Defense* - Want to shorten that cold/flu? Lessen that cough, runny nose, body aches, etc. Works great for both viral & bacterial infections.  
47006 60caps.....\$24.95

**Bacteril** Designed support for bacterial infections - Terry Naturally  
24503 30 softgels .....\$15.95

**Beta - 1,3/1,6 Glucan 100mg** + 160 mg Maitake mushroom per capsule.  
3054 90 caps.....\$13.95

**Colostrum Plus** 950 mg per 2. Helps strengthen immune response. Supports GI tract health.  
04003 120 V-caps .....\$38.95

**Colostrum - NOW - 500mg-**  
3216 120 caps .....\$17.25

**Immune Pro-6 - Life's Fortune**  
100% Pure 6-hour Colostrum  
141 180 cap.....\$31.50

**Colostrum6 Powder-** one of the best - from Anovite- 1500 mg  
9902 6.5 oz.....\$72.95  
9922 2lb.....\$219.95

**Colostrum6 Capsules**  
9901 500mg-180 caps .....\$53.95  
9917 500mg-90 cap.....\$32.95

**Colostrum6 200mg - Strawberry**  
9909 180 chewables.....\$49.95

**Colostrum6 450mg** -immune support & fighting cravings  
**Pineapple - 450mg**  
9905 130 chewables.....\$49.95

**Colostrum- First Milking- Chewables- Cherry**  
21301 120count.....\$27.95  
**Pineapple**  
01008 120count.....\$27.95  
**Orange**  
9111015 120count.....\$27.95

**Colostrum LD** - Liposomal Delivery -Pharmaceutical Grade  
00105 120 capsules.....\$33.95

**Colostrum LD Powder** - Liposomal Delivery -Pharmaceutical Grade  
**Plain & Unflavored**  
84000 16 oz.....\$89.95  
**Vanilla**  
24006 16 oz.....\$89.95

**Defense Plus** 250 mg grapefruit seed extract with echinacea, astragalus, vitamin C, mushroom extracts, goldenseal, & ginger root.  
10012 90 tabs .....\$20.95

**Echinacea**, see pages 12,14,15

**Elderberry Syrup** - with raw honey and apple cider vinegar & Propolis  
000084 4oz .....\$12.95  
00032 8oz.....\$23.95

**Elderyberry Tonic** by Elide - Organic - made locally in WI - boosts immunity, supports lung & respiratory - and fights inflammation - tastes delicious- FREE of preservatives, synthetic ingredients, or artificial sweeteners & flavors



77401 16 oz .....\$24.95

**Elderberry Zinc Gummies by Zand**  
66743 60 gummies .....\$15.95

**Eldermint** - Honeycomb Industries  
00460 16 oz .....\$24.95

**Elderberry + Ionic Zinc Liquid** - Trace Minerals - Naturally carries an elderberry flavor but no added flavorings or sugars  
00569 2oz.....\$14.95

**Family Immune booster** - immune support for the entire family! - alcohol-free - elderberry & echinacea  
4004W 4 oz.....\$34.95  
4002W 2 oz.....\$22.95

**First Immune Defense** - Formerly: Winter Immune - support immune system with seasonal changes, coughs, congestion - cleansing herbs  
2154W 4 oz.....\$34.95



**Formula 717** – Spiecher’s  
13022 56 caps.....\$38.58

**Immucalm** -Dr. Christopher’s- A blend of marshmallow root & astragalus root- Used for coughs, cold, and allergies! A great favorite for those with cat or dog hair allergies even!  
89117 100 caps..... \$18.95

**Immunity Gummies** – Trace Minerals Zinc + Vit C+ Vit D+ Acerola – Yummy Cherry Flavor  
00581 60count.....\$19.95

**Lightning Silver** – *Naturally:* anti-bacterial, anti-viral, anti-germicidal, anti-fungal, anti-biotic, & much more!  
32 oz.....\$90.96  
1 case price per bottle.....\$65.00

**Limu Z 6- Superfood of the Sea**-balancing hormones, mental clarity, immune system, and anti-aging!  
9904 30 sachet.....\$77.95

**Liquid Immunity +**-Trace Minerals - Elderberry- Zinc-Vit C & D- Ionic Trace Minerals – Mixed Berry Flavor – Sugar FREE  
00592 32oz.....\$27.95

**Monolaurin** - now called **UltraLaurin** – immune support! A great favorite among some of our customers – comes in tiny pellets that we normally swallow – chewing these tend to taste rather off and bitter.

400008 7oz.....\$23.95  
400009 21oz.....\$54.95

**Pro-Fighter- Sprig’s** great immune booster which focus on those who cannot take echinacea. GF and vegan!  
00063 2oz.....\$15.95

**Rei-Shi Mushrooms** 270 mg – great for general health & wellness  
4733 100 caps ..... \$ 10.95

**Sambucus Gummies** -  
10486 60 count ..... \$19.95

**Sambucus Syrup**- Elderberry, echinacea, zinc, propolis and vitamin C.  
15333 Immune 8 fl oz.....\$29.95  
53321 Original 8 fl oz.....\$28.95

**Shark Cartilage** NOW. 100% pure. Immune system support. 750 mg.  
3270 100 caps ..... \$10.95

**Silver Biotic** 10 ppm  
30185 8 oz ..... \$28.95

**Sovereign Silver – Bio-Active**- Silver Hydrosol - 10 PPM – May be used in a daily basis – our Best Seller Silver



**Dropper Top**  
23236 2 oz.....\$10.95  
23231 4 oz.....\$17.95  
23233 8 oz.....\$26.95  
48051 16 oz.....\$38.95  
96SC10 32 oz.....\$64.95

**Fine Mist Spray Style**  
60CS10 2 oz..... \$10.95

**Vertical Nasal Style Spray**  
23234 2 oz.....\$11.95

**First Aid Gel – Pump Gel**  
60HG10 1 oz..... \$10.95

**Sterol-Max Immune System Support** – “increase T-cell proliferation and immune modulation to help keep you healthy.” One of our most successful immune boosting supplements.

2EGI 90 caps.....\$41.27  
1 case price per bottle....\$30.00  
4 case price per bottle....\$25.00

**Super Tonic**  
NA1009 4 oz..... \$21.95  
100908 8 oz.....\$41.95

**True Colloidal Silver**  
03002 8 oz.....\$15.95  
03003 16 oz.....\$28.95  
03009 32 oz.....\$51.50

**Qubeco** –support a strong immunity & respiratory. Vitamin C, Vitamin D3, Zinc, Selenium, Colostrum, Quercetin, & Beta Glucan – Pineapple Zest flavor (sugar-free) *Popular!*  
4040 112 chewable.....\$34.95

**ViraPro** – Terry Naturally’s formula for viruses  
24106 60 Tab .....\$31.95

**VS-C** – Immune System Support  
937-7 100 cap.....\$24.95  
3167-6 2 fl oz.....\$26.95

**Wellness Formula** Source Natural. 19 immune building herbs plus vitamin A, beta carotene, zinc, calcium, copper, magnesium. Fights colds, etc.  
30090 90 tablets ..... \$23.95  
30092 180 tablets.....\$45.75  
30099 120 capsules.....\$21.95

**X-INFx** – formerly known as Infection Formula from Dr. Christopher – a blend of plantain, goldenseal root, bugleweed, marshmallow root & lobelia to support your lymphatic system – has been found to support healing from UTIs, sinus infections and other types of infections– Do not use if pregnant or nursing!  
79570 100v-caps.....\$25.95

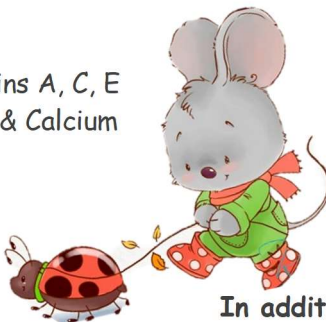
## Tips to Boost Your Immune System

### To start:

- Digestive enzymes (the stronger the better)
- Candida Cleanse (if you have candida overgrowth)
- a high quality probiotic to rebuild the colon’s population of friendly flora
- Colostrum
- Antioxidant nutrients such as vitamins A, C, E
- Basic minerals like Zinc, Magnesium & Calcium
- Co-enzyme Q-10
- Lipoic acid
- Grapeseed Extract
- A good parasite cleanse

### In addition:

- nutrient dense foods
- stay hydrated with water
- keep the bowels moving at a healthy rate
  - lots of sleep
- a sensible amount of exercise and movement
  - sleep, breathe, & rest your nerves
- address any underlining depression/anxiety
- learn to listen to your body, and know that it is designed unique.
- What works for some may not work for you.





## JOINT HEALTH



**ActivJoint** Trace Minerals Brand  
00027 180 tabs.....\$29.95

**Active Joint Platinum-** Trace Minerals  
00030 90 tabs.....\$32.95  
00031 180tabs.....\$61.95

to find **Collagen Powders & capsules**  
see page 22

**Celedrin & M.S.M.** Naturally derived,  
faster effect. 500 mg.  
3016 120 caps .....\$20.95

**Chondroitin Sulfate** Over 90%  
pure. Of interest to arthritics. 600 mg  
per capsule.  
3225 60 count.....\$12.79

**Curamin** Safe and effective pain relief  
– also, non-addictive! Terry Naturally  
10260 60 caps.....\$29.95  
10220 120 caps.....\$49.95

**Curamin Extra-Strength** Terry  
Naturally  
11206 60 caps.....\$34.65  
11202 120 caps.....\$61.95

**CuraMED 375mg** Terry Naturally  
40202 120 softgels.....\$45.95

**CuraMED – 10x stronger than regular**  
Curcumin— Terry Naturally  
20296 60 softgels .....\$45.95  
20292 120 softgels.....\$79.95

**CuraMED Acute Pain-** our most  
popular pain relief supplement!  
34706 60 softgels.....\$36.95  
34702 120 softgels.....\$63.95

**Healthy Feet & Nerves** Terry  
Naturally Supports healthy Nerve  
function in feet, legs, and fingers  
34202 120 caps.....\$33.95

**D-Flame** Enzyme inhibitor. For minor  
aches and pains – NOW  
3121 90 v-caps ..... 18.95

**Doctor's Best** Glucosamine,  
chondroitin, and MSM. Science-based  
DRB-00081 240caps ..... \$57.95

**Factor 5 – Advanced Pain Support -**  
*Fast-Acting – All Natural* – blend of  
horsetail, stinging nettle, garlic, celery  
seed & turmeric – designed to target  
inflammation – commonly used for achy  
joints & muscles – may help with bone  
& tendon strength -

66001 30 caps.....\$17.95  
66002 60 caps.....\$32.95  
66003 120 caps.....\$59.95

**Glucosamine Sulfate Sustained  
Release**  
3224 200 tabs..... \$27.76

**Glucosamine Sulfate** 750 mg  
3238 249 count..... \$25.95

**Glucosamine 1,000** - 1,000 mg of  
glucosamine per capsule.  
3239 180 capsule..... \$16.95

**Glucosamine & Chondroitin**  
3172 180 count..... \$29.95

**Glucosamine & Chondroitin Combo**  
Each capsule contains 375 mg  
glucosamine hydrochloride, plus 300 mg  
chondroitin sulfate and 200 mg  
concentrate trace mineral extract.  
3228 120 count..... \$20.95

