

SPRING of 2023



NUTRI CHOICE

HEALTH THE NATURAL WAY

“Good health is not something you can buy; however, it can be an extremely valuable savings account.”

~Anonymous

FREE shipping
Orders \$99+
*See page 4

OPEN: Mon. - Fri. 8:00 - 5:00 - Sat. 8:00 - 12:00 - CLOSED Sunday

www.nutrichoicewis.com

A LETTER FROM US TO YOU

Springtime comes upon us yet another year! The sounds of birds, and the smell of warm, wet dirt. We are happy for the fresh season.

For this winter has brought us, here at Nutri-Choice, a sad and unexpected change.

It is now; we tell you of our recent loss of

Dwight Troyer

A man of many experiences, he lived many roles,
as a Husband & Father, Business Partner, Friend & Brother

He has been greatly missed since January 16th of 2023

As we recover from losing him, we continue to serve our customers. And the store shall remain going as usual.

Thank you, for all your kindness and sympathy. We have felt greatly supported & loved, during this time.

<3

If you did not yet see in our last catalog: we announced our new website. You can now find us at www.nutrichoicewis.com

Working together here at Nutri-Choice, it's our mission to serve well. We try to help our customers feel at ease, when either shopping in our store or when placing their order.

Sending you, a friendly welcome & thanks- Bless You All with a joyful, healthy, & abundant 2023—and on going!

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

How to Order

Phone or Fax us at 715-223-3941 (NO Sunday calls please)

Mail your order to: **Nutri-Choice**

W1683 Starks Road

Unity, WI 54488

Include all the following with your order:

1. Full NAME: try to use the **same name** for every order

2. Full ADDRESS: important to include the zip code.

3. Select your preferred shipping method - USPS (United States Postal Service), Spee-Dee, FedEx or UPS. If not specified, we try to choose the most reasonable.

4. TELEPHONE NUMBER is optional, but extremely helpful at times

5. PRODUCT NAME, CODE NUMBER, BOTTLE SIZE & HOW MANY. Please be sure to include all of these. We have, for instance, over 35 kinds of vitamin C. Clarity is great!

6. You will automatically receive free shipping on Special Orders & regular orders **over \$99**. There is an exception for cases and 10% wholesale.

7. SUBSTITUTES/REPLACEMENTS: **permission** or **refusal**?? IF, we do *not* have what you ordered—MAY we substitute a larger or smaller bottle, or different brand if we are out of that specific one?

8. Important note on **Special Orders**: they are **NOT refundable**



HOW TO PAY

1. **Mail-in Orders**: you can either wait to pay until you get the bill, with your products, or you can send a check along with the order. If you make out the amount, it will probably be wrong, considering shipping. Also, it is very common for prices to fluctuate often. But if your check is too large; we will send the extra back to you. And if it is too small, we bill you for the difference.

Many of our customers send a blank-check that is made out to Nutri-Choice and signed. We can then fill in the exact amount and enclose an invoice that tells you just how much your bill was. This is just as safe as sending a fully-filled-out check in the mail; if it is made out to us, no one else can use it even though the amount is blank.

2. **Phone/Fax Orders**: either pay with credit card (Visa, Mastercard, Discover, American Express, Debit, etc.) or choose for it to be charged to your account. Again, we will then enclose the bill with your package. When charging to your account, we expect the customer to send us the payment within 30 days of receiving your order. If the account charge is not paid within those 30 days, there follows a growing past-due charge.

3. **\$200+ Wholesale Orders** (must be \$200 after the discount is applied) and Cases (12 bottles normally – 32 fluid oz, then it's 6 count – a gallon would be 4 count...in order to qualify as a case) these receive 10% discount – then shipping added

Important NOTE:

Prices are subject to change.
There is NO guarantee 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!

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 4)

Finally, it is common that prices are subject to regular change. We try to keep them as updated as possible in our catalog, but it is simply impossible for them to be perfectly up to date.

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 53 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.

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 😊

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Order Forms.....at the back



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.



Liposomal Vitamin C

Whenever cold and flu season hits, what do we end up doing? We dust off that bottle of vitamin C in the back of the medicine cabinet. But really, just how effective is that vitamin C?

First of all, it's important to know how vital vitamin C is to our diet. Humans can't make nor store vitamin C in their bodies, so we have to get it from an outside source. It's important for a wide range of bodily functions relating to the immune system, growth & development, bone health and many others. Without vitamin C we could not make collagen, which explains why there are so many skin products featuring this vitamin.

Vitamin C is a water-soluble vitamin, which means it dissolves in water and the leftovers are dispelled by the body. The most common form, the kind you've probably picked up at any local drug store, is a hard tablet, capsule, pill or powder of L-Ascorbic Acid. The challenge with the typical forms of vitamin C is that it must travel through the digestive system, reducing the amount of vitamin C that is actually available for uptake. What ends up happening is that most of your valuable nutrients end up down the drain, more specifically, the toilet, since unabsorbed vitamin C is excreted in the urine.

When you have increased need for this nutrient, doctors prefer to utilize vitamin C in IV form, especially when they find the amount of oral vitamin C is limited by bowel tolerance. Why? You can completely skip the destruction that occurs in the digestive system and deliver the vitamin C straight to your circulatory system, and then to your body's cells.

Liposomal vitamin C operates on the same principle. The idea is to prevent the degradation that normally occurs when a tablet or pill is processed through the entire digestive system.

How does liposomal vitamin C work in the body?

All of our cell membranes in our bodies are primarily made of phospholipids. Liposomal vitamin C utilizes liposomal encapsulation technology to put vitamin C into small vesicles of phospholipids. Liposomal vitamin C is, therefore, absorbed into cells and organs of our bodies without the use of energy, as vesicles that are very normal in the body. The result is that you get far higher delivery of vitamin C with liposomal encapsulation than you do by just taking vitamin C by itself.

1 – Vitamins

VITAMIN A

Commonly taken for visual function, immune system, bones & teeth, protein utilization, and free radical protection!

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.....\$7.95
0484 180 caps.....\$14.95

Niacin – Flush-free Type
Hexanicotinate form. Double strength.
500 mg per capsule.
0498 90 caps.....\$14.95

Niacinamide Now Very similar to
flush-free niacin. 500 mg per capsule.
0478 100 caps.....\$5.95

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 – Source Naturals
SN0512 250 tab.....\$23.95

P-5-P with Magnesium Co-enzyme
B-6. 10mg- Terry Naturally
26102 120 tabs.....\$18.95

B-6 (Pyridoxine) 50 mg per tablet
0450 100 count.....\$4.95

B-6 Nature's Way 50mg – increase your
energy!
40431 100 caps.....\$9.50

B-6 (Pyridoxine) 100 mg capsules.
0456 100 count.....\$5.95

B-6 (Pyridoxine) Vital Nutrients
100mg
51311 100 v-caps.....\$11.95

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.....\$9.95

B-12 Instant Energy 2,000 mcg per
packet- NOW -
0497 75 packets.....\$12.95

Methyl B-12 NOW. 5,000 mcg.
Supports cognitive function-plus Folate
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.....\$12.95

Methyl Folate - from Superior
Source – 1000 mcg
90250 60 loz.....\$15.95

VITAMIN B COMPLEX

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.....\$10.95
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, so that in the end this might be the cheapest one.
40011 90 tabs.....\$29.95
40012 180 tabs.....\$49.95

B-Complete Buried Treasure- high potency liquid – whole food-
545671 16 oz.\$27.95

Women's B Complex – blend of B vitamins including: B-12, folic acid, B 6 and more!
90440 60 loz.....\$7.95

CHOLINE

Choline and Inositol 500 mg- Assists in fatty acid metabolism- supports healthy nerve transmission
0470 100 caps\$8.95

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.....\$11.95

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

Bioflavonoid Capsules Each capsule contains 50 mg ascorbic acid C, 700 mg citrus bioflavonoids, 50 mg rutin per capsule. Bioflavonoids make vitamin C more effective, since in nature they occur together.
0610 100 count.....\$10.95

C-500 Calcium Ascorbate C. Buffered non-acidic with 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.....\$30.95

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

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
Pairs well with Immune Pro-6- **PAGE 22**

VITAMIN C TABLETS

C-500 -with rosehips 40mg-
0670 100 count.....\$5.50

Thompson C 500 mg. Buffered, sustained release
19860 60 tabs\$3.75

Ester C 1000mg Gentle and NON-acidic
16984 180tab.....\$33.95

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

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.....\$10.48
0702 180 tabs.....\$19.65

Rutin Thomson 500 mg tablets.
19840 60 count.....\$5.95

VITAMIN C CHEWABLES

Ester C Chewable, 250 mg
35110 125 wafers.....\$14.50

Thompson C 500mg - orange -
19585 60 wafers.....\$5.95

C-500 NOW Chewable Wafer - Each wafer supplies 250 mg ascorbic acid C, 250 mg sodium ascorbate C, 50 mg acerola, 50 mg bioflavonoids

Orange Juice Flavor
0630 100 count.....\$9.95

Cherry-Berry Flavor
0640 100 count.....\$9.95

Vitamin C Gummies Nature's Way- Take 2 gummies for 250 mg – Orange -
13607 120 gummies.....\$18.95

U-Cube Vitamin C - gummies in the shape of a cube! See page 37



VITAMIN C LIQUID

Ester C - Non-acidic - 250 mg. Berry
17029 8 fl oz.....\$16.95

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 – flavored with Organic Vanilla Extract & Organic Citrus Oil – 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.....\$10.50

Buffered C Powder With magnesium, calcium & potassium.
35091 240 grams.....\$20.50

C Complex Powder Each 1/4 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! Great way to get your vitamin C
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 1/4 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

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 **PAGE 44**

QUERCETIN

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

Quercetin -activated- must be combined with bromelain to make it available to the body. Each of these tablets contains 333 mg quercetin, 200 mg vitamin C as magnesium ascorbate, 15 mg magnesium, and 100 mg of 2,000 G.D.U. bromelain.

35177 100 caps.....\$33.50
SN1691 200 caps.....\$59.95

Quercetin with Bromelain NOW- Contains 400 mg quercetin and 100 mg of 2,000 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 Soloray 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

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.....\$17.78

Vitamin D-3 1000 IU KAL. 1000 IU, Peppermint flavored chewable
90343 200 count.....\$12.95

Liposomal Vitamin D-3 Drops Liquid Health -
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!
1900D 400 IU Baby D\$9.95
C1280 2000 IU per drop.....\$13.95
C1290 4000 IU per drop.....\$13.95

Carlson Vitamin D Gummies- contains 1000 IU per gummy – Natural Peach, Mango & Strawberry flavor mix
4943 1000 IU- **1** gummy serving 60 gummies.....\$8.95
4980 4000 IU- **4** gummy serving 120 gummies.....\$11.95

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 E

E 200 NOW brand
0880 100 count.....\$8.95

E & Selenium From MegaFood -
Superior absorption, low potency. Each
contains 100 IU E plus 50 mcg selenium.
101629 60 ct.....\$26.95

Dry Vitamin E Each contains 400 IU
d-alpha succinate.
0850 100 caps\$14.41

Sun E 400 IU- soy FREE – derived from
sunflower
0936 120 caps\$23.95

E-400, d-alpha 400 IUs per softgel.
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.....\$25.95

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

Gamma Complex
Mixed Tocopherols and Tocotrienols-
0811 120 softgels.....\$25.95

Vitamin E Solgar- See page 57

E-400 Mixed With Selenium.
0906 100 count.....\$16.95

E-400 Mixed 400 IUs each. This is
the maximum amount we generally
recommend daily. Tests have shown
that while up to 400 IUs is beneficial all
around, more can depress the immune
system
0892 100 softgels\$12.95
0894 250 softgels\$29.95

E-1000 Mixed – NOW – Plant derived,
670 mg (1,000 IU), with mixed
tocopherols
0902 100 softgels.....\$32.95

LIQUID VITAMIN E

D-alpha acetate 6 drops give 95 IUs
of Vitamin E
0910 1 oz\$ 7.95

D-alpha succinate 6 drops give 95
IUs of Vitamin E.



0912 4 oz\$19.95

D-alpha Tocopherol 6 drops give
235 IUs of Vitamin E.
0920 1 oz\$14.50

VITAMIN K

Kal Vitamin K 100 mcg. very small
tablets
74521 100 tabs.....\$4.60

Vitamin K-2 - NOW brand-
biologically active form
0990 100 v-caps\$9.95

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.....\$13.10

AMINO ACIDS

Amino Complete
0011 120 caps\$ 10.95
0013 360 caps\$28.95

Arginine & Ornithine (500/250)
0042 250 caps.....\$25.95

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 45

L-Arginine Pure. 500 mg per capsule



0030 100 caps\$8.95

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

L-Arginine Complete-Mixed Berry
10.5 oz.....\$30.95

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

L-Carnitine Liquid Double strength
- 1000 mg per Tablespoon. Highly
absorbable form of this fat-burning
amino acid- approx. 32 servings
0066 Fruit Punch 16 oz.....\$15.95
0065 Citrus 16 oz.....\$15.25

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

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....\$11.95
0094 120 caps.....\$15.95

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

L-Lysine Helps to prevent and treat
cold sores and other herpes problems.
Works slowly. 500 mg each.
0100 100 tabs\$ 5.95
0102 250 tabs\$11.79

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

L-Lysine 500 mg capsules Solgar- see page 58

L-Methionine 500 mg.
0117 100 caps\$11.95

L-Ornithine 500 mg.
0120 60 caps.....\$8.52
0122 120 count.....\$17.60

L-Phenylalanine 500 mg. Often benefits depression.
0132 120 caps\$12.85

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

Taurine Double strength. 1000 mg.
0142 100 caps\$ 8.52

L-Theanine 100 mg – commonly used for calming anxiety and/or a restful sleep
0145 90 v-caps\$14.95

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

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

L-Tryptophan - see page 45

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

Tri-Amino 550mg of Arginine, 400mg of Ornithine, & 450mg of Lysine – for adults only – *take 2 capsules daily before exercise or at bedtime* -
0152 120 caps\$15.72

ANTIOXIDANTS

There is much controversy over the differences between grapeseed extract and pine bark (pycogenol). Both are sources of proanthocyanins. To us, grapeseed seems more logical for humans to consume than pine bark.

Alpha Lipoic Acid Helps produce energy. Also assists with liver performance and regeneration. Huldah Clark's books say it removes toxic heavy metals from the tissues. Each capsule contains 100 mg alpha lipoic acid, 30 IU 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\$32.99
3046 60 v-caps\$17.95

Curcumin Powerful antioxidant- NOW
4638 60 v-caps\$19.95
4639 120 v-caps\$36.95

For **Curamin** and **CuraMED** products see page 45

Clinical OPC- French Grape Seed from Terry Naturally

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

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.....\$45.95

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

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 -
180 caps\$37.95

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

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

MULTI-VITAMIN

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.....\$37.95

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 - Boysenberry & Pomegranate – this formula focuses on supplying: 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 Innate.
30052 90 count\$38.95

One n' Only -over 7000 MG whole food powder – approx. 3 month supply
01105 90 tabs\$48.95

Special Two – a very unique multivitamin blend from NOW – commonly used for children as a more economical than gummies
3868 120 caps.....\$18.95
3869 240 caps.....\$32.95

- Smarty Pants Multi Gummies Adult formula – recommended 6 gummies per day – contains Omega 3s, methylfolate, Methyl B12, Zinc Citrate, K1 & K2, Vit B6 as P5P, Beta Carotene, & Choline as Vitacholine
827400 180 gummies.....\$28.95

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.....\$19.95

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

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 – prostrate & heart health – general energy support
11368 120 V-caps.\$43.95
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.....\$25.95

Men's Multi Iron FREE From INNATE Tablets.
40048 60 count..... \$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

Garden of Life-Woman's Multiples Vitamin Code Women
11366 120 V-caps.\$43.95
50 & Wiser Women
11367 120 caps.....\$43.95

Liposomal Multivitamin Women's
Contains 37 nutrients! Including Ashwagandha & GABA for mood support – also methylated B vitamins –1 daily
19325 60v-cap.....\$42.95

Liposomal Multivitamin Women's 50+ 33 nutrients - containing CranActin - only methylated B vitamins – great absorption and rate –
61690 60v-cap.....\$42.95

One 'n' Only Women– Pure Essence – whole food based mutli with addition support for stress – 3 month supply
01605 90 tabs.....\$55.95

Women's Multi - High Quality
40044 90 caps..... \$33.99

Women Over 40 100% whole food.
10038 90 tabs \$33.95
40041 180 tabs..... \$57.17

Women's 50+ One Daily INNATE.
40189 90tab.....\$44.95

Women's One Daily INNATE
40052 60 ct.....\$30.95

PRENATALS

ALIVE Prenatal Gummies -75 mg plant DHA
10482 90 count.....\$13.95

ALIVE Prenatal – 200mg DHA sourced from plants – high quality B Vitamins – vegetarian softgels
11209 60 count.....\$35.75

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

Liquid Health Prenatal - Meyer Lemon & Elderberry Blast Flavor – high quality ingredients – great absorption – FREE of GMOs, Gluten, Dairy, Sugar & Soy – Pre & Post Pregnancy



Multivitamin for Women Pre & Post Pregnancy

Usage & Storage

- 1 tbsp Measure
- Drink
- Refrigerate

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\$31.95

Mama Bear Magnesium Complex – see pages 17 or 57
(See page 57 for other Sprigs items)

Prenatal Multi (Nature's Way)
45130 180ct.....\$22.95

Prenatal Multi-Nutrients- Vital Nutrients
PREN7 180 caps.....\$29.95

Prenatal Nutrients- Solgar
2273 240tabs.....\$24.95

Prenatal Gels + DHA NOW Brand-Contains DHA & GLA and more!
3811 180 softgels \$38.95

Herbal Vita-Mom – Mountain Meadow Herbs Prenatal Vitamin
VM9060 120 softgel.....\$25.95

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.....\$32.95

P-6 Formula- Tones the female organs in preparation for birth - 535 mg.
CHU-6 200 V-caps.....\$25.95

P-9 Formula Can be taken the whole way through pregnancy.
20420 180 caps.....\$21.95

Chupps Prenatal
68894 90softgels\$26.95

Baby & Me Multivitamin Pre & Post Natal – contains folate, B12 & iron in methylated form –
40156 120 tablets.....\$49.95

For Children Multi-Vitamins go to page 36-37



2 – Minerals

CALCIUM

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. This is a microcrystalline hydroxyapatite combination from animal bone.

1228 120 capsules \$ 9.95
1229 240 capsules \$21.95

Calcium & Magnesium + D Softgels – Vitamin D3, Calcium, Magnesium & Zinc from Zinc Oxide – one of our most popular calcium + magnesium products

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

Cal-Mag Stress Formula - NOW – blend of calcium, magnesium, vit C, inositol, PABA, and many other B vitamins to aid in energy and stress relief

1275 100 tab.....\$ 12.95

Calcium Citrate Tablets Calcium plus the important items to balance it in the body. Each 2 tablets provide 600 mg calcium (from citrate), 300 mg magnesium (from oxide and aspartate), 15 mg zinc (amino acid chelate), 1 mg copper (chelate), 100 IU vitamin D, 5 mg manganese (chelate)

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 1,000 mg – great for teeth and strong bones!

