



MOUNTAIN MEADOW HERBS®

**20  
YEARS**

OF NATURAL HEALTH  
SOLUTIONS YOU CAN TRUST!

**LIQUID HERBAL  
EXTRACTS**

**PURE  
CAPSULES**

**ESSENTIAL  
OILS**

**MORE!**

**2021** PRODUCT CATALOG



# FULL-SPECTRUM HEMP BLEND

Now with 15 mg Cannabinoids

- 15 mg cannabinoids per serving
- Less than 0.3% THC
- Water-soluble for faster absorption

Our reformulated liquid Hemp combines our Full-Spectrum Hemp Extract with a specially-formulated high-potency cannabinoid emulsion. Our hemp is locally and organically grown and hand-harvested from the roots to the chutes.

This perfect hemp blend gives you all of the benefits of the entire hemp plant with the intensity of desirable cannabinoids. With faster absorption and sustainability than oil-based products, you can expect to feel the results quicker and longer.

**FULL LISTING ON PAGE 39**

## Hemp and its healthy cannabinoids may provide support for:



Central nervous system  
Mood and energy  
Physical comfort  
More!

★★★★★

*"Excellent quality tinctures! They already have me feeling better and was a great alternative to the tea my midwives wanted me to drink. I would highly recommend."* - Chaz S.

★★★★★

*"Friendly and helpful customer service and prompt shipping of quality products. I am so grateful for the MMH company!"* - Debra

Excellent  4.9 out of 5 based on 279 reviews 

## 3 ways to order



**1.888.528.8615**

All major credit cards accepted  
Check by phone



**[www.mmherbs.com](http://www.mmherbs.com)**

All major credit cards accepted



**Mail your order**

**Send cash or check to:**

Mountain Meadow Herbs, Inc.,  
1019 Hard Rock Road  
Somers, MT 59932



# VITA-MINI BEARS

## Children's Daily Vitamin Support

- Fill nutrient gaps in diet
- Over 100% of the recommended daily intake for multiple vitamins and minerals
- Non-GMO and great tasting!

Many parents choose to give their children a multivitamin and mineral supplement to ensure they're meeting their nutritional needs and to support overall health.

Whether your child is a picky eater or you think he or she may benefit from an added nutrition boost, Vita-Mini Bears can help. One look at our supplement facts and you can be sure of certain vitamin intake by your children, including vitamins A through E, folate, zinc, calcium and more!



**FULL LISTING ON PAGE 57**



# ELDERBERRY GUMMIES

## Immune Support with Zinc and Vitamin C

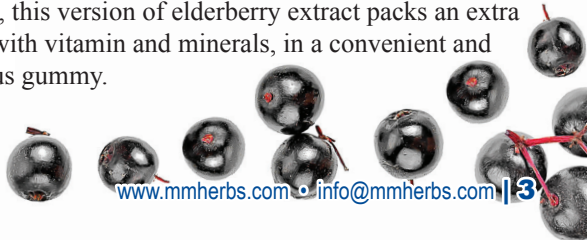
- 75 mg Elderberry per serving
- 50 mg Vitamin C per serving
- 5 mg Zinc per serving

This triple-action immune blend combines pure Elderberry extract, 100% of the recommended Daily Value (DV) of vitamin C and over 90% recommended DV of zinc.

Traditionally used as a winter remedy for immune support, this version of elderberry extract packs an extra punch with vitamin and minerals, in a convenient and delicious gummy.

**AVAILABLE  
FEBRUARY  
2021!**

**FULL LISTING ON PAGE 9**



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The use of herbal products is controversial. If you are pregnant or nursing, taking prescriptions, or have a medical condition, consult your professional caregiver before taking any herbs internally. The information and testimonies contained within this product guide are to assist with product selection only. They are not intended to be used to treat, cure, diagnose, or prevent disease or other complications. The FDA has not given approval of the information in this guide.





# What sets us apart from other natural remedies and herbal supplements?

Since the beginning of time, gifts from nature have provided for most of our health and healing needs, but the time and research it takes to uncover these gifts is overwhelming at best. That's why we've done it for you. At our headquarters in the Flathead Valley of Montana, fresh, pure extracts of individual herbs are made daily and combined into more than 40 proprietary blends or formulas targeting and supporting specific organs and body systems.

Our unique process for extracting herbs has been researched, tested, and developed over time so that the final result is a pure, golden gift from nature. These powerful liquids are up to 70% more effective than tablets or encapsulated herbs.\* Absorption is almost instant and benefits can, in many cases, be seen quickly.

From mineral support with Herbal Calcium and Herbal Iron, to immune-boosting and specific organ support, our products offer effective natural health support at its best. These herbal formulas are widely used and today are household names among the Plain Communities, where the company's founder grew up. Armed with the simple beauty of a unique culture and an insatiable desire to learn, she successfully unlocked enough of nature's secrets to save her young son from dialysis.

**Tired of alternative supplements that don't work?** Try a liquid, golden gift from nature - you won't be disappointed! Our mission is to provide natural health solutions you and your family can trust.

\* According to Terry Willard, Cl.H., Ph.D., director of the Wild Rose College of Natural Healing and author of the textbook Modern Herbology, extracts are found to be up to 70% more effective than tablets or encapsulated herbs.

## LEGEND OF ICONS



Safe for expecting moms



Safe for nursing moms



Safe for toddlers (Ages 3-5)



Safe for infants



Not safe for expecting moms



Not safe for nursing moms



Not safe for toddlers (Ages 3-5)



Not safe for infants

The icons used to indicate product safety refer to what is currently, generally considered safe and unsafe. The FDA has not approved these for use by anyone.



### Other Vendor Products (do not qualify for any discounts)

In cases where we do not yet, or cannot manufacture a product to fulfill a need, we offer high quality products from other companies that we have researched and support.



Visit our Retail Store, Cafe, and Conference Center!



# PARA-RID

## Effective Internal Cleanse

- Feel energized and refreshed
- Soothe and nourish intestinal tract
- Gentle, great for children

Many herbalists estimate 80% to 90% of the population is plagued by intestinal dwellers. Regardless, it's important to periodically cleanse your body and as a liquid extract, this combination is superior.

Being up to 70% more effective than encapsulated herbs or tablets, it's a perfect cleanse for the whole family. Catnip and ginger help to counteract stomach cramps, making it an excellent choice for children.

Supplement Facts	
Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL †
Green Rooibos Tea leaf, Quassia bark, Gentian root, Green Black Walnut hull, Sweet Wormwood herb, Clove, Catnip leaf & flower, Elecampane root, Ginger root, Fennel seed, Olive leaf, Peppermint oil.	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, Vitamin C, and approx. 10% organic grain alcohol.



2 oz.	P2102	<b>\$20</b>
4 oz.	P2104	<b>\$36</b>

**SUGGESTED USE:**  
See chart at left  
Additional info on page 79.

**Not safe for horses.**  
(due to the Sweet Wormwood)

Age	Under 2 yrs	2-5 yrs	6-11 yrs	12+ yrs	Adult	Adult	Adult
Weight	Less than 25 lb	25-60 lb	61-100 lb	101-150 lb	151-200 lb	201-250 lb	250+lb
Dosage 3 times/day before meals	Use Olive Leaf	1 dropper	1 1/2 dropper	2 droppers	2 1/2 droppers	3 droppers	4 droppers
Oz./Person for 12 day cleanse	0	1 oz.	1 1/2 oz.	2 oz.	2 1/2 oz.	3 oz.	4 oz.

**Directions:** Start 2 days before the full moon. Take in juice or water 3 times daily for 6 days, repeat in 1 month.

Additional info on page 79.

For additional para-cleansing options, see ClarkFx on page 14, and Olive Leaf on page 61. **TIP:** For best results, start 2 days before a full moon. **Nursing or Expecting Moms or Children under 2:** Use Olive Leaf. See page 61.



"I love how gentle the Para-Rid is, at first I wasn't sure it was working because of how gentle it is, but this stuff is worth it! I'm so glad I found your company because I love everything I've tried from you."  
- Anna R.



TrustScore 4.9 | 279 reviews



SWEET WORMWOOD



## ➔ Why Liquid Extracts?

Herbal extracts can be up to 70% more effective than powdered or encapsulated herbs. Our extracts are water and glycerin-based and some are alcohol free. In cases where certain herbs will only lend their healing properties to a stronger medium, an appropriate amount of pure, gluten-free organic grain alcohol is added to the extracting medium.

**Alcohol percentage is less than 5-10% in each formula**, with an exception of formulas containing Green Black Walnut Hull extract. All formulas are sold in liquid extract form with each herb having been individually extracted and then combined to create each unique formula. Mountain Meadow Herbs® extracts and formulas are made, packaged, and sealed here in our licensed, GMP certified facility. They do not need to be refrigerated and have a **stable shelf life**.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Stinging Nettle leaf	†
Horsetail herb	†
Oatstraw herb	†
Corn silk herb	†
Chamomile herb	†
Skullcap herb	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	H2032	<b>\$20</b>
4 oz.	H2034	<b>\$36</b>

### SUGGESTED USE:

**0-2 yrs:** 5-10 drops.

**3-11 yrs:** 1/8 tsp.

**12+ yrs:** 1/4 tsp.

Take in water 1-3 times daily or as needed.

Additional info on page 77.

## HERBAL CALCIUM

### Plant-Based Calcium Support

- Teeth and bone support
- Calming support for restlessness
- Muscle and nervous system support

Calcium is essential for maintaining overall health and well-being. It aids in strengthening bones and teeth and promotes proper function of your central nervous system, muscles and brain. This herbal blend can also bring about calming support, aiding in relaxation and easing restlessness.

Plant-based calcium supplementation is a heart-healthy way to get this vital nutrient. Say goodbye to the hard-to-digest, chalky, rock-based pills, and enjoy this easily absorbed and effective calcium supplement.



TIP: Can be taken with another calcium supplement to aid absorption.

## How much calcium is in my Herbal Calcium?

We do not test each batch of Herbal Calcium for its exact calcium content. While the herbs that we use in this formula are considered excellent plant-based sources of calcium, the real effectiveness of this product lies in its ability to help your body absorb the calcium that you are consuming in your daily diet.





# HERBAL RESPIRATORY

## Respiratory System Support

- Maintain open, unrestricted airways
- Best selling winter tonic
- Safe for all ages

Herbal Respiratory is a unique combination of herbs traditionally used to cleanse and support the respiratory system. It helps to maintain a clear, open airway.

Breathe easy all winter and keep clear of summer irritants with this family-friendly formula.

Herbal Respiratory can be taken along with First Immune Defense and Family Immune-Booster and is considered safe for nursing/expecting moms and children.

**TIP:** Use with Breathe EZ Rub to attack your cough and congestion from two sides and experience even more all-natural relief. See page 71.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Anise seed	†
European Elder flower	†
Elecampane root	†
Thyme leaf	†
Stinging Nettle leaf	†
Licorice root	†
Bayberry bark	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	H2052	<b>\$20</b>
4 oz.	H2054	<b>\$36</b>

### SUGGESTED USE:

**0-2 yrs:** 5-10 drops.

**3-11 yrs:** 1/8 tsp.

**12+ yrs:** 1/4 tsp.

Take in water 1-4 times daily or as needed.

Additional info on page 78.



# FIRST IMMUNE DEFENSE

## Immune System Support

- Boost immune system
- Cleansing benefits
- Be prepared when your body needs it

Be prepared to attack the cause at the first sign of your immune system needing an extra boost. Now, more than ever, First Immune Defense is an effective herbal blend to have on hand for when the need arises.

If you are expecting, nursing, or under two years of age, use Family Immune-Booster.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Stinging Nettle leaf	†
Olive leaf	†
Barberry root bark	†
Oregon Grape root	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	W2152	<b>\$20</b>
4 oz.	W2154	<b>\$36</b>

### SUGGESTED USE:

**3-11 yrs:** 1/8 tsp. **12+ yrs:**

1/4 tsp. Take in water 1-3 times daily or as needed.

Additional info on page 76.



Supplement Facts		
Serving Size:	1/4 tsp	
Servings Per Container:	96	
Per Serving		%DV
Proprietary Blend	1.25 mL	
European Elder berries	†	
Propolis Resin	†	
Echinacea Angustifolia root	†	
Echinacea Purpurea herb	†	
† Daily Value (DV) not established		

Other Ingredients: vegetable glycerin and distilled water.



2 oz. 14002 **\$20**

4 oz. 14004 **\$36**

#### SUGGESTED USE:

**0-2 yrs:** 5-10 drops.

**3-11 yrs:** 1/8 tsp.

**12+ yrs:** 1/4 tsp.

1-3 times daily or as needed.

Additional info on page 76.

**TIP:** Use Family Immune-Booster as a daily support to stay healthy.

At the first sign of immune discomfort, use First Immune Defense (if over 3 yrs) for a couple of days to help restore immune health.

## FAMILY IMMUNE-BOOSTER

### Immune Support for the Whole Family

- Supports a healthy immune system
- Pleasant tasting, alcohol-free
- With elderberries and echinacea

Elderberry and echinacea are two of nature's greatest gifts for immune support. These two herbal superstars, along with propolis resin, create a one-of-a-kind, effective solution to naturally support a healthy immune system. Best of all, it's completely safe for people of all ages, including infants and nursing and expecting mothers.

Use it 6 days a week, especially during the winter months, for immune support. Taking one day off a week will help avoid developing an immunity to the herbs.



with  
**Elder-berries**

Supplement Facts		
Serving Size: 2 Gummies		
Servings Per Container: 30		
	Amount Per Serving	%DV
Calories	38	
Total Carbohydrate	4 g	2%
Added Sugars	3 g	6%
Zinc	10 mg	91%
Elderberry Extract	150 mg	**
Sodium	6 mg	**
Percent Daily Values are based on 2,000 calorie diet		
**Daily Values are not established		

Other Ingredients: Maltose Syrup, Purified Water, Sucrose, Polydextrose, Carrageenan, Pectin, Sodium Hexametaphosphate, Blueberry Flavor, Vegetable Oil, Carnauba Wax, Trisodium Citrate.



30 serv. EE2060 **\$20**

#### SUGGESTED USE:

Take 2 gummies daily.

Additional info on page 76.

## NEW ELDERBERRY GUMMIES

### Immune Support with Zinc and Vitamin C

- 75 mg Elderberry per serving
- 50 mg Vitamin C per serving
- 5 mg Zinc per serving

This triple-action immune blend combines pure elderberry extract, vitamin C and zinc.

Traditionally used as a winter remedy for immune support, this version of elderberry extract packs an extra punch with vitamin and minerals, in a convenient and delicious gummy.



with  
**Zinc & Vitamin C**



# WEIGHT CONTROL FORMULA

## Making Your Ideal Weight Attainable

- May help decrease carb-to-fat conversion
- Naturally stimulate metabolism
- Suppress appetite, no hunger rebound

Specifically formulated for those who enjoy breads, sweets, and butter. Weight Control Formula may help decrease the conversion of carbohydrates to fat. It may also decrease intestinal absorption of fat.

Breakthrough ingredients help to limit hunger rebound and naturally stimulate metabolism by supporting the thyroid.

This fast-acting, ephedrine-free, customer favorite comes with a gentle, four-week, doable “new you” plan that works (page 82)!

### Nursing Moms:

Try Weight Control Formula II, formulated just for you with the addition of Maxi-Milk and Herbal Calcium. See page 45 for details. **TIP:** Use with caution if you have high blood pressure.

Age	6-11	12+	Adult	Adult	Adult
Weight	61-100 lbs	101-150 lbs	151-200 lbs	201-249 lbs	250+ lbs
Dose (Droppers)	1 1/2	2	2 1/2	3	4

**Directions:** Take 30 minutes before meals, 3 times daily.

Supplement Facts	
Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL †
Pomegranate leaf, Evodia fruit, Garcinia and/or Kokum fruit, Chade-bugre herb, Fresh Ginger root, Guggul Gum Resin, Horsetail herb, Comsilk herb.	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	W2332	<b>\$20</b>
4 oz.	W2334	<b>\$36</b>

### SUGGESTED USE:

See Chart below.

Additional info on page 81.



Use with the Protein Shake and Weight Control Caps for additional support. See page 36-37 for complete information.



*“I have three bulged discs, so I’ve tried to lose weight, but it did not seem to work until I started using the Weight Control Formula along with the Weight Control Shake. I have had wonderful success. I’m limited on my exercises at times so it takes some patience. Walking and biking seem to be fine, thanks to the Weight Control.” - Rose O.*



GARCINIA CAMBOGIA



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Ashwagandha root	†
Codonopsis root	†
Astragalus root	†
Fo-Ti root	†
Wild Yam root	†
Devil's Club root bark	†
Eleuthero root	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	A1002	<b>\$20</b>
4 oz.	A1004	<b>\$36</b>

#### SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

1-3 times daily.

Additional info on page 74.

## ADRENAL AID

### Adrenal Support

- Support ability to handle stress
- Avoid afternoon fade
- Maintain optimal energy levels

Intense physical activity and emotional stress can over stimulate the adrenal glands, impairing their ability to meet your body's needs. This may cause increased anxiety and continued stress, as well as fatigue.

Herbal support of the adrenal glands may help to normalize their function and maintain a healthy, working sympathetic nervous system.

Nursing or Expecting Moms: Try Adrenal Aid II, formulated just for you and safe for your little one. See page 41.



Supplement Facts	
Serving Size: 1 mL	
Servings Per Container: 60	
Amount per Serving	% DV*
Vitamin D3 (Cholecalciferol)	62.5 mcg (2500 IU) 312.5%
Vitamin K2 (Menaquinone-7 (Vlt K2-MK7))	100 mcg 83%

\* Percent of Daily Value based on a 2000 calorie diet.

Other Ingredients: Medium Chain Triglycerides (Vegetable MCT), Olive Oil, Natural Vitamin E (d-alpha Tocopherol from Sunflower Oil as antioxidant), natural orange flavor.



2 oz.	S2022	<b>\$20</b>
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#### SUGGESTED USE:

1 mL daily (marked on the dropper), with food or as directed by your health care professional or pharmacist. Vitamin D3 is safe for all ages and nursing or expecting mothers. We suggest consulting your health care provider for dosing information.

Additional info on page 81.

## SUNSHINE DROPS

### Vegan Vitamin D3 with K2

- Support strong, healthy bones
- Immune system and mood support
- 2500 I.U. of Vitamin D3 per serving

Vitamin D3 is one of the most important vitamins in your body. It helps keep your bones healthy and strong, and works to enhance your overall immune system health and function. During the winter months, it can be difficult to expose your skin to sunlight, which is how your body produces 80% of its D3. As a result, many people may be deficient and not even know it.