**Double Strength Glucosamine and  
Chondroitin** 750 mg glucosamine  
sulfate, 600 mg chondroitin sulfate, and  
99 mg potassium.  
3243 120..... \$30.13  
3244 240 count..... \$56.19

**Glucosamine and MSM** Each  
capsule supplies 99 mg potassium, 750  
mg glucosamine sulfate complex, 250  
mg MSM and 25 mg chondroitin sulfate  
3279 180 count..... \$22.95  
3278 60 caps..... \$ 9.40

**Glucosamine- MSM- Arnica Lotion**  
see page 29

**Hyaluronic Acid 50mg – Important  
Joint Lubricant** – blended with 450mg of  
MSM -  
3156 60 caps.....\$13.95

**Hydraplenish** Internal moisturizer for  
skin and joint. Super absorption  
15601 60 v-caps ..... \$21.95

**MyoTone** - Maintains the integrity of  
ligaments, tendons, and muscles.  
01558 80 tabs ..... \$17.95

**Joint Support– With Glucosamine,  
Boswellin, and Sea Cucumber**  
3290 90 count ..... \$15.95

**Tart Cherry Ultra Tabs -**  
15831 90 chews.....\$22.95

**Joint Support Cream** see page 29

**Zyflamend** from New Chapter- very  
comprehensive anti-inflammatory  
4052 180 softgels.....\$79.95

## KIDNEY & URINARY HEALTH

**Bladder Formula** - support the  
urinary tract system with this blend from  
Dr. Christophers  
89105 100 caps.....\$18.95

**CranActin – Urinary Tract Health** –  
Vitamin C blended with 400mg of  
Cranberry Extract formulated to keep  
bacteria from attaching to bladder cells.  
60100 60 caps..... \$12.95  
60102 120 caps..... \$24.95

**Super CranActin** - Vit C, Vit E, B1, B6,  
Pantothenic Acid, 400mg of CranActin  
Cranberry Extract (like the one above)  
with an additional 170mg of other herbs  
to support Urinary & Bladder health!  
08433 120 caps..... \$34.95

**CranActin Chewable** - 200 mg each  
08424 60 wafers..... \$10.95

**CranActin Syrup**—270 mg—59 servings  
08396 2 oz..... \$17.95

**Cranberry** 1000 mg per 3 - NOW  
4632 90 v-caps..... \$13.50

**Cranberry-Concentrate** 100mg  
3230 100 caps..... \$14.95

**D-Mannose** 3 caps = 1,500 mg.  
2811 120 caps..... \$20.95

**D-Mannose with CranActin** 2 caps  
100 mg D-Mannose, 400 mg Cran Actin.  
11777 60 V-caps..... \$23.95  
63349 120 V-caps..... \$46.95

**Kidney-Bladder Formula** - Juniper,  
Parsley, Ginger, Uva Ursi, Marshmallow  
Root, Cramp Bark, & Goldenseal Root  
40354 100 caps..... \$10.95

**Kidney Blend SP-6** Solaray's blend  
of Cornsilk, Uva Ursi, Cleavers,  
Cayenne, Juniper Berry, Kelp, Short  
Buchu, Queen of the Meadow (flower).  
00260 100 caps..... \$10.95

**Kidney Cleanse – NOW** – Uva Ursi,  
Parsley, Rosemary, Fennel, Nettle Root,  
Olive Leaf & Horsetail  
2463 90 vcaps.....\$13.95

**Kidney Formula** – Dr. Christopher  
89104 100 caps.....\$23.95

**Kidney Support Formula**  
K2074 4 oz..... \$34.95

**SagaPro Bladder Health** – Terry  
Naturally – designed for men & women  
– 100mg Angelica Leaf Extract per  
capsule – recommended: 1 Daily (Twice  
daily for the first 2-3 days)  
40816 60 caps..... \$38.95

**Total Cleanse - Kidneys** Solaray -  
blend of herbs to help detox the kidneys  
08364 60 caps..... \$13.95

**LIVER HEALTH**

**Andrographis EP80 EXTRA STRENGTH** – Liver Support, Immune Function & Joint Health  
39466 60 caps ..... \$19.95

**Beef Liver Vital Proteins** – Freeze Dried Beef Liver 3,000 mg per 4 capsules -  
00515 120 caps ..... \$32.95

**Beef Liver Trace Minerals** – Grass-Fed – 500 mg/capsule – Hormone FREE – Freeze Dried –  
22520 180 caps ..... \$32.95

**Beef Organs Trace Minerals** – Grass-Fed – Bovine Liver, Heart, Kidney, Pancreas, & Spleen – 500mg/capsule – Hormone FREE – Freeze Dried  
22519 180 caps ..... \$40.95

**Liver Caps** supports liver health – sourced from Argentine beef liver (1,000 mg) – 100mg milk thistle & 100mg Eleuthero  
2432 100 caps ..... \$13.95

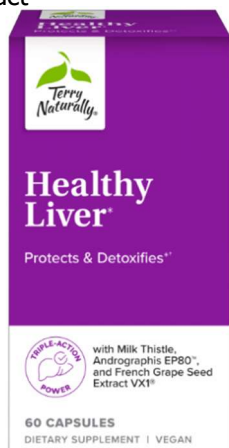
**Liver & Gallbladder Formula** Supports function of these organs and cleanses and rebuilds  
89103 100 caps ..... \$16.95

**Liver Glow – Mountain Meadow Herbs** cleanse & support liver health – may improve mood & energy levels -  
L3314 4 oz ..... \$34.95

**(Liver Glow II) Mom's LiverGlow – Mountain Meadow Herbs** - same as above but designed to be safe for pregnancy  
L3714 4 oz ..... \$34.95  
L3312 2 oz ..... \$22.95

**Liver Guard** – Silymarin/CoQ10/L-Cysteine Complex – great blend of nutrients to support liver health!  
SN0037 30 tabs.....\$14.95

**Liver Health** – Terry Naturally - Protects & Detoxifies – Milk Thistle, Andrographis EP80, and French Grape Seed Extract



34406 60 caps.....\$35.95

**Liver Refresh** - NOW – Promotes Optimal Liver Health – Supports Healthy Detoxification Processes

2448 90 caps..... \$16.95

**Liver Transition-** Dr. Christopher's liver detox formula -  
89124 100 count..... \$19.95

**TMG** - Betaine - 1000 mg - Supports healthy homocysteine levels – promotes normal methylation process -  
0494 100 count..... \$13.99

**Total Liver Cleanse** - Solaray – To Assist the Body's Liver Cleansing Process  
08363 60 caps..... \$17.95

**LYMES DISEASE**

From pairing these two together, we have seen the most effective and popular of our products for managing Lyme symptoms.

**Borrelogen**  
40885 4 oz.....\$47.95

**Lymogen**  
40874 4 oz.....\$47.95

For another option: we have also seen fairly good results with the 3 following products, although absolutely NO claims are made for efficacy for any disease.

-MicroLIM & Teasel Root together, using a total of 4 bottles (two of each) Using the NeuroTOX Elim 2-4 weeks after.

**MicroLIM (Micronil)**  
50050 1 oz ..... \$15.95

**Teasel Root (Spironil)**  
50051 1 oz ..... \$12.95

**NeuroTOX Elim (Biotox Elim)**  
50045 1 oz ..... \$15.95

**SPK Formula** – Kroeger Herb Brand –  
961048 100 count ..... \$11.95

**MEMORY SUPPORT**

**Focus Attention** – Nature's Sunshine -  
6135-3 90 caps.....\$37.95

**Memory Plus** cleanse, re-build & increase circulation in the brain.  
89156 100 caps.....\$17.95

**Prevagen** - #1 Pharmacist Recommended Brand – designed to safely improve memory

**Regular Strength– Chewable**  
01157 30 count.....\$39.95

**Extra Strength**  
30 caps.....\$49.95  
60 caps.....\$93.95

**Professional Strength**  
FG-513 30 caps.....\$75.95

**Butterbur** - 75mg butterbur blended with 200mg feverfew herb  
4602 60 V-caps..... \$17.95

**MENTAL HEALTH & MOOD**

**5-HTP (5-hydroxytryptophan)**– NOW - Supports a Positive Mood  
**50mg**

0097 30 caps..... \$ 5.95

0099 90 caps..... \$12.95

0101 180 caps.....\$22.95

**100 mg**

0105 60caps.....\$11.95

0106 120 V-caps..... \$22.95

**200mg**

0108 60 V-caps..... \$19.95

**5HTP Power – Nature's Sunshine-** 35mg 5HTP with other herbs: Eleuthero, Ashwagandha, & Suma



2806-4 60 caps.....\$30.95

**AnxioCalm - Terry Naturally-** targets Anxiety -Stress - Restless Sleep – nondrowsy - Fast-Acting – safe for kids (ages 4+) & adults! *Very popular!*

41004 45 tab.....\$25.95

41009 90 tab.....\$43.95

**Ashwagandha** NOW. 450 mg. Helps body adapt to stress – also known to support the immune system.

4603 90 V-caps..... \$11.96

**Ashwagandha** from Solaray – 470mg – contains 1.5% Withanolides  
39902 60 caps.....\$18.95

**Carlson 5-htp Elite** Raspberry Flavor – 100mg per serving + 2mg of B6  
8551 120 Chews.....\$22.95

**Calm/Nerve Formula** – Natural Hope Herbals - Milky Oat Seed – Skullcap – Wild Lettuce – Passionflower – Lemon Balm – Valerian – Catnip – Black Cohosh – Lobelia herb in seed

NA1016 4 oz..... \$28.75

**Cognibiotics** a Chinese Herbal Blend designed for brain health, mental clarity, learning, memory, & focus by supporting healthy gut bacteria with probiotics & prebiotics – 30 servings

878684 60 caps.....\$49.95

**Cool, Calm & Collected Gummies** see page 20



**DLPA** – 500mg DL-Phenylalanine – healthy mood – cognitive function - energy support – helps supports endorphins and feelings of wellbeing  
7916 60 caps.....\$10.95

**GABA** 100 mg -microlingual lozenges from Superior Source  
90900 60 loz.....\$11.95

**GABA** 750 mg – targeting anxiety and stress – this amino acid is great support for those trying to sleep at night or to get throughout their day without anxiety and excessive overthinking  
SN1708 180caps ..... \$26.95

**Higher Mind™** with phosphatidyl serine + 19 other nutrients all known to improve brain function  
SN0016 90 tabs ..... \$59.95

**Her Calm Gummies – Mountain Meadow Herbs** – a mood balancing herbal blend with Saffron, which is known to support a healthy mood, libido levels & aid in weight loss - **NEW**  
2060 60 count.....\$17.95