48552 240 caps.....\$18.95

Calcium-Magnesium Capsule . Each four caps provide 1,000 mg calcium, 500 mg magnesium, 15 mg Opti-zinc, 1 mg copper, 5 mg manganese, 3 mg boron, 100 mg trace minerals from sea water

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

Cal-Mag Citrate Solaray. 1:1 ratio – high potency formula – serving size is 6 capsules for 1,000mg of Calcium & 1,000mg of Magnesium – of course you could easily take 3 for 500mg of each

4525 180 caps \$18.95

Complete Calcium & Magnesium 1:1 ratio – Trace Minerals brand - amazing formula to support your bones, energy, heart, muscles, & mood!

87894 120 tablets \$16.95

Calcium Lactate Tablets 9 tablets provide 750 mg calcium.

1260 250 tablets..... \$11.95

Calcium Lactate Krausse Line. With magnesium & D.

9013 100 tabs..... \$11.95

Coral Calcium Plus 1000 mg

1276 100 caps \$11.95
1281 250 caps..... \$25.95

Calcium & Magnesium 2:1 Ratio SN0304 250 tabs.....\$23.95

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

Liquid Cal-600 Softgels- Carlson

5152 250 sgels.....\$26.95

CALCIUM CHEWABLE

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

10255 60count.....\$10.75

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.....\$12.95

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

57600 120 count.....\$14.75
57607 60 count.....\$8.95

CALCIUM POWDER

Bone Meal NOW- Bioavailable Calcium – derived from cattle

1220 1 lb..... \$14.50

Calcium Citrate Powder 1 teaspoon provides 730 mg calcium.

1240 8 oz \$ 8.95

Cal-Mag Citrate Powder Equal amounts of each, both in citrate form.

1243 8 oz \$11.25

CALCIUM- LIQUID

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

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

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.....\$31.50

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

10020 16oz.....\$17.95

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

35833 16 oz.....\$10.95

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

304 8 oz.....\$26.95

ReMag & ReMyte see page 17

Child Life Liquid Calcium- orange flavored- Magnesium, zinc, and vit D

CD1011 16oz.....\$18.95

CHROMIUM

Chromium Source Naturals

00336 250 tabs \$12.95

ChromeMate NOW

1417 90 caps.....\$ 13.95

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

1428 90 v-caps.....\$7.63
1426 180v-caps.....\$13.88

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..... \$11.25

G.T.F. Chromium NOW – GTF which stands for Glucose Tolerance Factor– used commonly for athletic uses

1432 250 tabs \$11.95
1430 100 count \$ 5.50



Floradix Iron and Herbs

Vegetarian liquid formula.
Non-constipating.
64777 17 fl oz \$43.95

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



64741 7.7oz.....\$19.95

Raw Iron Garden of Life - 22mg gentle iron- NON constipating
11376 30 v-caps \$13.95

Healthy Blood Garden of Life - 28mg of non-binding iron, Vitamins B & C promote iron absorption
11654 60 vcaps.....\$15.95

MAGNESIUM

Magnesium is now known to be the most commonly deficient mineral in the North American diet. The more dairy foods you eat, the more likely you are to be deficient in magnesium. As a result, many people are nervous and uptight. They experience spasms and cramping. They might even have a spasm-caused heart attack or stroke, which are brought on by magnesium deficiency. Magnesium is especially important to those who already supplement their diets with calcium, as excess calcium crowds out magnesium. They have to be in balance.

More recent research shows that most people do better with at least as much magnesium as calcium. Some benefit by twice as much magnesium as calcium. When you add up your intake of these nutrients, do not forget that every cup of milk contributes 250 mg of calcium.

Magnesium and calcium come in many forms. All are not equally valuable to the body. Dolomitic limestone is almost unabsorbable. Eggshell and

oyster shell aren't much better. Carbonates are a slight improvement, and younger people who have lots of stomach acid do well enough with them. Citrates & Malates are great for others with more sensitive stomachs

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

NOW Magnesium Softgels
1298 180 softgels \$19.95

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

Magnesium-Calcium 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 \$10.75
1278 250 count \$20.95

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 Tablets 200 mg magnesium per tablet
1290 100 count \$9.95
1292 250 count \$24.95
Capsules
1294 120 V-caps.....\$11.95

Magnesium Citrate Capsules For those who absorb capsules better than tablets. Each contains 170 mg of magnesium. Capsules.
20293 90 count \$12.95

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

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

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..... \$13.10
Raspberry Flavored
1406 1 quart.....\$13.10

For Colloidal Silvers see page 36

IRON

Please Note: Iron, when taken in excess of your actual need, acts as a stimulant and may "make you feel good" in that way. But there's a penalty: The body stores the excess iron in some very unhandy places, including the heart and pancreas. There are better ways.

Even low hemoglobin does not necessarily mean you need iron; only a low ferritin guarantees that. Low hemoglobin can be caused by a deficiency of any of the following: magnesium, zinc, vitamin E, or several of the B-Complex vitamins.

When you do need iron, you might want to consider using one of the food forms: Both yellow dock and liver extract are good.

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

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.....\$7.95

Iron Response A MegaFoods formula with 27 mg iron, 30 mcg B-12, 400 mcg folic acid per tablet. In food form.
40010 90 count.....\$25.95

Magnesium Gummies – Trace Minerals Brand – 84mg per gummy
Peach
 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.....\$29.95
 30 Packets.....\$29.95
Mixed Berry –
 03109 12.06oz.....\$29.95
 30 Packets.....\$29.95

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

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

Liquid Magnesium Citrate Pomegranate Flavor – 225mg per serving (48 servings)
 8 oz.\$24.95

ReMag – Magnesium Chloride – *The Magnesium Miracle* – 150mg per serving – very concentrated! – take diluted – Make sure to follow directions on bottle.
 300 8 oz.\$21.95
 306 16 oz.....\$43.95

ReMyte under Misc. Minerals

ReCalcia see page 15

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 ablets 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.....\$33.95
 02739 Raspberry/Lemon.....\$33.95
 02742 Sweet Lemon.....\$33.95
 545 Unflavored.....\$33.95

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.....\$24.95
Original – *Orange*
 120gummies.....\$24.95

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 Assists in the assimilation of calcium.
 1410 100 caps\$ 5.59
 1412 250 caps\$11.95

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.....\$ 7.11

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 – see page 33

Re-Lyte Electrolyte Mix – by Redmond Life – see page 33

Full Spectrum Minerals – *Iron free* - 200 IU Vitamin D – 250 mg Calcium – 112.5 mcg of Iodine – 250mg Magnesium – 7.5 mg Zinc – 50 mcg Selenium – 1 mg Copper – 2.5 mg Manganese – 100 mcg Chromium Picolinate – 50 mcg Molybdenum – 50 mg Potassium Chloride: per 2 capsules
 1545 240 capsules.....\$23.95

Manganese 10 mg capsules
 20035 100 count\$10.95

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

Potassium Citrate Now Foods
 1448 180 count\$7.95

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

Potassium Chelated
 00458 100caps.....\$9.95

Iodine (Iosol) Wellness resources. 1830 mcg or 18 mg.
 00112 1 oz.\$14.95

Potassium Plus Iodine
 1452 180 tabs\$7.95

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

ReMyte – Mineral Solution – Calcium, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, Sodium, Potassium & Boron – make sure to follow directions on bottle as this is very strong!
 302 8 oz.....\$28.95
 310 16 oz.....\$59.95

Selenium L-selenomethionine form, which is very easily absorbed. Never use more than 200 mcg of selenium a day. **100 mcg** each. Tablets.
 1480 100 count.....\$ 4.58
 1482 250 count.....\$10.95
200 mcg each capsule
 1486 180 caps\$12.45

Selenium Innate
 40027 90 tabs.....\$20.95

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

Cell food Essential Silica see page 21

M.S.M.
 (methylsulfonylmethane)

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

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 per capsule.
 2120 120 count.....\$10.95
 2121 240 count.....\$19.95

Malic Acid (with Magnesium) 1,500 mg malic acid. Enhanced absorption. Tablets.
 74590 120 count.....\$14.75

ActivJoint –
 00027 180 tabs.....\$29.95

Active Joint Platinum –
 00030 90 tabs.....\$32.95
 00031 180tabs.....\$61.95

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 capascicin and Boswellia – paraben FREE



3293 4oz.....\$ 9.95

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 1/2 lb\$ 8.52
 2126 1 lb.....\$17.10

ZINC

One of the key functions of zinc is its influence on the immune system. Zinc is required for the development and functioning of cells in the adaptive immune system. Zinc deficiency negatively influences the hematopoiesis and compromises the immune response infections, allergies, autoimmune diseases, and cancers.

Zinc can also aid in:

- Digestion
- Male Reproduction
- Wound Healing
- Eye Health
- Skin

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- Vit C- Chewables- Trace Minerals
 00497 60count.....\$10.95

Zinc LozenJets - from Superior Source
 90070 5 mg 60 loz\$5.95

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

Zinc PLUS - from Superior Source- 30mg Vit C, 5 mg Zinc, 1,000 IU Vit D, and 50mg Elderberry Extract 10:1 (Sambucus nigra) (fruit)
 90071 60 loz\$12.95

Zinc Lozenges Natural berry flavor. With echinacea and vitamin C.
 41092 60 lozenges.....\$5.95

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

Zinc Gummies- 30 mg of Zinc Citrate per 2 gummies serving – elderberry naturally flavored
 00622 60gummies.....\$13.95

Zinc Liposomal Liquid from Liquid Health- refreshing lemon flavor – in an easily absorbed form – sweetened naturally and also cold-pressed!
 002091 2oz\$11.30





3 – Herbs & Botanicals

ALOE VERA

Pharm Aloe Vera Juice

PA128 1 gallon.....\$29.95

Pharm Aloe 4X Concentrate

PAC32 32 oz.....\$26.95

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

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

PAG8 8 oz.....\$6.95

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

000120 100 caps \$ 7.95

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 \$ 12.95

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

Aloe Vera Gel Lily of the Dessert
10128 1 gal.....\$24.95

Aloe Ace Max- by Enriching Gifts –
7EGI 60 caps.....\$50.36

Aloe Vera Concentrate 40 to 1 concentrate. 4 oz equals one gallon regular aloe juice.

3030 4 oz \$ 7.95

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..... \$10.48

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 -block style–
24240 4oz.....\$9.95

Beeswax Beads, yellow- Star West
Filtered
14226 4oz.....\$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

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

We have been having trouble getting the NOW brand of these. So, we are replacing them with the Starwest Brand.

-Starwest

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

GARLIC



Garlic & Parsley Nature's Way
00360 100 caps..... \$ 8.95

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

KYOLIC Formula 100 - Cardiovascular. Odorless Garlic. Two provide 600 mg aged garlic powder. Much more potent than ordinary 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, and 20 mg cayenne. Odorless.

45043 200 caps\$26.95

Odorless Garlic 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—contains alcohol.

2251066 1 fl oz\$ 8.96

KYOLIC Liquid Aged Garlic Pure liquid garlic extract. Very concentrated. Commonly used for its anti-aging properties.

45046 4 oz\$24.95

Oil of Garlic -in a base of extra virgin olive oil and tea tree oil -

101080 2 oz\$15.95

Super Immune Garlic – Dr. Christopher- A great blend of garlic, aloe vera, wormwood, lobelia, marshmallow, white oak, black walnut hull, uva ursi, mullein, skullcap, apple cider vinegar & raw honey. Commonly used during the winter months.

49852 2oz.....\$15.95

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.....\$34.95

Balm – 150 mg CBD



10239 0.5 oz.....\$6.95

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

22054 1oz.....\$19.95

2000mg Original Hemp Tincture-

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

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

GREEN FOODS

Green Foods are concentrated nutrition. They are rich in enzymes, minerals, vitamins, and other good things, including the phytonutrients -

Alfalfa Leaf Tablets 10 grains each.

2620 250 count.....\$ 7.25

2622 500 count.....\$15.95

Alfalfa Powder -

2614 1 lb.....\$ 18.55

Alfa Max Nature's Way. 10X concentrate. Easily digested -

02011 100 caps\$ 9.95

Blue Green Algae American Health Brand Harvested from Klamath Lake in Oregon

2627 120 tabs.....\$27.01

Chlorella - Organic Powder 500 mg

- single-celled algae from freshwater – contains a complete protein, B12, iron & fiber – great for detoxing heavy metals

2636 4 oz\$12.65

Chlorella (Micro-Algae) Nature's Way - 410 mg

11850 100 caps\$15.50

Chlorella Tablets 1,000 mg.

2632 120 count.....\$15.96

Chlorophyll Capsules 100 mg pure chlorophyll each, plus alfalfa powder.

2645 90 count\$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 Liquid - Sunny Green - 100 mg chlorophyll per Tbsp - Mint

60073 16 oz\$14.95

Chlorophyll Liquid – Dynamic Health-Spearmint Flavor – 100 mg

10158 16 fl oz\$12.95

Chlorofresh Chlorophyll concentrate from alfalfa – internal deodorant

03550 90 softgels.....\$14.95

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



Unflavored

3502 16oz.....\$11.95

Mint flavored

60070 16 oz\$13.95

Kelp Capsules Norwegian kelp has an abundance of trace minerals, more than 70 of them! We feel that ocean vegetation such as this and the dulse above are a better value than the colloidal minerals are, for they're made from plants that have been harvested from their growing beds only recently, whereas the colloidal minerals are made from beds of vegetation that are centuries old.

2675 250 capsules\$10.95

Kelp- NOW

2680 200 tabs\$ 8.95

Kelp Nature's Way. Natural iodine.

14508 180 count\$12.95

14500 100 count\$ 7.25

Kelp, Organic Powder See page 25

Spirulina Pure Powder - This green food grows in fresh water. It's very rich in vitamins, minerals, and enzymes. It can have a cleansing effect, so start slowly.

2690 4 oz.....\$ 9.82

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

2698 200 count.....\$11.95

Spirulina Caps 500 mg

2702 120 vcaps.....\$10.95

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

Wheat Grass Powder Pure powder made from young wheat grass plants. Processed so as to retain nutrients including the enzymes. One rounded teaspoon equals a green salad.
2710 9 oz.....\$13.95

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

Perfect Food – Garden of Life Super Green Formula – phytonutrient-dense superfoods
11287 10.58 oz.....\$45.95

SUPER FOODS

Brewer's Yeast Reduced bitterness.
2420 1 lb.....\$ 9.95
2410 200 tabs.....\$ 7.95

(See page 32 for **Nutritional Yeast**)

Cell Food Nourishes, cleans, and detoxifies the cells. Provides enhanced oxygen and contains 78 minerals, 34 enzymes, and 17 amino acids. 1 oz makes 22 quarts. Ask for free Cell Food book with your Cell Food purchases.



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

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

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

Colostrum Plus 950 mg per 2. Helps strengthen immune response. Supports GI tract health.
04003 120 V-caps.....\$38.95

Colostrum Each capsule contains 500 mg dried colostrum, being 25% IgG and 0.6% lactoferrin, plus 2 billion live acidophilus. Refrigerate always. Capsules.
3216 120 count.....\$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 powder.....\$72.95
9922 2lb.....\$202.50

Colostrum6 Capsules
9901 500mg-180 caps.....\$49.95
9917 500mg-90 cap.....\$25.00

Colostrum6 Chewable Strawberry
9909 400mg 180 chewable.....\$41.25
Pineapple
9905 900mg 130 chewable.....\$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 - Liposomal Delivery -Pharmaceutical Grade
8400010 16oz Powder.....\$94.95
Please note if you prefer vanilla or unflavored powder. Thank you!

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 Uninary & 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

Limu Z 6- Superfood of the Sea-balancing hormones, mental clarity, immune system, and anti-aging!
9904 30 sachet.....\$77.95

Rei-Shi Mushrooms 270 mg – great for general health & wellness
4733 100 caps.....\$ 10.95

Tart Cherry Chewables – 1200 mg per serving (3 chewables)
15831 90 count.....\$19.95

HERBAL COMBINATIONS

Adrenal Support Formula by Dr. Christopher - a blend of 8 supportive herbs. Ask for our FREE Information Sheet on adrenal exhaustion and rebuilding -
40210 100 caps.....\$15.95

Bladder Formula -Dr. Christophers
89105 100 caps.....\$15.95

Complete Tissue & Bone Ointment Dr. Christopher Formula
340058 4 oz.....\$20.95
34004 2 oz.....\$14.50

Complete Tissue & Bone Massage

Oil -
49901 4 oz \$16.95

Complete Tissue & Bone Dr. Christopher's - healing support for broken bones, damaged teeth, etc.



89128 100 caps \$19.95

Complete Tissue & Bone Syrup
88527 4 oz \$13.60
88528 16 oz \$38.95

BF&C with Comfrey Bone, Flesh & Cartilage blended with comfrey
Powder
87329 16 oz \$34.50
Cut
H87329 16oz \$29.95

Berberine MetX™ - Terry Naturally - supports a healthy metabolism, blood sugar, balancing cholesterol, liver, healthy joints, & cognitive function
Original 500mg per capsule- recommended taking 3 per day
29746 60 caps \$19.95
Ultra-Absorption- 250 mg per capsule and blended with GammaSorb™ - recommended taking 1 capsule Daily



35606 60 caps \$24.95

Blood Stream Dr. Christopher - Red clover combination
89102 100 caps \$16.95

Herbal Calcium Dr. Christopher
40215 100 caps \$13.95

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

Cool Cayenne 40,000 HU with butcher's broom, Solaray.
08103 90 caps \$8.95

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

Cool Cayenne Cinnamon. 40,000 HU.
8100 90 caps \$ 7.50

Hormonal Changease Capsule
Good herbal blend for men and women.
89123 100 ct \$29.95

Water Out - NOW brand- *fluid balance* - Uva Ursi, Dandelion, Potassium, Vitamin B-6, & Juniper Berry
1908 100 V-caps \$11.95

Bloat Ease + Thompson Brand
19765 60caps \$3.95

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. An infection-fighting combination. Capsules.
4665 100 count \$19.95

Fenu-Thyme Contains a combination of fenugreek seed and thyme herb. A decongestant mix. Capsules.
40350 100 count \$10.95

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

Horse Chestnut Traditionally used for the circulatory system. Each capsule contains 300 mg horse chestnut seed extract with 20% triterpenoid saponins as aescin, plus 150 mg rutin.
4713 90 count \$ 11.12
62000 90 ct. Nature's Way...\$9.95

Kava-Kava Used in Europe for years as a relaxer for nervous tension. Each capsule contains 250 mg standardized extract providing 30% kavalactones. Also 100 mg Siberian ginseng. Capsules.
4716 60 count \$15.95

Kidney Cleanse - NOW - Urinary Tract Support - Contains helpful herbs such as: Uva Ursi, Parsley, Rosemary, Fennel, Nettle Root, Olive Leaf & Horsetail
2463 90 vcaps \$13.95



Kidney-Bladder Formula Contains a mixture of juniper berries, parsley herb, ginger root, uva ursi leaves, marshmallow root, cramp bark, and goldenseal root. Capsules.