During times of limited sun exposure, many people choose to use D3 supplements to ensure optimal health. Sunshine Drops is formulated from lichen, a source of D3 that is naturally vegan. It delivers all the health benefits of any other D3 supplement without using lanolin from sheep's wool.



with  
Vitamin  
**D3**

**NOW** with  
real **orange**  
flavor!



# HERBAL IRON

## Regulates Iron Metabolism

- Gentle herbs high in iron
- Easy on the stomach
- Safe for all ages

Iron contributes to restful nights and a general sense of well-being. Women are more likely than men to be iron-deficient and Herbal Iron is an effective way to increase intake, especially when foods high in iron are difficult to eat (common during pregnancy.)

The simple and gentle combination of herbs in this formula are non-constipating, easy on the stomach, and support your body's ability to absorb the iron you get elsewhere in your diet.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Stinging Nettle leaf	†
Dandelion root	†
Yellow Dock root	†
† Daily Value (DV) not established	



2 oz.	H2062	<b>\$20</b>
4 oz.	H2064	<b>\$36</b>

### SUGGESTED USE:

**0-2 yrs:** 5-10 drops.

**2-11 yrs:** 1/8 tsp.

**12+ yrs:** 1/4 tsp.

1-3 times daily.

Additional info on page 78.

TIP: Can be taken with another iron supplement to aid absorption.

## How much iron is in my Herbal Iron?

We do not test each batch of Herbal Iron for its exact iron content. While the herbs that we use in this formula are considered excellent plant-based sources of iron, the real effectiveness of this product lies in its ability to help your body absorb the iron that you are consuming in your daily diet.



# HERBAL THYROID CARE

## Thyroid Support

- Rich in herbal iodine sources
- Balance emotions and stress levels
- Maintain ideal metabolism and energy levels

This palatable capsule is rich in herbal iodine sources. Iodine is essential for the production of the thyroid hormones, and since your body does not produce it on it's own, supplementation is important.

The inclusion of Ashwaganda and Passionflower positively effects your emotions and nerves.

Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	60
Per Serving	%DV
Proprietary Blend of herbs	
Rhodiola	†
Black Walnut hull powder	†
Irish Moss	†
Kelp	†
Ashwagandha root	†
Cayenne fruit	†
Parsley leaf	†
Passionflower	†
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).



60 serv..	HT8120	<b>\$27</b>
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### SUGGESTED USE:

Take 2 capsules 2 times daily, unless otherwise directed.

Additional info on page 78.

Nursing or Expecting Moms: Try Herbal Thyroid Care II, formulated just for you and safe for your little one. See page 42.

**NOTE: Use ONLY for under-active thyroid support.**

Made with  Vcaps Plus

TIP: A heavy metal overload may prevent proper thyroid function. See our Complete Metal Detox on page 18 for even more thyroid health benefits.

## ➔ Stress Relief

We all have times in our lives when the weight of the world feels a little heavier than normal. It can be any combination of things; lack of sleep, overwork, or stress can all keep us from enjoying our day to the fullest.

Every challenge to mind and body places a demand on the adrenal glands. Continuous over-stimulation can impair their ability to respond to stress. We can minimize the drain by being conscious of how our bodies are responding and by taking steps to reduce the negative effects.

Herbal formulas can help those under intense physical or emotional stress have the energy to breeze through the day, rather than allowing these stresses to drag them down. During these times, it is also important to get plenty of rest to ensure our body is able to recharge.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Passionflower leaf	†
Eleuthero root	†
Hops flower	†
St. John's Wort herb	†
Catnip leaf & flower	†
Skullcap herb	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz.	S2142	<b>\$20</b>
4 oz.	S2144	<b>\$36</b>

### SUGGESTED USE:

1/4 tsp. in water 1-3 times daily or 1/4 tsp. 1/2 hour before bedtime.

Additional info on page 81.

## STRESS & SLEEP

### Stress Management

- Calming herbs help you stay relaxed
- End the day with a calm mind and mood
- Avoid daytime stress build-up

Stress & Sleep is safe and natural support for those of us who need a little help coping with stress in our lives.

When taken throughout the day, these calming herbs may help you to maintain a calm state of mind so that it does not interfere with your ability to fall asleep at the end of the day. Enjoy a good night of restful sleep without next-day-drowsiness.

TIP: Consider taking it with Herbal Calcium for maximum benefits. See page 7.



★★★★★

*"I have found Stress & Sleep to be very effective! Thank you for making it available!"*

- Ella M.







# CLARKFX

## Yeast and Para-Cleansing

- All-in-one, easy-to-take cleanse
- As suggested by Dr. Hulda Clark
- Internal or topical uses

This liquid combination of Green Black Walnut hull, Cloves, and Wormwood was inspired by the cleansing protocols of Dr. Hulda Clark. The effects of the wormwood are further enhanced with Green Rooibos Tea extract.

ClarkFx is effective and easy to take for adults and children 6 years old and up. Most cleanses can be completed with four 2-week regimens. Also an effective yeast cleanse.

Supplement Facts	
Serving Size:	20 drops
Servings Per Container:	300
Per Serving	%DV
Proprietary Blend	.4 mL
Green Black Walnut Hull	↑
Clove	↑
Wormwood herb	↑
Green Rooibos Tea leaf	↑
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, Vitamin C and approx. 35% organic grain alcohol.



2 oz.	C3092	<b>\$20</b>
4 oz.	C3094	<b>\$36</b>

### SUGGESTED USE:

See Chart below.

[Additional info on page 75.](#)

**Not safe for horses.**

(due to the Sweet Wormwood)

Weight	Pets 20-29 lb*	30-49 lb	50-59 lb	60-99 lb	100-119 lb	120-149 lb	150+ lb
Starting dose (3x daily)	1 drop	1 drop	2 drops	3 drops	3 drops	3 drops	3 drops
Average Dose (3x daily)	1-2 drops	2 drops	3-4 drops	4 drops	6-7 drops	8 drops	10 drops
Max dose (3x daily)	1-2 drops	4 drops	6 drops	8 drops	13 drops	16 drops	20 drops
Bottle size	2 oz. will last from 7-46 weeks of use depending on your dosage (not including 1 week breaks). There are approximately 2,900 drops per 2 oz. bottle.						

## ➔ Natural, Refreshing, and Cleansing

Many of us insist on clean surroundings and we regularly change the filters in our homes, but give little thought to cleansing our bodies of toxin build up and debris.

The liver, for instance, acts much like a sieve, filtering out debris as it cleans 3 pints of blood per minute around the clock. A simple liver flush can be a powerful health benefit as the bile ducts are swept clean of small blockages and undesirable build up. See page 34.

Small unwelcome guests can take up residence in unkempt eliminative channels, just as they can with an unkempt home. Without regular intervention, modern herbalists estimate intestinal invaders take up residence in 80% of us!

The following pages (plus Para-Rid on page 6) highlight our cleansing products—offering simple, effective cleanses, to bring a delightful sense of refreshment.

Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	120
Per Serving	%DV
Organically grown milk thistle seed 300 mg	†
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).



120 serv. M9120 **\$23**

#### SUGGESTED USE:

Take 1 capsule daily, unless otherwise directed.

Additional info on page 79.

\*Contents of capsule is safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.

## MILK THISTLE

### Standardized Liver Support

- Liver and immune system support
- Healthy kidney support
- May have a calming effect on the stomach

Milk Thistle contains a group of constituents called silymarins. Clinical studies have demonstrated that this herb supports healthy liver function and provides powerful antioxidant support. In addition to its role in promoting liver health, key constituents in Milk Thistle also help to maintain normal kidney function and promote optimal immune function.



Also available as a liquid extract. See page 61

Made with **Vcaps Plus**

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Dandelion root, Fresh Ginger root, Grape seed, Alfalfa leaf, Blessed Thistle herb, Milk Thistle seed, Oregon Grape root, Yellow Dock root, Gentian root, Oatstraw herb, Quassia bark	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz. L3312 **\$20**  
4 oz. L3314 **\$36**

#### SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. 1-3 times daily. Take 30 minutes before meals.

Additional info on page 79.

## LIVERGLOW

### For a Happy Liver

- Gently cleanse your liver
- Nourish, protect, and stimulate for increased energy
- Improve mood

The liver is responsible for most of our energy needs, taking raw material-form foods and breaking them down into basic components used to create and store glycogen, which is used as immediate and future energy sources.

Give your liver a lift with these carefully selected, liver-friendly herbs that gently cleanse, stimulate, nourish and protect this vital organ.



Nursing or Expecting Moms: Try LiverGlow II, formulated just for you and safe for your little one. See page 41.

# YEAST X: STEP 1 AND STEP 2

## Beneficial Micro Flora Support



- Two formulas for superior cleansing results
- Support normal levels
- Maintain body's delicate balance

Yeast can shape-shift and mutate on an almost-daily basis, so what works this week, may not work next week. That's why we've developed not one, but two potent formulas to provide maximum support when it comes to yeast cleansing.

Used in an alternating pattern, Yeast X Step 1 and Yeast X Step 2 gives you the best chance at supporting normal levels of beneficial bacteria and fungi within the body without further disturbing its delicate balance.

Beneficial for both men and women.

Expecting or nursing moms and infants: Try Olive Leaf. See page 61.

Children under 5: Try Para-Rid. See page 6

**TIP:** As with any cleanse, consider taking probiotics during and after. See Herbal Flora Plus on page 21, or the Total Yeast Detox on page 17.



### Yeast X Step 1

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Pau d'Arco bark, Cat's Claw bark, Marshmallow root, Chamomile flower, Licorice root, Ginger root, Black Cumin seed, Oregano leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.

2 oz. Y2112 **\$20**

### Yeast X Step 2

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Barberry root bark, Ginger root, Cayenne fruit, Oregon Grape root, Propolis resin, Grape seed, Neem leaf.	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.

2 oz. Y2122 **\$20**



### SUGGESTED USE:

1/4 tsp. in water 1-3 times daily. For best results alternate Yeast X Step 1 and Yeast X Step 2 every 2 weeks. Additional info on page 81.

### BUY TOGETHER

2 oz. Yeast X Step 1  
2 oz. Yeast X Step 2

PKGY12 **\$36**



"I have been battling yeast for a long time and have been trying to have a baby for over a year. Using the Yeast X products I finally conceived! This is our first baby. MMH has been an answer to our prayers!" - Linda L.





This is a 3-month detox program containing 4 different products :

#### Yeast X Step 1

See page 16 for product listing, including ingredients.

#### Yeast X Step 2

See page 16 for product listing, including ingredients.

#### Candida Flush:

See page 31 for product listing, including ingredients.

#### Herbal Flora Plus:

See page 21 for product listing, including ingredients.

#### SUGGESTED USE:

**Month 1:** Take Yeast X Step 1 every day during weeks 1 and 2 (1/4 tsp. in water 3 times daily.) Take Yeast X Step 2 every day during weeks 3 and 4. (1/4 tsp. in water 3 times daily.) Take Candida Flush every day during the first month. (Take 4 capsules, twice daily.)  
**Month 2:** Take 2 Herbal Flora Plus capsules every day.

**Month 3:** Take 2 Herbal Flora Plus capsules every day.

Additional info on page 82.



3-Month Program

PKG6017 **\$109**

These products are also sold separately.

See page 31 for Candida Flush, page 16 for Yeast X (Step 1 and 2), and page 21 for Herbal Flora Plus.

# TOTAL YEAST DETOX

## Cleanse. Flush. Rebuild.

- Address the overgrowth of detrimental fungi
- Absorb and flush out the die-off
- Rebuild the beneficial gut flora and a healthy balance

This is a three-pronged, natural approach to balance.

### Halt and kill the overgrowth - Yeast X Step 1 & 2:

Two combinations of powerful herbal extracts are used to eliminate and stop the overgrowth in its tracks. Alternating the two formulas may help address the shape-shifting or mutating.

### Capture and flush out the overgrowth die-off quickly - Candida Flush:

When large numbers of yeast and fungal cells are rapidly killed, a die-off occurs. When these cells die, they release all the noxious substances contained within. According to some sources, up to 79 toxins are released including ethanol, uric acid, and acetaldehyde.

### Feed the beneficial bacteria - Herbal Flora Plus:

Encourage the proliferation of these with Soil-based organisms, Bee Pollen, Chicory and Burdock root to soothe and heal the intestinal wall and naturally keep candida in check.





# COMPLETE METAL DETOX

## Improved Health and Overall Well-Being!

- Mobilize stored toxins
- Bind metal in the pathways for removal
- Excrete through elimination

Your body can take in toxins easily but is limited to excreting them in small amounts. These toxins can build up in the body over time due to exposure to the toxic environments that we live and work in; unnatural additives in the food we eat, the polluted air we breathe, the water we drink, and even the often-contaminated dirt we walk on.

Excess toxins that are not automatically excreted from the body store in our organs, brain, and gut. It is important to move toxins out of our body and the blood stream through detoxification.

**A simple, multi-acting, two-week program made up of four naturally effective products.**

**TIP:** A Complete Metal Detox can be beneficial for thyroid health too. Pair with Herbal Thyroid Care on page 12 for maximum thyroid benefits.

**TIP:** For best results, take 30 minutes before a meal.

**SUGGESTED USE:** Take all four products, as indicated below, daily for 14 days.

**Detox Fiber Blend:** Take 4 capsules in the morning and 4 capsules in the evening

**Herbal Heavy Metal Flush:** Take 1/4 tsp. in the morning, 1/4 tsp. at noon, and 1/4 tsp. in the evening.

**Amino Acid Cleanse:** Take 1 capsule in the morning and 1 capsule in the evening.

**Citrus Pectin:** Take 2 level scoops, mixed with liquid, in the morning. (1 level scoop is equal to 1 rounded Tbsp.)

Additional info on page 82.

This is a 2-week detox program containing 4 different products

### HERBAL HEAVY METAL FLUSH

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL †
Cilantro, Turmeric root, Quassia wood chips, Dandelion root, Green Rooibos Tea, Gentian root, Fresh Ginger root, Burdock root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.

### AMINO ACID CLEANSE

Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	28
Per Serving	%DV
Proprietary Blend of	
Glutathione 25 mg	†
Methionine 100 mg	†
Selenium 35 mcg	†
Vitamin B1 25 mcg	†
Kelp 100 mg	†
† Daily Value (DV) not established	
Other Ingredients: Hypromellose (vegetable capsules)	

### CITRUS PECTIN

Supplement Facts	
Serving Size:	1 1/2 scoops
Servings Per Container:	14
Per Serving	%DV
Grapefruit Pectin 15000 mg	†
† Daily Value (DV) not established	

### DETOX FIBER BLEND

Supplement Facts	
Serving Size:	4 capsules
Servings Per Container:	30
Per Serving	%DV
Proprietary Blend	
Psyllium Husks	†
Marshmallow root	†
Peppermint leaf	†
Parsley leaf	†
Guar Gum	†
Fructooligosaccharides	†
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).



### 2-Week Program

CM8222 **\$79**

*The individual products are not sold separately and only come as a set.*

Made with **Vcaps+Plus**

### Whole Body Program

**Serving Size:** 3 tablets

**Servings/container:** 100

**Sugg. Use:**

Take 3 tablets before, during or just after breakfast and again at dinner.

### Colon Program

**Serving Size:** 1-3 tablets

**Servings/container:**

30 (at max dose)

**Sugg. Use:**

1-3 tablets before, during or just after breakfast and again at dinner.



Whole Body Program

W8051 **\$69**

Colon Program

C8053 **\$29**

Program Set

W8050 **\$79**



# WHOLE BODY & COLON PROGRAM

(by Pure Body Institute)

**Rated #1 by *Natural Health Magazine***

- Gentle cleansing
- Rejuvenate body's basic processes

Health care professionals believe invigorating the body's eliminative channels and expelling accumulated impurities is the best method for health improvement.

As a gentle, but highly effective cleanse, the Pure Body Institute recommends a three month supply. Each set is approximately a one-month supply, depending on usage.

**TIP:** Consider doing a complete cleanse by adding Para-Rid (pg 6) or ClarkFx (pg 14) after completing your first month of the Whole Body & Colon Program.



**Does not ship to California.**

**Serving Size:** 1-5 capsules

**Servings/container:**

18 (at max dose)

**Contains:** L-Taurine,

Hawthorne Berry extract, Safflower seed, Wasabi Japonica, Dioscorea, Wild Cherry Bark, Allium Cepa, Barberry root, Bilberry fruit, Cinnamon bark, L-Carnitine, Fritillaria, Pleurisy root, Turmeric root, L-Arginine, Cayenne fruit, Wood Betony.

**Sugg. Use:** Take 2 capsules 2 times daily, unless otherwise directed.



90 ct. P8076 **\$45**



# pH BALANCER

(by Pure Body Institute)

**Alkalinizing Formula**

- Maintain appropriate pH balance
- Fill the gaps in your diet
- Affordable alternative to alkaline water machines

Many of the foods we eat are acid-producing and harmful. These acid-forming foods create intense cravings for more of what's unhealthy. It is up to us to alkalinize our bodies 24 hours a day. Proper body function is impossible unless appropriate pH balance is maintained.

The longer a body is in contact with acid, the more it is damaged and the longer it will take to recover.



**TIP:** Test your pH with our pH Test Strips.  
100 strips/pack  
**P8100 \$12**





**Take orally.  
DO NOT PUT  
IN YOUR EYE.**

# EYE-CAN-C

## Vision Support

- Maintain good vision
- Help with night vision, glare, and fatigue
- May increase blood supply to eyes

The years take their toll on our bodies, and for many of us, seeing as clearly as we used to becomes a problem.

Good circulation is important to the health of all organs, including the eyes and particularly the optic nerve. Eye-Can-C contains herbs used to keep age-related inflammation in check, keeping blood moving freely.

**TIP:** Try the Vision Support package on page 65.

Supplement Facts	
Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL
Bilberry fruit, Grape seed, Ginkgo Biloba leaf, Hawthorn berry, Propolis resin, Eleuthero root, Eyebright herb, Schisandra berry, Gentian root, Ginger root, Turmeric root	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	E4702	<b>\$20</b>
4 oz.	E4704	<b>\$36</b>

### SUGGESTED USE:

Take 3 times daily based on weight: **100-149 lb - 1/4 tsp. 150-174 lb - 3/8 tsp. 175+ - 1/2 tsp.**  
Additional info on page 77.