**Kava-Kava** 250 mg standardized extract providing 30% kavalactones.  
4716 60 caps ..... \$15.95

**L-Theanine** see page 8

**L-Tryptophan- NOW-** 500mg each  
0167 120 caps.....\$25.95

**L-Tryptophan** Mood, relaxation, and sleep - 500 mg- **Source Naturals**  
SN2040 90 caps ..... \$22.95  
SN1985 120 caps ..... \$28.95

**Mega B Stress** – time released –  
4241 120vcaps.....\$18.95

**Mind Trac** – for feeling blue, sad, depressed, low, & not thinking straight. If taking any prescription drug for depression, consult physician before use of Mind Trac!  
89134 100caps.....\$18.95

**Mega Energy B-Complex** - page 9

**Mood Support – NOW** – with St. John's Wort – great for those struggling to keep a positive attitude – also contains vitamins, minerals, and herbal extract which help balance mood swings  
3351 90 count.....\$14.95

**Mood Elevator– Nature's Sunshine-** used to support liver & nervous system to improve mood  
**Original**  
1878 100 caps.....\$31.95  
**Concentrate**  
1035-7 30 capsule.....\$43.95

**Nerve Control – Nature's Sunshine-** supports the nervous system – may help relax muscle tension  
1242-4 100 caps.....\$22.95

**Nervous Fatigue** – relieves stress and promotes feelings of well-being – nourishes the circulatory and nervous system – **Nature's Sunshine-**  
1884-7 100 cap.....\$30.95

**Nerve Formula** - Dr. Christopher's – Black Cohosh, Blue Cohosh, Blue Vervain, Skullcap & Lobelia  
49834 2 oz ..... \$12.95

**Nutri-Calm – Nature's Sunshine-** supports the nervous system with a blend of Vitamins C & B -  
1617-3 100 tabs.....\$37.95

**Original Hemp Stress+ Blend** – Ashwagandha, B6, Magnesium, 5HTP, L-Theanine & Full Spectrum CBD Hemp Extract – targets anxiety, fatigue & irritability – high quality ingredients  
22019 60caps.....\$49.95

**Red Ginseng Energy** – Terry Naturally – helps aid in a depressed mood, stress, endurance, also in healthy cortisol, serotonin, & GABA levels



**Chewables** – 100 mg  
12213 30 wafers.....\$21.95

**Capsules** – 200 mg  
29603 30 caps.....\$28.95

**Positive Thoughts** A combination of St. John's Wort and other nutrients designed to relieve depression. Some find this very effective. Use 3 per day. It can take about 2 weeks to feel effect.  
60138 90 tabs.....\$21.95

**Saint John's Wort** Each 300 mg capsule contains an extract of the herb that is standardized to contain 0.3% hypericin.  
4760 100 count..... \$10.95

**SAMe – 400mg -**  
0139 30 Tabs.....\$29.95

**Stress J – Nature's Sunshine-** Calming formula for those with high anxiety - very popular!  
1084-1 100 caps.....\$20.95  
3163-3 2 oz .....\$29.95

**Stress Relief – Nature's Sunshine-** Supports emotional balance. Nourishes the nervous system.  
1863-5 100 caps ..... \$32.95

**TravaCor** A blend of GABA and Serotonin, and other ingredients which are well known to reduce stress and support a good mood.  
N2037 120 caps.....\$64.95

**True Calm** – NOW's Amino Acid Blend with B Vitamins & Valerian – May cause drowsiness!  
0155 90 caps..... \$12.95

**Relax Eze**– Dr. Christopher's brand – herbal blend to help catch a break from daily stresses & feel relaxed  
89113 100 V-caps..... \$18.95

## PARASITES

**Black Walnut Hulls** Made from the hulls while they're still green - 500 mg.  
40035 100 caps..... \$11.95

**Black Walnut Hulls**  
07133 1 oz..... \$10.95  
00013 2 oz..... \$14.95

**Fresh Green Black Walnut-Wormwood-and-Cloves** – NOW  
4982 2 oz..... \$11.14

**Clove Capsules** 500 mg per capsule.  
49110 100 count ..... \$10.95

**Lil' One's Shoo!** – a gentle cleanse with max strength – a blend of black walnut hull, fennel, male fern, papaya leaf, peppermint, wormwood & sage  
625035 2 oz.....\$14.95

**Para-Rid** - a parasite cleanse – blended with catnip & ginger to aid with stomach cramps due to cleansing.  
2106W 4 oz..... \$34.95

**Rascal** - Kroeger Herb. Each contains pumpkin seed, garlic, cramp bark, capsicum, thyme. 450 mg each. Designed for tapeworm.  
49120 100 caps..... \$ 9.50

**Shoo!** – Microbial Cleanse for Adults – Max Strength but Gentle on Stomach  
625036 4oz.....\$16.95

**VF Syrup** Dr. Christopher formula combines black walnut, fennel, senna, tansy, tame sage, wormwood, malefern, and wild sage. Adult requires 1 bottle for treatment.  
49117 4 oz..... \$15.95

**Wormwood & Parasite Formula** – 100% pure, natural herbs – Speicher's  
1235 90caps.....\$28.95

**Wormwood Combination** an excellent blend of anti-parasite herbs by Kroeger  
961040 100 caps.....\$ 10.95

**Wormwood Complex** Contains wormwood herb, male fern root, tansy herb, quassia chips, mullein leaves, fennel seeds, & cascara sagrada bark..  
49125 100 caps..... \$11.99



## RESPIRATORY SUPPORT

**Air Defense** Maintains healthy respiratory function. Resistance during seasonal changes.

3372 90 V-caps.....\$13.95

**Season Allergy** Formerly known as ALJ Natures Sunshine. Respiratory system support. Good for whooping cough.

3166-5 2 oz.....\$21.95

774-3 100 caps.....\$16.95

**Black Seed Oil** From Egypt. Nigella Sativa. Strengthening immune systems to cure cough and chest problems.

91120 90 caps.....\$29.95

12008 8 oz.....\$32.75

**Clear Lungs** Chinese herbal formula. Good results with these products!

00136 120 vcaps.....\$35.95

**Liquid- Clear Lungs Regular Strength**

00553 2 oz.....\$19.95

**Clear Lung Extra Strength**

7241 120 vcaps.....\$42.95

**Clear Voice** Vocal spray - Soothes tired voices and relieves scratchy throats - wonderful for singing or long periods of talking



**Honey Lemon**

vocalh 1 oz.....\$ 8.99

**Fresh Mint**

vocal 1 oz.....\$ 8.99

**Strawberry Lemonade**

1 oz.....\$ 8.99

**HAS Original** A formula containing 9 herbs known for their decongestant properties. Contains a mixture of Brigham tea herb, marshmallow root, burdock root, cayenne, goldenseal root, elecampane root, parsley herb, cleavers and rosemary leaves. This mixture is sometimes helpful for allergies.

40360 100 caps.....\$ 9.95

**Herbal Respiratory**

2054W 4 oz.....\$34.95

**HistaBlock** - to help soothe respiratory irritation due to seasonal pollen - neutralizes free radicals

776-1 90 caps.....\$27.95

**Lung & Bronchial** Dr. C. 425 mg.

89115 100 V-caps.....\$14.95

**Olbas Inhaler** Power to breathe  
50510 .01 oz.....\$ 5.95

**Olbas Lozenges** Clears the head, soothes the throat. Sugar Free.

023304 24 lozenges.....\$ 5.95

**Respir-All** exceptional formula for season allergies, we've found it to help many people. We recommend starting on 2 or 3 a day a few weeks before your allergy season arrives then using as many as 5 or 6 daily during the worst of your pollen exposures.

3282 60 count.....\$17.25

**RespirActin**

Clinically proven. Herbal combination that goes to work immediately to open airways, helping to provide relief from respiratory conditions. Many asthma sufferers have been able to stop using their puffers. Also helpful for allergies, hay fever, etc.



50706 60 capsules.....\$21.95

51996 120 caps.....\$38.95

50707 8 oz.....\$15.95

19998 16 oz.....\$26.92

50708 32 oz.....\$45.90

**RespirActin for Children**

51991 8 oz.....\$15.95

**Respiratory Syrup** Dr. Christopher

89536 4 oz.....\$17.95

**Seasonal Defense** - support good health during seasonal temperature changes - support mucous membranes

00806 90 cap.....\$27.95

**Seasonal Allergy** formerly called ALJ

- Bronchial and respiratory support.

774-3 100 caps.....\$19.95

3166-5 2 fl oz.....\$21.95

**Sinus Plus Formula** Dr. C's.

89109 100 v-caps.....\$21.95

49809 2 oz.....\$16.95

**Sinus Rescue** - Nature's Rite - bacteria, fungus & virus - Free of any antibiotics



00150 1.5 fl oz.....\$ 9.99

**X-Ceptic** Used to fight infection internally & externally. Can be used as a gargle or mouthwash for throat or tooth infections.

49706 1 oz.....\$17.95

**Xlear** Natural Saline Nasal Spray with Xylitol - Wash away harmful bacteria from your sinuses with a moisturizing effect - congestion & inflammation treatment when suffering from a cold, flu or allergies - non-addictive -

**Original**

50740 1.5 oz.....\$10.95

**MAX -with Capsicum & Aloe** -for more severe nasal pressure & congestion. Due to the capsicum, this one will cause a slight burning sensation

adx12 1.5 fl oz.....\$12.95

## SLEEP AIDS



**Bedtime Drops** Sleep aid -

Mountain Meadow Herbs

12232 2oz.....\$22.95

**Berry Bedtime** Sleep support for children - derived from berries and flowers plus 3mg of Melatonin - Mountain Meadow Herbs

BM4424 4oz.....\$34.95

**Calming Formula-** Superior Source - 200mg L-Theanine - 30mg 5HTP - 3mg Melatonin - Instant Dissolve Tablets

90365 60 tab.....\$17.95

**Calms Forte** – Hyland’s- Sleep Aid - Non-Habit Forming – kids & adult  
11212 100 tabs.....\$11.95

**Calm N’ Restful for kids** – Hyland’s – Ages 2-12 years – free of artificial flavors & dyes -  
37061 125 tabs.....\$7.95

**Melatonin** - NOW brand –  
3255 60 cap.....\$ 4.95  
3257 180 caps .....\$ 9.95  
3262 100 tablets .....\$ 6.95  
3259 180 lozenges.....\$ 8.95  
3261 2 fl oz.....\$ 6.95

**Melatonin 120EP-** Terry Naturally **10mg** – sustained release - Healthy Immune Function- Protection from Oxidative Stress - Vision Health- Healthy Aging - Gastrointestinal Health - Blood Sugar Balance - Inflammation Response - Deep Sound Sleep!