40354 100 count..... \$ 10.95

Kidney Blend SP-6 Solaray. Cornsilk. Recommended for bed wetters. Contains some homeopathic

00260 100 caps \$10.95

Ojibwa Herbal Extract The traditional Indian formula. Each capsule contains 450 mg of a combination of the following: burdock root, sheep sorrel, slippery elm bark, turkey rhubarb. All herbs in the formula are 4:1 extracts

4674 180 count.....\$18.95

4855 16 oz.....\$22.95

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. Capsules.

40390 100 count.....\$19.95

Red Clover Capsules 400 mg per capsule

40395 100 count.....\$7.15

Red Clover -NOW- 375 mg per capsule.

4730 100 count.....\$6.65

Saint John's Wort If you're taking antidepressant medications, you might need to have your health care professional reduce them as the St. John's Wort begins to work. Each 300 mg capsule contains an extract of the herb that is standardized to contain 0.3% hypericin.

4760 100 count.....\$ 8.52

Silymarin 150 mg milk thistle extract, equal to 120 mg pure silymarin per capsule. Also 350 mg turmeric. This is an excellent herbal combination for the liver. Start with 1 daily and increase gradually to 6 per day. Be sure that the bowel is moving at least 2 or 3 times a day to eliminate the garbage that the liver dumps into it in response to using this combination

4737 120 count.....\$11.95

Silymarin Double Strength

4739 100 count.....\$17.95

Total Cleanse - Kidneys Solaray.

08364 60 caps\$12.60

Total Liver Cleanse Blend of herbs for the liver.

08363 60 V-caps.....\$17.95

Also see *Liver Health* in Section 8.

HERBAL LAXATIVES

Of course, the ideal routine is that the bowels move at a minimum of at least twice a day without the use of any laxative, even an herbal one. But if that doesn't happen, then it's much better to use a laxative and have the bowel move than not to use the laxative and be constipated. With less than two movements a day, you are gradually building up body toxicity.

Aloe Lax Fennel & Aloe Blend
900 100 caps \$ 9.95

Aloe Max Lax Aloe, cascara sagrada, buckthorn bark & fennel seed blend
60396 100 caps \$ 11.95

Naturalax 3 Aloe, Butternut, Fennel, Ginger, Raspberry, Cascara Sagrada, and Peppermint Blend
60390 100 caps \$10.95

Cascara Sagrada The most economical herbal laxative, and often all that is needed

4620 100 count..... \$ 6.95

4623 250 count..... \$14.95

Cascara Sagrada - 450 mg
01120 100 caps7.45

Swiss Kriss herbal laxative blend
16212 120 tabs.....\$9.95
15835 3.4 oz\$8.39

ALTERNATIVES TO LAXATIVES

Many people experiencing constipation are actually deficient in magnesium. Taking up to 600 mg of the needed nutrient a day not only relieves their constipation, but also provides them with a good supply of a mineral that is vital to the body in many ways, including heart & nerve function.

A few thousand mgs of C will often correct a constipation problem and at the same time support immunity.

With both magnesium and vitamin C, if you take too much, it will give you diarrhea. There are no known negative side effects otherwise, though if you use really large amounts of magnesium you might want to take some calcium to balance it.

Many people with either chronic constipation or constipation alternating with diarrhea have candida overgrowth. This is true of children as well as of adults.

Some cases of constipation are caused by misaligned vertebrae and respond to chiropractic care. Maybe a few different options to look into, if constipation is a reoccurring problem.

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 Leaf 2416.....\$23.95

Alfalfa Juice Extract 07210.....\$29.79

Arrow Root 19230.....\$5.46

Apple Fiber 1188.....\$13.95

Barley Grass A1889.....\$34.95

Barberry Root P195.....\$16.95

Beet Root 50661.....\$17.95

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

Chickweed Herb 11965.....\$32.95

Comfrey Root A9988.....\$30.95



Dandelion Rt 50650.....\$27.95

Fennel Seed 03022.....\$14.95

Garlic Powder 500097.....\$20.95

Ginger Root 50640.....\$21.95

Goldenseal Rt 4oz 303463.....\$67.95

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

Licorice Root 500133.....\$20.95

Lobelia Leaf 1565.....\$23.95

Marshmallow Rt p1100.....\$29.95

Milk Thistle	50690.....	\$21.95
Myrrh Gum	50643.....	\$39.95
Nettle Leaf	51038.....	\$33.95
Organic Kelp	75556.....	\$ 8.95



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 Rt	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
Thyme Leaf	316453.....	\$19.95
Turmeric Root	03058.....	\$13.95
Valerian Root	500232.....	\$41.95
Wild Yam Rt	02352.....	\$62.95
Wheat Grass	21321.....	\$19.95
White Oak Bark	P1700.....	\$39.95
Yellow dock root	41320.....	\$28.95

LECITHIN

Sunflower Liquid Lecithin
Improves the texture of whole grain breads. Also a supplement – essential fatty acids – Soy-FREE
2372 1 pint..... \$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

LIQUID HERBAL EXTRACTS

Please Note: The uses suggested for each of these herbs is traditional only, and in no way represents either a prescription for use or a guarantee.

American Ginseng
62321 1 oz..... \$16.95

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

Barberry Root
50010 1 oz..... \$11.95

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

Black Walnut
07133 1 oz..... \$10.95
00013 2 oz..... \$15.95

Black Walnut – Dr. Christophers
49811 2 oz..... \$15.95

Bloodroot
61833 1 oz..... \$ 6.95

Blue Cohosh
90331 1 oz..... \$ 9.95

Blue Vervain
00180 1 oz..... \$ 9.95

Bubble-B-Gone see page 38

Calm Child Syrup - calm focus
10119 4 oz..... \$19.95

Catnip
07313 1 oz..... \$5.95

Cayenne
00181 1 oz..... \$ 9.95
49812 2 oz..... \$13.95

Hot Cayenne
49700 1 oz..... \$13.95

Cramp Bark
1703 2 oz..... \$21.95

Echinacea
4840 2 oz..... \$11.95

Echinacea Glycerite
49827 2 oz..... \$15.95

Echinacea & Goldenseal Plus
4850 2 oz..... \$ 11.95

Echinacea & Goldenseal Glycerite
4848 2 oz..... \$ 11.95

False Unicorn
41319 2 oz..... \$24.95

Fennel Seed
9081 1 oz..... \$ 7.95

Fenugreek
22510 1 oz..... \$10.95

Feverfew
00055 1 oz..... \$ 8.95

Garlic –
225106 1 oz..... \$ 8.95

Ginger – stomach aid
00616 1 oz..... \$12.95

Goldenseal
00328 1 oz..... \$15.95

Grapefruit Seed Extract
8520 1 oz..... \$14.95
1001 4 oz..... \$18.95

Juniper
90779 1 oz..... \$ 7.78

Kava-Kava
4893 2 oz..... \$12.95

Lemon Balm
1 oz..... \$

Licorice
22500 1 oz..... \$10.95

Lobelia – Nature's Answers
50084 1 oz..... \$11.95

Lobelia – Dr. Christophers
1 oz..... \$11.95

Lobelia Vinegar Extract
49703 1 oz..... \$13.95

Milk Thistle
07943 1 oz..... \$9.95

Mullein Leaf
90796 1 oz..... \$ 9.95

Myrrh Gum
90798 1 oz..... \$9.95

Nettle Blend Extract
00998 1 oz..... \$12.95

Olive Leaf Glycerite
4898 2 oz..... \$9.95

Oregon Grape
04346 1 oz..... \$12.95

Partridge Berry
09169 2 oz..... \$24.95

Pau D'Arco
4910 2 oz..... \$12.95

Perriwinkle
225111 1 oz..... \$9.95

Propolis Infection-fighter made by bees. This mixture has other herbs also.
4920 2 oz..... \$10.95

Purple Pitcher Plant
22582 2 oz..... \$39.95

Rosemary Extract
51135 1 oz..... \$9.95

Shepherd's Purse
00074 1 oz..... \$ 9.95

Slippery Elm
00505 2 oz\$14.95

Stone Breaker
1533 1 oz\$16.95

Trauma Drops
0622 1 oz\$ 11.95

Uva Ursi Promotes Urinary Tract Health
000527 1 oz\$ 9.95

Usnea
00037 1 oz\$10.95

Valarian- mostly used for insomnia, but can also be used for upper respiratory problems, pain relief, cramps, and skin problems
00680 1 oz\$ 9.95

Valarian Root Extract- NOW
4970 2 fl oz\$ 9.95

Vitex – Chaste Tree Berry
00196 1 oz\$10.95

Wild Yam
0554 2 oz.....\$12.95

Wild Yam -from Wise Woman's Herbals
0834 2 oz.....19.95

Witch Hazel Extract
90847 1 oz\$10.95

Yarrow
90850 1 oz\$ 9.95

Ancient Ways Tinctures See page 54

tinctures by Sprig's see page 57

SINGLE HERB CAPSULES

Artichoke Extract 500 Promotes fat digestion and metabolism-1 tab daily-
SN1812 180 tab.....\$29.95

Astragalus Solaray- acts as an anti inflammatory-boosts the immune system
S3070 30 caps\$8.25

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.....\$22.95

Black Cohosh Nature's Way
15179 100 caps.....\$10.95

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

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

Charcoal Nature's Way
40065 100 caps\$11.95

Cinnamon Bark NOW - 600 mg.
4636 120 caps\$8.95

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\$4.60

Dandelion Root NOW
4645 100 caps\$5.24

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

Dong Quai – great for period bloating
40080 100 caps\$10.95

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

Eleuthero NOW.
4030 100 count.....\$6.55
4033 250 count.....\$14.65

Eyebright Nature's Way - has been found to help ease symptoms of pink eye, improve vision, & reduce sinus and respiratory inflammation
40096 100 caps\$9.95

Fenugreek 500 mg
4677 100 caps\$6.95

Fenugreek 1220 mg per 2 caps.
12800 100 caps.....\$7.25
146101 180 caps.....\$10.95

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\$22.35

Goldenseal Root NOW
4690 50 caps.....\$16.50

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 – supports glucose metabolism –
4707 90 count\$9.83

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

Mullein Leaves Solaray
01390 100 caps.....\$8.95

Myrrh- intestinal support, decreasing inflammation, and parasites infections.
40160 100 caps.....\$8.75

Nettle Leaf
418269 100 capsules\$8.64

Nettle Leaf – Now brand
4719 90 capsules.....\$9.95

Ojibwa
4674 180 vcaps.....\$19.95

Oregon Grape Root - 475 mg
14159 100 caps\$6.25

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

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. Life Extension. One capsule equivalent to 12.3 ounces of juice.
00956 30 caps.....\$10.75

Red Clover NOW. 425 mg.
4730 100 caps\$5.24

Red Raspberry Nature’s Way.



40197 100 caps\$10.95

Rosemary Nature’s Way. 800 mg
14162 100 caps\$7.15

St. John’s Wort (450) Standardized to 0.3% Hypericin. Supports mood
01176 90 tbs\$16.32

Sarsaparilla Nature’s Way
40198 100 caps\$8.95

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\$8.49

Turmeric Nature’s Way. 500 mg
463100 60 tabs\$21.75
15356 120 tabs.....\$33.95

Turmeric- Turmeric 200 mg, bromelain 325 mg, boswellia 50 mg.
03802 60 caps.....\$18.95

Uva Ursi Nature’s Way
40182 100 caps\$8.95

Valerian Root -500 mg per capsule –
4770 100 caps\$6.95
4771 250 count.....\$13.25

Vitex (Chaste Tree Berry) 300mg—NOW -woman’s health—with 150mg of Dong Quai
4773 90 capsules\$13.95

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.....\$7.79

Yellow Dock Root Nature’s Way.
40194 100 caps\$6.41

SWEDISH BITTERS

Internally used for stomach aid, nose & throat, natur, 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. Put it in place using a gauze, a bandage, or both. Leave alone for hours. Repeat the next day until the wound is healed.*

Swedish Bitters 580 mg per capsule.
11002 50 count\$18.00

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

For Dandy Blend and other drink mixes see PAGE 33

TEAS IN TEA BAGS

Blood Sugar Tea – Prince of Peace Brand- With the holidays fast approaching, so are sweets and sugars. If you struggle with blood sugar issues, this can be a dreaded time. But with this tea to help your blood sugar management; it might be a little easier this year!

03053 18 bags.....\$ 6.95

Blood Pressure Tea Bravo Brand
00500 20 tea bags.....\$5.95

Breathe Easy - Traditional Medicinals – need support for your lungs? Cooped up with the chilly weather—get your fresh air through your teacup! Contains fennel, licorice, eucalyptus, Bi Yan Pian, peppermint, and ginger.

50528 16 teabags.....\$5.56

Chamomile Tea
4211 16 teabags.\$5.95

Chamomile with Lavender – Rest up and relax with this calming blend—perfect for the end of a busy day!
00054 16 teabags.....\$5.95

Cholesterol Health Bravo Brand
00502 20 teabags.....\$5.95

Colon Cleansing Bravo Brand
00504 20 teabags.....\$5.95

Elder Flower -Alvita
257207 24 bags.....\$7.95

EveryDay Detox Promotes healthy liver function
00089 16 teabags.....\$5.56

Ginger Mint Comfort
4235 24 bags\$4.58

Green Tea Decaf with Lemon Myrtle
4227 24 teabags.....\$4.95

Heavenly Hip Hibiscus – a blend of hibiscus and rose hips with a touch of lemongrass, spearmint, cinnamon orange, and wild cherry bark! Soothing warm and refreshing cold!
4229 24 teabags.....\$4.95

Licorice Root Tea -Organic
918033 18 bags.....\$6.49

Mother’s Milk -Traditional Medicinal—supports breast milk production for nursing mommas- Very popular~
50537 16 teabags.....\$6.95

Nettle Leaf-Traditional Medicinals
00474 16 teabags.....\$5.95

Pau D'Arco *For all that bothers you.*
The perfect blend for relaxing —pau d'arco bark, chai spices (ginger, cinnamon, cardamon, clove, black pepper), and a splash of chocolate flavor! Caffeine FREE and no added sugars
4233 24 teabags\$4.95

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

Reishi Liver Health Bravo Brand
005073 20 teabags.....\$5.95

Senna -Alvita – used to ease a case of constipation
4371 24 teabags\$7.95

Sleep & Renew Bravo Brand
00509 20 teabags.....\$5.95

Smooth Move- generally relieves constipation within 6-12 hours
000095 16 teabags\$6.95

Spearmint
4375 24 teabags\$7.95

Sugar Level Bravo Brand
00501 20 teabags.....\$5.95

Throat Coat Tea Traditional Medicinals
50557 16 teabags\$ 7.50

Triple Immune Support Bravo Brand
00508 20 teabags.....\$5.95

Triple Slimming Bravo Brand
005035 20 teabags.....\$5.95

True Blue -Celestial Tea Brand
63113 20 bags.....\$4.95

TEA BAGS IN BULK



Approximately 200 bags in a pound.

Peppermint
4 oz.....\$10.95
50548 1 lb.....\$31.95

Spearmint
4 oz.....\$12.95
50551 1 lb.....\$39.95

Chamomile
4 oz.....\$10.95
50535 1 lb.....\$32.95

Red Raspberry
4 oz.....\$12.95

Green Tea
08281 1lb\$20.95

BULK HERBS

There are many more herbs in bulk, if you would care to request a special order. Also these are all 1 pound sizes unless mentioned.

STARWEST
BOTANICALS



Alfalfa
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
500297 1 lb.....\$19.95

Burdock
500041 1 lb.....\$23.95

Catnip Herb
500049 1 lb\$47.95

Chamomile Whole flowers.
50565 1 lb.....\$32.95

Comfrey Leaf



4000065 1 lb.....\$28.95

Comfrey Root
500284 1 lb.....\$25.72

Corn Silk
00679 1 lb.....\$21.95

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
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



50645 1 lb.....\$10.95

Ginger Root 1/4" Cuts

209850 1lb.....\$21.95

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

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

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

L15387 1 lb.....\$23.95

Parsley Flakes



12555 1 lb.....\$21.95

Pau d'Arco Flaked bark.



500261 1 lb.....\$ 18.95

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

50585 1 lb.....\$24.95

Peppermint Cut & sifted

50581 1 lb.....\$28.95

Plantain Leaf

1 lb.....\$28.95

Psyllium Husk WHOLE

209509 1lb.....\$15.95

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

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.....\$11.95

4 – Oils

COD LIVER OIL

Fermented Cod Liver Oil - Green Pastures



- Capsules – Orange Flavored**
 FOG-A 4524 120 caps.....\$29.95
- Liquid - Unflavored**
 29750 6.1 oz.....\$29.95
- Liquid - Orange Flavored**
 29710 6.1 oz.....\$29.95

Concentrate Butter Oil/Fermented Cod Liver Oil Blend

- Capsules**
 FOG-A 4673 120 caps.....\$35.95
- 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. Moderate amounts of vitamin D are essential for healthy bones and teeth and to keep teeth from crowding.

- 1742 250 softgels..... \$13.95
 1743 4 bottles..... \$50.95

Carlson's Cod Liver Oil- 1000mq

Carlson

- 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

Amber Glass Dropper Bottles



- 800156 4 oz.....\$ 1.95
 800147 2 oz.....\$ 1.50
 800150 1oz.....\$.95

DIFFUSERS

Wooden Ultrasonic Oil Diffuser

NOW Solutions Oil Diffuser uses high frequency ultrasonic technology that vibrates cool water inside the unit creating an ultrafine mist into the air. When essential oils are added, they are immediately dispersed into the air providing immediate healthful benefits and helping to ionize the air. It can be used anywhere you want to create a relaxing environment.



- 7519 1 unit.....\$38.95

USB Diffuser (special order)

- 7523 1 unit.....\$20.95

ESSENTIAL OILS - DOTERRA

Lavender

- 15ml.....\$27.95

ON- Guard

- 15ml.....\$39.95
 Hard Lozenges.....\$18.95

Peppermint

- 15ml.....\$27.95

Lemon

- 15ml.....\$12.95

Eucalyptus

- 15ml.....\$18.95

Frankincense – Boswellia Oil

- 15ml.....\$89.95

Breathe - Respiratory Blend

- 15ml.....\$25.95
 Hard Lozenges.....\$15.95

Deep Blue Rub see page 51

If you want anything more specific from Doterra, just be clear as to what it is – and we can special order it in for you.

ESSENTIAL OILS - NOW

Anise Oil

- 7515 1 oz..... \$5.90

Atlas Cedar Oil

- 7526 1 oz..... \$5.49

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 52

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. Also, a flavor enhancer in foods.