## ➔ Healthy, Golden Years

As we age, it becomes even more important to care for our nutritional needs. Our state of health, whether we can move about freely rather than being house-bound or bed-ridden, makes an incredible difference in the quality of life.

Many of the devastating conditions faced by seniors begin 10-15 years before the problem becomes evident. It is a good idea to do what can be done, beginning in the late 30's and 40's to support your health before it's too late. This starts with a healthy diet, regular exercise, and high-quality sleep as obesity and a sedentary lifestyle are leading risk factors in the most common causes of suffering and death in women over fifty.

Beginning in the 30's, herbs such as Red Clover, Propolis Resin, and those good for the heart and high in calcium fit well into a daily health plan for both men and women. Nature also provides other gifts, such as relief for sleepless nights, aching joints, and the support of clear, crisp central vision.

★★★★★

*"I got kicked in the eye and my eye/vision was strange for the longest time after that. After using Eye-Can-C, my eye is back to normal and I no longer have any floaters. "Thank you for a wonder-product." - Lisa B.*



EYEBRIGHT

Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	30
Per Serving	%DV
Proprietary Blend	
Aloe Vera	↑
Gotu Kola	↑
Dandelion leaf	↑
Lactobacillus multi-strain	↑
† Daily Value (DV) not established	
Other Ingredients: Hypromellose (vegetable capsules).	



30 serv. GL8060 **\$30**

#### SUGGESTED USE:

**6+ yrs:** Take 2 capsules as needed, unless otherwise directed.

Additional info on page 77.

## GENTLE LAX

### Natural Regularity Support

- Eliminate waste more easily
- Moisten and nourish intestines
- Non habit-forming

Gentle Lax helps your body eliminate the buildup of harmful toxins safely and easily. Aloe Vera helps to moisten and nourish the walls of the intestines and Lactobacillus helps to maintain regularity.

TIP: Try Herbal Flora Plus or Aloe Vera Plus for additional digestive support.



Made with **Vcaps Plus**

Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	60
Per Serving	%DV
Synbiotic proprietary blend of Prebiotic probiotic Consortia with SBOs	
L. Acidophilus	↑
Bifidobacterium Bifidum	↑
L. Rhamnosus	↑
L. Lactis	↑
L. Plantarum	↑
L. Casei	↑
B. Licheniformis	↑
B. Subtilis	↑
Soil Based Organisms	↑
† Daily Value (DV) not established	

Other Ingredients: Humic/Fulvic Acids, Bilberry leaf, Ginger root/ rhizome, Milk Thistle seed, Cilantro leaf, Bee pollen, Chicory root, Burdock root, and Hypromellose (vegetable capsules).



60 serv. HF120 **\$39**

#### SUGGESTED USE:

Take 2 capsules daily 20-30 minutes before a meal or snack.

Additional info on page 77.

## HERBAL FLORA PLUS

### Beyond Probiotics

- Stabilize colonic pH
- Restore proper bacterial balance
- May help avoid reactions to certain foods

A healthy digestive tract is imperative to vibrant health, especially in the intestines where most of what you take in is absorbed.

Our delicate intestinal bacteria balance is often destroyed, creating a chronically unhealthy condition. Many of today's diseases may be a result of this because the bad bacteria takes over, limiting nutrient absorption and suppressing the immune system.

Herbal Flora Plus is designed to flourish in your intestinal tract and crowd out the bad bacteria restoring balance and ideal health.



with  
**Prebiotics  
+  
Probiotics**



Made with **Vcaps Plus**

\*Contents of capsule are safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.



# HEADEASE

## Natural Head Comfort

- May ease muscle tension
- Help calm central nervous system
- Normalize blood circulation to brain

Designed to be quickly assimilated, easing muscle tension and calming the central nervous system. This helps to promote a healthy blood supply to the brain, increasing oxygen and creating a healthy overall balance.

**TIP:** CoQ10 can provide additional support by providing additional energy to brain cells. See page 28.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Feverfew herb	†
Passionflower leaf	†
Ginkgo Biloba leaf	†
Ginger root	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz.	H2222	<b>\$20</b>
4 oz.	H2224	<b>\$36</b>

### SUGGESTED USE:

1/4 tsp in water 1-3 times daily/as needed.

[Additional info on page 77.](#)



# HERBAL FOCUS

## Mental Clarity Support

- Memory support
- Enhance concentration
- Support healthy brain function

Herbal Focus is food for your brain! The herbs in this formula support brain health in multiple ways. Healthy blood circulation and cell support may boost overall brain function.

Perfect for seniors, students preparing for exams, and busy days at work.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Eleuthero root	†
Ginkgo Biloba leaf	†
Gotu Kola herb	†
Bacopa herb	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz.	H2174	<b>\$36</b>
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### SUGGESTED USE:

1/4 tsp in water 1-3 times daily or as needed.

[Additional info on page 78.](#)

\*Use caution when expecting.



"HeadEase lives up to its name! The first time I took HeadEase, at the beginning of a headache, there was almost immediate relief."  
- Mairzie.



GINKGO BILOBA

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Valerian root	†
Hops flower	†
Skullcap herb	†
Passionflower leaf	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



2 oz.	B2232	<b>\$20</b>
4 oz.	B2234	<b>\$36</b>

#### SUGGESTED USE:

1/8 - 1/4 tsp in water half hour before bedtime.

Additional info on page 74.

## BED-TIME DROPS

### Natural Sleep Support

- Ease into a restful sleep
- Non-addictive herbs
- No next-day drowsiness

The effective and safe herbs in Bed-Time Drops are non-addictive. You'll fall asleep easily and maintain it all night long, without feeling tired the next day.

This herbal formula is effective both as a consistent sleep aid, or as occasional support.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Melatonin	3 mg
Proprietary Blend	1.25 mL
Valerian root	†
Hops flower	†
Skullcap herb	†
Passionflower leaf	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



2 oz.	BM4422	<b>\$20</b>
4 oz.	BM4424	<b>\$36</b>

#### SUGGESTED USE:

1/8 - 1/4 tsp in water half hour before bedtime. As needed for occasional support.

Additional info on page 74.

## BED-TIME DROPS WITH MELATONIN

### Sleep Support with Melatonin

- With 3 mg of Melatonin
- Maintain normal sleep cycles
- No next-day drowsiness

Even sound sleepers have trouble falling asleep or staying asleep once in a while. While most people's bodies produce enough melatonin for sleep on their own, supplementation can be effective on a short-term basis if you're experiencing unusual sleep difficulties, schedule or time changes, or need a to get to bed earlier than usual for an early morning wake-up.

With this formula, you'll enjoy an extra push into slumber while the herbs go to work to keep you calm throughout the night.



**3**  
mg of  
Melatonin





# HERBAL CARDIOCARE

## Cardiovascular Support

- Support cardiovascular system
- Normalize blood pressure
- Safe for expecting and nursing moms

Beating an average of 100,000 times per day, your heart pumps about 1,500 gallons of oxygen-rich blood every 24 hours. Support this amazing organ and your entire cardiovascular system!

**TIP:** Take with Cayenne Powder for even more heart-healthy benefits. See page 29.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Bilberry leaf	↑
Bilberry fruit	↑
Hawthorn berry	↑
Ginkgo Biloba leaf	↑
Ginger root	↑
Gotu Kola herb	↑
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



4 oz. H2024 **\$36**

**SUGGESTED USE:**  
**6-11 yrs: 1/8 tsp. 12+ yrs:**  
 1/4 tsp. Take in water 1-5  
 times daily.  
 Additional info on page 77.



# LIVER DECONGESTANT

## Flush Toxin Buildup

- Liver flush to restore optimal function
- Enjoy more energy and smoother digestion
- Resolve environmental sensitivities

This cleansing blend of herbs, as recommended by Herbalist Dr. Christopher Hobbs, has a slightly warming and opening effect on the liver. It helps to address reduced liver function which is caused by the buildup of toxins. Clearing out this congestion and buildup helps restore ideal function for vibrant health.

Supplement Facts	
Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL
Burdock root	↑
Dandelion root	↑
Fennel seed	↑
Ginger root	↑
Mugwort herb	↑
Milk Thistle seed	↑
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. L6014 **\$36**

**SUGGESTED USE:**  
 1/2 tsp. 3 times daily, either  
 in 8 oz. of warm water or  
 followed by a cup of water.  
 Additional info on page 79.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Stinging Nettle leaf, Devil's Claw root, Olive leaf, Yucca root, Horsetail herb, Oatstraw herb, Skullcap herb, Barberry root bark, Bilberry fruit, Cayenne fruit, Corsiolk herb, Chamomile flower, Licorice root, St. John's Wort herb, Blue Vervain and/or European Vervain herb	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	T5002	<b>\$20</b>
4 oz.	T5004	<b>\$36</b>

#### SUGGESTED USE:

1/4 tsp. 1-3 times daily or as needed.

Additional info on page 76.

## EVERYDAY JOINT & MUSCLE

### Complete Comfort

- Support normal joint and muscle function
- Strengthening support
- Maintain an active lifestyle

This herbal combination brings bone building strength and relief from sore joints and muscles. Whether recovering from over-exertion or feeling the effects of aging, your swollen, achy joints and muscles, bad knees, and back discomfort no longer have to keep you down!

TIP: Use Everyday Joint & Muscle as an effective daily support and Active Joint & Muscle during periods of over-exertion. These products pair well with our Hemp products for additional support.



Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	60
Per Serving	%DV
Proprietary Blend of herbs 780 mg	
Stinging Nettle leaf	†
Garlic bulb	†
Horsetail	†
Celery seed	†
Turmeric root 40 mg	†
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).



60 serv.	JM9120	<b>\$32</b>
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#### SUGGESTED USE:

12+ yrs: Take 2 capsules twice daily. Additional info on page 74.

\*Contents of capsule are safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.

## ACTIVE JOINT & MUSCLE

### Musculoskeletal Support

- Inflammation and pain support
- Maintain comfort after over-exertion
- With 40 mg of Turmeric

Our Active Joint & Muscle capsules provide natural joint and muscle support, especially after over-exertion. Curcumin, the active ingredient in Turmeric, is a proven anti-inflammatory and makes this product a safe, natural alternative to NSAIDs (Non-steroidal anti-inflammatory drug.) Other key ingredients will help to promote ideal comfort for the entire musculoskeletal system.

TIP: Use Cayenne Powder with Active Joint & Muscle for additional support.



**40**  
mg of  
Turmeric

Made with **Vcaps Plus**

## ➔ The Three Vitals

Three major organs are essential in keeping clean, life sustaining blood flowing to every part of the body.

**Heart** - Your heart supplies oxygenated blood and helps rid the body of waste products, such as carbon dioxide. With every beat, the heart pumps blood to and from your lungs, cleaning and re-oxygenating the blood. Fresh, oxygen-rich blood is then sent to all other major organs.

**Kidneys** - Kidneys remove waste from the blood that is left behind from food after the body has taken from it what it needs. They also control the delicate chemical balances of many body systems.

Every day, about 200 quarts of blood are processed by the kidneys, sifting out 2 quarts of waste products (toxins) and extra water.

**Liver** - Its main functions are to help digest what is taken in, make protein, and to get rid of toxic matter. Dead red blood cells,

chemicals, microorganisms, drugs and particulate debris are all filtered out around the clock in a healthy liver.

Herbalist, Dr. Christopher Hobbs, makes a compelling case for longevity by supporting the health of the heart, liver, and kidneys in his book, *Foundations For Health*.

The three are presented as a triangle with their functions being interrelated. Many of the herbs given as a support for one organ also have a positive affect on the others.

This phenomena is also seen elsewhere. For example: Co-enzyme Q10 is found in every cell of the body. It is widely recognized and valued for its benefit to the heart, but studies indicate the kidneys and liver also share in the blessing.

Life is said to be in the blood. It makes sense to naturally support the organs responsible for its quality and circulation.



*"Kidney Support and Kidney Toner saved my life! My doctor was shocked when my kidney levels went from 11 to 23. My doctor told me to not stop whatever I had changed; these two products! I was about to go on dialysis but it's been 3 years and I still haven't had to!" - Joe D.*



TrustScore 4.9 | 279 reviews



SHEPHERD'S PURSE

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Milk Thistle seed	†
Dandelion leaf	†
Sarsaparilla root	†
Eleuthero root	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



4 oz. K2074 **\$36**

#### SUGGESTED USE:

**3-11 yrs:** 1/8 tsp.

**12+ yrs:** 1/4 tsp.

Take in water 1-3 times daily.

Additional info on page 79.

## KIDNEY SUPPORT

### Kidney Health Enhancement

- Stimulate and enhance kidney function
- Maintain healthy kidneys
- Promote healthy cell growth

Our signature formula is used to support healthy kidney function. Herbs for this formula were carefully chosen for their ability to maintain kidney-healthy functions like proper urine production and cell regeneration.

For long-term use, consider alternating with Kidney Toner so your body does not build up an immunity to the herbs.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Corn silk herb	†
Parsley root	†
Marshmallow root	†
Shepherd's Purse herb	†
Buchu leaf	†
Blue Vervain and/or European Vervain leaf	†
Cleavers herb	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. K2084 **\$36**

#### SUGGESTED USE:

**3-11 yrs:** 1/8 tsp. **12+ yrs:**

1/4 tsp. Take in water 1-3

times daily or as needed.

Additional info on page 79.

## KIDNEY TONER

### Kidney Strengthening

- Help flush the kidneys
- Maintain kidney strength
- Gentle and soothing

This normalizing formula may help flush the kidneys, maintain kidney strength, and help promote dryness through the night. As a more "reparative" formula than it's *Support* counterpart, this *Toner* formula is intended to provide corrective support to the kidneys when proper function may be compromised.



20% to 25% of your blood volume can be found at all times in your kidneys as they filter toxins and continuously regulate the chemical composition of your blood, including pH. Your kidneys need clean water, fresh fruits and vegetables, light protein meals and a healthy liver to function at their best.





# COQ10

## Co-enzyme Q10

- Cell support for all major organs
- Promote longevity
- Reduce oxidative stress

Coenzyme Q10 (CoQ10) is an antioxidant that your body produces naturally. Your cells use CoQ10 for growth and maintenance. Levels of CoQ10 in your body decrease as you age so supplementation can be an important addition to maintaining optimal health.

The whole-body benefits of CoQ10 include: cardiovascular support, anti-inflammatory benefits, healthy cholesterol support, brain benefits, metabolism support, and more.

Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	30
Per Serving	%DV
CoEnzyme Q10 400 mg	†
† Daily Value (DV) not established	

Other Ingredients: Gelatin capsule, organic rice flour.



30 serv. CQ9030 **\$30**

### SUGGESTED USE:

Take 1 capsule once or twice daily with a meal.  
Additional info on page 75.

\*Contents of capsule are safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.



# GARLIC CAPS

## Heart and Blood Support

- Promotes good circulation
- Support a healthy heart
- Aged and odorless, no garlic breath

Taking deodorized garlic pills removes all the discomforts and side effects of garlic! You get the benefits of garlic without the offensive odor.

There are numerous health benefits of garlic including boosting the immune system and supporting healthy cholesterol levels and blood pressure.

Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	100
Per Serving	%DV
Aged Garlic Extract 300 mg	†
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules), rice flour, leucine.



100 serv. G8098 **\$15**

### SUGGESTED USE:

12+ yrs: 1 capsule 2 times daily with a meal or as directed.  
Additional info on page 76.

Made with  Vcaps Plus

**FUN FACT:** The Southern Ocean is home to the Antarctic Krill, the most abundant animal species on the planet. They are prized for their Omega 3's and the antioxidant astaxanthin (and are a favorite snack of the famous Emperor Penguin).



<b>Supplement Facts</b>	
Serving Size:	1 softgel
Servings Per Container:	30
Per Serving	%DV
Krill Oil Professional Formula 1200 mg	↑
Omega 3 Fatty Acids 250 mg	↑
Eicosapentaenoic acid - EPA 170 mg	↑
Docosahexaenoic acid - DHA 80 mg	↑
Omega 6 Fatty Acids 40 mg	↑
Phospholipids 400 mg	↑
Astaxanthin 1 mg	↑
Vitamin A 12 IU	2%
† Daily Value (DV) not established	

Other Ingredients: Softgel capsule (gelatin, glycerin, purified water).



30 serv. KO8060 **\$30**

#### SUGGESTED USE:

Take 1 softgel daily, preferably with a meal.

Additional info on page 79.

\*Contents of capsule is safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.

## KRILL OIL

### Pure Antarctic Krill Oil

- High in Omega 3s
- Support heart and brain health
- High in antioxidants

Krill oil is the superior option (up to 48 x more effective) when it comes to dietary oils high in Omega 3s. These fatty acids are essential to heart and brain health and help support the immune system. It is known for its high absorption rate and naturally contains astaxanthin, a powerful antioxidant. It has a low heavy metal load due to low contamination levels and contains no fillers, colors, or preservatives.



<b>Supplement Facts</b>	
Serving Size:	1 capsule
Servings Per Container:	100
Per Serving	%DV
Cayenne fruit 475 mg	↑
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).



100 serv. CA8100 **\$19**

#### SUGGESTED USE:

Take 1 capsule 3 times daily with food, unless otherwise directed.

Additional info on page 75.

## CAYENNE POWDER

### Cardiovascular Support

- Digestive and circulatory support
- Helps encourage normal blood pressure
- Safe, natural stimulant

High in vitamins A, C, B complex, calcium, and potassium. Cayenne is a wonderful digestive aid. It is also very supportive for the heart and circulatory system, helping to maintain healthy blood flow.





# CRANBERRY CAPS

## Urinary and Immune Support

- Benefits the entire urinary system
- Cardiovascular and immune support
- Avoid simple sugar-filled juices

Research shows that cranberry capsules are as effective as drinking cranberry juice. For urinary health, especially for those who suffer frequent disturbances, it's the healthier choice! Take daily for effective maintenance.

Additionally, cranberries are antioxidant-rich and may support heart health, healthy blood sugar levels, and immune system function.

Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	60
Per Serving	%DV
Cranberry fruit powder 1000 mg	†
† Daily Value (DV) not established	

Other ingredients: hypromellose (vegetable capsules)



60 serv. C9120 **\$23**

### SUGGESTED USE:

2 capsules, 1-3 times daily or as directed.

[Additional info on page 75.](#)

\*Contents of capsule are safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.



# ANTI-DIARRHEA

## Bowel Support

- Gentle and fast-acting
- Avoid uncomfortable situations
- Travel-friendly size!

No need to put up with urgent trips to the restroom with this remarkable product on hand! It's a must-have for foreign travel and excellent for children.