11946 60 tablets.....\$10.95

**Melatonin 5mg** - Terry Naturally – Berry Flavored– *Deep Sound Sleep*  
11885 50 chews.....\$9.95

**Mel-O-Chew 1mg** *Calm down and rest up* – low dose – great for kids!  
094631 200 chews.....\$22.95

**Natural Calm Sleep Formula** - Blueberry Pomegranate - Blended with melatonin and L-Theanine  
NV4209 120 gummies.....\$27.95

**Natural Calm Sleep Powder**  
00226 6oz.....\$22.95

**Neuro-Calm Stress / Sleep**  
–reduce stress, nighttime-overthinking, & general anxiety affecting sleep-contains: L-Theanine, GABA, Rhodiola Rosea, Holy Basil & Ashwagandha  
n-calm 120 caps.....\$32.95

**Relax-O-Zyme** Nature’s Way  
02059 90 tabs.....\$16.95

**Rest Aid** – non-habit-forming herbal formula to support restful sleep & refreshing wake-up in the morning!  
81022 2 oz.....\$16.95

**Sleep** valerian extract, passion flower extract, and hops extract. Use 2 to 4 capsules 30 minutes before bedtime.  
4768 90 vcaps.....\$15.95

**Sleep Blend SP-17** – Herbal blend to support sleeping  
21707 100caps.....\$8.95

**Sleep Tonight** – Melatonin Drops – Easy to absorb– non-habit forming  
10746 2 fl oz.....\$17.95

**Sleep Well** Promotes a restful nights sleep, and a relaxed, calm feeling.



LH00003 2.03 fl oz.....\$13.95

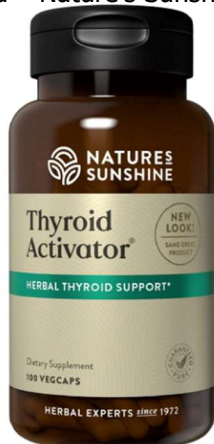
**Sleep Apnea Relief** Nature’s Rite  
1002 30 caps.....\$25.95

**Stress & Sleep-** Restful Sleep  
2142W 2 oz.....\$22.95  
2144W 4 oz.....\$34.95

## THYROID

**Metabolic Advantage (Thyroid Formula)**  
04351 100 caps .....\$21.95  
04350 180 caps .....\$28.95

**Thyroid Activator** – an herbal blend of spirulina, kelp, black walnut hulls, parsley & sarsaparilla Root to support the thyroid – Nature’s Sunshine



1224 100 cap.....\$20.95

**Thyroid Blend SP-26**  
22605 100caps.....\$9.95

**Thyroid Caps** Solaray. Raw gland concentrate with support nutrients.  
S5210 60 caps.....\$15.95

**Thyroid Care** Terry Naturally - a blend of Iodine and L-Tyrosine – used for supporting: *Daily Energy, Lustrous Hair, Metabolism, Healthy Weight Management*  
25502 120 caps.....\$25.95

**Thyroid Care Plus** Terry Naturally – *Daily Energy – Lustrous Hair – Healthy Weight Management* – A blend of Iodine, L-tyrosine & Selenium – *Complete Metabolic Function*  
13416 60 cap.....\$15.95  
13412 120 caps.....\$28.95

**Thyroid Energy** Vitamins, minerals, and herbs that support thyroid function.  
3368 90 capsules.....\$13.95  
3369 180 caps.....\$25.95

**Thyroid Maintenance** – Dr. Christopher’s thyroid supportive blend of Kelp, Watercress, Mullein Leaves, Parsley, Nettle, Irish Moss, Icelandic Moss & Sheep Sorrel Herb  
8046 100 caps.....\$16.95

**Thyroid Support** – contains glandular extracts, enzymes, kelp, B6, Zinc, Copper, Manganese & Nettle Leaf to support thyroid function & health – Nature’s Sunshine  
1228-6 60 caps.....\$28.95

## VEIN SUPPORT

**Vari-Plex** Designed to ease the discomfort of varicose veins. If taking with Gentle Birth Formula, the dosage should be halved



2184W 4 oz.....\$34.95

**Vari-Gone** – varicose & spider veins herbal formula  
4221-3 90 caps.....\$22.95

**Vascular Ease Lotion** – Kettle Care  
017950 8 fl oz .....\$34.95

**Quercetin** see page 9

**WEIGHT MANAGEMENT**

Things worth considering before you start a weight-loss supplement:  
 Look into Adrenal Fatigue  
 Thyroid Health  
 Unbalanced Hormones  
 Stressed? Stress triggers cortisol to raise, thus resulting in weight gain at times. Even just daily, unkind thoughts towards your body or yourself...maybe the best way to start would be shift your mindset, and practice positivity.

**7 Keto** -NOW - *Weight Management – Promotes Thermogenesis – DHEA Metabolite* – not recommended for children or pregnant mommas,  
 3013 60caps.....\$25.95  
 3014 120caps.....\$45.95

**Cider Vinegar Diet Formula** – a blend of Grapefruit, Kelp, Lecithin, B-6, Chromium & Glucomannan - NOW  
 3316 180 caps ..... \$11.95

**Apple Cider Vinegar** 450 mg - NOW  
 3317 180 caps ..... \$ 9.95

**Apple Cider Vinegar Plus** - 500mg of Apple Cider Vinegar plus 100mg of Grapefruit Rind & 100mg of Cayenne -  
 00745 90 caps ..... \$14.95

**Apple Cider Vinegar** - 500 mg.  
 27413 90 caps.....\$11.95

**Organic Apple Cider Vinegar** Raw & Unfiltered – with the "Mother" – Blended with Ginger, Cayenne & Maple – Life's Fortune brand – *Detox – Digestion – Weight Management* –



000031 30 caps.....\$14.95  
 000048 60 caps.....\$24.95

**Organic Beet Root + Apple Cider Vinegar Powder** - 6g Beet Root – 1g Apple Cider Vinegar – 20 calories – Nitric Oxide Booster – Appetite Control  
 400805 7.4 oz.....\$23.95



**For Collagen products** see page 22

**C.L.A.** Conjugated Linoleic Acid - potentially aids in weight loss - 800 mg.  
 1728 120 count.....\$23.95

**Creatine Monohydrate 750mg** – known to maintain lean mass and support muscle building  
 2035 120ct.....\$13.95

**Glucomannan** Supports healthy cholesterol levels, feeling of fullness -  
 6512 180 count..... \$13.95  
 6513 8 oz.....\$15.95

**Lean Belly 3X – Beyond 40** – supports metabolism – natural weight loss – and joint mobility support  
 7152 120 softgels.....\$44.95

**MCT Oil** – NOW – commonly used for energy production & weight loss – controls appetite – aids with ketosis – and even helps with mental clarity  
 2199 32 fl. oz. ....\$25.95  
 2196 150 softgels.....\$12.95

**Naturally Skinny** – Life's Fortune – Metabolism Boosting Formula – this blend focuses on metabolism, energy levels, & mood support  
 00472 60 caps.....\$24.95

**Raspberry Ketones** – known to aid in weight loss, and fight inflammation.



16205 60 caps..... \$21.95

**Plum Skinny** – boost the metabolism while balancing your appetite and enhancing a happy energetic mood –  
 40882 30cap.....\$42.95

**Sculpt N' Cleanse** Colon cleansing formula. The first step in weight management, body shaping and digestive health.  
 00201 100 caps..... \$37.95  
 1010-175 175caps.....\$52.95

**Super Cortisol Support + 200mg** Relora Adrenal support —manages your appetite  
 3344 90 V-caps..... \$18.75

**Thyroid Support** see previous page

**Vim & Vigor** Guaranteed to stop sugar cravings and help you lose weight. Also helps arthritis, high cholesterol, high blood pressure, sinus congestion, allergies, and other general health problems.



01984 25 oz..... \$23.95

**Weight Control** - formulated to lessen carb-to-fat conversion – boost the metabolism & control appetite



W2334 4 oz..... \$34.95

**Weight Control II** – appetite control – metabolism support – plus herbs to support a healthy milk production.  
 1199 4 oz.....\$34.95



# 15- Vitamins & Multis

## VITAMIN A

**Vitamin A** 10,000 IU from fish liver  
0330 100 softgels .....\$4.95

**Vitamin A** 25,000 IU from fish oil.  
0342 250 softgels.....\$13.95

**Ultra A & D-3** 25,000 IU/1,000 IU  
0361 100 softgels.....\$7.95

**A & D – Carlson** 10,000 IU/400 IU  
1211 100 softgels.....\$5.95

## B Vitamins

**Biotin** 1,000 mcg per capsule-  
supports amnio acid metabolism—and  
healthy skin  
0469 100 caps.....\$5.95

**Biotin** 1,000 mcg- Superior Source  
90090 100 loz.....\$8.95

**Biotin** 5,000 mcg  
0471 60 vcaps.....\$6.95

**B-1 (Thiamine)** 100 mg per tablet.  
0446 100 tabs.....\$5.95

**B-2 (Riboflavin)** 100 mg per  
capsule- helps with itching of the skin  
0447 100 caps.....\$5.95

**Riboflavin (B-2)** 100mg  
60 caps.....\$9.95

**Niacin (B-3)** 500 mg- breaks down  
dietary fats, proteins, and aids in  
carbohydrate processing  
0480 100 tablets.....\$6.95

**Niacin – Flush-free Type**  
Hexanicotinate form- 250 mg  
0483 90 caps.....\$8.95  
0484 180 caps.....\$16.95

**Niacin – Flush-free Type**  
Hexanicotinate form. Double strength.  
500 mg per capsule.  
0498 90 caps.....\$14.95

**Niacinamide** 500 mg per capsule.  
0478 100 caps.....\$7.95

**Niacinamide-** 1500 mg- time released  
00506 100 tabs.....\$14.95

**Pantothenic Acid** 250 mg per capsule  
0486 100 caps.....\$8.95

**Pantothenic Acid**  
pta14 120 caps.....\$14.95

**Pantothenic Acid-Nature's Way** –  
500mg per serving plus 49mg Calcium  
40491 100caps.....\$12.95

**Pantothenic Acid-** 250mg  
1640-2 100 caps.....\$24.95

**Pantothenic Acid** – Source Naturals  
SN0512 250 tab.....\$25.95

**B-6 (Pyridoxine)** 50 mg per tablet  
0450 100 count.....\$4.95

**B-6 Nature's Way** 50mg – increase your  
energy!  
40431 100 caps.....\$9.95

**B-6 (Pyridoxine)** 100 mg capsules.  
0456 100 count.....\$5.95

**B-6 (Time Release)** 500 mg  
SN0416 100 tabs.....\$14.95

**Raw B-12** - Garden of Life  
11379 30 v-caps ..... \$15.95

**Pure B-12 Drops-** Methylcobalamin  
Liquid Health — delicious cherry flavor!  
L00004 2 oz.....\$13.95

**B-12 Sublingual** Increased energy.  
05905 30 1 oz ..... \$16.95

**Liquid B-12** – NOW  
0464 2 fl oz.....\$6.95  
0465 8 fl oz.....\$15.95

**Ultra B-12** NOW- 5000 mcg per tsp.  
0452 4 fl oz.....\$11.95

**B-12 Sublingual** Intended to be  
dissolved under the tongue, which gives  
much better absorption

**1,000 mcg** per chewable  
0466 100 count.....\$ 6.95  
0468 250 count.....\$13.95

**5,000 mcg** per chewable  
0462 60 count.....\$10.95

**B-12 Instant Energy** 2,000 mcg per  
packet- NOW -  
0497 75 packets.....\$12.95

**Methyl B-12 5,000 mcg** plus Folate -  
NOW - Supports cognitive function  
0496 60 lozenges.....\$17.95

**5,000 mcg Methyl B-12 Organic** –  
*extra-strength & vegan* - Watermelon  
flavored – Liquid Health Brand – *Natural  
energy, mood & memory booster*  
00289 2 fl oz ..... \$18.95