- 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
Frankincense Oil	
7548	1 oz 20%.....\$10.95
7542	1 oz 100% Pure.....\$22.45
Geranium Oil	
7552	1 oz\$15.95
Ginger Oil	
7550	1 oz\$ 9.95
Grapefruit Oil	
7553	1 oz\$ 8.32
Helichrysum – Aura Cacia brand	
195235	.5 oz.....\$13.95
Jasmine Fragrance Oil -Natural & Synthetic	
7555	1 oz\$7.95
Lavender Oil	
7560	1 oz\$ 10.95
7561	4 oz\$31.95
Lemongrass Oil 100% pure.	
7582	1 oz\$ 5.90
Lemon Oil Used for flavoring food.	
7565	1 oz\$ 5.95
7569	4 oz\$15.95
Lime Oil	
7567	1 oz\$ 5.72
Myrrh Oil	
7568	1 oz\$31.50
Neem Oil	
7733	1 oz\$ 7.95
Neroli Oil 7.5%	
7576	1 oz\$19.65
Orange Oil	
7570	1 oz\$ 3.95
7578	4 oz\$ 8.95
Oregano Oil	
7573	1 oz\$12.95
Oil of Oregano	
7577	1 oz\$ 8.95
Patchouli Oil	
7575	1 oz\$13.05
Peace, Love, and Flowers	
7634	1oz.....\$14.50
Peppermint Oil 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
Pine Needle Oil 100% Pure	
7590	1 oz.....\$7.95

Rose Absolute 5%



7597	1 oz\$13.95
Rosemary Oil	
7600	1 oz\$7.95
Sage Oil	
7610	1 oz\$9.95
Sandalwood Oil 14%	
7668	1 oz\$27.95
Spearmint Oil Used to flavor food and in a vaporizer to clear sinuses, etc.	
7620	1 oz\$ 5.48
Tangerine Oil	
7623	1 oz\$ 3.95
Tea Tree Oil 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
Thyme Oil Good for cystic fibrosis.	
7635	1 oz\$11.95
Vanilla Oi Blend	
7596	1 oz\$23.95
Wintergreen Oil Very lovely aroma. Used in chest rubs and in vaporizer.	
7640	1 oz\$ 9.95
Woodland Walk	
7648	1oz.....\$11.95
Ylang-Ylang Oil	
7650	1 oz\$31.55
YOUNG LIVING	
Frankincense Oil	
3548	15ml.....\$110.95
Lavender Oil	
3575	15ml.....\$33.95
Panaway Oil	
3390	15ml.....\$99.95

Peppermint Oil	
3614	15ml.....\$29.95
Peace & Calming Oil Blend	
3398	0.17oz.....\$28.95
Thieves Oil Blend	
3423	15ml.....\$49.95
Thieves Mints	
5140	30mints.....\$11.95
Thieves Dentrarome Ultra -toothpaste	
3744	4.1oz.....\$11.95
Thieves Dentrarome Plus -toothpaste	
3738	4oz.....\$8.95
Thieves Throat Lozenges	
yl3282	30 count.....\$27.95
Thieves Cough Lozenges	
	30 count.....\$26.95
Thieves Spray-	
3265	1oz.....\$11.95
Thieves Household Cleaner	
	64oz.....\$98.50
Thieves Hand Purifier	
3621	1oz.....s.....\$6.95
Foaming Hand Soap	
Thieves	
	8fl oz.....\$ 14.95
Winter Nights	
	8fl oz.....\$ 14.95
Thieves Dish Soap	
5350	12 oz.....\$16.95
If you want anything more specific from Young Living, just be clear as to what it is – and we can special order it in for you.	
FOOD GRADE OILS	
Castor Oil Food grade, odorless and tasteless. Expeller pressed -NOW	
7675	1 pint.....\$ 7.25
Castor Oil Home Health. Cold-pressed – 100% solvent free – vegan – pure & natural	
50105	8 oz.....\$ 6.95
50107	16 oz.....\$13.95
880132	32 oz.....\$21.95
Organic Olive Oil see Section 5-Foods	
Coconut Oil See Section 5 - Foods.	
FISH OILS	
Cod Liver Oil see page 30	
Krill Oil Nature's Way. 500 mg. Super antioxidant. Cardiovascular joint health and PMS relief. Potent antioxidant.	
15432	60 softgels\$39.95

Krill Oil NOW. 1000 mg.
1627 60 softgels \$38.95

Fish Oil Carlson's - Orange
C1642 240 softgels.....\$36.95

Fish Oil-*The very finest*- Bottled in Norway. Carlson
Orange
01545 16.9 oz.....\$38.95
Lemon
01655 16.9 oz.....\$38.95

Fisol Enteric-coated. Delivers up to 3 times better absorption than non-coated fish oil.
Super Fisol
15688 90 softgels. \$19.27

Ultra Omega 3 Fish Oil 500 EPA/250 DHA.
1661 90 softgels \$17.25

Barlean's Omega Swirl 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. ~Lemon Crème~
BE17 16floz.....\$26.95

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

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 Solgar
950 mg total omega
02058 100 softgel..... \$27.95

Ultra-Pure MEG-3 Omega 3 fish oil 2400 mg - EPA 720mg & DHA 480mg - Life's Fortune - *purity -potency - t*
30435 120 softgels.....\$27.95

Omega Gummies see page 38

VectoMega Salmon Omega 3 - Terry Naturally - EPA/DHA - *Healthy Heart, Brain & Eyes* - unlike other omega-3 products, this specific formula is bound to phospholipids improving absorption and making it more available to benefit you- *Zero Rancidity - No fish burps*
19996 60 tabs.....\$35.95

MULTIUSE OILS

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

Apricot Kernel Oil 100% pure. Softens fine lines; for smooth, stunning skin.
7665 4oz.....\$5.95
7666 16 oz \$11.95

Avocado Oil
7670 4 oz.....\$5.49
7678 16 oz.....\$14.95

Jojoba Oil 100% pure. Used to improve skin, scalp, and hair. Not for internal use.
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.....\$27.67

Barlean's High Lignan Flax Oil- Organic
B16 16 oz.....\$19.95
B32HL 32 oz. \$44.95

Barlean's Total Omega Vegan Formula. Great source of Omega 3-6-9 from fresh pressed flaxseed oil, pure borage oil, and plant-based DHA - Blueberry Pomegranate Flavored
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. Softgels.
1770 100 count..... \$ 7.25
1772 250 count..... \$16.95

Black Currant Oil 500 mg, 70 mg G.L.A. Softgels.
1715 100 count..... \$11.14

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. Softgels.
1720 60 count \$11.45
1722 120 count..... \$20.95

Castor Oil Softgels NOW. Supports intestinal health. 650 mg- natural laxative
1723 120 softgels ... \$ 10.75

Evening Primrose Oil 45 mg of G.L.A. in each 500 mg softgel. G.L.A. is cheaper in borage oil, but it's wise to build up with primrose gels first, especially for women. (Men can start right in with 1 borage oil a day and later increase to 2 a day.) Also, one borage oil is too much G.L.A. for a child; give them primrose oil instead. Softgels.
1750 100 count..... \$ 8.95
1752 250 count.....\$17.25

Evening Primrose Oil 1300 mg.
03039 120 softgels \$30.95

Super Primrose 1,300 mg Softgels.
1755 60 count \$ 8.56
1757 120count.....\$17.95

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 to release in the colon where the candida overgrowth is usually the greatest. 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..... \$42.95

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 - hopefully to relieve bowel discomfort
4727 90 softgels \$ 9.17

Pumpkin Seed Oil 1,000 mg.
1840 100 softgels \$ 9.95

Sea Buckthorn Oil- Omega 7
98370 120 softgel..... \$32.95

Wheat Germ Oil - naturally occurring Vitamin E and other nutrients -

Softgels - 1130 mg each
1870 100 count \$12.95

Liquid
1880 16 fl oz \$11.95

5 – Natural Foods

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.\$11.45

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 50

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 see page 22

Chia Seeds - Organic White - Whole

6241 16 oz.....\$10.95

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

6268 1 lb.....\$3.48

Golden Flax Meal-

6274 12oz.....\$4.95
6257 22oz.....\$7.95

Flax Seeds- Raw Aid regularity. Add to yogurt, cereals, salads, soups, etc. One tablespoonful equals 1 teaspoonful of flax seed oil. Chew well!

6260 1 lb.....\$2.89
6258 2 lb.....\$5.24

Flax Seeds Bulk

91133 2lbs.....\$20.95

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 1lb.....\$3.95

OILS

Avocado Oil – NOW-

7678 16oz.....\$14.95

7670 4oz.....\$ 5.49

Almond Oil see page 31

Apricot Oil see page 31

Virgin Coconut Oil -NOW-

1725 12 oz.....\$7.86

1726 20 fl oz\$10.95

1735 54 oz.....\$25.95

Organic Olive Oil First pressing, extra virgin. Excellent for salads. Safe for frying. *(Most oils and all margarines cause cancer causing substances when heated to frying temperatures.)*

E0502 16 oz.....\$ 8.98

Olive Oil- Gallon – Extra Virgin-Organic- in a plastic jug

6400SC 1gal.....\$34.95

Cocoa Butter Pure, food grade.

7680 6 oz.....\$ 7.95

Castor Oil see page 31

Grapeseed Oil – works great for popping popcorn – and has almost no taste for cooking –

7707 16 oz.....\$8.99

91107 1 Gal.....\$35.95

Safflower Oil- known to help with hypercholesterolemia, diabetes, losing weight, and even PMS.

92557 16oz.....\$11.95

Vanilla Essential Oil 100% pure and natural -



7596 1 oz\$20.82

JUICE

Apple Cider Vinegar Organic, raw, unfiltered with the "Mother"
 00132 32 oz\$9.95
 743128 1 gallon.....\$28.95

Black Cherry Concentrate Unsweetened
 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. Rich milk chocolate taste.
 6671 14 oz\$7.84

Collagen Peptides
 00740 14oz.....\$17.95

Beef Bone Broth Collagen
 Vp5591 16.2oz.....\$41.95

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**
 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\$10.95

Hydration IV electrolyte blend - Trace Mineral -20x the hydration of water!!! Perfect for when exercising or when you are on the go. Non-GMO -
 TIV01 16 packet.....\$19.95

Keto Collagen Formula with MCTs - has a rich chocolate flavor with a smooth texture- perfect for chocolate lovers!
 400508 14oz.....\$22.95

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



Lemon Lime
 10631 13.76 oz.....\$30.95

Mango
 10624 13.76 oz.....\$30.95

Watermelon Lime
 10632 13.76 oz.....\$30.95

Electrolyte Stamina see page 18

Power Pak & Emergen C see page 11

Natural Vitality Calm see page 18

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



15017 2 lbs\$36.95
 15014 25 packets\$ 9.51
 15022 14.1 oz\$21.95
 15023 7.05 oz\$12.95

Organic – same as above, just gone through an organic verification process.
 15031 11 oz.....\$23.95

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

Goat Milk Powder – Important Note: goat milk is not a complete formula – 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 digest fats – much less lactose than would be in cow milk– if using as a baby formula, it is very important to add folate & a good B12 supplement -
 3358 12 oz.....\$18.95

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

Raw Protein Garden of Life
 11594 20 oz Chocolate....\$43.95
 11603 20 oz Vanilla.....\$40.95
 11606 20 oz Vanilla-Chai..\$39.95

Raw Protein & Greens -Vanilla-
 11870 19.3 oz.....\$40.95

For other super greens see page 22

Pea Protein Gluten free, GMO free NutriBiotics- 80% protein
 2135 1 lb 5 oz.....\$22.95
 3205 1 lb 5 oz Vanilla...\$22.95

Protein Powder – see page 57

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

Unflavored Plain
 2172 1 lb.....\$29.95

Vanilla Whey Isolate
 2160 2 lb.....\$41.95

Dutch Chocolate Whey Isolate
 2162 2 lb.....\$39.95

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.....\$7.10
 6923 2.5lb.....\$13.95

Stevia The sweetest herb. Stevia is about 300 times as sweet as sugar, ounce for ounce. A little goes a long way. ZERO calories



Pure Stevia Powder KAL brand. No aftertaste!
10412 3.5 oz\$35.95

Pure Stevia Extract KAL brand.
37497 8 oz liquid\$33.95

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\$ 7.10
6957 100 packets.....\$7.07
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\$7.25
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. See Xylitol Gum on page 55.

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

SALT & NATURAL SEASONING

Bragg Liquid Aminos This is an all natural delicious replacement for salt. Has a flavor a bit like soy sauce. A great addition to stir fries and even salad dressings.

000102 10 oz\$ 5.95

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\$ 9.52
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 unique quality. Like Himalayan, it also has a full spectrum of minerals. Though 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

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.\$3.95

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

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\$10.95

6 – Natural Antibiotics

Silver

One of the all-time best natural antibiotics, Silver is also the world's oldest antibacterial remedy, but it went out of style with the discovery of penicillin in 1928. And yet, now that many "superbug" bacteria strains are evolving resistance to antibiotics, making many infections difficult or impossible to treat, scientists are once again turning to those silver antibacterial properties our ancestors long relied on.

Silver Biotic 10 ppm
30185 8 oz\$22.95

Sovereign Silver – Bio-Active- Silver Hydrosol - 10 PPM – May be used in a daily basis – as any natural supplement, use wisely



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

Advantage Anti-bacterial, anti-viral, anti-fungal, anti-parasitic.
2001 2 fl oz\$14.95

True Colloidal Silver
03002 8 oz.....\$15.95
03003 16 oz.....\$28.95
03009 32 oz.....\$51.50

GARLIC

People ask us which garlic is "the best." We wish we knew! There are two distinctly different types: The pull-apart capsules contain powdered garlic. The softgels contain garlic oil or garlic oil combined with soy oil.

KYOLIC Formula 100 - Cardiovascular. Odorless Garlic. Two provide 600 mg aged garlic powder. Much more potent than ordinary 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\$24.95

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

KYOLIC Liquid Garlic Pure liquid garlic extract. Very concentrated.
45046 4 oz\$27.95

Full Odor Garlic (Garlic Oil) No odor reduction in this one: it smells!! The oil from 1500 mg garlic per gel. Softgels
1792 250 count.....\$10.95

Odorless Garlic The original softgel we had for a long while then they were discontinued by the manufacturer. Now available again. Really odorless. Softgels.
1808 250 count.....\$13.95
1809 1000 (4 bottles) \$49.95

Garlic Nature's Answer. Organic – alcohol based
2251066 1 fl oz\$ 8.96

Garlic Alcohol free.
061945 1 oz.....\$ 8.82

Oil of Garlic- Dr. Christopher's
101080 2 oz.....\$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\$7.95

ECHINACEA

Echinacea NOW – 400mg per capsule
4660 100 caps\$7.95
4662 250 count.....\$16.95

Echinacea Root – bulk dried
50652 4oz\$9.95

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

Echinacea & Goldenseal – Nature's Way brand – 450mg of blend per capsule
490415 100cap.....\$14.50

Echinacea Made with alcohol.
4840 2 oz.....\$9.17

Echinacea & Goldenseal Plus With alcohol.
4850 2 oz.....\$9.95

Echinacea & Goldenseal Glycerite
4848 2 oz.....\$9.95

Echinacea Glycerite Tastes good.
49827 2 oz.....\$12.50

GOLDENSEAL

Goldenseal Root NOW
4690 50 count\$9.83

Goldenseal Root- Solaray
01320 50vacps.....\$16.50

Goldenseal Root Powder
303463 4oz.....\$45.95

Goldenseal Root Cut
654987 4oz.....\$46.95

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– Warning: do not use if you are pregnant or nursing!

79570 100v-caps.....\$25.95

OREGANO OIL

For Oregano products- see pages 31, 32



7 – 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 \$19.95

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 \$33.95

CHILDREN'S OILS

Fish Oil (for children) The very finest. Contaminant-free. Rich source of DHA and EPA. Vitamin A and D free.
1543 6.7 oz lemon \$17.80
1443 6.7 oz orange ... \$17.80

Fish Oil Carlson's. Orange
C1644 120 softgels..... \$17.95

Nordic Omega 3– 82mg per 2 gummy – amazing tangerine flavor! And likeable texture



301315 120gummies.....\$35.95

NOW's DHA Children's chewable fish shapes. 100 mg DHA. 24 mg EPA –
1607 60 count \$10.95

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

Oral Pain Relief Quick dissolve tablets



33151 125tabs.....\$9.95

Gripe Water A natural, herbal supplement used to ease the gas and stomach pain often associated with colic, hiccups and teething.
65299 4 oz \$14.95

Gentian Violet most commonly used for thrush
15361 1 oz.....\$5.95

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. Natural berry flavor. Digestive health. Great for children and adults. Chewables.
2957 90 count \$13.50

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

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

PROBIOTICS

Refrigerate at ALL times!

Baby Life Unflavored, non-dairy. Bifidobacterium powder for infants.
04835 2.5 oz \$17.50

Florajen for Kids
88048 30 caps..... \$18.46

Raw Probiotic Powder for Kids- Garden of Life – 5 billion CFU – made from 23 raw & organic vegetables & fruits – with additional prebiotic 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.....\$16.50

Primadophilus 3 billion CFU- orange flavor. Ages 2-12. Chewables.
1424330 \$14.95

No need to be refrigerated

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

Probiotic Pearls see page 42

Three Lac - lemon-flavored probiotic powder - Comes in individual serving size packets
104100 60 packets \$49.95

TINCTURES & EXTRACTS

Tasty Dry Bed – bedwetting formula
4 oz \$26.95

Kid-E-Calc - *Calcium Formula*
44702 2 oz \$12.25

Kid-E-Dry may support the urinary tract & prevent bedwetting
44706 2 oz \$13.50

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

Kid-E-Reg - a gentle laxative -
44709 2 oz \$13.50

Kid-E-Well - fight colds, flu & fever
44704 2 oz \$13.65

Kid-e-Trac Emotional Clarity – the children’s formula of Dr. Christopher’s MindTrac (see page 45 for adult’s) – designed for the blues & mild depression in little people –
44710 2 oz \$14.95

Children’s A.C.F. - Acute Cold & Flu.
4568216 oz \$21.95

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

Chamomile Calm – nerve support
0015 2oz.....\$18.95

See page 57 for Sprig’s kids.

VITAMIN-MINERALS

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

For other Vitamin C chewables, see page 10

Kids Cal 100mg calcium combined with 50mg magnesium and 100 IU Vitamin D and 60mcg Vitamin A- refreshing orange flavor-NOW
1233 100 chewables \$ 11.14

Alive Cal-D3 Gummies- raspberry and strawberry flavored
10255 60 count.....\$10.75

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

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

For other Vitamin D Gummies and chewable see page 11 & 12

Kids Immune Gummy – Garden of Life – Vit C, D, & Zinc – cherry flavor – Sugar FREE!
12518 60 v-gummies.....\$19.95

For other Immune Gummies & Chewables see page 43

Vitamin Code Kids - Garden of Life – a clean whole food chewable formulated for children from 25 different fruits & vegetables – Non GMO – cherry berry flavored – advertised to help with:
Immune System Support
Mental & Physical Energy
Support for Growing Bones
Probiotics Support Healthy Digestion
11440 60 chews \$29.95

U-Cubes Calcium with D3 gummies in cube shape! Strawberry flavor -
57600 120 count.....\$14.75
57607 60 count.....\$8.95

Child Life Non-Gummy Gummies – orange flavored melts, great multivitamin for toddlers – Sugar FREE
10850 27 Melts.....\$15.95

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

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 Chewable Solaray- Black Cherry Flavor
04797 120 count \$10.50

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

Thompsons Multivitamin for Children– Yummy Punch Flavor -
19135 120 count \$10.95

U-Cubes Multi Gummies Multi-Vitamin & Mineral gummies in cube shape! Cherry and orange flavored – Solgar brand – Non GMO – tapioca based –
52551 120 chews \$15.95
52550 60 chews.....\$8.95

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

MOOD

Anxio Calm see page 45

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



8 – Body Systems & Conditions



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

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.....\$32.95

Adrenal Energy
Ad-Energy 120 caps.....\$35.95

AdreCor
180 caps.....\$53.95

Adrenal Formula Dr Christopher's
40210 100 caps\$15.95

Adrenal Stress End - Contains essential vitamins that support adrenal gland function.