**Take only as needed.** Not intended for long-term use.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Ginger root	†
Red Raspberry leaf	†
Bayberry bark	†
Barberry root bark	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz. A3012 **\$20**

### SUGGESTED USE:

**3-11 yrs:** 1/8 tsp. **12+ yrs:** 1/4 tsp. 1-4 times daily or as needed (within reason).

[Additional info on page 74.](#)



"Anti-Diarrhea is amazing and is a proven winner every time, without side effects! - Ashley T.



TrustScore 4.9 | 279 reviews



BAYBERRY

Supplement Facts	
Serving Size:	4 capsules
Servings Per Container:	60
Per Serving	%DV
Activated Charcoal from Hardwoods 2400 mg	†
Vitamin C 1000 mg	1660%
Aged Garlic 600 mg	†
Beta Carotene 20 mg	†
† Daily Value not established	

Other Ingredients: Hypromellose (vegetable capsules)



60 serv. CF240 **\$37**

**SUGGESTED USE:** 4 capsules, twice daily or as directed.

Additional info on page 75.

## CANDIDA FLUSH

### Endotoxin Cleanse

- Gentle intestinal cleansing and general detoxification
- Heart health benefits
- Digestive support

This effective combination of ingredients supports your body's elimination of toxins, especially after a cleansing protocol. It acts to absorb and flush away the die-off while purifying the blood.

With over 2 grams of activated charcoal, this product is an effective solution for general detoxification as well.



Made with **Vcaps Plus**

**Activated charcoal** is the byproduct of burning a carbon source (wood). The substance is "activated" by high temperatures, removing all the oxygen and changing its chemical structure to create much smaller particles with more surface area. The result is ultra-fine charcoal with millions of tiny pores that may capture, bind, and remove toxins and other unwanted substances.

Just two grams of activated charcoal powder (our Candida Flush contains just over 2 grams) has about the same surface area as a football field. Toxin particles bind to the porous surface of the activated charcoal so that the toxin is less likely to be absorbed into the body.

Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	90
Per Serving	%DV
Freeze Dried Aloe Vera 800 mg	†
Bilberry fruit 200 mg	†
Bilberry leaf 200 mg	†
† Daily Value not established	

Other Ingredients: Hypromellose (vegetable capsules)



90 serv. AL8180 **\$39**

**SUGGESTED USE:** 2 capsules, 3 times daily or as directed.

Additional info on page 74.

## ALOE VERA PLUS

### Bladder Support

- Promotes a healthy bladder
- Safely and gently cleanse digestive lining
- Soothes urinary and digestive tract

Many of us keep aloe plants in our homes for sunburns and scrapes. Now researchers are discovering that this botanical plant can soothe internally as well. The D-Mannose in freeze-dried aloe vera is thought to protectively coat the bladder walls making it more difficult for bacteria to adhere and cause infection.



Made with **Vcaps Plus**





TIP: Use with  
LiverGlow! Page 15

# **BLUES BUSTER** Mood Lifter

- Natural, non-addictive
- Rich in herbal adaptogens
- No next-day drowsiness

This herbal combination of non-addictive ingredients designed to give you a new and refreshing outlook to your day.

The specific use of adaptogens in this formula may support your body's ability to respond and overcome the influences of physical, chemical, or biological stressors that can negatively affect your mood.

**Nursing or Expecting Moms:** Try Blues Buster II, formulated just for you and safe for your little one. See page 44.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Ashwagandha root	†
Eleuthero root	†
Ginkgo Biloba leaf	†
Lemon Balm leaf	†
Lycium berry	†
Passionflower leaf	†
Rhodiola root	†
Sage leaf	†
Tribulus Terrestris fruit	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	B3102	<b>\$20</b>
4 oz.	B3104	<b>\$36</b>

**SUGGESTED USE:** 1/4 tsp. in water 3-4 times daily. Additional info on page 74.



Made with **Vcaps Plus**

# **SPIRULINA** Dietary Superfood

- Energy and immune support
- Brain health benefits
- Boost intake of vegetable nutrition

It's recommend that we eat five servings of fruits and vegetables a day. In real life, it doesn't always happen. That's why you need Spirulina. It supplies more concentrated vegetable nutrition than any other whole food while supporting immune function, digestion, organ health, and more!

Supplement Facts	
Serving Size:	4 capsules
Servings Per Container:	30
Per Serving	%DV
Spirulina Platensis 2000 mg	†
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).



30 serv.	SP8120	<b>\$16</b>
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**SUGGESTED USE:** Take 4 capsules daily. Additional info on page 80.

**Spirulina has 4x the antioxidant ability of blueberries!**



"Blues Buster is one formula I will not be without. I sleep better and it helps with my moods to stay even--no more way up way down."  
- Verified Customer.



TRIBULUS TERRESTRIS

Supplement Facts	
Serving Size:	3 capsules
Servings Per Container:	80
Per Serving	%DV
Vitamin C (ascorbic acid)	2500%
1500 mg	

Other Ingredients: Hypromellose (vegetable capsules), Guar Gum, Pectin



80 serv. VC8120 **\$25**

**SUGGESTED USE:** Take 3 capsules 2 times daily, unless otherwise directed.

Additional info on page 81.

\*Contents of capsule are safe for toddlers and can be emptied out and then consumed in applesauce, water, etc. Full capsule may be considered a choking hazard.

## VITAMIN C

### Natural Time-Released

- Antioxidant support
- Helps with iron absorption
- Maintain good health

Vitamin C helps to protect your cells and keep them healthy. It is an essential vitamin well known for its role in supporting a healthy immune system. Because your body cannot make Vitamin C, it must come from outside sources--the foods that you eat and supplements that you take.

It may also be a natural support for normal ovulation and conception.

TIP: See Fruitful Vine regimen on page 76 for more info.



Made with **Vcaps Plus**

Supplement Facts	
Serving Size:	3/8 tsp
Servings Per Container:	64
Per Serving	%DV
Proprietary Blend	1.875 mL
White Oak bark	†
Propolis resin	†
Oregon Grape root	†
Olive leaf	†
Devil's Claw root	†
Gotu Kola herb	†
Slippery Elm bark	†
Usnea lichen	†

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



2 oz. H2312 **\$20**

4 oz. H2314 **\$36**

**SUGGESTED USE:** 3-5 yrs: 1/16 - 1/8 tsp. 6-11 yrs: 1/8 - 1/4 tsp. 12+ yrs: 1/4 - 3/8 tsp. (Spray dosing noted on bottle.)

Can be taken every 2 hours initially, dropping back to 3 times daily within 24 hours.

Additional info on page 80.

## SOOTHING THROAT & TONSIL

### Healthy Throat Support

- Soothing support
- For children and adults
- Keep your whole throat healthy

Maintain a healthy throat and provide support during times of discomfort, while maintaining healthy tonsils too! Our tonsils are gland-like structures at the back of the throat. As part of the body's immune system, they are designed to protect us by trapping bacteria and viruses that try to enter the body through the mouth. So, protect your tonsils and entire throat naturally for continued comfort.

Usnea lichen has proven to be highly effective in maintaining a healthy throat, providing support during times of discomfort.

2 oz. bottle  
NOW with a  
**SPRAY TOP!**



# LIVER FLUSH PACKAGE

## Promote Healthy Liver Function - Overnight

- As recommended by Dr. Hulda Clark
- Promote healthy liver function

As your primary detoxification organ, the liver is impressive, processing three pints of blood per minute. When examined under a microscope, rows of cells can be seen separated by spaces which act like a sieve or filter, through which the blood flows. This filter is designed to remove toxic matter such as dead cells, chemicals, microorganisms, drugs, and particulate debris from the bloodstream. The filter can become “clogged”, making it difficult for the liver to send out clean, energizing blood to other vital organs such as the brain, heart and kidneys.

**Dr. Hulda Clark considered flushing the liver to be the single most powerful and simple procedure one can do.** The idea behind a flush is literally to “flush out the filter” by stimulating massive bile flow. Flushes vary in intensity with Dr. Clark’s being most intense, and it should NOT be done while expecting, nursing or while fighting a flu. This flush is also not suggested for anyone under the age of 12.

### What you need for the flush:

- 1 Liver Flush Package
- 1/2 cup olive oil (high quality)
- 1 large, fresh pink grapefruit (2/3 cup juice)

This package includes one bottle of Epsom Salt Capsules, one bottle of Ornithine Capsules, and one 2 oz. Green Black Walnut hull extract.



PKG2019

**\$35**

### SUGGESTED USE:

Instructions will come with the package, or contact us to get a copy in advance. There are multiple steps and timing is important to get good results. The cleanse takes just under 24 hours to complete. Additional info on page 82.



**TIP:** Follow the Liver Flush with the LiverGlow. See page 15.

Package items can be sold separately.





*"My gums were receding and my dentist suggested an electric toothbrush. I got one and also started taking the Oral Care Solution. Next time I went back he was amazed that they had stopped receding."*

- Donna



**Active Ingredients:**

Ionic Silver, Fresh Ginger root extract, Goldenseal root extract, Propolis Resin extract, Cloves extract, Neem leaf extract, Peppermint Oil, and Oregano Oil.

**Inactive Ingredients:**

Vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz. 02692 **\$20**  
4 oz. 02694 **\$36**

**SUGGESTED USE:** Place 1/4 tsp. in 1/4 cup water and rinse mouth.

Additional info on page 79.

## ORAL CARE SOLUTION

Dental Health Support

- Herbal mouth rinse
- Promote healthy gums and teeth

This highly concentrated mouth rinse helps keep your teeth and gums healthy. According to a study from the University of Australia, women with bleeding gums and poor dental health took two months longer to conceive. Apply full strength to cold sores.

**DO NOT INGEST!** For rinsing and topical use only.



**Supplement Facts**

Serving Size:	1/2 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	2.5 mL
Sweet Wormwood herb	†
Propolis Resin	†
Green Rooibos Tea leaf	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz. N4442 **\$20**  
4 oz. N4444 **\$36**

**SUGGESTED USE:** 6-11 yrs: 1/8-1/4 tsp. 12+ yrs: 1/4 - 1/2 tsp. twice daily.

Additional info on page 79.

## NO-MO-SQUITO

Bite Defense

- Enjoy the outdoors
- No more painful bites

Mosquitoes are one of the greatest outdoor pests. This formula can be taken on an on-going basis to ward off these annoying insects. Their itchy bite and the growing prevalence of mosquito-born illnesses makes it an excellent first line of defense against this annoying bug.

**Not safe for horses.**  
(due to the Sweet Wormwood)







**26**  
grams of  
Protein

**SAVE** when you buy the Protein Shake and Weight Control Caps together . . . **SAVE** even more when you add the Weight Control Formula.

**Whey Protein + Weight Control Caps = \$67**

**Whey Protein + Weight Control Caps + 4 oz. Weight Control Formula = \$101**

**Whey Protein + Weight Control Caps + 4 oz. Weight Control Formula II = \$101**

# WHEY PROTEIN

## Pure Whey Isolate

- 26 grams of protein per serving
- Non-GMO Formula
- Rich in amino acids

Protein is an important nutrient for weight control. Getting enough can help boost your metabolism, reduce your appetite, and help support reduced body fat without losing muscle.

**Whey protein isolate** is virtually lactose- and fat-free; many lactose-intolerant people can still use whey protein isolate because it contains only a minuscule amount of lactose. Also, whey isolate checks in at a sturdy 90-97% protein, whereas whey concentrate contains only 70-80% protein.

Our Whey protein is fortified with ProHydrolase™, a clinically researched enzyme which provides up to three times more protein absorption and up to 55 times more aminos in the bloodstream, which play many critical roles in your body.\*

\*Compared to other leading protein enzymes.

### Supplement Facts

Serving Size 33.5 Grams (1 scoop)  
Servings Per Container: 11

Amount Per Serving	%Daily Value*
<b>Calories</b>	120
<b>Calories from Fat</b>	0
Total Fat	0.0 g 0%
Saturated Fat	0.0 g 0%
Trans Fat	0.0 g 0%
Cholesterol	5 mg 2%
Sodium	100 mg 4%
Total Carbohydrate	3 g 1%
Dietary Fiber	1.0 g 4%
Sugars	<1 g 1%
Protein	26 g 52%
Calcium	100 mg 20%
<b>% Daily Values are based on a 2,000 calorie diet.</b>	

INGREDIENTS: Whey Protein Isolate, Cocoa Powder, Natural Flavors, Xanthan Gum, ProHydrolase® (Protease Enzyme Blend), Monk Fruit (Syringic glycoside), Salt, Stevia Leaf Extract (Rebaudioside A) and Sunflower Lecithin.

### Supplement Facts

Serving Size 31 Grams (1 scoop)  
Servings Per Container: 12

Amount Per Serving	%Daily Value*
<b>Calories</b>	120
<b>Calories from Fat</b>	0
Total Fat	0.0 g 0%
Saturated Fat	0.0 g 0%
Trans Fat	0.0 g 0%
Cholesterol	5 mg 2%
Sodium	100 mg 4%
Total Carbohydrate	3 g 1%
Dietary Fiber	1.0 g 4%
Sugars	<1 g 1%
Protein	26 g 52%
Calcium	100 mg 20%
<b>% Daily Values are based on a 2,000 calorie diet.</b>	

INGREDIENTS: Whey Protein Isolate, Natural Flavors, Xanthan Gum, ProHydrolase® (Protease Enzyme Blend), Stevia Leaf Extract (Rebaudioside A), Monk Fruit (Syringic glycoside), and Sunflower Lecithin.



13 oz. Choc. P9003WC **\$45**  
13 oz. Van. P9003WV **\$45**

**SUGGESTED USE:** 1 serving daily mixed with water, juice, or a milk of your choice to supplement your diet with additional protein or as a meal replacement.

**FUN FACT:** When milk is extracted from the cow, it is about 80% casein and only 20% whey. The whole milk is then heated with a little acid until it separates into the curdled bits (curds) and the liquid (whey).



## Supplement Facts

Serving Size: 30 Grams (1 scoop)  
Servings Per Container: 15

Amount Per Serving	%Daily Value*
Calories	120
Calories from Fat	30
Total Fat	9 g 5%
Saturated Fat	0.5 g 1%
Trans Fat	0 g 0%
Cholesterol	0 mg 0%
Sodium	250 mg 10%
Total Carbohydrate	4 g 1%
Dietary Fiber	2 g 8%
Sugars	0 g 0%
Protein	20 g 40%
Calcium	40 mg 4%
Iron	8.1 mg 45%

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

INGREDIENTS: Pea Protein Isolate, Organic Hemp Protein, Alkalized Cocoa Powder, Sacha Inchi Protein, Natural Flavors, Milled Chia Seed, Stevia Leaf Extract (Rebaudioside A), Salt, Guar Gum, Spirulina, Kelp Powder and Dulce Powder.

## Supplement Facts

Serving Size: 30 Grams (1 scoop)  
Servings Per Container: 15

Amount Per Serving	%Daily Value*
Calories	115
Calories from Fat	25
Total Fat	2.5 g 4%
Saturated Fat	0 g 0%
Trans Fat	0 g 0%
Cholesterol	0 mg 0%
Sodium	240 mg 10%
Total Carbohydrate	3 g 1%
Dietary Fiber	2 g 8%
Sugars	0 g 0%
Protein	21 g 42%
Calcium	40 mg 4%
Iron	7.2 mg 40%

\*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

INGREDIENTS: Pea Protein Isolate, Organic Hemp Protein, Natural Flavors, Sacha Inchi Protein, Milled Chia Seed, Stevia Leaf Extract (Rebaudioside A), Guar Gum, Spirulina, Kelp Powder and Dulce Powder.



13 oz. Choc. P9003VC **\$45**

13 oz. Van. P9003VV **\$45**

**SUGGESTED USE:** 1 serving daily mixed with water, juice, or a milk of your choice to supplement your diet with additional protein or as a meal replacement.

# VEGAN PROTEIN

## Plant-Based Protein

- 21 grams of protein per serving
- Non-GMO Formula
- Feel fuller, longer

Protein supplementation is especially important if you follow a vegan or vegetarian diet. Besides being an important nutrient for weight control, getting enough protein is vital to your everyday health.

Our vegan shake is made from a unique mixture of plant proteins supplying essential nutrients along with the protein to keep you feeling fuller, longer.



**21**  
grams of  
Protein

**TIP:** Better for those with sensitive stomachs!

**SAVE** when you buy the Protein Shake and Weight Control Caps together . . . **SAVE** even more when you add the Weight Control Formula.

Vegan Protein + Weight  
Control Caps  
= **\$67**

Vegan Protein + Weight  
Control Caps + 4 oz.  
Weight Control Formula  
= **\$101**

Vegan Protein + Weight  
Control Caps + 4 oz.  
Weight Control Formula II  
= **\$101**

## Supplement Facts

Serving Size: 8 capsules  
Servings Per Container: 30

Per Serving	%DV
Vitamin D3 10 mcg	<1%
Chromium (As Chromium)	23%
Amino Acid Chelate) 28 mcg	
Brewers Yeast 0.5 mg	†
CoEnzyme Q10 100 mg	†
Acetyl-L-Carnitine 1000 mg	†
Vitamin C 1000 mg	1660%
Spirulina 1000 mg	†
L-Glutamine 2000 mg	†

† Daily Value not established

Other Ingredients: Hypromellose (vegetable capsules)



30 serv. W9004 **\$25**

**SUGGESTED USE:** Take 8 capsules daily with the Protein Shake. We suggest dividing it up, taking 4 in the morning and 4 in the evening. Additional info on page 81.

# WEIGHT CONTROL CAPS

## Vitamin and Mineral Support

- With green superfood spirulina
- Rich in nutrients for nursing mom
- Reduce sugar cravings

With eight important vitamins and minerals specifically chosen to support a healthy weight, the Weight Control Caps also provide many of the healthy nutrients that nursing moms need most.



Made with **Vcaps Plus**

## USE WITH THE PROTEIN SHAKE

Using the Weight Control Caps alone will not support weight loss. Use with the Protein shake. For added benefits, also use the Weight Control Formula.

Made with **Vcaps Plus**

## HEMP CAPS

Contains Natural  
Cannabinoids

- Support a healthy inflammatory response
- Effective mood and mind balancing
- Contains less than 0.3% THC

Testing has shown that the most beneficial results come when using the entire hemp plant, taking advantage of the root, stalk, and flower as a whole. Our Hemp Caps utilize exactly that. Sourced from a federally-regulated local farm and tested for purity, quality, and potency, this product is designed to work with your body and not against it.