**10,000 mcg Methyl B-12**  
MicroLingual from Superior Source  
90960 30 lozenges..... \$28.95

## Folate

**Folic Acid** 800 mcg per tablet.  
0476 250 count.....\$5.95

**Folic Acid 1200 mcg - Superior  
Source**  
90840 100 loz.....\$7.95

**Folate 800 mcg** - Solgar Brand  
01945 100 tab.....\$13.95

**Methyl Folate - from Superior  
Source – 1000 mcg**  
90250 60 loz.....\$15.95

## VITAMIN B COMPLEX

**B Complex Caps** – *supports nervous  
system function – may improve mood*  
1778-9 100 caps ..... \$23.95

**Mega Energy B-Complex** - Liquid  
Health – Passion Orange Flavor – made  
with methylated B-Vitamins, Vita-  
Choline®, eleuthero, & L-Carnosine –  
blended with electrolytes in a base of  
aloe & coconut water



00936 32 oz. .... \$23.95

**B-50 NOW**  
0420 100 count.....\$12.95  
0422 250 count..... \$25.95

**B-100 Complex Solaray**  
4303 250 caps.....\$44.95

**B-100 Complex Nature's Way**  
490521 100 caps.....\$23.95

**B-100 Complex NOW**  
0436 100 count ..... \$16.95  
0438 250 count ..... \$38.95

**Raw B Complex** – Garden of Life – 8 B Vitamins plus enzymes & probiotics to help with absorption – whole food!  
11650 120 v-caps .....\$33.95

**B-Complex-75**-Fast-acting- first stage - time release second stage  
04291 100 .....\$13.95

**B-50 Complex** Nature's Way  
40511 100 caps.....\$12.95

**B-Complex** Lower potencies than other B complex products, but much higher absorption  
40011 90 tabs.....\$29.95  
40012 180 tabs.....\$49.95

**B-Complete** Buried Treasure- high potency liquid – whole food-  
545671 16 oz. ....\$36.95

**Women's B Complex** – blend of B vitamins including: B-12, folic acid, B 6 and more!  
90440 60 loz.....\$7.95

**Vitamin B Complex - Honeycomb Industries**  
00585 16 oz .....\$34.95

**CHOLINE**

**Choline and Inositol** 500 mg- Assists in fatty acid metabolism- supports healthy nerve transmission  
0470 100 caps .....\$9.95

**Inositol** 500 mg capsules.  
0475 100 count.....\$ 7.95

**Inositol Powder** Part of the B-Complex family — commonly used for PCOS – great for anxiety & depression  
0528 8oz.....\$21.95  
0527 4oz.....\$12.95

**VITAMIN C CAPSULES**

**Acerola Capsules** – 1000 mg of Vitamin C with another 10mg of Rose Hip – great quality and absorption!  
144 180caps.....\$19.95

**Alpha Sorb- NOW** 500mg  
0717 180caps.....\$22.95

**Citrus Bioflavonoid Capsules NOW**-50 mg Ascorbic Acid C, 700 mg Citrus Bioflavonoid & 50 mg Rutin  
0610 100 count.....\$10.95

**C-500 Calcium Ascorbate C** Buffered, non-acidic plus bioflavonoids!  
0676 100 caps.....\$7.95  
0677 250 caps.....\$15.95

**Ester C** Capsules 500mg –  
16967 240caps.....\$34.25

**Living Vitamin C** - Garden of Life – 250 mg whole food Vit C – including Citrus Bioflavonoids  
11148 60 v-caps.....\$19.95

**Raw Vitamin C** – Garden of Life – 500mg whole food Vit C – contains Bioflavonoids and enzymes & probiotics for additional absorption!



102010 120 v-caps.....\$32.95

**C-1000** With 100 mg of bioflavonoids.  
0692 250 caps.....\$19.95  
0693 500 caps.....\$37.95

**C-1000** Solaray With bioflavonoid concentrate plus rose hips and acerola.  
4441 250 v-caps.....\$27.95

**Solaray Buffered Vitamin C** – Non-Acidic Vitamin C- 800mg-  
4385 90 caps.....\$14.95

**Superior-C** – Nutri-Choice brand  
250716 300 V-caps..... \$39.95

**Liposomal C 2100mg** -from Life's Fortune - Highly Available- serving size 3 capsules– our most popular vitamin C  
114 180 cap .....\$28.95

**VITAMIN C TABLETS**

**C-500** -with rosehips 40mg-  
0670 100 count.....\$5.95

**Thompson C** 500 mg. Buffered, sustained release  
19860 60 tabs .....\$3.75

**Ester C 1000mg** Gentle and NON-acidic  
16984 180tab.....\$38.95

**C-1000** With rosehips and bioflavonoids  
0687 250 tabs.....\$19.95

**C-1000 Tablets** Sustained release-rosehips 25mg  
0680 100 tabs.....\$8.86

**C-1000 Timed Release** Each tablet contains 1,000 mg ascorbic acid C and 25 mg rose hips  
0682 250 tabs.....\$19.95

**Citrus Bioflavonoids (Vitamin C)** – supports immune system – protects against free-radical damage – Nature's Sunshine  
1635-6 60 tabs.....\$23.95

**C-1,000 Complex** Each contains 1,000 mg C as calcium ascorbate, 500 mg citrus bioflavonoids, 50 mg rutin, 50 mg acerola, 110 mg calcium -  
0700 90 tabs.....\$10.95  
0702 180 tabs.....\$20.95

**Rutin** Thomson 500 mg tablets.  
19840 60 count.....\$5.95

**VITAMIN C CHEWABLES**

**Ester C** Chewable, 250 mg  
35110 125 wafers.....\$14.50

**C500 Peach, Mango & Passionfruit**



01324 90 chews.....\$12.95

**C500 Superior Source** – Melts  
**Sour Cherry**  
92070 90 count..... \$14.95  
**Tangy Orange**  
92020 90 count .....\$14.95

**Solaray C500** - Cherry - **NEW**  
80449 100 wafers.....\$12.95

**Thompson C 500mg** - orange -  
19585 60 wafers.....\$5.95

**C-500 NOW Chewable Wafer Orange Juice Flavor**  
0630 100 count.....\$9.95  
**Cherry-Berry Flavor**  
0640 100 count.....\$9.95

**U-Cube Vitamin C** - gummies in the shape of a cube! See page 20

**VITAMIN C LIQUID**

**Ester C** - Non-acidic - 250 mg. Berry  
17029 8 fl oz.....\$17.95

**Vitamin C Bioflavonoids** 1000 mg – 32 servings - **Dr's Advantage**  
DR893 16 oz.....\$26.95

**Liposomal C – Liquid**  
t2187 4 oz.....\$26.95

**Liposomal C** – Da Vinci Laboratories – 1250 mg – 60 servings – great absorption!  
23951 10.15 oz.....\$34.95

**Wonder C Codeage Nanofood**—  
Liposomal Delivery – 1000mg of Vitamin  
C Blended with Vitamins D3 & E, Zinc,  
Rose Hip, Quercetin & Echinacea –  
Orange Tangerine Flavor – 30 servings



00879 16 oz.....\$26.95

**VITAMIN C POWDER**

**Acerola Powder** 1 level teaspoon.  
Vitamin C 180 mg, acerola powder 3600  
mg- NOW  
0740 6 oz.....\$10.95

**Buffered C Powder** With  
magnesium, calcium & potassium.  
35091 240 grams.....\$20.50

**C Complex Powder** Each ¼  
teaspoon provides 500 mg C from  
calcium ascorbate, 50 mg calcium, 200  
mg citrus bioflavonoids, 100 mg each  
rose hips and acerola.  
0770 8 oz.....\$13.90

**Sodium Ascorbate** pure, buffered  
vitamin c powder – pharmaceutical  
grade – non-bitter & non-acidic in a  
highly soluble form!  
0760 8 oz.....\$10.95

**Ester C Powder** A gentle form of  
Vitamin C. 100% vegetarian. Vitamin C  
750 mg, calcium 115 mg, citrus  
bioflavonoids complex 75 mg.  
17051 8 oz.....\$27.95

**Magnesium Ascorbate Powder** 75  
mg magnesium and 870 mg buffered C  
in ¼ teaspoon.  
0756 8 oz.....\$16.95

**Vitality C** Dairy-Free, GF, Non GMO,  
and sugar free. A high Vitamin C  
dosage without any gas, diarrhea, or  
gut discomfort- great for immunity!  
A9999 4000 per serving .....\$39.95

**Vitamin C ReSet Powder** - Berry  
Flavor – 2000MG – 60 servings  
413 14 oz.....\$33.95

**Emergen-C** This effervescent drink  
mix has 8 times the potassium of  
Gatorade. Contains a total of 25  
different electrolytes plus 1,000 mg  
vitamin C



**Cranberry Pomegranate**  
30193 30 packets.....\$16.95  
**Raspberry**  
35083 30 packets.....\$16.95  
**Super Orange**  
30046 30 packets.....\$16.95  
**Tangerine**  
35084 30 packets.....\$16.95  
**Tropical Fruit**  
30058 30 packets.....\$16.95

**Power Pak** Trace Minerals - 1200mg  
of Vitamin C, plus trace minerals  
Electrolyte Stamina

**Concord Grape**  
00113 30 Pack.....\$17.95  
**Acai Berry**  
4444 30 Pack.....\$17.95  
**Lemon Lime**  
00052 30 Pack.....\$17.95  
**Tangerine**  
00349 30 Pack.....\$17.95  
**Mixed Berry**  
0287 30 Pack.....\$17.95  
**Orange Blast**  
00053 30 Pack.....\$17.95  
**Raspberry**  
000546 30 Pack.....\$17.95  
**Pomegranate Blueberry**  
00347 30 Pack.....\$17.95  
**+Immunity** (Elderberry included) -  
Lemon Berry Flavored  
0588 30 Pack.....\$19.95  
**Zero Sugar**- Citrus - KETO friendly!  
05888 30pak.....\$17.95

For more immune boosts from Trace  
Minerals see **PAGES 46,47**

**VITAMIN D**

**Raw D-3** 2,000 IU per capsule -  
derived from whole food – Non GMO –  
blended with living probiotics &  
enzymes - Garden of Life  
11586 60 caps 5000 IU.... \$26.95

**Vitamin D-3** 1000 IU D3 per softgel.  
This is the form of Vitamin D produced  
in the skin in response to exposure to  
the sunshine.  
0365 180 softgels .....\$5.95

**Vitamin D-3 NOW**-1000 IU – Fruity!  
0357 180 chewable.....\$7.95

**Vitamin D3-5** 5000 IU per capsule.  
244250A 250 cap.....\$17.95

**Vitamin D-3 1000 IU** KAL. 1000 IU,  
Peppermint flavored chewable  
90343 200 count.....\$12.95

**Liposomal Vitamin D-3 Drops**  
Liquid Health – Lichen Sourced  
LH00002 2oz..... \$12.75

**Liposomal Vitamin D 5000 IU** –  
from Life's Fortune – Superior Delivery  
& Absorption -  
401 60 caps.....\$17.95

**Liquid Vitamin D-3** Now 400 IU  
per 4 drops, 5,000 IU per full dropper  
0370 2 oz.....\$ 6.95

**Liquid Vitamin D3 + K2 Drops**  
00671 2 oz.....\$29.95

**Solar D-Gems + Omega-3s** -  
contains 2000 IU of Vit D & 115mg  
Omega-3s per soft-gel - Carlson brand  
014710 120 softgels.....\$10.95

**Vitamin D-3 2000 IU** KAL- cinnamon  
flavored chewable  
49864 200 count.....\$14.95

**Carlson-D-Drops** – Looking for an  
easy way for your daily absorption of  
Vit-D? Simply put a single drop into  
your food or beverage and enjoy the  
benefits without swallowing another pill!