74035 50 caps \$17.95

Adrenal Support Natural homeopathic medicine. Providing glandular support. Tablets.
001607 60 count..... \$ 7.95

Adrenal Stability Pure Essence Labs
13001 60 vcaps.....\$29.95

Energy Adrenal support formula. Vitamins and herbs that support adrenal function. NOW
3326 90 caps..... \$15.95

Glandular System Dr. Christopher
34006 2 oz.....\$ 8.15
89112 100 caps. \$15.50

Glandular System Dr. Christopher Massage Oil. Great for plugged lymph nodes or plugged breast duct.
49819 2 oz. \$16.95

Raw Pituitary
701100 60 caps..... \$ 27.95

CANDIDA & YEAST

Candida is a unique bacteria. It can be as little as a bad taste in the mouth, sugar cravings, to sinus and lung infections to itching anus and the least enjoyable: female yeast infections.

Candida overgrowth is sadly quite common. It plays as an underlining issue with many other conditions. And health cannot be fully restored until the candida has come under careful control.

The symptoms vary, depending upon its location in the body. The most likely is the color. These symptoms range from tiredness, bloating and gas, to muscle aching and fuzzy thinking. Acidophilus is a very desirable accompaniment to any candida treatment program, as it replaces the friendly micro-organisms in the colon.

Bentonite Powder Must mix as follows before use: Put 1½ quart of distilled water in an electric blender. Add 4 oz. of the bentonite pack. Blend on high for one minute or more. Measure from this mixture. Usual dose is about 1 tablespoonful daily. It helps to eliminate toxins from the body by binding with them in the colon so that they aren't reabsorbed.

Redmond Clay An old home remedy. For external or internal use.
RC10cs6 10oz.....\$11.69
10129 24oz.....\$16.95
RC6lb 6lb.....\$54.95

Boric Acid Extra value size.
30396 6 oz.....\$13.95

High Potency 9- Dr. Kings AquaFLora
80018 8oz.....\$29.95

Candex An excellent choice for candida, the enzyme cellulase. Totally safe even for children. Cellulase digests the Candida Albicans organism, thereby eliminating the unpleasant "die-off" effect of many candida killers. Some folks who have been fighting candida unsuccessfully for years say Candex does the job. Use 4 capsules a day. Use 1 week or longer, as needed.
60303 120 count \$48.95

Candida Clear With pau d'arco, oregano oil, black walnut and caprylic acid.
3308 90 v-caps..... \$13.95

Yeast Cleanse Solaray's yeast fighting formula- good quality
8138 180caps.....\$25.95

Grapefruit Liquid See page 25

Grapefruit Seed Extract Ultra Strength. 250 mg.
85204 60 caps..... \$15.75

Grapefruit Seed Extract Solaray. Yeast fighting formula with acidophilus, oregano & more - **Keep refrigerated**
S8523 60 caps..... \$14.50

Grape Seed Extract NOW. 250 mg
3274 90 V-caps..... \$19.65

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

Intestinal Sweep Helps eliminate yeast overgrowth. Works well when following a special diet.

Black Walnut extract powder, Pau D'Arco extract powder, Olive Leaf, Usnea, Oregano, Cloves, Oregon Grape Root
101264 180 caps \$28.95

CHOLESTEROL HELP

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

When eating unclean foods and dehydrated, a build-up of nasties begins in our colons. It can cause cramps, back pain, or even a cranky mood.

In the modern culture, the usual diet does not support a happy colon. So if changing your diet is out of the question for you, drink more water and try a fiber supplement. Other times it may require something stronger, like a cleanse or an herbal laxative.

Sometimes it can be as simple as magnesium deficiency: see page 17

Apple Pectin Capsules 750 mg pure apple fiber per capsule. A soluble fiber that helps to maintain digestion.
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..... \$11.95

Children's Yummi Bears Fiber
668354 60 chews..... \$19.95

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

Organic Raw Fiber
9 oz powder \$18.95

Colon Blend SP-12
21257 100 caps \$ 8.95

Colon Cleanse– Speicher's Brand Spcolon 100caps.....\$29.95

Jim's Colon Pills – Speicher's Brand JIMS 100caps.....\$29.95

Fiber Mix Our own special blend, which is mixed and packaged at our store location: 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

Gut Health – Trace Minerals – Ionic Fulvic & Humic Minerals Blend – see page 42

NutraFlora (F.O.S. PURE Powder) – A pleasant tasting natural fiber which aids in the growth of acidophilus and bifidus. Best taken with a fiber such as psyllium or guar gum.
2942 4 oz \$ 9.95

Guar Gum A natural bulking agent known to help control appetite when taken with lots of water a half hour before eating. Can be used instead of psyllium by those who are allergic to psyllium products. (Nurses are most likely to be allergic because of having inhaled Metamucil powder when mixing it for patients. Others generally do not have a problem.)
5040 8 oz \$ 6.95
1899 1# \$22.95

Lower Bowel Formula – Dr. Christopher's formula made to eliminate unwanted bacteria and waste in the intestines.
89101 100 v-caps \$19.95
49801 2 oz.....\$12.95



Psyllium Husk Capsules 4 capsules equal 1 level teaspoon of the powder, so you need a lot of capsules to get enough to be effective. 500 mg each.
5972 500 count..... \$21.95

Psyllium Husk/Seed Caps with Apple Pectin
5973 180 v-caps.....\$11.95

Psyllium Husk Powder Pure, finely ground psyllium husk only.
5978 24 oz \$14.95

Psyllium Husk Powder
5975 12 oz \$ 8.95

Psyllium Husk, Whole Coarser than the above powder, it might be more efficient for colon cleansing.
5981 1 lb.....\$8.95

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. Some folks mix this and the husk, pound for pound, and use from the mixture.
60420 1 lb..... \$19.95

Just Prune Juice Organic



10712 32 oz.....\$10.95

Quick Colon Formula Part I
89136 100 V-caps..... \$15.95

Reset & Go from Sprig's see page 57

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 (guar, psyllium husk, psyllium seed powder or fiber mix.) However, having them separate allows you to make whatever strength you prefer. Some folks start with a weaker concentration and increase it as they see they can handle it. Includes some laxative herbs.
60425 3 oz..... \$3.50
60424 10oz.....\$13.99

Xanthan Gum Soluble fiber powder-also can be used in recipes as a gelatin replacement
6199 6 oz..... \$ 6.95



COUGH SYRUP AND DROPS

ACF (Acute Cold & Flu) High potency (fast relief) whole food complex. Has silver in it. For Children's ACF

34574 16 oz\$26.95
Children's
 45682 16 oz.....\$23.95

Herbal Throat Dr. Christopher's formula.
 89537 4 oz\$14.95

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 Aroma Therapy Oil
 50031 1.65 oz.....\$28.95

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 lozenges\$ 5.95

Olbas Herbal Tea
 507102 7 oz\$16.95

Old Indian Wild Cherry Bark Syrup W/echinacea.
 PF0097 4 oz\$10.95
 PF0098 8 oz\$20.95

Sore Throat - homeopathic
 00602 60 tabs.....\$ 7.95

Ricola Cough Drops - Individually wrapped



300010 Honey Herb.....\$3.95
 07948 Lemon Mint.....\$3.95
 01559 Cherry Dual Action.....\$3.95
 31195 Echinacea.....\$3.95

Zand 15 Count

81345 Cran Ras w Zinc.....\$2.75
 93367 Echinacea Zinc Loz.....\$2.75
 74263 Zumka Loz.....\$2.75
 41549 Elderberry Zinc Loz... \$2.75
 34624 Lemon Zinc Loz.....\$2.75
 88717 Blue Berry w Zinc Loz.\$2.75
 00012 Orange C Herbal loz\$2.75
 18926 Wild Cherry Honey.....\$2.95

80 count
 97463 Echinacea Zinc Loz.....\$9.95

Zinc Lozenges
 41092 90 chewables ...\$ 5.95

Unkers Multi Purpose therapeutic salve
 00204 3.5 oz.....\$7.95
 10800 7 oz.....\$14.95
 00216 13.5 oz.....\$25.49

DETOXING & CLEANSING

Flor-Essence Gentle detox for the whole body. 3 packets - 2-1/8 oz ea
 68090.....\$39.95

Whole Body Cleanse Enzymatic. Simple 2 week program.
 84500 1 kit.....\$24.95

Zeolite Powder Heavy metal cleanse



SKU41 1 lb.....\$42.90

DIABETES (BLOOD SUGAR PRODUCTS)

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, and carbohydrate metabolism
 12706 120 caps.....\$49.95

DIGESTIVE AIDS

Acid Ease For sensitive stomachs.
 60690 90 Ultracaps.....\$17.95

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.....\$15.95

Bromelain 2,400 GDU potency. Great digestive aid. Also relieves inflammation in injuries. 500 mg tablets -
 2947 120 V-caps.....\$20.95
 2943 60 count\$11.95

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.....\$13.50

Digest-All – vegetarian formula - 100vcaps.....\$23.95

Digest GOLD- Vegan and Kosher- high quality!
 27210 240caps.....\$75.95

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!

60847 270 caps.....\$79.95

Essential Enzymes A broad spectrum blend of vegetable source
 60830 120 caps.....\$17.95
 60832 240 caps.....\$35.95

Gastro Enzymes without protease. Assists with healing ulcers, ulcerative colitis, and gastric reflux (people with ulcers might also use colloidal silver between meals as it has been shown to kill H. pylori bacteria, and many ulcers have this bacteria in them). After a few weeks you can usually switch to the Enriching Gifts Enzymes.

60853 90 count\$25.95

Gluten Digest- with BioCore® DPP IV
 2959 60 v-caps.....\$13.25

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, soothing comfort, and a boost your immunity -
 24793 13.55 oz.....\$63.95

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

Gut Restore – new and improved formula of the Digestive Health –
 3214 60 capsule.....\$25.95

Healthy Gut – Lewis Labs – blend of sunfiber, probiotics, & enzymes – works great to minimizes gut discomfort, gas & even bloating! 30 servings – usually taken once or twice a day
 6oz.....\$24.95

Lower Bowel Formula – a very popular herbal supplement for keeping the bowels regular -
 89101 150 count.....\$16.95

Maximizer – R Garden’s Enzyme Blend
 00006 180 caps.....\$68.95

Pancreas Formula
 40390 100 count.....\$18.95

Pancreatin- NOW
 2945 100 count.....\$11.95
 2946 250 count.....\$23.95

Papaya Lozenges- supports protein digestion- with mint and chlorophyll- Nice for children as well as for adults who can’t swallow pills. Moderate potency – NOW- serving size 2



Papaya Chewables – American Health brand- serving size 3 chew tabs- 83 servings
 750104 250count.....\$7.95

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\$11.95

Protease Pure protein digestion enzymes. 120,000 HUT protease per capsule. Helps detoxify the body when taken between meals. Also helps to remove parasites when take with the antiparasitic herbs.
 60852 180 caps\$27.95

Super Enzymes A blend of animal and vegetable source digestive aids. Each tablet contains 200 mg betaine HC1, 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. Tablets.
 2960 90 count\$14.50
 2962 180 count.....\$28.95

Ultra Zyme The ultimate digestive aid for lactose intolerance.
 04453 180 tabs.....\$26.95

Soothing Digestion Good for any intestinal problems! Dr. Christopher’s formula.
 101256 180 caps\$23.95

Super Enzyme Caps Same formula as the rather popular Super Enzyme tablets, now in capsules. 1 capsule equals 1 tablet.
 2964 180 count.....\$28.95

PROBIOTICS

8 billion daily is the minimum dose for an adult. Some moms give babies with diaper rash and/or thrush that much, with good results. They just open one of the caps and mix the contents with a teaspoon or two of water. Give it with a dropper, dividing it into several doses per day.

Refrigerate at ALL times For those below!

See page 38 for children’s probiotics

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.....\$39.95

Raw Probiotic Women’s – promotes vaginal, digestive & immune health
 101765 90 caps.....\$49.95

8 Billion Acidophilus & Bifidus NOW brand - dairy, soy & gluten FREE
 2930 60 count\$ 9.99
 2932 120 count.....\$19.95

Florajen 3 15 billion cells per capsule. Acidopholus, bifidum, longum.
 70013 60 caps.....\$29.95

Florajen High potency. 20 billion cultures per capsule- **Acidophilus**.
 22048 60 caps.....\$25.95

NO refrigeration required below:

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.....\$49.50

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

Probiotic Pearls– Active Cultures
 136002 90 pearls.....\$31.95

Gr 8-Dophilus 8 strains and 4 billion potency- NOW – clinically validated strains – dairy & gluten FREE – with FOS
 2912 60 V-caps.....\$11.95

Probiotic with FOS- Enriching Gifts International –live cultures; get better and stronger with time—our **BEST!**
 4EGI 90caps.....\$54.95

For **FOS powder** see page 40

EAR HEALTH

Ear Candles Instructions are included-4 candles per package.

50718 Natural Soy Blend...\$11.95
 50720 Herbal Bee Blend...\$11.95
 50719 Beeswax Plain.....\$11.95

Wally’s Ear Oil
 10500 1 oz.....\$10.95

Ear Oil Relief NOW.
 7686 1 oz.....\$ 7.95

Earache Formula Spray
 42457 2 oz.....\$17.16

Ear & Nerve Formula Helps poor equilibrium and hearing loss. Has worked for tinnitus and Tourette’s Syndrome.
 49817 2 oz.....\$16.95

Ring Stop a natural homeopathic remedy – can be used for tinnitus-ringing and/or buzzing in ears- ear noises- sensitivity to noises
 12987 60 tab.....\$15.95

EYE HEALTH

Bilberry Eye Helps improve night vision, repair damaged vessels, cleanse the tissues and provides antioxidants to the eyes.

89106 100 count.....\$19.95

Eye Drops Allergy

300245 10 ml.....\$11.95

Eye Drops Dry Eye

30114 10 ml.....\$11.95

Complete Eye Relief – Sterile Eye

Drops – Use for: Redness, burning, watering, grittiness, dryness, & irritation
10 ml.....\$11.95

Herbal Eyebright Extract Good drops to put in eyes for cataracts.

49701 1 oz.....\$13.25

Herbal Eyebright Capsule

89120 100 caps.....\$21.50

Lutein Esters NOW. 20 mg.

3057 120 count.....\$17.94

3058 60 count.....\$ 9.83

Lutein Eyes

32181 60cv-caps.....\$28.75

Lutein Nature's Way

15491 60 softgels.....\$26.95

Night Eyes- Positive Power Nutrition

32201 90 vcap.....\$32.95

OcuDyne Two recommend taking for 6 months to see results

60136 200 count.....\$62.50

Glass Eye Cup

31807 1 cup.....\$8.95

HAIR HEALTH

One of the after effects of COVID some people have been experiencing is unexplainable hair loss. And with the **Multi Collagen + Protein**** and the **Bao Shi Hair Formula Capsules**, they have discovered much less fall outs, thicker growth, and healthier skin! Even for general hair loss, this is a great thing to try.

****Multi-Collagen + Protein** you can find on page 33

Bao Shi (Hair Growth Capsules)

Remarkable remedy of herbs potent hair nutrients, and a DHT blocker.

Men's Formula

BM60011 120 caps.....\$32.95

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 Health formula of phytoceramides, 5,000mcg Biotin, Maquai Berry, Astaxanthin, & antioxidants cold pressed- Non GMO

02022 16 oz.....\$28.95



Important Nutrients for your hair:

Protein (very basic but necessary because hair is mostly made of it),

B-Vitamins (encourages hair strength and circulation), **Iron** (aids healthy blood to supply nutrients to the hair),

Vitamin C (helps in your body's natural production of collagen-protein),

Vitamin E (aids in damage control),

Vitamin A (helps keep the scalp from drying out/becoming itchy) **Zinc** (when deficient in zinc, the scalp can sometimes become again flaky and dry), Also diluted tea-tree oil rubbed into the roots can prevent hair loss and ease a dry-itchy scalp.

HEADACHE RELIEF

Clear Headache – Homeopathic – NON drowsy – quick working – works great for those random headaches.

71892 60 caps.....\$ 10.95

Curamin Headache – Terry Naturally

11526 60 tabs.....\$29.95

Clear Migraine – homeopathic – NON drowsy – quick working – great for migraines, tension, & cluster headaches

41354 60 caps.....\$12.35

Migraine for Men & Women - by NaturalCare – homeopathic – follow directions on box – can take up to 16 capsules a day but do not exceed that.

231140 60 caps.....\$18.95

HEART HEALTH

Blood Circulation Dr. Christopher

89110 100 caps.....\$17.95

Herbal Cardio Care See page 55

Boluoke For circulatory health. May prevent clots.

B-60 120 caps.....\$135.95

CircuFlow Kroeger Herb- Commonly used for high blood pressure.

961015.....\$28.95

EDTA 600 mg.

12101 100 caps.....\$14.95

Formula Bac + Blood anti clot. Plaque remover.

08523 2 fl oz.....\$31.95

08524 1 fl oz.....\$20.89

Hawthorn products help the heart. Also see heart support on page 41.

Hawthorn Berries Nature's Way- Cardio tonic, 510 mg.

14100 100 caps.....\$8.95

Hawthorn Berries NOW. 550 mg.

4715 100 caps.....\$7.95

Hawthorn Berry, Leaf & Flowers

Some experts feel that this combination is more effective for heart problems than the berry alone is. Capsules.