Promote harmony and balance for your entire system; effectively manage stress levels and sleep cycles, maintain comfort for joints and muscles, boost the immune system, and more!

### Supplement Facts

Serving Size:	2 capsules
Servings Per Container:	30
Per Serving	%DV
Bio Mass Hemp Powder 1500 mg	†
† Daily Value (DV) not established	

Other ingredients: Hypromellose (vegetable capsules).



30 serv. HC9060 **\$65**

### SUGGESTED USE:

Take 2 capsules daily.

Additional info on page 78.

Made with **Vcaps Plus**

## HEMP+

Full-Spectrum Hemp with  
Essential Vitamins

- Provides a range of beneficial cannabinoids
- Immune and structural health support
- Joint and muscle comfort

There are hundreds of active compounds within full-spectrum hemp—including cannabinoids, terpenes, and phenolics—and they work best together, according to nature's design.

Our hemp powder, combined with these essential vitamins can provide support for the comfort of muscles, joints, and other tissues—especially during periods of over-exertion.

### Supplement Facts

Serving Size:	2 capsules
Servings Per Container:	60
Per Serving	%DV
Calcium Citrate 600 mg	60%
Vitamin C 500 mg	833%
Magnesium Oxide 400 mg	100%
Full-Spectrum Hemp Powder 20 mg	†
Zinc Gluconate 10 mg	67%
Vitamin D3 75 mcg	750%
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules)



60 serv. HMP120 **\$49**

### SUGGESTED USE:

Take 2 capsules daily.

Additional info on page 78.

## →Hemp

The Hemp plant, part of the Cannabaceae family, has a very rich history in human culture.

Its medical use dates back centuries, when Chinese physicians prescribed Cannabis for fatigue, malaria, and rheumatism. By the early 1900s, Eclectic medicine, a branch of American medicine, used Cannabis extract to support healthy urinary tract function, and to support healthy digestion, mood, and sleep.

Over the centuries, humans carefully evolved the genetics of Cannabis into several different strains. *Cannabis sativa*, commonly known as Industrial Hemp, produces over 100 different cannabinoids, the more recently famous

of which is known as cannabidiol or CBD. Cannabinoids are constituents found in the Hemp plant that led to the discovery of the endocannabinoid receptor system (ECS). The ECS is a complex cell-signaling system that scientists are still trying to understand. But so far, we know that it plays a role in regulating a range of functions and processes, including sleep, mood, appetite, memory, reproduction, and fertility.

Until very recently, cultivation and use of Hemp was federally regulated. However, with the passage of the 2018 US Farm Bill declared that the Hemp plant has been removed from the Schedule 1 class of controlled substances.

Supplement Facts		
Serving Size:	1 mL	
Servings Per Container:	120	
Per Serving		%DV
Cannabinoids 15 mg	↑	
Proprietary Blend 1 mL	↑	
Ingredients: Hemp Extract, Hemp Oil liquid Emulsion		
† Daily Value (DV) not established		



2 oz.	HE9102	<b>\$45</b>
4 oz.	HE9104	<b>\$85</b>

**SUGGESTED USE: 12+ yrs:**  
1/4 tsp. Take 1-3 times daily  
unless otherwise directed.  
[Additional info on page 78.](#)

**NEW**

## FULL-SPECTRUM HEMP BLEND

Contains Natural Cannabinoids

- 15 mg cannabinoids per serving
- Less than 0.3% THC
- Water-soluble for faster absorption

Our reformulated liquid Hemp combines our Full-Spectrum Hemp Extract with a specially-formulated high-potency cannabinoid emulsion. Our hemp is locally and organically grown and hand-harvested from the roots to the chutes.

This perfect hemp blend gives you all of the benefits of the entire hemp plant with the intensity of desirable cannabinoids. With faster absorption and sustainability than oil-based products, you can expect to feel the results quicker and longer; including central nervous system support, mood and energy support, physical comfort support, and more.



**15**  
mg of  
cannabinoids



## ➔ Nature's Gentle Answers for Women

For centuries wise women have made being a woman, and especially motherhood, easier by using a wide variety of nature's herbal offerings.

Old midwifery manuals and ancient herbal volumes are a testament to how heavily healing plants were relied on before the days of modern medicine.

Today, there is a growing trend of taking a second look at the simple remedies used by our grandmothers and great-grandmothers.

As many as 40% of childbearing age women are looking for safe, natural ways to bring their little ones into the world.

Complications, such as nerve damage, unwanted pressure to deliver within preset parameters, and drug related difficulty with nursing a lethargic newborn, are moving women to find natural ways to prepare for giving birth gently and dealing with the after pains.

There are herbal answers for the discomforts experienced in the months leading up to the moment a new life is snuggled safely in mommy's arms. Leg cramps, queasiness and exhaustion don't have to be a part of this precious time.



## **NEW** **WATER BALANCING FORMULA** Fluid Release Support

- Urinary tract cleansing
- Relieve water retention
- Gently flush and normalize

When your body holds on to too much fluid, you may experience uncomfortable side effects like bloating and weight gain—an experience that is all-too-common during pregnancy.

This herb combination can help support healthy fluid balance by encouraging elimination via the kidneys.

Supplement Facts	
Serving Size:	1 tsp
Servings Per Container:	24
Per Serving	%DV
Proprietary Blend	5 mL
Cleavers herb	†
Dandelion leaf	†
European Elder flower	†
Sarsaparilla root	†
Yarrow leaf & flower	†
† Daily Value (DV) not established	

Other Ingredients: Vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



4 oz. U6044 **\$36**

### SUGGESTED USE:

1 tsp. 2-3 times daily with 8 oz. of cold water.

Additional info on page 81.

Supplement Facts		
Serving Size:	1/4 tsp	
Servings Per Container:	96	
Per Serving	%DV	
Proprietary Blend	1.25 mL	
Astragalus root	†	
Eleuthero root	†	
Wild Yam root	†	
Rhodiola root	†	
† Daily Value (DV) not established		

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol



2 oz. A2002 **\$20**  
4 oz. A2004 **\$36**

#### SUGGESTED USE:

**0-2 yrs:** 5 to 10 drops. **3-11 yrs:** 1/8 tsp. **12+ yrs:** 1/4 tsp.  
Take 1-3 times daily.  
Additional info on page 74.

## ADRENAL AID II

### Adrenal Support for Moms

- Enjoy additional energy
- Support your ability to handle stress
- Avoid exhaustion while expecting

Exhaustion and expecting go hand-in-hand for many moms. Changes in your body include the adrenal glands increasing in size and activity.

Pregnenolone, a hormone produced by the adrenal glands, is used by the nervous, glandular, and musculoskeletal system. All these systems can become stressed during pregnancy, leaving your adrenal glands drained and you feeling tired and dreary. Supporting the adrenal glands with herbs that may be helpful for expecting and nursing moms.

If not expecting or nursing, use original Adrenal Aid, page 11.



Supplement Facts		
Serving Size:	1/4 tsp	
Servings Per Container:	96	
Per Serving	%DV	
Proprietary Blend	1.25 mL	
Milk Thistle seed	†	
Fresh Ginger root	†	
Dandelion root	†	
Alfalfa leaf	†	
Olive leaf	†	
Grape seed	†	
Lemon Balm leaf	†	
Bilberry fruit	†	
† Daily Value (DV) not established		

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



4 oz. L3714 **\$36**

#### SUGGESTED USE:

**0-2 yrs:** 5 to 10 drops. **3-11 yrs:** 1/8 tsp. **12+ yrs:** 1/4 tsp.  
Take in water before meals 3 times daily.  
Additional info on page 79.

## LIVERGLOW II

### Liver Support for Moms

- Stimulate, cleanse, and support your liver
- Maintain energy
- Healthy mood support

During pregnancy, your liver filters 4.5 pints of blood per minute. This gentle, nourishing blend of herbs may stimulate, cleanse, and support your liver.

Begin and end each day with energy and a smile. For best results, begin use two months before conception when possible.

TIP: Use with Stomach Aid to maintain health digestion. See page 45. If not expecting or nursing, use original LiverGlow, page 15.





# MAXI-MILK

## Lactation Support for Nursing Moms

- Increase breast milk supply
- Richer, higher quality milk
- Make nursing more enjoyable

Nearly all healthcare professionals agree that mom's milk is the best for babies. With Maxi-Milk, keeping up with the demands of a growing baby no longer has to be a struggle.

Give your body the natural support to provide your baby the best; mom's milk—more and richer!

**NOTE:** Begin use AFTER delivery and not while still expecting.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Blessed Thistle herb, Marshmallow root, Alfalfa leaf, Fennel seed, Skullcap herb, Chaste Tree berry, Stinging Nettle leaf, Anise seed, Peppermint leaf, Red Raspberry leaf, Milk Thistle seed, Lemon Balm leaf.	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	M1202	<b>\$20</b>
4 oz.	M1204	<b>\$36</b>

**SUGGESTED USE:**  
1/4-1/2 tsp. in water, 1-4 times daily.  
[Additional info on page 79.](#)

\*The ratio of peppermint in this formula is minimal, at 1:15. It supports digestion for your little one and does not negatively affect milk supply.



# HERBAL THYROID CARE II

## Thyroid Support for Moms

- Rich in herbal iodine sources
- Maintain emotional balance
- Support healthy stress levels

This easy-to-take capsule is rich in herbal iodine sources that are also low in heavy metals making it safe for nursing and expecting mothers. Iodine is the most important nutrient when it comes to optimal thyroid health.

The inclusion of rhodiola and passionflower positively effects your emotions and nerves giving new moms and moms-to-be relief from often overwhelming emotional stress.

Contains cayenne to help improve digestion and absorption.

Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	60
Per Serving	%DV
Proprietary Blend	†
Irish Moss, Olive leaf, Rhodiola root, Ginkgo Biloba leaf, Passionflower, Capsicum fruit	
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).



60 serv.	HT9220	<b>\$26</b>
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**SUGGESTED USE:**  
Take 1 capsule two times daily.  
[Additional info on page 78.](#)

\*Due to choking hazard. Contents of capsule are safe for toddlers and can be emptied out and then consumed in applesauce, water, etc.

**NOTE: Use ONLY for under-active thyroid support.**

**TIP:** Discontinue use 2 weeks before delivery date—to avoid increased chance of excessive bleeding due to capsicum and Ginkgo Biloba content.



*"This definitely helped me have a very short and efficient labor! 3.5 hours from start to finish."*

- Verified Customer



BLESSED THISTLE

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Blessed Thistle herb, Red Raspberry leaf, False Unicorn root, Partridge Berry herb, Blue Cohosh root, Ginger root, Skullcap herb, Motherwort herb, Wild Yam root, Bayberry root bark.	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	G1032	<b>\$20</b>
4 oz.	G1034	<b>\$36</b>

#### SUGGESTED USE:

During last 5 weeks of pregnancy: **Week 1:** 1/4 tsp. in water 2 times daily.

**Weeks 2-5:** 1/4 tsp. in water 3 times daily.

Additional info on page 77.

## GENTLE BIRTH

### Childbirth Support

- Midwife-favorite
- Enjoy a more comfortable labor and delivery
- Support a quick recovery

This unique combination of herbs may help the body prepare to give birth when taken for the 5 weeks prior to your due date. Over 90% of women who have tried Gentle Birth Formula say they would recommend it to family and friends.

Perceived benefits include easier, shorter, and more comfortable labor and delivery, plus a shorter recovery time.



TIP: 4 oz. bottle is suggested for 5 weeks before due date. 2 oz. bottle if you tend to deliver early.

TIP: If you're taking Herbal Vita-Mom, use Gentle Birth Without Red Raspberry.

TIP: May be used up to two weeks after giving birth for normalizing support.

## Gentle Birth is also available

### Without Red Raspberry

If you are taking additional Red Raspberry supplements (such as tea, capsules, extract, or Herbal Vita-Mom) we suggest ordering the **Gentle Birth without Red Raspberry**.

4 oz. G 1034R **\$36**

### Without Blue Cohosh

If you suffer from high blood pressure we suggest ordering the **Gentle Birth without Blue Cohosh**.

4 oz. G 1034B **\$36**







# AFTER-PAIN RELIEF

## Postpartum and Menstrual

- Fast-acting
- Ease cramping and spasms
- Midwife-favorite

Ease discomfort and enjoy the precious time after giving birth and while nursing your newborn. This fast-acting liquid herbal formula may naturally ease after-birth and menstrual discomfort by relaxing muscle tension, easing cramping and spasms.

Supplement Facts		
Serving Size:	1/4 tsp	
Servings Per Container:	96	
Per Serving	%DV	
Proprietary Blend	1.25 mL	
Cramp bark	†	
Black Haw root	†	
Yarrow leaf & flower	†	
St. John's Wort herb	†	
† Daily Value (DV) not established		

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



2 oz. A1012 **\$20**

4 oz. A1014 **\$36**

**SUGGESTED USE:** 1/4 tsp in water as needed. Dosage can be repeated every 15 minutes (within reason until relief is obtained). Additional info on page 74.



# BLUES BUSTER II

## Mood Lifter for Moms

- Help support a positive outlook
- Balance hormones
- Natural, non-addictive

Specially formulated for the expecting or nursing mother, these gentle adaptogenic herbs may have a positive effect on emotions.

**TIP:** For many, focusing on the health of their liver may be all they need to feel happier. So we suggest starting with our LiverGlow II formula (page 41) and adding the Blues Buster II if needed. If not expecting or nursing, use original Blues Buster, page 32.

Supplement Facts		
Serving Size:	1/4 tsp	
Servings Per Container:	96	
Per Serving	%DV	
Proprietary Blend	1.25 mL	
Rhodiola root	†	
Eleuthero root	†	
Lemon Balm leaf	†	
Ginkgo Biloba leaf	†	
Passionflower leaf	†	
† Daily Value (DV) not established		

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz. B3202 **\$20**

4 oz. B3204 **\$36**

**SUGGESTED USE:** 1/4 tsp in water 3-4 times daily. May take up to two weeks of consistent use before full benefit is realized. Additional info on page 74.



"After-Pain Relief blew ibuprofen out of the water in comparison. I will definitely be using it for any more children I may have."  
- Verified Customer.



RHODIOLA

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Ginger root	†
Fresh Ginger root	†
Peppermint leaf	†
Fennel seed	†
Peppermint oil	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	\$1302	<b>\$20</b>
4 oz.	\$1304	<b>\$36</b>

#### SUGGESTED USE:

0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

Additional info on page 80.

## STOMACH AID

### Digestive Support

- Calm stomach issues
- Support healthy digestion
- For all ages (and men too!)

Changes in a women's body during early pregnancy can lead to an upset stomach. Fresh ginger, combined with dried ginger, fennel, and peppermint can support the entire digestive system. The calming effects help you to enjoy your breakfast and keep it down!

Designed with the expecting mother in mind, this formula can provide soothing support for anyone with an upset stomach.



Supplement Facts	
Serving Size:	3/4 tsp
Servings Per Container:	32
Per Serving	%DV
Proprietary Blend	3.75 mL †
Fresh Ginger root, Grape seed, Propolis resin, Skullcap herb, Stinging Nettle leaf, Horsetail herb, Oatstraw herb, Alfalfa leaf, Blessed Thistle herb, Fennel seed, Marshmallow root, Chamomile flower, Cornsilk herb, Anise seed, Chaste Tree berry, Lemon Balm leaf, Milk Thistle seed, Peppermint leaf, and Red Raspberry leaf.	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz.	W4442	<b>\$20</b>
4 oz.	W4444	<b>\$36</b>

#### SUGGESTED USE:

See chart at right.

Additional info on page 81.

## WEIGHT CONTROL FORMULA II

### Weight Control for Nursing Moms

- Help curb your appetite
- Maintain a healthy metabolism
- Sustain a rich milk supply

Formulated for the nursing mom trying to lose the excess baby weight, this formula is safe for mom AND nursing baby. It promotes a more gradual weight loss as to not interfere with the nutrition needed for your growing baby. Plus, we've included herbs to support a healthy milk supply so even though mom might be losing, baby is sure to gain!



Use with the **Protein Shake and Weight Control Caps** for additional support. See page 36-37 for complete information.

Weight	120-150 lbs	151-200 lbs	201-249 lbs	250+ lbs
Dose (Droppers)	2	2 1/2	3	4

**Directions:** Take 30 minutes before meals, 3 times daily. Dosage can be increased, especially if milk supply drops.



**TIP:** If not expecting or nursing, use original Femme Defense, page 50.

## FEMME DEFENSE II

### Daily Herbs for the Expectant Mom

- Daily support for maternal care
- Contains valuable herbs for women
- Boost your defenses

Femme Defense II contains only the herbs generally considered safe for your developing baby and the nursing infant. This formula may help to support lactation, muscle and nervous system calming, tooth and bone health, healthy sleep cycles, plus antioxidant benefits for the immune system.

Continue supporting your health with the most valuable herbs for women during a time when your body needs it most!

Supplement Facts	
Serving Size:	3/4 tsp
Servings Per Container:	32
Per Serving	%DV
Proprietary Blend	3.75 mL †
Skullcap herb, Stinging Nettle leaf, Horsetail herb, Oatstraw herb, Corsiolk herb, Chamomile flower, Propolis resin, Green Rooibos Tea leaf, Bilberry leaf, Bilberry fruit, Ginger root, Milk Thistle seed, Ginkgo Biloba leaf, Olive leaf, Blessed Thistle herb, Partridge Berry herb.	

† Daily Value (DV) not established

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. F3154 **\$36**

#### SUGGESTED USE:

1/2 tsp. 3 times daily or  
3/4 tsp. twice daily, 6 days  
per week.  
[Additional info on page 76.](#)



## C & B FORMULA

### Calming and Balancing

- Support a healthy pregnancy
- Midwife-favorite
- Support on-time delivery

During the first 13 weeks, about 20% of pregnancies end in loss.

C & B Formula is a wonderful combination of the herbs traditionally used to support pregnancy. The uterine calming and hormone balancing provided by this formula can provide the support you need, when you need it! Keep a bottle on hand for peace of mind.

**Not intended as a daily preventative, use only as needed.**

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Black Haw bark	
False Unicorn root	
Wild Yam root	
Cramp bark	
Passionflower leaf	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



2 oz. C1312 **\$20**  
4 oz. C1314 **\$36**

#### SUGGESTED USE:

Baseline usage for this product is 1/4 tsp. in water 1-3 times daily as needed while cramping or spotting. **While cramping and/or spotting:** Take 3 droppers every 2-3 hours, for up to 12 hours. Then take 2 droppers (1/4 tsp) every 4 hours once the cramping and spotting lessens.