**400 IU Baby Drops**  
C1250 365 drops.....\$12.95  
**2000 IU Drops**  
C1280 365 drops.....\$17.95  
**6000 IU Drops**  
C1200 365 drops.....\$20.95

**Carlson Vitamin D Gummies**-  
contains 1000 IU per gummy – Natural  
Peach, Mango & Strawberry flavor mix.  
**1000 IU – 1 Gummy Serving**  
(advertised for kids)  
4943 60 gummies.....\$9.95  
**4000 IU – 4 Gummy Serving**  
4980 120 gummies.....\$13.95

**Berry D-Licious** 2,500 IU per gummy-  
refreshing raspberry flavor!  
121410 50 gummies.....\$16.95

**Vitamin D-3** NOW. 5000 IU.  
0372 120 softgels.....\$8.95  
0373 240 softgels.....\$14.95

**Liquid Vitamin D-3** 5000 IU. Fast  
absorbing  
LVD01 16 fl. oz. .... \$19.86

**Vitamin D -5000** - Superior Source  
90860 100 loz.....\$11.95

**Vitamin D3 Tablets** – 2,000 IU each –  
Nature's Sunshine  
01155 60 tabs ..... \$13.95



## VITAMIN E

### Advanced Gamma E Complex

A unique balance of mixed Tocopherols and Tocotrienols - high quality -  
0811 120 softgels.....\$25.95

### E 200 with Mixed Tocopherals

NOW brand  
0880 100 count.....\$8.95

### Vit E 200 IU – Mixed (SOLGAR)

S3501 100 softgels.....\$10.95

### Vit E 400 IU – Mixed (SOLGAR)

250 softgels.....\$27.95

**E & Selenium** From MegaFood - Superior absorption, low potency. Each contains 100 IU E plus 50 mcg selenium.  
101629 60 ct.....\$26.95

**Dry E-400** - d-alpha Tocopheryl – vegetarian  
0850 100 caps .....\$14.41

**Sun E 400 IU**- Soy FREE – derived from sunflower -  
0936 120 caps .....\$23.95

### E-400 d-alpha Tocopheryl

0837 100 softgels.....\$11.95  
0839 250 softgels.....\$28.95

### E-Gems Carlson. 100 IU

CO311 100 softgels.....\$11.95

### E-Gems Carlson. 200 IU

CO322 250 softgels.....\$18.95

**E-Gems Elite** 400 mg E, 100 mg d-Gamma Tocopherol, 40 mg d-Beta & d-Delta Tocopherol, 20 mg Total Tocotrienols -  
0771 120 softgels.....\$44.95

**E-400 Mixed Tocopherols** with additional 100mcg of Selenium  
0906 100 count.....\$16.95

**E-400 with Mixed Tocopherols** 400 IUs per softgel

0892 100 softgels.....\$12.95  
0894 250 softgels.....\$29.95

**E-1000 with Mixed Tocopherols** – NOW – Plant derived, 670 mg (1,000 IU), with mixed tocopherols

0902 100 softgels.....\$32.95

## LIQUID VITAMIN E

### Vitamin E-Oil d-alpha Tocopherol

- plant derived – 6 drops supply 253 IUs of Vitamin E – approx.: 94 servings  
0920 1 oz .....\$14.95

**Vitamin E Liquid D-alpha Tocopherol** -plant derived –

6 drops supply 90 IU of Vitamin E  
0910 1 oz .....\$ 8.95

0912 4 oz .....\$19.95

## VITAMIN K

### Kal Vitamin K 100 mcg

74521 100 tabs.....\$5.95

### Vitamin K-2 - NOW brand-

biologically active form  
0990 100 v-caps .....\$10.95

**Vitamin K** 100 mcg. – Thompson brand  
19935 30 caps.....\$2.95

### Vitamin K2 – Superior Source- with

Vitamin D 5,000 IU, 125 mcg -  
90455 60 loz.....\$19.95

### MK-7 – Vitamin K-2 NOW brand

0992 60 v-cap.....\$13.95

## MULTI-VITAMINS

**Complete Vitamins Plus** Maximum nutritional support! – Need a boost of energy to carry your through your afternoon? This broad nutrient formula includes vitamins, minerals, amino acids, antioxidants, anti-aging properties – with high potency, purity & quality!

6EGI 150 caps.....\$50.36  
1 case price per bottle.....\$40.00  
4 case price per bottle.....\$35.00

**Daily Vits Tablets** – Simply take One Daily – A blend of vitamins, minerals, & iron with Lutein & Lycopene –

3771 250 tabs.....\$20.95

**Liquid Multi** NOW - Tropical Orange Flavor – about 32 servings – Iron FREE – Sweetened with xylitol – fast absorption – added phytonutrients –  
3772 16 oz.....\$19.95

### Life Essence – 21,800 mg whole food

00101 120 tablets.....\$39.95

### Life's Fortune "Feel like a million"

Natural energy source from whole food  
**Tablets:** For maximum support adults take 3 tablets per day. -iron free-  
10275 180 tabs.....\$41.95

**Liquid:** Natural Fruit Flavor—sugar free and sweetened with erythritol & stevia leaf extract -  
99 32oz.....\$29.95

### Liposomal Multivitamin Universal

- a great blend designed for any person – contains nutrients of 30 kinds! Offers an amazing absorption – including methylated B vitamins - recommended dose: 2 capsules per day

64016 60v-caps.....\$42.95

### Liquid Health Complete Multiple

Zinc, Vitamins A, C, D, & E, B1, B2, B3, B6 & B12, Folate, Biotin, Chlorella, Magnesium, Prebiotic Fiber, Omega, Calcium, Choline, & Amino Acids – in addition: a Youth Complex, Energy Complex & Detox Blend

70032 32 oz.....\$31.95

### Liquid Multi Gels

High potency, fast absorption. Contains natural lutein and lycopene. Rich in flax seed oil – NOW  
3816 60softgels.....\$15.95

### Once Daily Solaray – High Energy –

a great supplement to start your day! Multi vitamin plus a mix of herbs: alfalfa, dandelion, horsetail & more!  
47312 180caps.....\$39.95

### One Daily with out Iron

30052 90 count.....\$38.95

### One n' Only -over 7000 MG whole

food powder – approx. 3 month supply  
01105 90 tabs .....\$49.95

**Special Two** – a very unique multivitamin blended with green superfoods & herbs - from NOW – commonly used for the entire family. Contains Iron!

3868 120 caps.....\$18.95  
3869 240 caps.....\$32.95

### SmartyPants Multi Gummies Adult

**Formula** – recommended dosage: 6 gummies per day – contains Omega 3s, Methyl B12, Zinc Citrate, K1 & K2, Vit B6 as P5P, Beta Carotene, & Choline as Vitacholine

827400 180 gummies.....\$28.95

### Whole Food Daily Multi Sea

**Vegetable-** Liquid Health- Wild cherry flavor- sweetened with honey—made with an aloe vera gel base, the sea vegetable have a high absorption rate—Recommended Use: 2 tbsp daily

30002 32oz.....\$23.95

### Vitamin Code Family- Garden of

Life – whole food sourced

11370 120 V-caps.....\$41.95

**Super Supplemental** with iron – an incredible blend of nutrients to support overall health – 23 vitamins & minerals- trace minerals, antioxidants, amino acids, herbs, fruits & veggie powders, lutein, lycopene, inositol, choline & chlorophyllin

1792-7 120 tabs .....\$27.95

### Children's Multi-Vitamins

See page 20

### Men's Multi-Vitamins

See page 25

### Women's Multi-Vitamins

See page 59

# 16- Women's Health

## HORMONE HEALTH

**Dong Quai** see page 15

**Female Balance-** NOW – Wild Yam, Vitex (Chaste Berry Tree), Dong Quai, Ginger, Black Cohosh, Folate, and Vitamin B-6  
3295 90 caps.....\$15.95

**Female Hormone** Solaray— SP-7C. Black cohosh, dong quai, passion flower, red raspberry, fenugreek, licorice, cramp bark, chamomile, saw palmetto, wild yam, butternut and kelp.



00276 100 count.....\$10.95  
02761 180 count.....\$17.95

**Fruitful Vine** - support fertility & balance hormones  
1024W 4 oz .....\$34.95  
F1022 2 oz .....\$22.95

**Her Calm Gummies-** page 50 **NEW**

**Hormone Balance - HB Formula**  
Optimal results have been noted by alternating (every two weeks) the T&C Formula with the HB Formula for maximum cleansing balancing  
1044W 4 oz .....\$34.95

**Lydia Pinkham** Herbal tablet with iron, calcium, Vit C, & Vit E. menstruation & menopause support.  
50415 150 tabs.....\$19.95

**Red Ginseng - Woman's sexual desire recharge** – contains a unique blend of zinc, ashwagandha, maca, rhodiola, & red ginseng – meant to help balance hormones and even aid energy and lower stress – Terry Naturally  
30774 48 cap.....\$39.95

**Super GLA Oil** – a blend of GLA and oils from evening primrose, black current & borage – may offer relief from PMS symptoms  
1844-5 90 softgels.....\$28.95

**Tone & Cleanse** –T & C Formula – *Female Reproductive Support* – ovarian health – support fallopian tubes & the uterus – ease period & ovulation pain – fast absorption -

1104W 4 oz.....\$34.95  
T1102 2 oz.....\$22.95

**Woman's Hormone Help State 1** - Puberty Years – so many things starting to spin out of control during puberty: irregular cycle, cystic acne, & mood swings. As you try to have a graceful approach, find a little support



625215 120 caps.....\$28.95  
625211 4 oz.....\$28.95

**Woman's Hormone Help State 2** - Childbearing years – formulated for women trying to get pregnant and/or just balancing their cycle & hormones – supports a positive attitude during PMS & may even relieve cramps -