40352 100 count.....\$11.65

Nattokinase 2000 IUs of activity. Promotes circulatory health- NOW

3140 60 V-caps.....\$19.65

Nattokinase Plus E

00099 60 count.....\$26.95

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.-

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.....\$44.55

Q-10 Softgel 100 mg—vitamin E

3208 50 softgels.....\$14.95

3209 150 softgels.....\$39.95

CoQ10 150 mg

3218 100 caps.....\$32.95

Co-Q10 400mg –with Vitamin E & Sunflower Lecithin
3198 60 softgels\$45.85

Chewable Co-Q10 200mg- also Vitamin E & Soy Lecithin
3197 90 lozenges.....\$35.37

Co-Q10 Super Ubiquinol I- by Life Extensions **100mg** – *With Enhanced Mitochondrial Support-* supports heart health and cellular energy
74451 30 softgels\$37.95

CoQ10 600mg – also with 20mg of Vitamin E and 50mg of Soy Lecithin
3182 60 softgels.....\$65.95

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- itchy water eyes, sneezing, runny nose, itchy nose & throat— NO sleepy side affects! For ages 2+
30831 125 tabs.....\$7.95

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

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

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

Hyland's Flu – *Natural Relief for Fevers, Chills, Body Aches, and Pains from Colds & Flu*
37001 100 tabs.....\$9.95

Hyland's Nerve Tonic – Stress Relief – Designed to help settle nervousness & anxiety – Non-Habit Forming
61129 50 tabs.....\$9.95

Hyland's Restful Legs Fast + Effective Relief – *Calms agitated legs*
71898 50 tabs.....\$10.95

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

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

IMMUNE SUPPORT

Immucalm -Dr.Christophers- A blend of marshmallow root & astragalus root- "Many times we believe that we are allergic to certain foods, plants or animals, but in reality our immune system may be just over-reacting. This simple combination has made life easier for those who suffer from symptoms during allergy season." Used from coughs, cold, and allergies! A great favorite for those with cat or dog hair allergies even!
89117 100 caps.....\$18.95

Air Defense Maintains healthy respiratory function. Resistance during seasonal changes.
3372 90 V-caps.....\$13.95

Formula 717 – Spiecher's
13022 56 caps.....\$38.58

AHCC 500 mg immune support.
SN2035 30 V-caps.....\$59.95

Ashwagandha NOW. 450 mg. Helps body adapt to stress. Immune system support.
4603 90 V-caps.....\$11.96

Astaxanthin Cellular Protection, Free radical neutralizer- 4mg - NOW
2305 90 softgels\$19.95

Astaxanthin- KAL brand
61160 60caps.....\$34.75

Beta - 1,3/1,6 Glucan 100mg
Great immune booster. plus 160 mg Maitake mushroom per capsule.
3054 90 count\$11.14

Colostrum, see page 22

Defense Plus Maximum strength. 250 mg grapefruit seed extract with echinacea, astragalus, vitamin C, mushroom extracts, goldenseal, and ginger root.
10012 90 tabs\$20.95

Echinacea, see page 25,26

Elderberry Zinc Gummies by Zand
66743 60 gummies\$15.95

Elderberry Syrup – with raw honey and apple cider vinegar & Propolis
000084 4oz\$10.95
00032 8oz.....\$19.95

Elder-Zinc Lozenges Tasty and delicious chewable designed to be used as soon as you sense a cold coming on. Most effective when dissolved in mouth.
3299 90 count.....\$10.95

Liquid Immunity +-Trace Minerals - Elderberry- Zinc-Vit C & D- Ionic Trace Minerals – Mixed Berry Flavor – Sugar FREE
00592 32oz.....\$27.95

Immunity Powder- Trace Minerals – Elderberry- Zinc-Vit C- Ionic Trace Minerals- Lemon Berry Flavor! Sugar FREE
00593 6.7oz.....\$22.95

Elderberry + Ionic Zinc Liquid – Trace Minerals – Naturally carries an elderberry flavor but no added flavorings or sugars
00569 2oz.....\$14.95

Immunity Gummies – Trace Minerals Zince+ Vit C+ Vit D+ Acerola – Yummy Cherry Flavor
00581 60count.....\$19.95

Elderol (Raw) -North American Herb-Raw, wild, handpicked, elderberry extract from Northern Canada! A total of 88 servings
9059 2 oz.....\$27.95

Monolaurin Pellets – 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

Sambucus Syrup- Elderberry, echinacea, zinc, propolis and vitamin C.
15333 Immune 8 fl oz.....\$29.95
53321 Original 8 fl oz.....\$24.95

Shark Cartilage NOW. 100% pure. Immune system support. 750 mg.
3270 100 caps.....\$10.95

Super Garlic Immune Ext.
49852 2 oz.....\$15.95
88551 4 oz.....\$16.95

Bacteril Designed support for bacterial infections – Terry Naturally
24503 30 sgels\$15.95

Qubeco – A formula designed for the immune and respiratory systems. With Vitamin C, Vitamin D3, Zinc, Selenium, Colostrum, Quercetin, & Beta Glucan – in a chewable form, Pineapple Zest flavor (sugar-free)
4040 112 chewable.....\$34.95

ViraPro –formula for viruses – Terry Naturally product
24106 60 Tab\$31.95

JOINT HEALTH

-Here are a few ideas that may be useful in your weeks ahead, trying to obtain a pain free life.

-Drink plenty of water between meals.

-Your daily choice of food is crucial.

Focus on avoiding foods that cause inflammation like added sugars, unhealthy fats, & overly processed foods.

-Losing excessive weight. Be wise with this one, and don't overdo it. You need nutrients to heal. Starving may drop the pounds faster; but starving in the long run makes for worse than before.

-Unfortunately, anti-inflammatory medications like NSAIDS, aspirin, ibuprofen, naproxen, etc. have been found to decrease blood flow, and prevent your body from forming collagen.

-And when coming off medical drugs, it is important to remember that natural products can take a while to work & be noticeable. It is very important to follow up with your doctor to help you make this transition.

ActivJoint Trace Minerals Brand
00027 180 tabs.....\$29.95

Active Joint Platinum- Trace Minerals
00030 90 tabs.....\$31.42
00031 180tabs.....\$49.95

to find **Collagen Powders & capsules** see page 33

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.....\$33.65
11202 120 caps.....\$60.95

CuraMED 375mg Terry Naturally
40202 120 softgels.....\$44.95

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.....\$34.95
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

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

Sustained Release Glucosamine Sulfate
3224 200 tabs..... \$27.76

Celedrin & M.S.M. Naturally derived, faster effect. 500 mg.
3016 120 caps \$20.95

Glucosamine Sulfate Glucosamine is basic to the substance joint cartilage is made from. This is the form that most of the research has been done with. Higher potency than most; 750 mg each.
3238 249 count..... \$24.95

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. High potency -
3279 180 count..... \$22.95
3278 60 caps..... \$ 9.40

Glucosamine- MSM- Arnica Lotion see page 19

Hydraplenish Internal moisturizer for skin and joint. Super absorption
15601 60 v-caps \$17.95

MyoTone - Enzymatic Therapy. Maintains the integrity of ligaments, tendons, and muscles. Easy to swallow.
01558 80 tabs \$17.95

Joint Support Serving size: 2 capsules provide: 67mg Vit C – 67mg Niacin – 33mg Vit B-6 – 67 mg Pantothenic Acid – 133mg Magnesium – 10 mg Zinc – 2mg Copper – 5mg Manganese – 667mg Glucosamine HCl – 200 mg Boswellia – 100mg Sea Cucumber – 100mg Bromelain – 67mg PABA – 67 mg Alfalfa Juice Concentrate
3290 90 count \$15.95

Joint Support Cream see page 19

Zyflamend from New Chapter- very comprehensive anti-inflammatory
4052 180 softgels.....\$79.95

LIVER HEALTH

Liver Caps supports liver health – sourced from Argentine beef liver (1,000 mg) – 100mg milk thistle & 100mg Eleuthero
2432 100 caps \$13.95

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 Refresh - Liver Detoxifier & Regenerator -NOW-
2448 90 caps \$16.95

Liver & Gallbladder Formula Supports function of these organs and cleanses and rebuilds.
89103 100 caps \$16.95

Liver Transition Helps the body transfer more easily from drugs to herbal supplements
89124 100 count \$19.95

TMG Betaine - 1000 mg. Supports healthy homocysteine levels- Liver Support
0494 100 count \$13.99

Total Liver Cleanse Solaray
08363 60 V-caps..... \$17.95



LYMES DISEASE

Recent research has shown promising results with these 3 following products, although absolutely no claims are made for efficacy for any disease.

Take the two together, using a total of 4 bottles two of each.

MicroLIM (Micronil) A blend of echinacea, osha, coptis, inula, cayenne, and goldenseal. Use with Teasel Root, below.

50050 1 oz \$12.95

Teasel Root (Spironil) Extract of teasel root. Looks promising for Lyme.

50051 1 oz \$11.95

NeuroTOX Elim (Biotox Elim) From the makers of MicroLIM and Teasel Root. Another product to help Lyme sufferers. To be used 2-4 weeks after using MicroLIM and Teasel Root.

50045 1 oz \$11.95

SPK Formula A very effective product for the Lyme parasite.

961048 100 count..... \$11.95

MEMORY SUPPORT

Memory Plus Herbal formula to cleanse, re-build and increase circulation in the brain.

89156 100 caps.....\$17.95

Prevagen

Extra Strength 30 caps.....\$49.95
Extra Strength 60 caps.....\$89.95
FG-513 Professional 30 caps...\$75.95
01157 Regular 30chew.....\$39.95

Butterbur - supports blood flow through the brain - has been found to aid the common cold, headaches, pain, fevers, allergic reactions due to its general and unique anti-inflammatory properties - this product is blended of 75mg butterbur & 200mg feverfew herb

4602 60 V-caps..... \$17.95

MENTAL HEALTH & MOOD

AnxioCalm - Terry Naturally- targets Anxiety -Stress - Restless Sleep - nondrowsy - Fast-Acting - safe for kids (ages 4+) & adults!

41004 45 tab.....\$25.95

41009 90 tab.....\$43.95

Ex-Stress Formula Nature's Way formula to cope with stress - a blend of lemon balm, wood betony, black cohosh, hops flower, valerian, & cayenne

40425 100 caps \$ 8.87

Carlson 5-HTP Elite Raspberry Flavor - 100mg per serving of 2 chewables - blended with additional 2mg of B6

8551 120 Chews.....\$22.95

5-HTP -NOW brand

50mg

0097 30 caps..... \$ 5.24

0099 90 caps..... \$12.60

100 mg

0106 120 V-caps..... \$22.95

200mg

0108 60 V-caps..... \$19.95

Cognibiotics a special blend designed for brain health, mental clarity, learning, memory, & focus by supporting healthy gut bacteria -

878684 60 caps.....\$49.95

Cool, Calm & Collected Gummies see page 37

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

Higher Mind Includes 150 mg phosphatidyl serine per tablet as well as 19 other nutrients all known to improve brain function.

SN0015 60 tabs \$59.95

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.....\$15.73

Mega Energy B-Complex - Liquid Health- **Active B-Vitamins** - **Electrolyte Support** - Tangerine Orange - sugar free! Stress & Energy Aid

00936 32 oz. \$22.95

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

GABA 100 mg -microlingual lozenges

90900 60oz.....\$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 about their day without anxiety and so much overthinking

SN1708 180caps \$26.95

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 \$13.10

Nerve Formula - Dr. Christopher

49834 2 oz \$12.95

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.....\$21.45

Capsules - 200 mg
29603 30 caps.....\$28.95

Positive Thoughts A combination of nutrients designed to relieve depression. Contains St. John's Wort plus numerous other calming and anti-depressant nutrients. Some find this as effective as drugs. Use 3 per day. It takes about 2 weeks to take effect.

60138 90 tabs..... \$21.95

St. John's Wort 300 mg.

4760 100 caps.....\$9.95

True Calm - NOW's *Amino Acid Blend with B Vitamins & Valerian* - May cause drowsiness!

0155 90 caps..... \$12.95

Relax Eze- Black Cohosh, Cayenne, Hops Flowers, Lobelia, Skullcap, Valerian, Wood Betony & Mistletoe - helps a person catch a break from daily stresses & feel relaxed

89113 100 V-caps..... \$18.95

SLEEP AIDS

Calming Formula- Superior Source - 200mg L-Theanine - 30mg 5HTP - 3mg Melatonin - sweetened with Stevia - MicroLingual 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

37061 125 tabs.....\$7.95

Melatonin - NOW brand -

3255 60 cap. \$ 3.95

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.....\$9.95

Melatonin 5mg - Terry Naturally - Berry Flavored- *Deep Sound Sleep*

11885 50 chews \$16.95

Mel-O-Chew 1mg *Calm down and rest up – low dose – great for kids!*
094631 200 chews..... \$22.95

Natural Vitality Calm Sleep Formula Powder & Gummies see page 17

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.....\$32.25

Sleep valerian extract, passion flower extract, and hops extract. Use 2 to 4 capsules 30 minutes before bedtime.
4768 90 vcaps.....\$15.95

Sleep Tabs- homeopathic Hylands -
02170 100 tabs..... \$10.08

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

Relax-O-Zyme From Enzymatic -
02059 90 tabs..... \$16.95

PARASITES

Many people ask us how to use these items. The answer varies according to your situation, so here is good general advice.

Parasites, like many fish, lay most of their eggs over full moon. If you begin the antiparasitic herbs about a week before full moon, therefore, you are more likely to kill the newly laid and hatched eggs.

The best effect is obtained by taking the parasites for two full weeks, from a week before full moon until a week after it has passed.

In most cases, repeat this again the following month. Severe cases might need to do it several months in a row.

As a general good upkeep from parasites: go through a parasite cleanse averaging biannually or at least annually.

Black Walnut Hulls Made from the hulls while they're still green. Contains 500 mg. Capsules.

40035 100 count..... \$11.95

Black Walnut Hulls
07133 1 oz..... \$ 10.95
00013 2 oz.....\$14.57
(See Section 11 for Nature's Sunshine Black Walnut Hulls.)

Fresh Green Black Walnut-Wormwood-and-Cloves Alcohol based extract liquid contains all of the above herbs.

4982 2 oz..... \$11.14



Clove Capsules 500 mg per capsule.
49110 100 count..... \$ 8.99

Rascal By Kroeger Herb. Each contains pumpkin seed, garlic, cramp bark, capsicum, thyme. 450 mg each. Rascal is for tapeworm. Capsules.
49120 100 count..... \$ 9.50

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..... \$13.95

Wormwood & Parasite Formula – the best wormer 2020 –100% pure, natural herbs – Speicher's
1235 90caps.....\$28.95

Wormwood Combination This contains all the ingredients needed for a good de-wormer. Capsules.
961040 100 count..... \$ 10.95

Wormwood Complex A Hulda Clark mix. Contains wormwood herb, male fern root, tansy herb, quassia chips, mullien leaves, fennel seeds, and cascara sagrada bark. Capsules.
49125 100 count..... \$11.99

Shoo! (adult & children formulas) By Sprig's – see page 57

PLEASE NOTE!

We are not taking orders that request a personalized parasitic program. Figure your own decision...and then just order what you have decided upon.

Thank you for understanding!

PROSTATE SUPPORT

Clinical Strength Prostate Health
3349 180 softgels \$49.95

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 Saw palmetto is often more effective than drugs for prostate conditions. Each softgel contains 80 mg saw palmetto extract, 1,000 mg pumpkin seed oil, 15 mg zinc gluconate. This is probably the best saw palmetto product for men who don't take a good multi-vitamin-mineral every day. Take 1 to 3 daily. Softgels.
4734 90 count \$12.95

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

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

TestroJack- testosterone health
2168 60 V-caps..... \$17.95

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.....\$17.95

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 48cap.....\$39.95

RESPIRATORY SUPPORT

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 vcaps.....\$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.....\$17.95

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

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

Sinus Plus Formula Dr. C's.

89109 100 v-caps\$21.95

49809 2 oz.....\$14.95

Sinus Rescue Natural sinus support.

00150 1.5 fl oz\$ 9.99

Willow Garlic Oil

10145 1 oz\$ 9.95

X-Ceptic Used to fight infection internally or externally. Can be used as a gargle or mouthwash for throat or tooth infections.

49706 1 oz\$17.95

Xlear Nasal Spray with Xylitol. Wash away harmful bacteria from the respiratory tract. Designed for treating ear infections, sinus infections, and allergies.

Original

50740 1.5 oz\$10.95

MAX -with Capsicum

adx12 1.5 fl oz.....\$12.95

THYROID

Metabolic Advantage (Thyroid Formula)

Testimonial: "Now I can keep up to my twins!"

04350 180 caps\$24.95

04351 100 caps\$21.95

Thyroid Caps Solaray. Raw gland concentrate with support nutrients.

S5210 60 caps\$15.95

Thyroid Energy Vitamins, minerals, and herbs that support thyroid function.

3368 90 capsules\$13.95

3369 180 caps.....\$23.95

Thyroid Maintenance

8046 100 ct.....\$16.95

Thyroid Care Terry Naturally

25502 120 caps.....\$25.95

Thyroid Care Plus. Terry Naturally

13416 60 cap.....\$15.95

Thyroid Blend SP-26

22605 100caps.....\$9.95

VEIN SUPPORT

Vascular Ease Lotion see page 55

Vari-Plex see page 55

Vari-Gone - see page 56

Quercetin see page 11

WEIGHT MANAGEMENT

Here are a few things worth considering before you start a weight loss supplement:

How are your adrenals doing? Maybe study a bit into adrenal fatigue.

Are your hormones balanced?

Are you under significant stress?

Struggling with anxiety or depression?

Even having unkind thoughts about your body or yourself?

Cider Vinegar Diet Formula - a blend of Grapefruit, Kelp, Lecithin, B-6, Chromium & Glucomannan - NOW

3316 180 caps.....\$11.50

Apple Cider Vinegar 450 mg - NOW

3317 180 caps.....\$ 9.95

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

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 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 33

C.L.A. Conjugated Linoleic Acid - potentially aids in weight loss - 800 mg.

1728 120 count.....\$23.99

Creatine Monohydrate (750mg)

2035 120ct.....\$9.50

Glucomannan Supports healthy cholesterol levels, feeling of fullness -

6512 180 count\$13.95

6513 8 oz.....\$15.95

L-Glutamine Powder 100% Pure -

0096 60 caps.....\$17.03

Lean Belly 3X - Beyond 40 - supports metabolism - natural weight loss - and joint mobility support

7152 120 softgels.....\$44.95

MCT Oil - NOW -

2199 32 fl. oz.\$19.95

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 -
16205 60 caps.....\$19.18

7 Keto -NOW - *Weight Management – Promotes Thermogenesis – DHEA Metabolite*
3013 60caps.....\$25.95
3014 120caps.....\$45.95

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 Adrenal support (with 200mg Relora)—manages your appetite
3344 90 V-caps.....\$18.75

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

Weightloss designed for Mommas, see page 56 would be called **Weight Control II** by Mountain Meadow Herbs



WOMEN'S HEALTH

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. With homeopathic nutrients.
02761 180 count.....\$17.95
00276 100 count.....\$10.95

Female Balance-NOW – wild yam, vitex, dong quai, and GLA
3295 90 caps.....\$12.95

Femi Yin -relief from hormonal changes – targeted for Menopause Support
FY50010 60 tabs.....\$24.95

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

Lydia Pinkham Herbal tablet with iron, calcium and vitamins C and E. Nutritional support to help you feel better during menstruation and menopause.
50415 150 tabs.....\$19.95

Menstrual Cramps- Hyland's homeopathic remedy— works well for the dull aches and sharper pains associated with a monthly period.
3296-12 100 tabs.....\$10.95

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 & Sot
16416 60 caps.....\$24.95

Hot Flash Soy extract plus herbs. To normalize estrogen activity. Helps control hot flashes. Use at least 1 with each meal. Tablets.
60075 180 count.....\$38.95

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 48cap.....\$39.95

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, sometimes a little support is
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

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

NATURAL PROGESTERONE

Commonly used for reducing hot flashes, vaginal dryness, weight gain, fatigue, wrinkling and dry skin, loss of bone density, and an improved mood and sleep!