[Additional info on page 75.](#)

Supplement Facts	
Serving Size: 1 Softgel	30
Servings Per Container:	
Per Serving	%DV
Calories 10	
Calories from Fat 10	↑
Total Fat 1 g	2%*
Polyunsaturated Fat 1 g	↑
Evening Primrose Oil 1000 mg	↑
Linoleic Acid 680 mg	↑
Gamma Linolenic Acid 100 mg	↑
* Percent Daily Values (%DV) are based on a 2,000 calorie diet.	
† Daily Value (DV) not established	
Other Ingredients: Gelatin, Glycerin, Pure water	



30 serv. EP9030 \$13

#### SUGGESTED USE:

3 softgels, once or twice daily.

Additional info on page 76.

## EVENING PRIMROSE

### Blood Pressure Support

- Maintain normal blood pressure
- Support an on-time and gentle labor
- Midwife-favorite

Use during pregnancy for blood pressure support to shorten or start labor, and to avoid late delivery.

It may increase the risk of heavy bleeding when ingested in the 3 weeks prior to delivery, so it is suggested to apply topically or discontinue use.



**TIP:** There are midwives who recommend using the soft gels topically, or as suppositories to soften the cervix prior to the onset of labor or to start labor. Please consult with your healthcare provider prior to attempting to use it to start labor or ingesting during late pregnancy.

Supplement Facts	
Serving Size: 2 softgels	
Servings Per Container: 60	
Amount Per Serving	%DV
Vitamin A (as Beta-Carotene) 1500 mcg RAE	115%
Vitamin C (as Ascorbic Acid) 60 mg	50%
Vitamin D (as Cholecalciferol) 10 mcg	67%
Vitamin E (as d-alpha Tocopherol) 20 mg	105%
Vitamin K (as Phylloquinone) 80 mcg	89%
Thiamine (as Thiamine HCl) 4 mg	286%
Riboflavin 5 mg	313%
Niacin (as Nicotinamide) 20 mg	111%
Vitamin B6 (as Pyridoxine HCl) 10 mg	500%
Folate 1333 mcg DFE (800 mcg folic acid)	222%
Vitamin B12 (as Cyanocobalamin) 10 mcg	357%
Biotin 200 mcg	571%
Pantothenic acid (as d-Calcium Pantothenate) 10 mg	143%
Choline (as Choline Bitartrate) 20 mg	4%
Iron (as Ferrous Succinate) 18 mg	67%
Iodine (as Potassium Iodide) 150 mcg	52%
Magnesium (as Mg Oxide and Mg Citrate) 200 mg	50%
Zinc (as Zinc Picolinate) 15 mg	115%
Selenium (as Sodium Selenate) 70 mcg	100%
Copper (as Copper Gluconate) 2 mg	154%
Manganese (as Manganese Citrate) 2 mg	77%
Chromium (as Chromium Picolinate) 120 mcg	267%
Coenzyme Q10 50 mg	↑
Inositol 16 mg	↑
Hesperidin Complex (from Citrus aurantium Fruit) 50 mg	↑
Ginger (Zingiber officinale) Root Extract 30 mg	↑
Peppermint (Mentha piperita) Leaf Extract 20 mg	↑
Alfalfa (Medicago sativa) Leaf Powder 20 mg	↑
Red Raspberry (Rubus idaeus) Leaf Powder 20 mg	↑
Cranberry (Vaccinium macrocarpon) Fruit powder 20 mg	↑
Stinging Nettle (Urtica dioica) Leaf Powder 20 mg	↑
† Daily Value (DV) not established.	

Other Ingredients: Rice Bran Oil, Gelatin, Glycerin, Potassium Citrate (supplying 60 mg of Potassium), Purified Water, Yellow Beeswax, Sunflower Lecithin, and Color (Lycopene and Annatto). **CONTAINS: SOY**

## HERBAL VITA-MOM

### Prenatal Vitamin

- Important blend of vitamins and minerals
- Digestive-friendly herbs
- Vital support for mom and baby

Herbal Vita-Mom contains the daily vitamins and minerals you need before and during your pregnancy.

Among them is folic acid, widely considered the most important vitamin to take when planning a pregnancy. Folic acid is a B vitamin that cells in your body need for growing and developing.

We suggest that you start any prenatal vitamin regimen at least one month before you start trying to get pregnant. The first few weeks of pregnancy are a vital time for fetal health and development.



60 serv. VM9060 \$37

#### SUGGESTED USE:

Take 2 softgels daily, preferably with meals unless otherwise directed.

Additional info on page 78.

**TIP:** If you plan to use this with Gentle Birth, order Gentle Birth without Red Raspberry.



## ➔ Fertility

Before the days of modern medical inventions, herbs were heavily relied on to increase fertility. Even the Bible records the ancient story of Rachel and her quest to conceive, by bargaining for her nephew's Mandrake roots. These were believed to relieve barrenness.

Herbs and dietary supplements can be a welcome alternative before or after going through the painful, invasive and often ineffective methods used by modern medicine. The costs alone can be frightening, making nature's simple answers even more attractive.

Many factors are thought to contribute to the growing number of childless couples. In women, endometriosis is considered to be the leading cause. Toxic overload, yeast overgrowth, and parasites are other burdens considered by natural health practitioners to

contribute to the inability of men and women to conceive.

We are pleased to offer natural fertility support products for both men and women. Men seldom get enough of the vitamins and minerals pertinent to their reproductive health and can benefit from taking a good-quality multi-vitamin.

It makes sense for both partners to thoroughly cleanse the body and to strengthen any major organ you suspect to be weak, before using herbal and dietary supplements to enhance fertility.

You may discover your body just needs a cleaner, healthier place for a new life to form. Prepare to be patient. We would suggest that you begin by addressing the issue causing the most discomfort.

## ➔ Steps to Conceiving Naturally

### Know your body

Become familiar with the signs that indicate when conception is most likely.

### Cleanse and tone

Give your reproductive organs and body a little more attention. Rid it of toxins and all unnecessary burdens.

### Balance and Regulate

Keep your cycles and hormones as balanced and regular as possible.

### Dental Health

Make sure your gums and teeth are healthy. Use a natural, antibacterial mouth wash daily.

### Support and Enhance

Maintain good health of your glands and reproductive organs responsible for healthy conception.

★★★★★

*"Our family loves MMH. We have used a variety of their products. Tone & Cleanse with Hormone Balance Formula saved my sanity. I noticed a difference in my moods within days."*

- Veronica H.



CHASTE TREE BERRY

Supplement Facts		
Serving Size:	1/4 tsp	
Servings Per Container:	96	
Per Serving	%DV	
Proprietary Blend	1.25 mL	
Chaste Tree berry	†	
False Unicorn root	†	
Sarsaparilla root	†	
Blessed Thistle herb	†	
Ginger root	†	
Licorice root	†	
Partridge Berry herb	†	
† Daily Value (DV) not established		

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



2 oz.	H1042	<b>\$20</b>
4 oz.	H1044	<b>\$36</b>

#### SUGGESTED USE:

1/4 tsp. in water 1-3 times daily.  
Additional info on page 77.

**TIP:** Optimal results have been noted by alternating (every two weeks) Tone & Cleanse with the Hormone Balance Formula for maximum cleansing and balancing effects. We suggest starting Hormone Balance Formula the day your cycle starts and take it for 2 weeks. Then switch to Tone & Cleanse for 2 weeks. From that point simply continue to alternate the two formulas every two weeks regardless of when your cycle starts and stops. We suggest using these products for 3-6 months for best results.

Supplement Facts		
Serving Size:	1/4 tsp	
Servings Per Container:	96	
Per Serving	%DV	
Proprietary Blend	1.25 mL	†
Dong Quai root, False Unicorn root, European Mistletoe herb, Red Raspberry leaf, Yarrow leaf & flower, Blue Cohosh root, Cayenne fruit, Chamomile flower, Ginger root, Licorice root.		
† Daily Value (DV) not established		

Other Ingredients: vegetable glycerin, distilled water and approx. 5% -10% organic grain alcohol.



2 oz.	T1102	<b>\$20</b>
4 oz.	T1104	<b>\$36</b>

#### SUGGESTED USE:

1/4 tsp. in water 1-3 times daily.  
Additional info on page 81.

## HORMONE BALANCE FORMULA

(FORMERLY HB FORMULA)

### Hormonal Balance

- Maintain a positive mood
- Support regular cycles
- Enjoy clearer skin

This formula is a traditional combination of harmonizing herbs used to support normal hormone balance. You can be in a good mood all month, have regular cycles, and enjoy a clearer complexion.

Perfect for teenage girls, new mothers, and women of all ages.



Not suggested for use with Progesta-Yam.

## TONE & CLEANSE

(FORMERLY T&C FORMULA)

### Female Reproductive Support

- Maintain healthy uterus, fallopian tubes, and ovaries
- Support comfort during menstruation
- Easily absorbed and fast-acting

This combination of cleansing and toning herbs is prized for their positive effect on the uterus, fallopian tubes, and ovaries.

This blend is easily absorbed and works quickly to help relieve mild pain associated with menstruation and/or ovulation.



CAN be taken with Progesta-Yam.



## FEMME DEFENSE

### Daily Herbs for Women

- Maintain healthy hormone levels
- Boost your defenses
- Plant-based calcium support

Femme Defense is the perfect daily, all-in-one tonic for women who take maintaining vibrant health seriously! Rich in plant based calcium your body can actually use. With herbs to gently normalize hormone levels, plus 19 additional potent herbal extracts to boost your defenses against the most common health challenges faced today by women of all ages.

Supplement Facts	
Serving Size:	3/4 tsp
Servings Per Container:	32
Per Serving	%DV
Proprietary Blend	3.75 mL †
Skullcap herb, Chaste Tree berry, Codonopsis root, Sansaparilla root, Green Rooibos Tea leaf, Red Clover leaf & flower, Hops flower, Propolis resin, Hawthorn berry, Parsley root, Astragalus root, Ginger root, Eleuthero root, False Unicorn root, Stinging Nettle leaf, Horsetail herb, Oat straw herb, Cornsilk herb, Chamomile flower, Bilberry leaf, Bilberry fruit, Milk Thistle seed, Rosemary leaf, Ashwagandha root, Ginkgo Biloba leaf, Olive leaf, Cat's Claw bark, Blessed Thistle herb, Partridge Berry herb, European Mistletoe herb, Neem leaf, Licorice root.	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. F3144 **\$36**

#### SUGGESTED USE:

1/2 tsp. 3 times daily or 3/4 tsp.  
twice daily, 6 days per week.  
Additional info on page 76.



## VARI-PLEX

### Vein Support

- Support normal circulation
- Maintain strong, healthy capillaries
- Support leg comfort

The miracle of carrying a new life does not have to be accompanied by ugly, uncomfortable veins. This powerful combination of herbs may support and strengthen healthy normal veins.

This formula can be used by anyone, including men, for healthy vein support.

TIP: If using with Gentle Birth, reduce dose of Vari-Plex by half.  
For best results, use with Revitalizing Leg Lotion, page 70

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Bayberry bark	†
Bilberry leaf	†
Bilberry fruit	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. V2184 **\$36**

#### SUGGESTED USE:

1/4 tsp. in water 1-3 times  
daily.  
Additional info on page 81.

## PROGESTA-YAM

### Balancing Cream

4 oz. \$56.00

See full listing on page 71.

## ESTRIOL CREAM

### Balancing Cream (menopause)

2 oz. \$57.00

See full listing on page 71.



"I have used this product two different times before and it really works! We now have two healthy little boys."  
- Verified Customer



DONG QUAI

**Supplement Facts**

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Chaste Tree berry	†
Dong Quai root	†
False Unicorn root	†
Eleuthero root	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. F1024 **\$36**

**SUGGESTED USE:**

1/4 tsp in water 3-4 times daily.

Additional info on page 76.

## FRUITFUL VINE

### Womens Fertility Enhancement

- Balance hormone levels
- Support healthy stress levels
- Natural, non-invasive

Fruitful Vine is designed for women who long to become pregnant. This combination of herbs is designed to increase fertility by stimulating certain glands and minimizing stress while bringing balance to hormone levels.

TIP: Consider using with Vitamin C to enhance benefits, see page 33.

**Supplement Facts**

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
St. John's Wort herb	†
Tribulus Terrestris fruit	†
Eleuthero root	†
Gentian root	†
Gotu Kola herb	†
Passionflower leaf	†
Sarsaparilla root	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx. 5% - 10% organic grain alcohol.



4 oz. E4204 **\$36**

**SUGGESTED USE:**

1/4 tsp in water 3-4 times daily.

Additional info on page 75.

## EDEN'S RESPONSE

### Natural Libido Support

- Relax naturally
- Maintain a healthy desire
- Support female responsiveness

A balancing and stimulating herbal tonic designed to help increase a lady's desire or libido. Bringing natural relaxation and relief to women.







## LEGACY HERBS

### Mens Fertility Enhancement

- Partner to Fruitful Vine
- Production support
- Support a healthy desire

About 1/3 of the time, infertility is a female problem. In another 1/3 of cases, it is the man with the fertility problem. For the remaining 1/3, both partners have fertility challenges or no cause is found.

In response to many requests for a natural way to support fertility in men, Legacy Herbs was created to support production, quality, and quantity in the areas of male fertility.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Eleuthero root	↑
Tribulus Terrestris fruit	↑
Pygeum bark	↑
Barrenwort leaf	↑
Astragalus root	↑
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



4 oz. L3124 **\$36**

#### SUGGESTED USE:

1/4 tsp. 3-4 time daily.

Additional info on page 79.



## EVERY MAN®

### Men's Multi-Vitamin

- Immune system support
- Promote increased energy
- Brain and mood support

This organic, whole-food multivitamin is formulated specifically for the needs of active men. Energizing herbs provide stress support and promote dynamic energy levels. It's easy-to-take, easy-to-digest, and can be taken anytime, even on an empty stomach!

Every Man Multivitamin combines the revered herbs of Elderberry and Astragalus and whole-food fermented Vitamin C, and Vitamin D3, along with organic Chamomile, Maca, and Schizandra to support your everyday health.

**TIP:** Use both Legacy Herbs and a good men's multivitamin for enhanced fertility.

**Serving Size:** 2 tablets  
**Servings/container:** 36  
**Contains:** Vitamin A, Vitamin C, Vitamin D3, Vitamin E, Vitamin K, Thiamin-Vitamin B1, Riboflavin-Vitamin 2, Niacin, Vitamin B6, Folate, Vitamin B12, Biotin, Panthotenic Acid, Calcium, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum. **Prostate Support Blend:** Saw Palmetto Extract, Organic Pumpkin Seed oil, Nettle Extract. **Stress/Energy Support Blend:** Organic Schizandra berry, Organic Maca root, Organic Chamomile flower. **Cardio Support Blend:** Organic Fenugreek seed, Organic Oregano leaf, Grape Seed Extract, Organic Hawthorn berry and seed. **Digestive Support Blend:** Organic Aloe leaf, Organic Peppermint leaf, Organic Coriander seed, Organic Cardamom seed, Organic Artichoke leaf. **Immune Support Blend:** Elderberry extract, Organic Eleuthero root, Organic Astragalus root. **Full-Spectrum Herbs and Extracts:** Ginger, Organic Turmeric.  
**Sugg. Use:** Take 2 tablets daily.



36 serv. E8094 **\$52**



**Supplement Facts**

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Yohimbe bark	†
Ginkgo Biloba leaf	†
Barrenwort leaf	†
Ashwagandha root	†
Eleuthero root	†
Tribulus Terrestris fruit	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



4 oz. P3154 **\$36**

**SUGGESTED USE:**

1/4 tsp. 1-3 time daily in water.

Additional info on page 79.

## PROGENTOR VI

### Natural Male Support

- Support male responsiveness
- Performance support
- Maintain healthy testosterone levels

Created in response to customer requests, this all-natural formula supports male responsiveness, sustained capability and natural male performance.

**Supplement Facts**

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Stinging Nettle root, Saw Palmetto berry, Pygeum bark, Green Rooibos Tea leaf, Skullcap herb, Red Clover leaf & flower, Ginger root, Propolis Resin, Milk Thistle seed, Chaste Tree berry.	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% -10% organic grain alcohol.



4 oz. P3264 **\$36**

**SUGGESTED USE:**

1/4 tsp. 1-3 time daily in water.

Additional info on page 80.

## PROSTRACT 10

### Prostate Health Support

- Popular among senior men
- Maintain normal urinary function
- Low alcohol content

This formula contains ten powerful herbs to naturally support prostate health, including Saw Palmetto which has been shown in clinical studies to support prostate function.



★★★★★

"After two days of using Prostract 10, I went from getting up every 2.5 hours to only once a night. Amazing product!" - Don R.



SAW PALMETTO

## ➔ Mountain Meadow Kids

Children are one of life's greatest joys. From infancy on, they add meaning to our lives in a way few things do.

Keeping them healthy and happy is a huge part of parenting. Few things pull on our hearts more than the suffering of a sick child or one who isn't doing well in school.

The right herbal remedies, when used safely, can go a long way in creating another great day as a family.

Only the most benign herbs are appropriate for newborns and infants. Always observe young children for any type of allergic reaction such as

a rash or change in breathing.

Each herb in our children-specific formulas was carefully selected, not only to ensure an effective formula, but also a safe one. The formulas are all flavored with natural herbal extracts, providing not only a great taste that your child will love, but also additional health benefits!



**TIP:** For children under 6, **Berry Calm** can be used to encourage calmer behavior. For older children, **Berry Calm** can be taken with Natural Attention-Aid when additional support is needed. See page 55.

## NATURAL ATTENTION-AID

### Calming Mental Support

- Maintain focus and concentration
- Support learning
- Promote calm behavior

This potent blend of herbal extracts is designed to naturally support learning and mental function. It is very calming and may help maintain optimal blood and oxygen circulation to the brain. Natural Attention-Aid is especially helpful in supporting you or your child's ability to focus and concentrate as well as reducing aggression. Help your child fit into any environment without restlessness, impatience, and anxiety. Calcium deficiency may contribute to attention problems which makes a well-absorbed calcium supplement important for daily support.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
American Ginseng root	†
Ginkgo Biloba leaf	†
Gotu Kola herb	†
Valerian root	†
† Daily Value (DV) not established	
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.	