625225 120 caps.....\$28.95  
625221 4 oz.....\$28.95

## MENOPAUSE SUPPORT

**Femi-Yin** -relief from hormonal changes – targeted for Menopause  
FY50010 60 tabs.....\$25.95

**Genistein** This product is excellent for someone who has had a hysterectomy. Taken from soybeans, genistein binds to estrogen receptor sites but is only 1/1,000th as potent as estrogen. This means that it is able to reduce the symptoms of too much estrogen - 1,000 mg each  
60092 120 tabs.....\$23.95

**Hormonal Changease** – herbal blend designed to support menopause.  
89123 100 ct.....\$29.95

**Hot Flash** Soy extract plus herbs. To normalize estrogen activity. Helps control hot flashes.  
60075 180 tabs.....\$38.95

**Lydia Pinkham** Herbal tablet with iron, calcium, Vit C, & Vit E. menstruation & menopause support.  
50415 150 tabs .....\$19.95

**Menopause Relief Plus** – Terry Naturally – Clinical Strength – 71% Reduction of Menopause Symptoms – This blend targets Hot Flashes, Night Sweats, Fatigue & Mood Changes – completely FREE of Estrogen & Soy  
16416 60 caps.....\$24.95

**Woman's Hormone Help Stage 3** - menopause years – offering support for hot flashes, irregular periods, and sleeplessness due to hormones during the menopause years

625235 120 caps.....\$28.95  
625231 4 oz.....\$28.95

## PROGESTERONE CREAMS

Progesterone Deficiency in women can sometimes look like: mood swings, anxiety & depression, irregular periods, low-libido, miscarriages, headaches, bloating/weight gain, sleeplessness, hot-flashes, etc....

**Progesterone Cream – Emerita** – USP Progesterone – derived from Mexican Wild Yam – Fragrance Free



70324 4oz.....\$47.95  
70321 2oz.....\$37.95

**Happy PMS** – Pump - Progesterone Body Cream – Bio-Identical -  
19950 2 oz.....\$19.95

**Progesterone Cream - NOW** - unscented – 20 mg Progesterone per pump – derived from Wild Yam  
3338 3oz.....\$15.95

**Progesterone Cream Lavender**  
3 oz.....\$16.95

**Wild Yam Cream**  
70326 2oz.....\$30.95



**WOMEN'S MULTI**

**Eve** Women's multiple - NOW brand— evening primrose, cranberry, green tea, horsetail, silica & CoQ10 and much more! Also in softgels, so absorption is higher and easy & gentle to swallow  
3802 90 softgels .....\$19.95

**Liposomal Multivitamin Women's** Contains 37 nutrients! Including Ashwagandha & GABA for mood support – also methylated B vitamins –1 daily  
19325 60v-cap.....\$42.95

**Smarty Pants Women's Multiple** – a great multi with Omega 3s and CoQ10, targeting heart health, energy, immunity, and bones –



00483 180 gummies.....\$32.95

**One 'n' Only Women**– Pure Essence – whole food based multi with addition support for stress – 3 month supply



01605 90 tabs.....\$55.95

**Women's One Daily**  
401941 60 count.....\$30.95

**Women's Golden Multivitamin**  
Solaray – designed to support hair, immunity, hormone & energy!  
04192 90 caps.....\$14.95

**Vitamin Code Women** – A whole food multivitamin made from raw & organic fruits & vegetables – designed for breast Health – Heart Health – Reproductive System Support – blended with living probiotics & enzymes!  
11366 120 V-caps. ....\$43.95

**WOMEN'S MULTI 50+**

**50 & Wiser Women** A whole food multivitamin made from raw & organic fruits & vegetables – designed for bone strength – heart health – blood pressure – general wellbeing & energy! - blended with living probiotics & enzymes!  
11367 120 caps.....\$43.95

**Liposomal Multivitamin Women's 50+** 33 nutrients - containing CranActin - only methylated B vitamins – great absorption and rate –



61690 60v-cap.....\$42.95





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## How-to-Order

Phone & Fax: 715-223-3941

Email: [nutrigoicewis@gmail.com](mailto:nutrigoicewis@gmail.com)

### Mail:

Nutri-Choice  
PO Box 237  
Colby, WI 54421

### Include with Order:

- Complete NAME
- Complete ADDRESS
- Telephone NUMBER (optional)
- Product CODE NUMBER, NAME, SIZE, and ITEM COUNT
- Payment of Choice (see below for details)

### Shipping Terms:

- Free Shipping on Special Orders & most Regular Orders over \$99
- Shipping Surcharge applied to *each*: **16oz**-\$1.00, **32oz**-\$2.00, and **Gallon**-\$3.00
- Cases & Wholesale Orders do NOT qualify for Free Shipping

### Case & Wholesale Terms:

- Wholesale Orders receive 10% Discount: with a \$200 minimum (after discount & before shipping)
- These do NOT receive Free Shipping
- Enriching Gifts Int. Cases come with FREE SHIPPING (this is the ONLY brand we do this for)
- A case generally includes 12 bottles
- Other: 6- 32 fluid oz and 4-Gallon qualify as cases

### Special Order Terms:

- Supply clear details on wanted product (as like shown above)
- No returns/NOT refundable

### Returning Terms:

- 10% Returning Fee on cost paid on customer's receipt
- Product is ONLY returnable if unopened
- Special Orders are NOT returnable

## PAYMENT - OPTIONS

- Prepay Order with a check (extra balance is returned in cash with your order)
- Charge to Personal Account and pay using check or card.
- We accept Visa, Mastercard, Discover & AMEX
- **Make checks payable to Nutri-Choice.**
- Account Charges grow by 2% each month past the due point (30 days post order-date)
- We do NOT keep credit cards on file.



**IMPORTANT NOTE:** Due to the extra packaging and careful effort that our team puts into safely shipping liquids, we now apply a **Liquid Shipping Surcharge** on items of 16 fluid oz and above.

### For each bottle of:

- 16 fl oz - \$1.00
- 32 fl oz - \$2.00
- Gallon - \$3.00



## OUR PRICING POLICY

We do our best to make high-quality products available to you. We keep our overhead lower so that we can keep prices at more of a discount. The products we offer are mostly all from major natural food/supplement lines such as Garden of Life, Nature's Way, NOW Foods, Solaray, Life's Fortune, Hyland's, doTERRA, Young Living, Superior Source, Futurebiotics, and others.

We do not intend to be a source of interest-free loans. For those who do not pay promptly, we would appreciate it if you would make a point of doing so. This helps us keep our prices lower. (more about payments on page 66)

Finally, it is common that prices are subject to regularly change. Despite our best efforts, we cannot keep them perfectly updated in our catalog as with the computer system.

## OUR PURPOSE

We are here to serve you, promoting 'Health the Natural Way'! We make suggestions from what we have personally experienced, learned from study, or heard from others. Understand that we are **NOT** doctors. We may make suggestions, but we may NOT diagnose or prescribe. People must see a doctor for a diagnosis. Once you know what it is you have or are dealing with, we may be able to suggest some natural products or traditional remedies. Even then, we encourage you to pursue your own research. Some books like *Be Your Own Doctor* or *A More Excellent Way* by Henry Wright are some of our favorites to recommend. (See page 10 for books) We are happy to serve you in the ways we are able!

## OUR DISCLAIMER

Our products are not guaranteed to treat, cure, or prevent any disease and/or illnesses. In addition, we cannot promise there to be no negative side effects. When taking any supplement, it is important to remember that adverse reactions can occur.

As it is our desire to offer options or ideas; these are strictly suggestions, based on traditional uses or the findings of recent research. The FDA, while it has not reviewed these ideas, has approved their inclusion so long as we notify our customers that final approval has NOT yet been given. In serious illness and/or urgency, consult your physician or dial 9-1-1 if in emergency. As an adult, you do have the right to treat yourself the way you choose. However, with children and minors, the situation becomes sensitive. And it is important to be wise; obviously for the child's health, and because Child Protective Services will step in, if necessary. As this is a very important matter, and rightly so.

### **Important NOTE:**

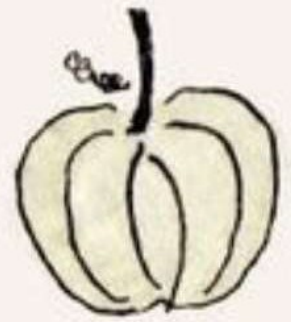
**Prices are subject to change.** There is NO guarantee that prices will be the exact same in our computer system as the catalog. Please keep in mind that it is normal for products to vary by an average of a dollar or two. Thank you!



## KEEP THIS FREE CATALOG

We don't normally send catalogs unless requested

So don't hesitate to ask for a new catalog if yours is outdated or crumpled 😊



### Holidays:

(upon which we are CLOSED)

**New Year's Day** - January 1<sup>st</sup>


**Memorial Day** - May 29<sup>th</sup> of 2023

**Independence Day** - July 4<sup>th</sup>

**Labor Day** - September 4<sup>th</sup> of 2023

**Thanksgiving** & the following 3 days - November 23-26<sup>th</sup> of 2023

**Christmas** Eve, Christmas Day, & the day after Christmas - December 24, 25 & 26<sup>th</sup> of 2023



### Thank You for reading our catalog!

If you find that we are missing any of your favorite products, please let us know. Perhaps you shall see them in an upcoming catalog!

~Nutri-Choice Staff







# Autumn 2023 - Order Form

Mail your order to: Nutri-Choice,  
PO Box 237, Colby, WI 54421

Item No.	How Many	Description	Size	Price	Total
Total from this side -- \$					
Total from other side -- \$					
TOTAL OF ALL ITEMS ORDERED -- \$					
WI Residents add 5.5% SALES TAX -- \$					
Please add 10% for shipping. Minimum of \$9.00 -- \$					
TOTAL -- \$					

Any excess shipping will be refunded. Any further charge for shipping will be added to your invoice. You may send extra for shipping.

## FILL IN BLANKS HERE.

### SEND THIS ORDER TO:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ ZIP: \_\_\_\_\_

Be sure that address is complete and readable. In most areas UPS will not deliver to a box number.

- \* We appreciate that most of our customers pay promptly. This helps us to keep our prices low. We would be glad for greater effort on the part of those who have not made a habit paying within 10 days.
- \* NO RETURNS without authorization from us. 10% restocking charge. Opened products may not be returned.

We look forward to being of further service to you, our customer.



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Item No.	How Many	Description	Size	Price	Total
Total from this side –					\$

# Liposomal Supplements & their Delivery

## Explained by Youth & Earth

<https://youthandearth.com/blogs/blog/liposomal-supplements>

Did you know that your body only absorbs and uses a certain amount of nutrients from the food and supplements that we consume? The rest, quite literally, is flushed away.

Just how much a nutrient is used varies from person to person depending on how their body responds and what product they use. The nutrients we take in have to go through the body's digestive system.

At almost every point from our mouths to our colons, digestive juices are released to break-down the substances ingested so that they can be absorbed and used by our bodies. These juices are highly potent and not only break down food but also kill bacteria and viruses.