Progesterone Cream – Emerita – USP Progesterone – derived from Mexican Wild Yam – Fragrance Free



70324 4oz.....\$47.95
70321 2oz.....\$31.95

Happy PMS\$19.95

Progesterone Cream - NOW - unscented – 20 mg Progesterone per pump – derived from Wild Yam
3338 3oz.....\$15.95

Wild Yam Cream
70326 2oz.....\$30.95

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.....\$17.95

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

9 – Personal Care

BABY



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

Organic Baby Shampoo & Wash –
Lafe'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

BATH & BODY

Pure and Natural Glycerin Bar Soap
Our in-stock scent options tend to vary,
but these are our most common as of
lately:

Aloe Vera
Cucumber
Honeysuckle
Rainforest
Tea Tree
Unscented
Vitamin E

01200 4oz\$ 2.75

Special price for the 3-Pack of
Unscented or Aloe Vera
72362.....\$7.50

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

South Of France Hand Soap dispenser
. Almond Gourmande
. Orange Blossom Honey
. Rose Gardenia
8oz.....\$ 3.95

Kiss My Face Bar Soap Olive
73149\$5.95

Aloe Vera Body Wash JASON –
soothing soap formula
75142 32 oz.....\$13.95

Rose Water Body Wash JASON –
invigorating soap formula
802123 30 oz.....\$15.95

Men's Forest Body Wash JASON –
All-in-One – *removes dirt, sweat, and
odor for face, hair & body*
8001 30oz.....\$13.95

Coconut Body Wash JASON brand –
smoothing soap formula
32oz.....\$11.95

**Schmidt's Coconut Pineapple Body
Wash** – plant-based – withf argan oil,
seaweed, & antioxidants
16 oz.....\$10.95

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

Men's Cedarwood Body Wash – Every
Man Jack
00087 16.9fl oz.....\$7.95
Pump Bottle
00625 33.8 oz.....\$11.95

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

BATH SALTS



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 *Commonly known
for:*

Detoxify from toxins & heavy metals
Improve sleep quality
Sooth pains, inflammation, & sprains
Add volume to hair (mix in with
conditioner)
Brighten & soften skin
16204 5lb bag.....\$12.95

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

Bug Bites

**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

Stings & Bites Ointment
34011 2 oz.....\$14.25

BUG REPELLANT

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

Herbal Armor – natural bug repellant
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

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- this
blend gives springtime & fresh blooms!
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.....\$24.95
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\$7.95
 683332 Deep Forest.....\$8.95
 683528 Mountain Spring.....\$6.59

48 Hour- Coconut Lavender- stick
 302221 2oz.....\$7.85

CRYSTAL Deodorant Stick – 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

DENTAL/ORAL HEALTH



3X- Triple Action Toothpaste Removes plaque – whitens – prevents tartar
 50712 4.5 oz\$5.95

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

XyliWhite Tooth Paste Fluoride-free, xylitol based

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

KIDS ONLY – Strawberry toothpaste
 800729 4.2 oz.....\$6.95

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

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

Earth Paste – Redmond – Simple, Clean, and Real - made with Bentonite Clay – sweetened with Xylitol – flavored with essential oil – and Real Salt
Cinnamon
Lemon Twist
Peppermint with Nano Silver
Spearmint with Nano Silver
Wintergreen with Nano Silver
 4oz.....\$7.95

Xyliwhite Mouthwash 16 fl oz
 8095 Refreshment \$ 7.95
 8096 CinnaFresh \$ 7.95

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

Ora Sweet Children's Flossing Toothbrush
 31755\$ 3.95

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

Colgate Classic Toothbrush – Firm
 1 toothbrush\$.97

SPRY Chewing Gum- xylitol sweetened



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.....Peppermints
 45 count.....\$1.95

240 count Mints
 Berry Blast.....\$10.95
 Peppermint.....\$10.95
 Cinnamon.....\$10.95
 Lemon Burst.....\$10.95

Whitening Pen – Dr. Ginger's – Coconut Oil -
 00022 0.35 oz.....\$14.95

FIRST AID

Antifungal Lotion
 881812 4 oz.....\$10.95

Arnica Gel 1 X 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\$13.95

Arnicare Cream Relieves stiffness and swelling - unscented arnica cream great for massage – homeopathic
 12177 4.2 oz.....\$12.95

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

Back Neck, & Sciatic Rescue Gel
Peaceful Mountain — fast-acting-
08255 3.5 oz\$16.95

Bandages -ALL TERRAIN-
Fabric Bandages – Non-stick pad
05003 30 count.....\$ 4.50
Sheer Bandages- Latex FREE
05004 40 count.....\$ 4.50

Bandage ABD pads: (do NOT reuse)-
individually packaged- 1 pad per
package
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

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

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

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

Black Ointment A drawing ointment.
34002 2 oz\$19.95

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 Relieves skin
irritations from sunburn, wind burn, and
chafing or diaper rash. Also good for
minor cuts and abrasions.
620521 1 oz\$6.99
20004 4 oz.....\$10.95

Califlora Calendula gel. Cools and
relieves pain from burns. Natural,
homeopathic.
25197 2.75 oz \$11.14

Chickweed Plantain Healing Salve
Natural Hope
NA2006 4oz.....\$18.95

Chickweed Salve
10023 4 oz.....\$ 9.96

Comfrey Cream Traumaplant from
Terry Naturally – "start seeing results in
15 minutes" -
01385 1.76 oz.....\$19.50

Comfrey Salve Natural Hope
NA1116 4 oz.....\$14.95

Cayenne Heat Ointment Wonderful
for stiff necks, sore muscles, headaches,
stiff joints, arthritis, etc.
34644 2 oz.....\$21.95
34744 4 oz.....\$28.95

Cayenne Heat Massage Oil
Massage oil version of the cayenne
ointment listed above.
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

Garlic Salve Natural Hope – a blend of
Organic Garlic bulb & Rosemary leaf, in
a base of olive oil, beeswax & lavender
essential oil.
2011-004 4oz.....\$18.95

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 Rescue Gel — Peaceful
Mountain – temporary relief for tense
or overworked muscles-
00710 3.5 oz \$11.95

Muscle Ice Gel Peaceful Mountain – all
natural, non-greasy menthol gel
008400 3.7 oz.....\$9.95

Olbas Analgesic Salve
50211 1 oz.....\$8.95

Olbas Massage Oil -
50031 1.01 oz \$17.50

Poison Oak and Ivy Homeopathic
spray and dissolvable tablet form
605020 2 oz \$11.25
31130 50 tabs.....\$8.95

Sen Sei Menthol Rub Great for
tension headaches, sinus pressure, and
sore muscles.
34010 2 oz \$14.95

Scar Reducing Cream – *Directions:*
Massage into scar 3-5 times daily to
smooth, soften, & diminish appearance
of scars. Used for stretch marks, new
wounds, and scars
01801 .75 oz.....\$10.95

Wound Relief Nature's Rite Skin Repair Gel
89829 4 oz.....\$14.95

HAIR SPRAY

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 – Natural Hold – based from Organic
Aloe – Vit B5 - & Quinoa Protein -
Fragrance & alcohol free –
5775 8 fl oz.....\$7.95

Jason Hair Spray - Thin to thick Extra volume
00046 8 oz.....\$12.95

Ultra Volume Hair Spray – 2chic –
for fine, limp hair – medium hold
716449 5 fl oz.....\$7.95

LICE

Lice Elimination Kit
00518 4oz.....\$34.95

LOTIONS

Vitamin E Cream – NOW- Intense
moisture!
8199 4oz..... \$12.95

Working Feet Overnight relief.
03200 3.2 oz jar \$ 5.69

Working Hands For hands that crack
and split.
22005 3.4 oz jar.....\$5.95
ko290003 3oz tube.....\$5.95

Seven Wonders Miracle lotion.
Paraben free. Formulated for dry skin
problems. With aloe, 7 natural oils and
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 55

Olive Oil & Green Tea Body lotion –
Ultra moisturizing
11802 13 oz.....\$11.25

Mango Butter Body lotion –
rejuvenating and firming
11400 13 oz.....\$11.25

LUBRICANT

Natural Lubricant - Emerita
Fragrance- FREE - with Vitamin E -
water-based formula
30220 2oz.....\$16.95

Personal Moisturizer - Emerita -
*designed to soothe vaginal dryness with
vitamin E, Aloe Vera Gel, Chamomile &
Calendula*
30333 2 oz.....\$16.95

MENTSRUAL PRODUCTS

NatraCare Menstrual Pads -
Organic Cotton- Plastic FREE- Chlorine
FREE- Perfume FREE - No dyes

Liners
00312 22 count.....\$4.95

Regular with Wings
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

SHAMPOO + CONDITIONER

2-in-1 Shampoo + Conditioner -
Every Man Jack - for all hair types -
Citrus
00104 13.5 fl oz.....\$9.95

Menthol
00117 13.5 oz.....\$9.95

Sandalwood
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 - with pump
dispenser
18431 24 oz\$16.95

2chic Ultra Sleek Shampoo -
**Brazilian Keratin & Moroccan
Argan Oil** - designed for all hair types
- with pump dispenser
18411 24 oz\$16.95

2chic Ultra Volume Shampoo -
Papaya & Tangerine Butter -
designed for fine, limp hair - with pump
dispenser
18459 24 oz\$16.95

Berry Full NOW - from fine to FULL -
volume boost for fine hair -
- sls & paraben free - pH balanced
Shampoo
8214 16 oz\$ 6.95
Conditioner
8216 16 oz\$ 6.95

**Aloe Moisturizing - Millcreek
Shampoo**
87001 14oz\$8.95

Conditioner
87002 14 oz\$8.95

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 shampoo +
conditioner designed for a sensitive hair
& scalp - EXTRA GENTLE
Shampoo
70310 17 oz\$ 7.95
Conditioner
70311 17 oz\$ 7.99

Giovanni Hair Thickener
05008 6.8 fl oz\$ 7.71

**JASON 4x thicker Shampoo -Thin
to Thick - Biotin**
00042 8oz.....\$12.95

Herbal Revival Conditioner NOW.
8212\$ 6.95

Keratin Shampoo For damaged hair.
70312 16 oz\$9.95

Keratin Conditioner Goes with above
70313 16 oz\$ 9.95

Tea Tree Oil Shampoo Non-
medicated dandruff. shampoo.
70316 18 oz\$ 8.99

Tea Tree Oil Conditioner Non-
medicated dandruff conditioner.
70318 18 oz\$ 8.99

**JASON Dandruff Relief
Sham + Conditioner**
809029 12 oz.....\$12.95
Shampoo
810030 12 oz.....\$12.95

Jojoba Shampoo Millcreek
702705 Shampoo 16 oz....\$9.95
702703 Conditioner 16oz....\$8.95

Pharm Aloe - High quality, non-toxic-
the contents are 50% aloe vera juice -
moisturizing effect - supports softer,
bouncier hair & a healthy scalp
Shampoo
PASH8 8 oz.....\$8.95
Conditioner
PACN8 8 oz.....\$10.95

SHAVING CREAM

Coconut Lime Shaving Cream
003425 8 oz.....\$6.01

Every Man Jack Sandalwood Shaving
Gel - more of a cream for men
127833 5oz.....\$7.95

Unscented Shaving Cream
00346 8 oz.....\$ 7.95

Nutri-Shave - NOW's Shaving Cream
8204 8 fl. oz.\$5.95

SKIN CARE

Acne Cleanse from Giovanni- 3-4 step
process.

1) Detox Purifying Facial Cleanse
716281 4 oz.....\$ 8.53

2) Detox Purifying Facial Scrub
716280 4 oz.....\$ 8.53

3) Detox Replenishing Facial Moisturizer
716279 4 oz.....\$8.53

4) Detox Facial Mask
18281 4 oz.....\$8.53

Acne Relief- Homeopathic Remedy
01560 60tabs.....\$9.95

Beauty Facial Cream Christopher's.
Extra virgin olive oil, wheat germ oil,
vitamin E, aloe vera, etc.
34001 2 oz.....\$15.95

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.....\$ 8.95

Liquid Lanolin - 100% Pure
7730 4 oz.....\$ 8.95

SUNSCREEN

JASON Sunscreen

For Family
08300 4oz.....\$11.95

For Kids
08322 4 oz.....\$11.95



10 – Household & Books



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.....\$3.50

Peppermint & Lemon
06223 16 fl oz.....\$3.50

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.
Add ¼ cup of the Apple Cider Vinegar
Soak & swish them for 15 minutes

HEALTH BOOKS

A More Excellent Way – a great read for those researching and looking for root causes

741019 \$24.95

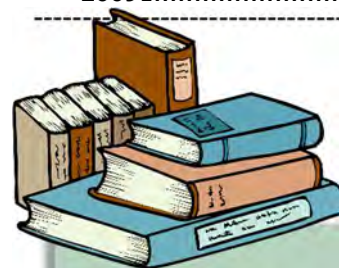
Be Your Own Doctor An informative guide to herbal home health care. 101 stories, 329 pages.

BYOD \$22.95

Be Your Own Doctor II
26693 \$22.95

Be Your Child's Pediatrician
BED.....\$21.95

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!



11 – Shop By Brand

ANCIENT WAYS

(Formerly Forest Center Herbs)

Calised		
PCAL	1 oz	\$1.46
Stone Root		
9174	1 oz	\$ 9.99
Arteben		
50048	1 oz	\$12.95
Walt		
SWALT	1 oz	\$16.95
Cleavers		
SCLE	1 oz	\$ 8.40
Uva Ursi		
	1 oz	\$ 9.99

(Micronil is now **MicroLIM**, Spironil is now **Teasel Root** and Biotox Elim is now **NeuroTOX Elim**) see page 45



ENRICHING GIFTS INTERNATIONAL

Excellent products! They are made for quick, complete absorption and delivery, for the highest nutritional performance.

"All Enriching Gifts' products are formulated to contain the highest quality standardized ingredients I can find. We do not use fillers. My business prides itself on Quality & Customer Service."

- Ronald K. Schneider

1 case = 12 bottles
except the Lightening Silver, for that one case is 6 bottles
FREE Shipping on all Enriching Gifts Case prices

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!
– NEW Look SAME great Product –



60847	270 count.....	\$79.95
1 case	price per bottle....	\$60.00
4 case	price per bottle.....	\$55.00

Sterol-Max Immune support.
 2EGI 90 caps.....\$41.27
 1 case price per bottle....\$30.00
 4 case price per bottle.....\$25.00

Complete Vitamins Plus Maximum nutritional support!
 6EGI 150 caps.....\$50.36
 1 case price per bottle.....\$40.00
 4 case price per bottle.....\$35.00

Metabolic Complete "Free Radical" protection - Powerful antioxidants,
 5EGI 60 caps.....\$55.97
 1 case price per bottle.....\$45.00
 4 case price per bottle.....\$40.00

Aloe Ace-Max Immune & anti-inflammatory support. 2 caps = 64 oz. of aloe juice!
 7EGI 60 caps.....\$50.36
 1 case price per bottle....\$40.00
 4 case price per bottle.....\$35.00

Coral Life Calcium & mineral support.
 90 caps\$41.97
 1 case price per bottle....\$35.00
 4 case price per bottle.....\$30.00

Heart Algae Heart & artery nutrients.
 60 caps\$50.36
 1 case price per bottle....\$40.00
 4 case price per bottle....\$35.00

Daily Detoxification - Bowel cleansing support. Supports elimination of parasites and harmful bacteria.
 3EGI 60 count.....\$31.47
 1 case price per bottle.....\$27.00
 4 case price per bottle.....\$23.00

Probiotic Flora with FOS Intestinal flora support. Helps get rid of harmful bacteria, And reduce toxins. Our best selling probiotic!
 4EGI 90 caps.....\$54.95
 1 case price per bottle.....\$45.00
 4 case price per bottle.....\$40.00

Lightning Silver – naturally: anti-bacterial, anti-viral, anti-germinal, anti-fungal, anti-biotic, and much more!
 32 oz.....\$90.96
 1 case price per bottle.....\$65.00

HONEYCOMB INDUSTRIES

Vitamin B Complex with C
 00585 16 oz.....\$34.95

St. Johns Wort Extract
 04960 1 oz.....\$9.95

Lobelia Extract
 HC800 1oz.....\$10.95

Mineral Complex
 00565 16 oz.....\$24.95

Eldermint
 00460 16 oz.....\$24.95

Intestinal Tune-up
 00470 10 oz.....\$23.25
 000474 90 capsules.....\$15.95

Expello-C
 465 16 fl oz.....\$20.95

KRAUSE LINE

Bedwetting Formula
 9009 4 oz.....\$20.95

Geri Formula
 90106 120 count\$12.60

Hospital Powder
 9018 7 oz.....\$19.95

Muscle Cream
 9023-C 6 oz.....\$13.95

Pre-Natal
 9025 120 count\$16.95

Save The Baby Salve – the Improved formula!
 90206 1.75 oz.....\$12.95

MIRACLE II



Almost like a miracle product, this has numerous uses:

It can be used on glass and mirrors, on floors and carpets, perfect for clothes!

Miracle II Soap — often used as a spot/stain remover in clothing and carpeting.

02308	22oz.....	\$18.95
00231	Gallon.....	\$89.95

Miracle II Soap Moisturizing — the same as the soap above, just with a moisturizing element. 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
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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
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Miracle II Skin Moisturizer — a very excellent product for irritated skins.

02346	8oz.....	\$16.45
00235	22oz.....	\$42.90

MOUNTAIN MEADOW HERBS

Adren-L-Aid Liquid blend of herbs to alleviate adrenal exhaustion and stress related to adrenals

1004W	4 oz	\$34.95
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Adren-L-Aid II- avoid exhaustion for pregnant moms—support exhausted adrenals and start enjoying more energy

A2004	4 oz	\$34.95
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After Pain Relief - Relaxes muscle tension, relieves spasms & cramps — specifically for postpartum & even menstrual cramps — *Fast Acting!*

1012W	2 oz	\$19.95
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Bedtime Drops Sleep aid.

12232	2oz.....	\$19.95
B2234	4oz.....	\$34.95

Berry Bedtime Sleep support for children — derived from berries and flowers plus 3mg of melatonin- Enjoy a stress-free bedtime!

BM4424	4oz.....	\$34.95
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C&B Formula Combination of herbs used to address some of the common causes of a threatened miscarriage.

1314W	4 oz	\$34.95
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Licorice Tummy Aid- for kids- digestive aid for all ages—commonly used for

2012W	2 oz	\$19.95
2014W	4oz.....	\$34.95

Fruitful Vine A natural way to increase fertility.

1024W	4 oz	\$34.95
F1022	2 oz	\$19.95

Gentle Birth Formula Take 5 weeks prior to due date.