2 oz.	N2212	<b>\$20</b>
4 oz.	N2214	<b>\$36</b>

### SUGGESTED USE:

**6-11 years:** 1/8 tsp.

**12+ yrs:** 1/4 tsp.

Take in water 1-4 times daily.

[Additional info on page 79.](#)

\*Use with caution while nursing

Supplement Facts		
Serving Size:	1/4 tsp	
Servings Per Container:	96	
Per Serving	%DV	
Proprietary Blend	1.25 mL	
European Elderberries	†	
Aronia berry	†	
Echinacea Angustifolia root	†	
Echinacea Purpurea herb	†	
† Daily Value (DV) not established		

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	14002FB	<b>\$20</b>
4 oz.	14004FB	<b>\$36</b>

#### SUGGESTED USE:

**0-2 yrs:** 5-10 drops.

**3-11 yrs:** 1/8 tsp.

**12+ yrs:** 1/4 tsp.

Take in water 1-3 times daily or as needed.

Additional info on page 78.

## BERRY IMMUNE-BOOSTER

### Immune Support

- Supports a healthy immune system
- Alcohol-free
- Use for year-round support

This excellent combination of herbs effectively and naturally supports a healthy immune system in people of all ages, including infants and nursing and expecting mothers.

Use it 6 days a week during the winter months for immune support. One day off a week will help avoid developing an immunity to the herbs.



**With Aronia and Elder-berries!**

Supplement Facts		
Serving Size:	1/4 tsp	
Servings Per Container:	96	
Per Serving	%DV	
Proprietary Blend	1.25 mL	
Stinging Nettle leaf	†	
Horsetail herb	†	
Oatstraw herb	†	
Corn silk herb	†	
Chamomile herb	†	
Skullcap herb	†	
Aronia berry	†	
† Daily Value (DV) not established		

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	H 2032FB	<b>\$20</b>
4 oz.	H 2034FB	<b>\$36</b>

#### SUGGESTED USE:

**0-2 yrs:** 5-10 drops.

**3-11 yrs:** 1/8 tsp.

**12+ yrs:** 1/4 tsp.

Take in water 1-3 times daily or as needed.

Additional info on page 78.

## BERRY CALM (FORMERLY BERRY CALCIUM)

### Calming and Strengthening Calcium Support

- Alcohol-free teething support
- Bone and tissue support for growing children
- Calming support for better focus

Calcium is essential for maintaining overall health and well-being. It aids in strengthening bones and teeth and promotes proper function of your central nervous system, muscles and brain.

For it to be properly absorbed and distributed to the appropriate parts of the body, it needs the assistance of magnesium and silicon, both of which have been included in the Berry Calm formula since its creation.



**With Aronia and Elder-berries!**



**Natural  
licorice  
flavor from  
Fennel  
Seed**

# LICORICE TUMMY-AID

## Infant Digestive Aid

- Soothing and calming herbs
- More comfortable feedings
- Alcohol-free

Only the most benign herbs should be given to infants. Mothers have soothed and calmed their babies for centuries with gentle herbs such as chamomile and catnip. Fennel may help your little one to pass uncomfortable gas. Observe your infant closely for any reaction such as rash or change in breathing.

**Not just for kids!** This formula is effective for digestion support in all ages!

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Chamomile flower	↑
Catnip leaf and flower	↑
Fennel seed	↑
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.



2 oz.	I2012	<b>\$20</b>
4 oz.	I2014	<b>\$36</b>

### SUGGESTED USE:

**0-8 months:** 5-10 drops

**8 months-2 years:** 10-15 drops.

**3-11 years:** 1/8 tsp.

**12 years & older:** 1/4 tsp. Take 1-3 times daily.  
Additional info on page 78.



**Flavored  
with  
REAL  
berries!**

# BERRY BEDTIME

## Children's Sleep Support

- With 3 mg of melatonin
- Promote calmness and sleep
- Enjoy a stress-free bedtime

This combination of herbs and melatonin will help your little ones drift to sleep.

Melatonin, which occurs naturally in the body, is a safe and well-studied hormone that regulates night and day cycles or sleep-wake cycles. Supplementation of this hormone, combined with sleep-supporting herbs, can help to maximize your sleep potential. The aronia and elderberry used to flavor this formula also help to boost immunity while they sleep.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Melatonin	3 mg
Proprietary Blend	1.25 mL
Chamomile flower, Hops flower, Skullcap herb, Passionflower leaf, Elderberries, and Aronia berries.	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water and approx 5% - 10% organic grain alcohol.



2 oz.	B 2232FB	<b>\$20</b>
4 oz.	B 2234FB	<b>\$36</b>

### SUGGESTED USE:

**3-11 yrs:** 1/8 tsp.

**12+ yrs:** 1/4 tsp.

Shake well. Take 30 minutes before bedtime.  
Additional info on page 78.

TIP: For children 2 and under, use Berry Calm, see page 55.



## Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Vit. D3 (0.6 mcg)	6%
Proprietary Blend	1.25 mL †
Aronia berry, Gotu Kola herb, Peppermint leaf, Dandelion root, Watercress herb, Green Rooibos Tea herb, European Elder Berries, Bilberry fruit, Yellow Dock root, Catnip leaf and flower, Feverfew herb, and Fenugreek seed.	
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.



2 oz.	VM8002	<b>\$20</b>
4 oz.	VM8004	<b>\$36</b>

**SUGGESTED USE:** 0-2 yrs:  
5-10 drops. 3-11 yrs: 1/8 tsp.  
12+ yrs: 1/4 tsp. 1-3 times daily.  
Additional info on page 78.

# HERBAL VITA-MINI

## Liquid Children's Daily Health Support

- Easy-to-take
- Plant nutrition for vibrant health
- All-natural, no sugar or processed ingredients

Made from fruits and herbs, this combination of extracts brings the beneficial nutrition needed for vibrant health. Parents can count on this easy-to-take and quickly absorbed formula as an important part of a healthy daily diet. As with other herbal supplements, this formula promotes the absorption of vitamins and minerals consumed in a daily diet. Frequently requested by moms.



**Flavored with REAL berries!**

## Supplement Facts

Serving Size: 2 Gummies		
Servings Per Container: 30		
	Amount Per Serving	%DV
Calories	16	
Total Carbohydrate	3 g	2%
Added Sugars	3 g	6%
Vitamin A (as Acetate)	630 mcg RAE	70%
Vitamin C (as Ascorbic Acid)	20 mg	22%
Vitamin D (as Cholecalciferol)	10 mcg	50%
Vitamin E (as DL-Alpha Tocopheryl Acetate)	10 mg	66%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%
Folate (as Folic Acid)	430 mcg DFE (286 mcg Folic Acid)	108%
Vitamin B12 (as Cyanocobalamin)	6 mcg	250%
Biotin	60 mcg	200%
Pantothenic Acid (as D-Calcium Panthothenate)	5.2 mg	104%
Choline (as Choline Bitartrate)	.04 mg	<2%
Iodine (as Potassium Iodide)	42 mcg	28%
Zinc (as Zinc Citrate)	2.7 mg	24%
Inositol	40 mcg	**
Percent Daily Values are based on 2,000 calorie diet		
**Daily Values are not established		

Other Ingredients: Dextrose, Pectin, Citric Acid, Sodium Citrate, Natural Lemon, Grape, Orange, Cherry, and Strawberry Flavors, Sodium Magnesium Chlorophyllin, Purple Carrot Juice Concentrate, Vegetable Oil, Beta-Carotene



30 serv.	VM2060	<b>\$20</b>
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**SUGGESTED USE:**  
Take 2 gummies daily.  
Additional info on page 81.

## NEW VITA-MINI BEARS

### Children's Gummy Vitamin

- Fill nutrient gaps in diet
- Over 100% of the recommended daily intake for multiple vitamins and minerals
- Non-GMO and great tasting!

Many parents choose to give their children a multivitamin and mineral supplement to ensure they're meeting their nutritional needs and to support overall health.

Whether your child is a picky eater or you think he or she may benefit from an added nutrition boost, Vita-Mini Bears can help. One look at our supplement facts and you can be sure of certain vitamin intake by your children, including vitamins A through E, folate, zinc, calcium and more!





## ARONIA BERRY

- Support healthy cholesterol levels
- Support gut health
- Powerful immune-booster

Aronia berries are rich in fiber, vitamin C, and powerful antioxidants that may have heart-healthy, immune-boosting, and cell-supporting properties.



**SUGGESTED USE:** 0-2 years: 5-15 drops. 3-11 years: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 74.**

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Aronia berry extract 1.25 ml † (1:2) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	

2 oz. AE4902 **\$16**

4 oz. AE4904 **\$28**

## ASHWAGANDHA ROOT

- Cortisol and adrenal gland support
- Mood and memory support
- Maintain healthy joints

As an adaptogen, Ashwagandha is most commonly known for its ability to help reduce stress, improve mood, and enhance stamina.



**SUGGESTED USE:** 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 74.**

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Ashwagandha root extract 1.25 ml † (1:2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

2 oz. AE4122 **\$16**

4 oz. AE4124 **\$28**



## BLUE COHOSH ROOT

- Soothing support for cramps
- May aid the childbirth process\*\*
- Menstruation support

Blue cohosh may help to suppress muscle spasms and soothe cramps. It may also support muscle tone in the uterus which can support the childbirth process.



**SUGGESTED USE:** 12+ yrs: 1/4 tsp. Take in water 1-3 times daily. **Additional info on page 74.**

\*Use only under the care of a medical professional.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Blue Cohosh root extract 1.25 ml † (1:1) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

2 oz. BE4102 **\$16**

4 oz. BE4104 **\$28**

## CHASTE TREE BERRY

- Female health support
- Promotes a healthy hormone balance
- Menstruation support

The Chaste Tree Berry (Vitex), has been used for centuries to support women's health and promote a healthy hormone balance. It may also offer temporary relief from pain associated with the monthly cycle.



**SUGGESTED USE:** 12+ yrs: 1 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 74.**

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Chaste Tree berry extract 1.25 ml † (1:1) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

2 oz. CE4442 **\$16**

4 oz. CE4444 **\$28**





## CINNAMON BARK

- Maintain heart health
- Inflammation support
- Digestive support

Cinnamon extract is rich in antioxidants and helps to regulate blood sugar. Cinnamons polyphenyl MCHP, mimics insulin function and may activate insulin receptors.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Cinnamon bark extract 1.25 ml † (1.2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

2 oz. CE4202 **\$16**

**SUGGESTED USE:** 3-11 years: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 75.**

4 oz. CE4204 **\$28**

## CRANBERRY FRUIT

- Urinary tract support
- High in antioxidants
- Powerful immune-boosters

Avoid the simple sugar-filled juices and get all the benefits of the cranberry in this concentrated extract. For those who suffer frequent disturbances, take daily for effective maintenance.

Also available in capsule form - Cranberry Caps page 30.



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3 - 11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 75.**

2 oz. CE4822 **\$16**

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Cranberry fruit extract 1.25 ml † (3:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	

4 oz. CE4824 **\$28**

## DANDELION ROOT

- Traditional herbal bitter
- Supports appetite and digestion
- Healthy liver function

This herbal "bitter" supports normal appetite and digestion. As a liver tonic, it may support the liver's production of bile, which helps to carry away waste and also break down fats during digestion

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Dandelion root extract 1.25 ml † (1.3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

2 oz. DE4172 **\$16**

**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3 - 11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 75.**

4 oz. DE4174 **\$28**

## ECHINACEA XTREME

- Immune system support
- Supports healthy upper respiratory system
- Promotes a normal inflammatory response

This extract from two species of Echinacea (*Echinacea angustifolia* and *Echinacea purpurea*) contains powerful flavonoids and other constituents that promote a healthy immune system response.



**SUGGESTED USE:** 0-2 yrs: 5-15 drops. 3-11 years: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 75.**

2 oz. E4802 **\$16**

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend 1.25 mL	
Echinacea Angustifolia root	†
Echinacea Purpurea herb	†
† Daily Value (DV) not established	
Other Ingredients: vegetable glycerin and distilled water	

4 oz. E4804 **\$28**

**NOTE:** Do not use if taking immunosuppressant's



## ELDERBERRY

- Immune system support
- Naturally rich in antioxidants
- Support the body's natural defenses

Elderberries are used for their antioxidant activity and may benefit heart-health, vision, and the immune system. They may also help alleviate seasonal discomforts.

### Supplement Facts

Serving Size: 1/4 tsp  
Servings Per Container: 48

Per Serving %DV

Elderberry (*Sambucus spp.*) extract 1.25 ml † (1.2) in vegetable glycerin and distilled water.

† Daily Value (DV) not established

2 oz. EE4232 **\$16**



**SUGGESTED USE:** 0-2 years: 5-15 drops. 3-11 years: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 76.**

4 oz. EE4234 **\$28**

## EUROPEAN GOLDENROD

- Promote healthy urine flow
- Inflammation support
- Support against fluid retention

Goldenrod may support healthy urine flow and inflammation. Safe for nursing and expecting moms, it can be beneficial in maintaining healthy bladder function during these times.



### Supplement Facts

Serving Size: 1/4 tsp  
Servings Per Container: 48

Per Serving %DV

European goldenrod extract 1.25 ml † (1.3) in vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol.

† Daily Value (DV) not established



**SUGGESTED USE:** 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 76.**

2 oz. GE4312 **\$16**

4 oz. GE4314 **\$28**



## GINGER ROOT

- Support for swollen, irritated tissues
- May help stimulate circulation
- Digestive support

Ginger is a traditional healing herb with multiple health benefits, including joint support, digestion support, healthy inflammation response, and cardiovascular support.

### Supplement Facts

Serving Size: 1/4 tsp  
Servings Per Container: 48

Per Serving %DV

Ginger root extract 1.25 ml † (1.2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.

† Daily Value (DV) not established

2 oz. GE4222 **\$16**



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 77.**

4 oz. GE4224 **\$28**

## GINKGO BILOBA LEAF

- Memory and mood support
- All-day alertness
- Rich in naturally occurring plant antioxidants

The ginkgo leaf provides all-natural memory and brain support by maintaining optimal blood circulation to the brain. Everything begins in the mind; a healthy mind is a healthy body.



### Supplement Facts

Serving Size: 1/4 tsp  
Servings Per Container: 48

Per Serving %DV

Ginkgo Biloba leaf extract 1.25 ml † (1.1) in vegetable glycerin and distilled water.

† Daily Value (DV) not established



**SUGGESTED USE:** 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 77.**

2 oz. GE4282 **\$16**

4 oz. GE4284 **\$28**



## GRAPE SEED

- Support the body's major systems
- Antioxidant benefits
- Vein Support

Grape Seeds are high in Oligomeric Proanthocyanidins (OPCs), which support the body's major systems; including the cardiovascular, urinary and immune systems, as well as the skin, liver, and eyes.

### Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Grape seed extract 1.25 ml † (1/2) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 years: 5-15 drops. 3-11 years: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 77.**

2 oz. GE4502 **\$16**

4 oz. GE4504 **\$28**

## GREEN BLACK WALNUT HULL

- Support a healthy intestinal environment
- Immune system support
- Powerful cleansing benefits

Black walnut hull supports the body's natural defenses with potent compounds that can help to cleanse the body of foreign organisms, helping to maintain your system's delicate balance.



### Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Green black walnut hull extract 1.25 ml † (1/2) in vegetable glycerin, distilled water, Vitamin C, and approx 50% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 77.**

2 oz. BE4142 **\$16**

4 oz. BE4144 **\$28**



## MILK THISTLE SEED

- Support healthy liver function
- Blood sugar support
- Digestive support

Milk thistle has a range of potential health benefits due to its active ingredient, silymarin, which is believed to have antioxidant effects to help maintain healthy liver cells.

### Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Milk Thistle root extract 1.25 ml † (1/2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3 - 11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 79.**

2 oz. ME4332 **\$16**

4 oz. ME4334 **\$28**

## OLIVE LEAF

- Gentle cleansing and yeast balancing
- Immune system support
- Overall health support

Olive Leaf is a revered herb with antioxidant properties that is traditionally taken to maintain immune defenses. For children under two, this extract is an excellent alternative in cleansing the body and supporting normal yeast levels.



### Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Olive leaf extract 1.25 ml † (1/2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 0-2 yrs: 5-10 drops. 3 - 11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 79.**

2 oz. OE4362 **\$16**

4 oz. OE4364 **\$28**





## PUMPKIN SEED

- Promote a healthy bladder
- Prostate health support
- Antioxidants for cell support

Pumpkin seeds are packed with nutrients and protective health benefits. These seeds are traditionally used to help the nerves of the bladder to maintain control.

### Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Pumpkin seed extract 1.25 ml † (1:2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

2 oz. PE4902 **\$16**



**SUGGESTED USE:** 0-2 years: 5-15 drops. 3-11 years: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 74.**

4 oz. PE4904 **\$28**

## RED RASPBERRY LEAF

- Female reproductive support
- Gentle cleansing
- Immune system support

This classic female tonic may strengthen the uterus, enrich mother's milk, and prepare the uterus for giving birth. The extract is convenient for those who do not care to drink the tea.



### Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Red raspberry leaf extract 1.25 ml † (1:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	



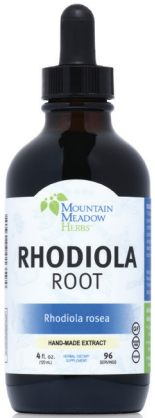
**SUGGESTED USE:** 1/4 tsp. Take in water 1-3 times daily or as needed.

**Additional info on page 80.**

\*Use only in third trimester.

2 oz. RE4382 **\$16**

4 oz. RE4384 **\$28**



## RHODIOLA ROOT

- Support a healthy sympathetic nervous system
- Promote the normal release of hormones
- Maintain healthy energy and stress levels

As an adaptive herb, rhodiola root extract contains all-natural compounds to help support daily energy levels and a healthy stress response to any situation.

### Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Rhodiola root extract 1.25 ml † (1:1) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

2 oz. GE4322 **\$16**



**SUGGESTED USE:** 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 80.**

4 oz. GE4324 **\$28**

## SARSAPARILLA ROOT

- Support cleansing and detoxification
- Digestive support
- Kidney and urinary support

Sarsaparilla root may help support digestive health, gut health, urinary tract health and more. It can also provide yeast balancing support.