However, the downside to this effective system is that supplements like vitamin tablets are broken down so quickly that the full quantity of the supplement doesn't get to the intended organ and cells. So, just because a vitamin supplement claims to have 500mg, doesn't mean that your body will absorb all 500mg.

This is one of the reasons why we've decided to add liposomal supplements to our product list. As you'll discover, vitamins and nutrients that are taken via liposomal delivery methods are more readily absorbed and used by the body.

### What are liposomes?

Liposomes are the heart of liposomal encapsulation technology (LET). What is LET? Liposomal encapsulation technology consists of microscopic healthy fat particles made up of phospholipids along with water-soluble vitamins and minerals.

Phospholipids mirror the membranes around every cell within our body. It's the cell membranes that either allow or inhibit the absorption of a nutrient or compound.

Liposomes are microscopic fat particles that form a membrane made of phospholipid molecules. The liposomes' structure is hollow and enclosed by a phospholipid double layer that makes them effective carriers of drugs and nutrients directly to the bloodstream and cells.

The phospholipid molecule has a hydrophilic head (attracted to water) and a hydrophobic tail (repelled from water).

This unique structure makes the molecule morph into a hollow structure when immersed in water or an aqueous solution. Therefore, if a vitamin or nutrient is mixed with the phospholipids, the liposome would have the vitamin suspended and sealed inside the liposome.

The liposomes protect the nutrients from degradation by the digestive juices in the gut and the molecule ends up in the intestines where they enter the bloodstream.

Due to the liposomes having a similar structure to the cell membrane, it's easily absorbed and the nutrients that it contains are released into the cell. Liposomal supplements have a greater bioavailability and absorption rate.

## What is bioavailability?

Bioavailability is the fraction of an administered dose of unchanged drug that becomes available in the bloodstream and tissues for ready absorption. Vitamins, drugs, or minerals have different bioavailabilities. Some are easily absorbed, others need a boost and still, others aren't fully absorbed if there's another nutrient present. In general, bioavailability depends on factors such as:

- **The delivery method:** In some cases, capsules can be more effective than tablets. Or sublingual (under the tongue) can be more effective than capsules. For example, our sublingual NMN powder enters the bloodstream within seconds.
- **The health of the body and age:** Individuals at the age of 60 and above may have problems absorbing nutrients like Vitamin B12 and magnesium.
- **Circadian rhythm:** Some supplements need to be taken at a particular time of the day for maximum absorption.
- **Gastrointestinal health:** Conditions such as Crohn's and Irritable Bowel Syndrome affect the absorption of nutrients by the body.
- **The presence of other nutrients:** Fats from foods like avocado can improve carotenoid absorption. Whereas calcium supplements make absorption of iron difficult.

## Liposomal Supplements vs Traditional Oral Supplements

Regular supplements don't have the necessary guard against digestive enzymes and juices from the mouth to the intestines (where they are absorbed into the bloodstream). This means your cells aren't getting the dosage prescribed for them to receive.

One might be tempted to take an extra dosage than normal to reap the benefits of a particular supplement. However, this puts you at risk of overdose which can lead to digestive problems such as abdominal pain, bloating, and diarrhea.

This presents a conundrum as some nutrients like vitamin C need to be taken in higher dosages to aid in heart health. Liposomal delivery provides a viable solution to this problem because of its high bioavailability and effective absorption that presents with little to no side effects.

## The benefits of liposomal supplements

As you can see, there are many benefits to choosing liposomal supplements. These are the reasons why we've decided to add liposomal supplements to our range of longevity-boosting products:

- Enhanced bioavailability and absorption of nutrients to target cells.
- They are non-invasive. It eliminates the discomfort linked with injections.
- Increases intracellular delivery
- They are cost-effective. Liposomes provide effect for a lower dose compared to traditional methods.
- They are an alternative for those who struggle to take capsules or tablets.
- They can deliver both hydrophilic (water-soluble) and hydrophobic (fat-soluble) compounds.
- They have fewer side effects associated with regular oral supplements

*The content of this article is for informational purposes only. It's not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or health provider before starting a new health regime or program. Do not ignore medical advice or delay seeking it because of something you've read on this site or any Youth & Earth product.*



# - Enriching Gift Products -

It is important to understand that the best way to achieve optimal health is by having high enzyme levels in the body and conserving the body's enzyme production, which diminishes with age. When the body has an abundance of enzymes, it can protect itself and repair the damage from virtually all health challenges.

Enzymes are a key piece of the life's puzzle since they make all the other pieces function. Enzymes are the very life force that activate vitamins, minerals, proteins, and other physical components within the body. In fact, these components cannot do their work without enzymes!

Most health products focus on giving the body the materials it needs. We need water, vitamins, and ionic minerals. We also need to give the cells and organs of the body back their power and ability to function more effectively. Our plant enzymes do just that. As a matter of fact, digestive enzymes can do as much or more for the human body than any other health product available!

## **Plant Enzymes – page 44**

Our diets are severely enzyme deficient. Do you ever eat food that has been cooked, baked, boiled, microwaved, or in any way heated or processed? Do you drink carbonated beverages? If you do, you may be prematurely depleting your body of enzymes - its very life force.

## **Sterol Max – page 47**

Your Immune System is the only defense mechanism your body has to ensure that health is a part of your daily life.

## **Daily Detoxification – page 43**

Your body is 'potentially' very toxic. Unless the majority of the food you eat is both 'organic and raw' you most likely fall into this category. Unfortunately, colonics are very harsh to the body.

## **Pro Biotic with FOS – page 40**

Are you destroying your 'Second Immune System?' Did you know that if you are over 20 years old and you eat one or more meals a day that contain meat based proteins, you may be deteriorating your second immune system? Enriching Gifts Pro-Biotics help promote a healthy balance of friendly flora in the gastrointestinal.

## **Complete Vitamin Plus – page 57**

Formulated to counteract your exposure to oxidants and oxidative stress, Complete Vitamins Plus is a comprehensive vitamin, mineral, nutrient, amino acid, antioxidant and anti-aging formula.

## **Coral Life – page 26**

Calcium - one of the single most important minerals for your good health. Enriching Gifts International's Coral Life offers you the most bio-available form of calcium known.

## **Metabolic Complete – page 9**

The average person severely lacks beneficial amounts of antioxidants in their diet. Metabolic Complete gives you maximum protection from environmental 'Free Radicals' which can damage your bodies organs and cells.

## **Aloe Ace-Max – page 11**

Aloe Vera has been used historically since biblical times by many cultures from the ancient Egypt, Greece and Roma to the land of India and China.

## **Heart Algae – page 46**

Antioxidants play a very important role in the maintenance of your health. Enriching Gifts International's Red Heart Algae is 500 to 1,000 times more potent than Vitamin C, and 100 times more effective than Vitamin E as an antioxidant.

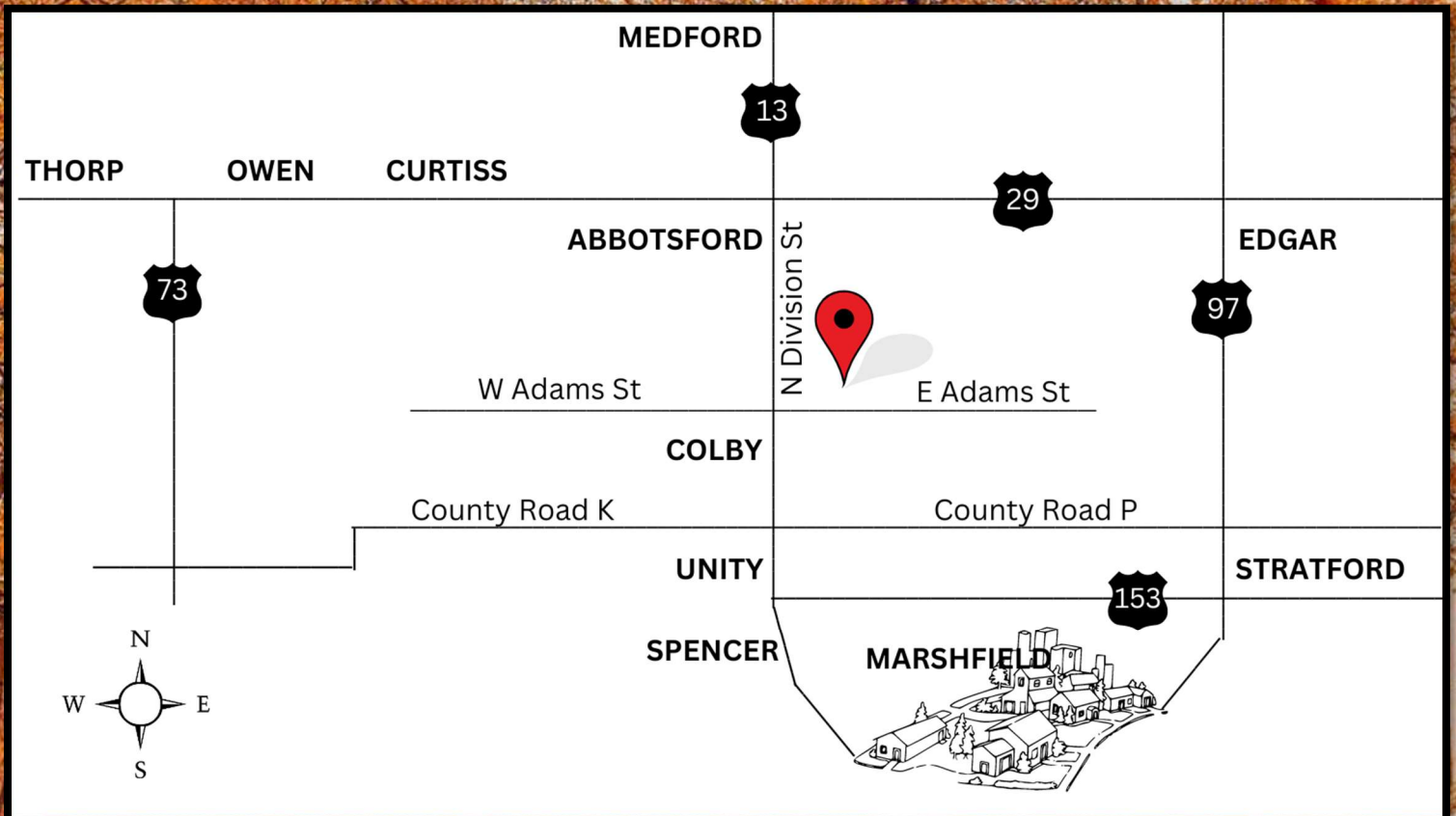
## **Lightning Colloidal Silver –page 47**

Enriching Gift's Lightning Colloidal Silver is made with environmental lightning voltage to ensure complete ionization of the silver particles.





# PO BOX 237 604A N Division Street Colby, WI 54421



Mon-Fri: 8AM-6PM, Saturday 8AM-Noon, Sunday: CLOSED

715-223-3941  
[www.nutrichoicewis.com](http://www.nutrichoicewis.com)

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