1032W	2 oz	\$19.95
1034W	4 oz	\$34.95

Hormone Balance - HB Formula Hormonal balance. Optimal results have been noted by alternating (every two weeks) the T&C Formula with the HB Formula for maximum cleansing and balancing effect.

1044W	4 oz	\$34.95
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Herbal Vita Mom Prenatal Vitamin VM9060 120 softgels.....\$34.95

Herbal Calcium A source of calcium that is considered safe for expecting mothers and is helpful for teething babies- a very popular calcium product-

2032W	2 oz	\$19.95
2034W	4 oz	\$34.95

Herbal Cardio Care Decrease high blood pressure or hypertension.

2024W	4 oz	\$34.95
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Herbal Focus

W1099	4 oz	\$34.95
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Herbal Iron

H2064	4 oz	\$34.95
H2062	2 oz	\$19.95

Herbal Respiratory A combination used to cleanse, heal and support the respiratory system.

2054W	4 oz.....	\$34.95
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Natural Attention Aid Helps improve and alleviate the symptoms of ADD.

2214W	4 oz.....	\$34.95
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Family Immune booster —for infants & children to fight colds and flus

4004W	4 oz.....	\$34.95
4002W	2 oz.....	\$19.95

Kidney Support Formula

K2074	4 oz.....	\$34.95
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Lega-C-Herbs

L3122	2 oz.....	\$19.95
L324	4 oz.....	\$34.95

Para-Rid Designed to destroy and expel parasites.

2106W	4 oz.....	\$34.95
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Liver Glow

L3314	4 oz.....	\$34.95
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Liver Glow II - for mothers

L3714	4 oz.....	\$34.95
L3312	2 oz.....	\$19.95

Maxi-Milk Increase lactation.

1204W	4 oz.....	\$34.95
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Head Ease

M2224	4 oz.....	\$34.95
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Milk Thistle

ME4334	4 oz.....	\$34.95
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Stomach Aid Helps relieve the nausea and vomiting of early pregnancy.

1302W	2 oz.....	\$19.95
1304W	4 oz.....	\$34.95

Oral Care Solution

O2694	4 oz.....	\$34.95
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Protract 10 For prostate health.

P3264	4 oz.....	\$34.95
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Stress & Sleep Helps with stress and also promotes restful sleep.

2142W	2 oz.....	\$19.95
2144W	4 oz.....	\$34.95

Tone & Cleanse - T&C Formula

1104W	4 oz.....	\$34.95
T1102	2 oz.....	\$19.95

Vari-Plex Helps the discomfort of varicose veins. If taking with Gentle Birth Formula, the dosage halved.

2182W	2 oz.....	\$19.95
2184W	4 oz.....	\$34.95

Vascular Ease — lotion

O17950	8 fl oz.....	\$34.95
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Weight Control

W2334	4 oz.....	\$34.95
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Weight Control II

1199	4 oz.....	\$34.95
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Winter Immune Booster2154W 4 oz\$34.95

Yeast X I

Y2112 2 oz.\$19.95

Yeast X IIY2122 2 oz.\$19.95

Herbal Flora Plus01591 120 cap.....\$29.95

NATURAL ANSWERS

Some of these products are suggested in the "Be Your Own Doctor" book.

Dental FormulaNA1001 4 oz\$23.95

Fresh Breath – Spray2oz.....\$5.00

Deep Tissue OilNA1024 1 oz\$14.95
2 oz.....\$23.95

Deep Tissue Salve4oz.....\$20.95

Super TonicNA1009 4 oz\$21.45
100908 8 oz.....\$41.95

Calm/Nerve FormulaNA1016 4 oz\$28.75

Milk Plus FormulaNA1004 4 oz\$21.45

Cramp Bark Compound-NA1003 4 oz\$27.95

Breast Health FormulaNA1005 4 oz\$21.45

Tasty Echinacea2 oz\$13.95

Throat & TonsilNA1012 4 oz\$27.95

Herbal Calc- calcium supplement1033-04 4 oz.....\$21.95

NATURE'S SUNSHINE

This is what we normally have in stock, but we will order others on request. No problem; just call.

SHTP Power2806-4 60 caps \$27.95

5-W – supports the female glandular & reproductive systems – may help tone & strengthen the uterus –

1120-5 100 caps.....\$25.16

Adrenal Support1507-0 60 caps\$26.95

Seasonal Allergy formerly called ALJ - Bronchial and respiratory support.

774-3 100 caps\$16.95
3166-5 2 fl oz\$21.95

Artemisia Combination787-6 100 caps\$20.95

B Complex Caps1778-9 100 caps\$20.95

Black Walnut Hulls1755-7 2 oz\$17.44

Vitamin D3 Tablets01155 60tabs\$13.95

Calcium & Vitamin D1675-0 150 tabs.....\$19.95

Capsicum160-5 100 cap.....\$15.63

Citrus Bioflavonoids1646-4 90 tablets.....\$18.20

Chlorophyll Liquid - Digestive tract detoxifier. Supports intestinal and circulatory health.

1683-7 16 oz.....\$19.95
1689-6 32 oz.....\$33.95

False Unicorn267-1 100 cap.....\$39.95

Focus attention6135-3 90 caps.....\$37.95

Food Enzymes1836-9 120 cap.....\$26.95

Garlic Oil1694-6 60 caps.....\$18.95

Hi-Lipase1528-4 100 cap.....\$29.95

Hista Block - Supports mucous membrane health, minimizes the effect of irritants and pollutants.

776-1 90 caps.....\$21.95

IF Relief01175 90 cap.....\$33.95

Lecithin1660-5 270 count.....\$20.92

Lymph Gland Cleanse -N920-3 100 caps\$22.95
920-3 HY 100 caps.....\$23.95

Magnesium Complex1859 100 cap.....\$16.95

Master Gland3040-3 120 caps\$26.95

Mega-Chel4201-3 120 tabs.....\$31.30

Mood Elevator Traditional Chinese Medicine –

Original

1878 100 caps.....\$31.95

Concentrate1035-7 30 capsule.....\$43.95

Nature's Prenatal3242-2 120 tablets.....\$27.95

Nerve Control1242-4 100 caps.....\$19.95

Nervous Fatigue1884-7 100 cap.....\$37.95

Nutri-Calm1617-3 100 tablets.....\$37.95

Oregon Grape2 fl oz.....\$33.95

Pantothenic Acid- 250mg1640-2 Capsules.....\$17.95

Passion Flower500-3 100 cap.....\$19.95

Seasonal Defense00806 90 cap.....\$20.95

Stress J – Calming formula1084-1 100 caps.....\$20.95
3163-3 2 oz\$25.75

Stress Relief Chinese. Supports emotional balance. Nourishes the nervous system.

1863-5 100 caps.....\$28.25

Super GLA Oil90count.....\$29.95

Super Omega 3 EPA1515-7 60 softgels.....\$29.04

Super Supplements Vit/Min1792-7 120 caps.....\$25.95

Thyroid Support1228-6 60 caps.....\$28.95

Thyroid Activator1224 100 cap.....\$17.95

Vari-Gone – commonly used to help strengthen one's veins and has been found to encourage the shrinking of varicose & spider veins

4221-3 90 caps.....\$22.95

VS-C937-7 100 cap.....\$19.95
3167-6 2fl oz.....\$24.95

Yeast/Fungal Detox508-9 90 caps.....\$19.95

SOLGAR

High-quality with reasonable prices.

Cal Mag Liquid Strawberry flavored.
35833 16 oz\$10.95

Gentle Iron1249 90 count\$ 8.95
sg1250 180 count.....\$13.95

L-LysineS1682 250caps.....\$21.95

Prenatal Nutrients2273 240 count\$24.95

Omega 3 - 950 mg
02057 50 softgels.....\$18.95

Vit E 200 IU – Mixed
S3501 100 softgels.....\$ 9.95

Vit E 400 IU – Mixed
250 softgels.....\$27.95

SPRIGS LIFE



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

Calcium Combo
4906 4 oz.....\$20.95

Lil' Ones Calcium Combo
4904 4 oz.....\$15.95

Kids Life Focus – aids with calmness & focus – great for calming down before bedtime – Ages 1-10
625370 2 oz.....\$10.95

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

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

Dental Health – supports teeth & gum health with nutrients & important minerals
625021 4oz.....\$20.95

Lactation Support – supports breast milk production – great for new moms or those struggling to produce enough milk– 25 servings
626105 120 caps.....\$14.95

Lacti-Milk - similar to above products if aids greatly with milk production -but with added herbs to ease anxiety & stress – 65 servings
6504 4 oz.....\$20.95

Lil' One's Sleepy Time – a formula more targeted for a restful sleep
00536 2oz.....\$14.95



Mama Bear Prenatal—a very popular & favorite formula! Made with whole foods, & it covers a broad selection of vitamins & minerals (including an awesome form of folate) necessary for mama & baby - prenatal & postnatal!
00373 120 caps.....\$31.95

Mama Bear Magnesium Complex – a formula with four magnesium forms to increase absorbency – designed to aid with muscle cramps, stress, sleeplessness, balance pH & even hormones – (designed to work with the Mama Bear Prenatal)
626217 120 caps.....\$20.95

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.....\$15.95

Reset & Go – a gentle colon cleanse – formulated for constipation relief & digestive support – it *takes a unique 3-part approach to cleansing that is made to be gentle without causing unnatural urges to go.* 2 capsules 3 times daily— increase or decrease depending upon your needs
626250 120 caps.....\$17.95

Rest Aid – non-habit forming herbal formula to support restful sleep & refreshing wake-up in the morning!
81022 2 oz.....\$16.95

Pro-Fighter- great immune booster which focus on those who cannot take echinacea. GF and vegan!
00063 2oz.....\$15.95

Sitz Bath -very relaxing- great for postnatal- ingredients like aloe vera, sea salt, and relaxing herbs-
626230 8oz.....\$14.95

Sustain- nutrition powder- high in protein – energizing – fiber - supporting weight loss - Chocolate flavored!
624705 22oz.....\$53.95

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

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, sometimes a little support is
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

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



A NOTE ON SPECIAL ORDERS:

Calling is the quickest and best way.
But if that is not an option for you, writing a letter of question and/or request is available — both requires patience.

Thank you!

We will be **CLOSED**
for these holidays:

New Year's Day (January 1st of 2023)

4th of July

Memorial Day (May 29th of 2023)

Labor Day (September 4th of 2023)

Thanksgiving & the following 3 days (November 23-26th of 2023)

Christmas Eve, Christmas Day, & the day after Christmas (December 24, 25, 26th of 2023)

**Thank You for reading our
new 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

Tips to Boost Your Immune System

People often ask us what products are best for improving their immune system. The first answer, however, is not a supplement at all; it is the elimination of stress & anxiety. Then it is to avoid sugar and foods that fire up inflammation. In terms of supplements, here is a list of the things that we have found helpful:

- ___ 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.



...And whatever you do, don't hold a grudge against each other nor yourself!

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Order Form for Nutri-Choice

715-223-3941

Mail your order to: Nutri-Choice, W1683 Starks Rd., Unity, WI 54488

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.

WI Residents add 5.5% SALES TAX

Please add 10% for shipping. Minimum of \$9.00

FILL IN BLANKS HERE.

SEND THIS ORDER TO:

NAME: _____

ADDRESS: _____

PHONE: _____

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.

Order Form for Nutri-Choice

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Please add 10% for shipping. Minimum of \$9.00 -- \$					
TOTAL -- \$					

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Payment Options:
1. We prefer this one: make your check to Nutri-Choice and sign it. We will fill in the amount.
2. We accept Visa, Mastercard, Discover.
3. Phone orders can be made without payment. Be SURE to send payment as soon as possible. We prefer if sending mail order please include prepayment.
4. Total your order and estimate postage; at least \$9.00. Heavy orders will need more. Send check with order.
*Wholesale orders only - 10% off any purchase over \$200.00
*Orders other than wholesale - FREE shipping on any purchase over \$99.00.- No Free Shipping on Whole Case orders.-

FILL IN BLANKS HERE. →
SEND THIS ORDER TO:

NAME: _____
ADDRESS: _____ ZIP: _____
PHONE: _____

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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.

Payment Options:
1. We prefer this one: make your check to Nutri-Choice and sign it. We will fill in the amount.
2. We accept Visa, Mastercard, Discover.
3. Phone orders can be made without payment. Be SURE to send payment as soon as possible. We prefer if sending mail order please include prepayment.
4. Total your order and estimate postage; at least \$9.00. Heavy orders will need more. Send check with order.
*Wholesale orders only - 10% off any purchase over \$200.00
*Orders other than wholesale - FREE shipping on any purchase over \$99.00.- No Free Shipping on Whole Case orders.-

FILL IN BLANKS HERE. →
SEND THIS ORDER TO:

NAME: _____
ADDRESS: _____ ZIP: _____
PHONE: _____

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.

Item No.	How Many	Description	Size	Price	Total
Total from this side -					\$

Item No.	How Many	Description	Size	Price	Total
Total from this side -					\$

Order Form for Nutri-Choice

715-223-3941

Mail your order to: Nutri-Choice, W1683 Starks Rd., Unity, WI 54488

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 -- \$					
Any excess shipping will be refunded. Any further charge for shipping will be added to your invoice. You may send extra for shipping.					

Payment Options:

1. We prefer this one: make your check to Nutri-Choice and sign it. We will fill in the amount.
2. We accept Visa, Mastercard, Discover.
3. Phone orders can be made without payment. Be SURE to send payment as soon as possible. We prefer if sending mail order please include prepayment.
4. Total your order and estimate postage; at least \$9.00. Heavy orders will need more. Send check with order.

*Wholesale orders only - 10% off any purchase over \$200.00
 *Orders other than wholesale - FREE shipping on any purchase over \$99.00. - No Free Shipping on Whole Case orders.~

FILL IN BLANKS HERE. →

SEND THIS ORDER TO:

NAME: _____

ADDRESS: _____ ZIP: _____

PHONE: _____

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.

Order Form for Nutri-Choice

715-223-3941

Mail your order to: Nutri-Choice, W1683 Starks Rd., Unity, WI 54488

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 -- \$					
Any excess shipping will be refunded. Any further charge for shipping will be added to your invoice. You may send extra for shipping.					

Payment Options:

1. We prefer this one: make your check to Nutri-Choice and sign it. We will fill in the amount.
2. We accept Visa, Mastercard, Discover.
3. Phone orders can be made without payment. Be SURE to send payment as soon as possible. We prefer if sending mail order please include prepayment.
4. Total your order and estimate postage; at least \$9.00. Heavy orders will need more. Send check with order.

*Wholesale orders only - 10% off any purchase over \$200.00
 *Orders other than wholesale - FREE shipping on any purchase over \$99.00. - No Free Shipping on Whole Case orders.~

FILL IN BLANKS HERE. →

SEND THIS ORDER TO:

NAME: _____

ADDRESS: _____ ZIP: _____

PHONE: _____

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.

Item No.	How Many	Description	Size	Price	Total
Total from this side – \$					

Item No.	How Many	Description	Size	Price	Total
Total from this side – \$					

- 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!

See Pages 54 for pricing

Plant Enzymes

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

Your Immune System is the only defense mechanism your body has to ensure that health is a part of your daily life.

Daily Detoxification

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

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

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

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

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

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

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.

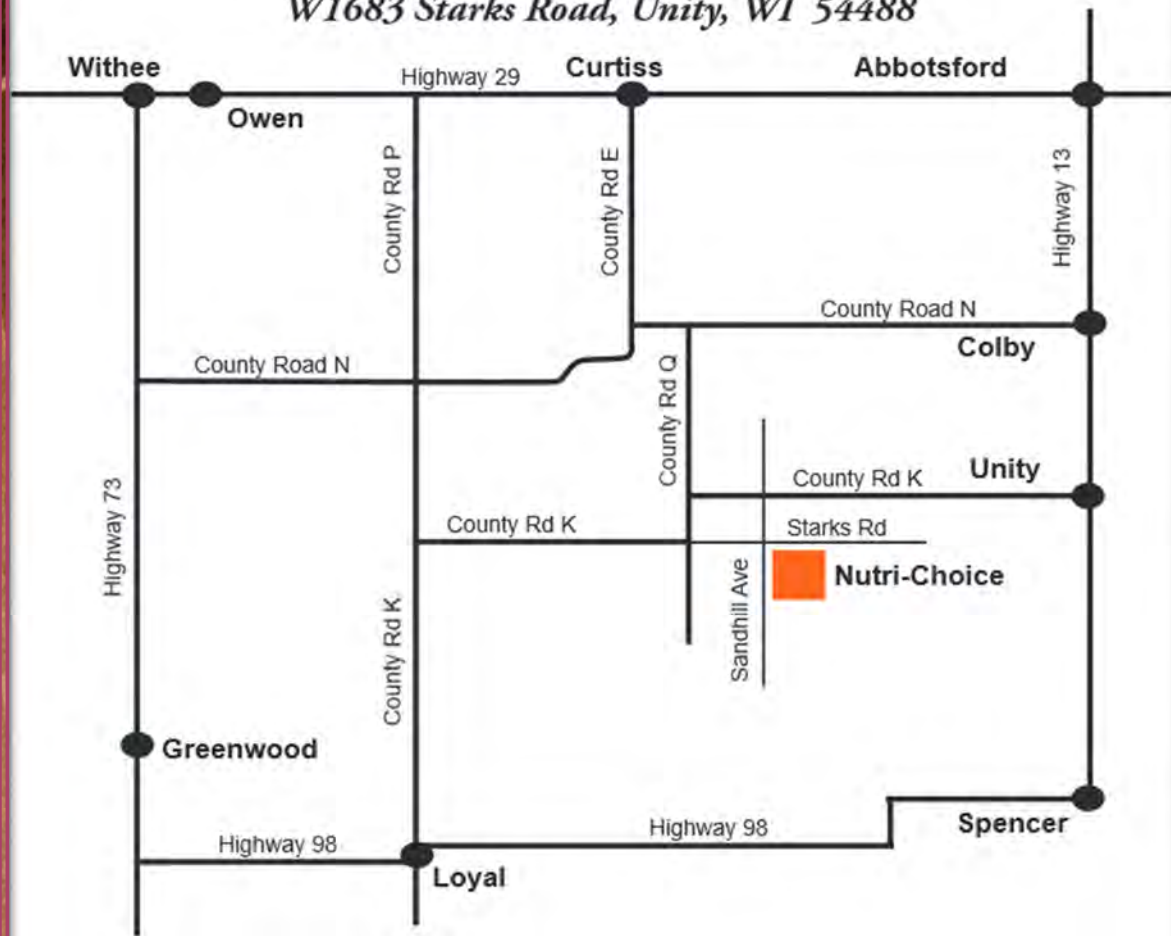
Lightning Colloidal Silver

Enriching Gift's Lightning Colloidal Silver is made with environmental lightning voltage to ensure complete ionization of the silver particles.



How To Find Us

W1683 Starks Road, Unity, WI 54488



715-223-3941

Hours: Mon. - Fri. 8:00 - 5:00 ~ Sat. 8:00 - 12:00 ~ Closed Sunday

www.nutrichoicewis.com