### Supplement Facts

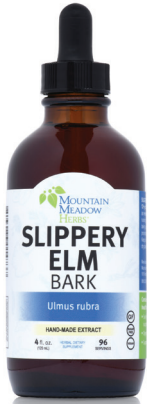
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Sarsaparilla root extract 1.25 ml † (1:3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 80.**

2 oz. S4392 **\$16**

4 oz. S4394 **\$28**



## SLIPPERY ELM BARK

- Soothing throat and cough support
- Digestive support
- Support skin health

Slippery Elm bark contains mucilage which can soothe mucous membranes, provide digestive support, and benefit skin health.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Slippery Elm bark extract 1.25 ml † (1.3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

2 oz. SE4352 **\$16**



**SUGGESTED USE:** 3-11 years: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 80.**

4 oz. SE4354 **\$28**

## ST. JOHN'S WORT HERB

- Support a positive mood
- Balance emotions
- Maintain healthy nervous system function

St. John's Wort can support a healthy mood and stress response to daily situations that you may find challenging. It may also promote feelings of comfort and relaxation.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
St. John's Wort herb extract 1.25 ml † (1.2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 80.**

2 oz. SE4422 **\$16**

4 oz. SE4424 **\$28**



## TURMERIC ROOT

- Maintain joint comfort
- Cardiovascular health benefits
- Support immune health

Turmeric provides antioxidant support for the healthy development of cells. It may also support a healthy immune and inflammatory response for continued mobility.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Turmeric root extract 1.25 ml † (1.3) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

2 oz. TE4132 **\$16**



**SUGGESTED USE:** 3-11 years: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 81.**

4 oz. TE4134 **\$28**

## WILD YAM ROOT

- Plant-based estrogen source
- Menopause symptom support
- Comfortable menstruation support

Wild yam root can provide all-natural support for the relief of the most common symptoms of menopause and menstruation, helping to enhance your overall female health and wellness.



Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Wild Yam root extract 1.25 ml † (1.2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	



**SUGGESTED USE:** 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed. **Additional info on page 81.**

2 oz. WE4212 **\$16**

4 oz. WE4214 **\$28**

## ➔ Better Together

While all of our products are effective and provide excellent health benefits as stand-alone supplements, many of them can also be used in combination with each other to provide even more support. And, best of all, when purchased as a package, you'll save money as all of our packages are discounted 5% off the MSRP.

### Back-to-School Package

- (1) Herbal Respiratory 2 oz.
- (1) Family Immune-Booster 2 oz.
- (1) Herbal Calcium 2 oz.
- (1) Natural Attention-Aid 2 oz.

PKG6006 **\$76**

### Cardio Package

- (2) CoQ10 30 caps
- (1) Herbal CardioCare 4 oz.
- (1) Grape Seed Extract 4 oz.

PKG6002 **\$125**

### Complete Metal Detox\*

- (1) Detox Fiber Blend 120 caps
- (1) Amino Acid Cleanse 28 caps
- (1) Heavy Metal Flush 2 oz.
- (1) Citrus Pectin 14 servings

CM8222 **\$79** (SEE FULL LISTING ON PAGE 18)

\*products not sold separately

### Early Care Combo

- (1) Stomach Aid 4 oz.
- (1) Vari-Plex 4 oz.
- (1) Herbal Calcium 2 oz.

PKG102CC **\$87**

### Kidney Cleanse Package

- (1) Kidney Support 4 oz.
- (1) Water Balancing Formula 4 oz.
- (1) European Goldenrod Extract 4 oz.

PKG5005 **\$95**

### Kidney Support Package

- (1) Kidney Support 4 oz.
- (1) Kidney Toner 4 oz.
- (2) Herbal CardioCare 4 oz.
- (2) Grape Seed Extract 4 oz.
- (4) CoQ10 30 caps

PKG5007 **\$304**

### LiverGlow Package

- (1) LiverGlow 4 oz.
- (1) Liver Decongestant 4 oz.
- (1) Garlic Caps 100 caps

PKG5006 **\$82**

### Dr. Clark Liver Flush Package

- (1) Green Black Walnut Hull Extract 2 oz.
- (1) Ornithine 100 caps
- (1) Epsom Salt 60 caps

PKG2019 **\$35** (SEE FULL LISTING ON PAGE 34)



BACK-TO-SCHOOL PACKAGE

## Men's Fertility Package

- (1) Legacy Herbs 4 oz.
- (1) EveryMan 72 caps

PKG5012 **\$83**

## Men's Fertility 3-Month

- (3) Legacy Herbs 4 oz.
- (3) EveryMan 72 caps

PKG5002 **\$250**

## Mothers Care Combo

- (1) Gentle Birth 4 oz.
- (1) After-Pain Relief 2 oz.
- (1) Maxi-Milk 4 oz.

PKG103CC **\$87**

(Also available with Gentle Birth w/out Blue Cohosh and Gentle Birth w/out Red Raspberry)

## Total Yeast Detox

- (1) Yeast X Step 1 2 oz.
- (1) Yeast X Step 2 2 oz.
- (1) Herbal Flora Plus 120 caps
- (1) Candida Flush 240 caps

PKG6017 **\$109** (SEE FULL LISTING ON PAGE 17)

## Vision Support Package

- (1) Eye-Can-C 4 oz.
- (1) LiverGlow 4 oz.
- (1) CoQ10 30 caps

PKG6005 **\$96**

## Weight Control Caps Package

- (1) Protein Shake  
(any flavor)
- (1) Weight Control Caps 250 caps

PKGWCSC **\$67** Whey Chocolate  
PKGWCSCV **\$67** Whey Vanilla

## Weight Control Package

- (1) Protein Shake servings  
(any flavor)
- (1) Weight Control Caps 250 caps
- (1) Weight Control Formula 4 oz.  
(or Mommy-Safe Formula)

PKGWC1C **\$101** Whey Chocolate  
PKGWC1V **\$101** Whey Vanilla

## Whole Body & Colon Cleanse

- (1) Whole Body Program 300 tabs
- (1) Colon Program 90 tabs

W8050 **\$79**

## Winter Tonics Package

- (1) Herbal Respiratory 4 oz.
- (1) First Immune Defense 4oz.
- (1) Family Immune-Booster 4 oz.

PKG5004 **\$102**

## Winter Tonics Plus

- (1) Herbal Respiratory 4 oz.
- (1) First Immune Defense 4oz.
- (1) Family Immune-Booster 4 oz.
- (1) Soothing Throat & Tonsil 4 oz.

PKG5014 **\$136**

## Women's Fertility Package

- (1) Fruitful Vine 4 oz.
- (2) Vitamin C 240 caps

PKG5011 **\$81**

## Women's Fertility 3-Month

- (3) Fruitful Vine 4 oz.
- (6) Vitamin C 240 caps

PKG5001 **\$245**

\*Not sold separately

NOTE: Product substitutions cannot be made within a package.



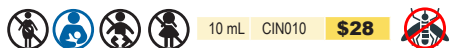
## ➔ 100% Pure, Therapeutic Grade

For high quality and pure essential oils, look no further than Mountain Meadow Herbs. Our supplier sources batch samples every season from the finest aromatherapy distilleries and farms from all over the world.

We routinely test our oils to ensure that they are what we say they are and have not been altered by any artificial means. While our oils are therapeutic grade we DO NOT suggest ingesting our oils. They are for topical and diffuser use only. If applying topically, use a carrier oil.

### CINNAMON\* *Organic*

The pleasant aroma of cinnamon oil makes it a very effective room freshener. It is also an excellent mosquito repellent.



10 mL CIN010

**\$28**

### EUCALYPTUS *Organic*

Provides respiratory support as an inhalant. Using diluted as a vapor rub applied to the chest may soothe the respiratory system.



10 mL EUC010

**\$14**

### FRANKINCENSE *Organic*

Overall, this oil is a tonic. It is thought to boost and tone most of the body systems. It is good for uterine health, stress management, and digestive health.



10 mL FRA010

**\$65**

### GRAPEFRUIT *Organic*

The smell of grapefruit is uplifting, soothing and clarifying. Its antimicrobial properties makes it helpful when disinfecting surfaces.



10 mL GRA010

**\$20**

### LAVENDER *Organic*

Aids in relaxation and may calm anxiety. It is known for its skin healing properties and also repels insects, including mosquitoes. Can be used for cleaning (disinfectant).



10 mL LAV010

**\$23**

### LEMON *Organic*

Helps with digestion and is an anti-Inflammatory. Lemon also has antibacterial properties and is a great choice for making your own household cleaning agents.



10 mL LEM010

**\$14**

### LEMONGRASS *Organic*

Lemongrass is an excellent bug repellent, including flies and mosquitoes. It may also soothe a headache and contains anti-inflammatory properties.



10 mL LEMG10

**\$11**

*\*Use with caution. Cinnamon essential oil is a skin irritant when undiluted. We suggest using it in a diffuser.*



Effective as a natural insect repellent.



## LULLABY BLEND

A blend of organic or wildcrafted Lavender, Chamomile, Neroli (Orange Blossom), Mandarin, Clary Sage, and Jasmine to promote a restful night's sleep.



10 mL LUL010 \$40

## TEA TREE *Organic*

Stimulate the immune system and ease seasonal discomforts with its cleansing properties. Skin-soothing properties beneficial for stings and bites.



10 mL TEA010 \$25



## OREGANO *Organic*

The natural cleansing properties of oregano oil helps to support the respiratory and immune system.



10 mL ORE010 \$18

## THYME *Organic*

Thyme provides excellent respiratory support as an inhalant and a natural, chemical-free vapor rub.



10 mL THY010 \$33



## PEPPERMINT *Organic*

Peppermint is most commonly used to soothe the digestive system and ease nausea. It's also a powerful insecticide. It can help cool body temperature and soothe a headache.



10 mL PEP010 \$19



## WINTERGREEN *Wild Crafted*

Wintergreen helps to soothe sore muscles, aches, and pains. It has potent inflammation relieving properties.



10 mL WIN010 \$14

## SHIELD BLEND

An organic blend of Eucalyptus, Clove Bud, Cinnamon, Rosemary and Lemon. This blend was concocted in the 15th century by four French thieves to protect themselves from illness. It can be used for cleaning and for healthy immune support.



10 mL SHE010 \$39

## SWEET ALMOND CARRIER OIL\* *Organic*

(for diluting your essential oils)

Very nourishing and rich proteins. Most commonly used oil by massage therapists.



4 oz. SWE004 \$28

\*Do not use if you have a nut or peanut allergy.

## ➔ Wild Crafted vs. Organic

Certified organic means that a plant has been grown and processed according to federal guidelines that regulate soil quality, pest and weed control, and use of additives. Organic growing prohibits the use of harmful chemicals or adulterations of any kind.

Wild Crafted means that the plant has grown wild in nature without human intervention and has been harvested following wildcrafting guidelines, which protect against harvesting in potentially contaminated areas or during non-peak season. Additionally, these guidelines ensure that the harvest area is left undisturbed for future growth.





## HANDMADE CERAMIC OIL BURNER

(Two Tea lights included)

Each burner is hand-made in Montana. White with green and blue glaze, 3.5" diameter by 4.5" height and hand-stamped with our MMH logo on front. The top bowl is removable for easy cleaning. The flame of a tea light (2 included) gently heats the oil to scent your surroundings.



## ELECTRIC OIL DIFFUSER

350ml capacity. 21.2x16.8x8cm. Colorful LED lights and the faux wood finish give this diffuser it's unique look.

DIF001

\$39.99

**OVP**

DIF006

\$28

**OVP**



## HANDMADE CERAMIC COFFEE MUG

Our 12 oz. ceramic coffee mug is hand-made locally. It tapers towards the top, keeping your hot drink warmer, longer. 4 1/2 inches tall, dishwasher and microwave safe.



## BLENDER BOTTLE

Our 20-ounce capacity shaker cup is ideal for mixing protein shakes. The Patented mixing system uses a 316 surgical-grade stainless steel BlenderBall wire whisk. Screw-on lid creates leak-proof seal, and flip cap snaps securely shut to keep contents contained. BPA and phthalate-free, dishwasher safe.

96000

\$9

**OVP**

MCM001

\$19

**OVP**

## THE MINISTRY OF MIDWIFERY **OVP**

By Patti Barnes

The manual so many have been asking for, *The Ministry of Midwifery* by Patti Barnes, C.P.M., is an introduction into the fields of midwifery and childbirth education. Suitable for men and women alike. (122 pages)

BK8070 **\$14.95**

## I'LL HOLD YOU IN HEAVEN **OVP**

By Jack Hayford

Parents who have lost a child before birth, or soon after, experience a special kind of grief. Pastor Jack Hayford offers this warm, encouraging, hopeful message to these parents. (117 pages)

BK8060 **\$12.50**

## TAKING CHARGE OF YOUR Fertility **OVP**

By Toni Weschler

This easy-to-read book has helped literally hundreds of thousands of women conceive and gain a better understanding of their reproductive system. The book thoroughly explains the Fertility Awareness Method, which in a couple of minutes a day allows you to maximize your chances of conception. (474 pages)

BK8063 **\$23.50**



## CONCEIVING NATURALLY BOOKLET

By Serena Miller

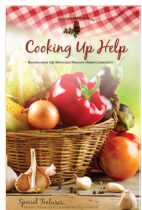
Simple, discreet answers for those looking to conceive naturally. Provides a basic understanding of how the reproductive systems work and includes charts to help identify when conception is most likely.

IPAK **\$3**

## WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT MENOPAUSE **OVP**

Discover how to reduce or eliminate menopausal symptoms. Also learn how to reduce weight gain and help stop and reverse osteoporosis, plus much more! (527 pages)

BK8062 **\$15.50**



## COOKING UP HELP COOKBOOK

Recipes from the Mountain Meadow Herbs community

BKCOOK **\$12**



OVP

## HERBAL CRÈME

### All-purpose Skin Cream

Originally formulated for difficult skin problems, this is an excellent all-purpose crème. It has a rich base of Cocoa Butter with Grapeseed Oil. Evening Primrose Oil provides high essential fatty acids to ease itching due to dry skin, eczema or psoriasis. The high ratio of Calendula and Comfrey extracts with Essential Oils of Carrot Seed, Myrrh and Cajeput provide excellent relief to chapped, cracked or rough skin irritations by using natural sterols.

Herbal Creme is the go-to product for relief of any kind of skin irritation.

**Contains:** Aloe Barbadosensis (Aloe Vera) Leaf Juice, Vitis Vinifera (Grapeseed) Oil, Helianthus Annuus (Organic Sunflower) Seed Oil, Cera Alba (Montana Beeswax), Carthamus Tinctorius (Organic Montana Safflower) Seed Oil, Theobroma Cacao (Organic Cocoa) Butter, Stryx Benzoin Extract, Calendula Officialis Resina (Calendula) Extract, Melia Azadirachta Indica (Neem) Oil, Tocopherol (Vitamin E), Oenothera Biennis (Organic Evening Primrose) Oil, Melaleuca Leucadendron Cajaputi (Cajeput) Oil, Persea Gratissima (Avocado) Oil, Daucus Carota Sativa (Carrot Seed) Oil, Commiphora Myrrha (Myrrh) Oil, Citrus Tangerina (Tangerine) Oil, Citrus Grandis (Grapefruit) Seed Extract, Glycerin (Vegetable Glycerin), Symphytum Officinale (Comfrey) Extract

**Sugg. Use:** Soothe dry and needy skin twice daily or whenever needed. Do not use on broken skin. Highly concentrated - a little goes a long way.



2 oz.	H8002	<b>\$17</b>
4 oz.	H8004	<b>\$31</b>



OVP

## REVITALIZING LEG LOTION

### With Horse Chestnut

Originally formulated for difficult skin problems, This cooling lotion reduces appearance of spider veins and the swelling of veins. Fortified with four powerful Organic Herbs: Horse Chestnut, Butcher's Broom, Gotu Kola and Green Tea; and four invigorating Essential Oils: Cypress, Geranium, Lemon and Peppermint. It provides nourishment for the vascular system and brings renewed elasticity to veins. Massage on legs and feet twice a day and whenever swelling occurs.

**Contains:** Aloe Barbadosensis (Aloe Vera) Leaf Juice, Helianthus Annuus (Organic Sunflower) Seed Oil, Vitis Vinifera (Grapeseed) Oil, Carthamus Tinctorius (Organic Montana Safflower) Seed Oil, Cera Alba (Montana Beeswax), Citrus Grandis (Grapefruit) Seed Extract, Glycerin (Vegetable Glycerin), Aesculus Hippocastanum (Horse Chestnut) Seed Extract, Ruscus Aculeatus (Butcher's Broom) Root Extract, Centella Asiatica (Gotu Kola) Leaf Extract, Tocopherol (Vitamin E), Persea Gratissima (Avocado) Oil, Butyrospermum Parkii (Organic Shea) Butter, Cupressus Sempervirens (Cypress) Oil, Pelargonium Graveolens (Geranium) Oil, Citrus Medica Limonum (Lemon) Oil, Mentha Piperita (Peppermint) Oil, Althea Officialis (Marshmallow) Root Extract, Echinacea Angustifolia (Echinacea) Root Extract, Camellia Sinensis (Green Tea) Leaf Extract, Hamamelis Virginiana (Witch Hazel) Bark Extract, Zinc Oxide, Sodium Alginate, Xanthan Gum

**Sugg. Use:** Gently massage on legs and feet twice a day.



4 oz.	V8024	<b>\$20</b>
8 oz.	V8028	<b>\$36</b>

TIP: Use with Vari-Plex. See page 50.

**Ingredients:** Purified Water, Safflower Seed Oil, Apricot seed Oil, Evening Primrose Oil, Grape Seed Oil, Hemp Seed Oil, Aloe Barbadensis, Progesterone USP, Lecithin, Tocopherol (Vitamin E Oil), Sepigel, Potassium Sorbate, Sorbic Acid.  
**Sugg. Use:** Apply 2 pumps of cream daily as needed to thin skinned areas of chest, upper arms, stomach or inner thighs. Rotate application areas each use.



4 oz. PY8001 **\$56**

**1-2 month supply,**  
**depending on usage.**

**NOT JUST FOR WOMEN!** Men also need optimal levels of progesterone to produce adequate testosterone

## PROGESTA-YAM Balancing Cream

Formulated by Dr. John R Lee, MD, our progesterone cream is naturally safe and an effective alternative to synthetic hormones. Estrogen dominance is common and the imbalance can cause an alarming array of discomforts.

Dr. Lee writes that a natural USP progesterone cream in applications of 20-30 mg daily can go a long way in bringing balance, improving low libido, reducing weight gain, easing PMS and early onset of menopause.



**Ingredients:** Purified Water, Aloe Barbadensis, Safflower Seed Oil, Evening Primrose Oil, Hemp Seed Oil, Estriol USP, Lecithin, Sepigel, Xanthan Gum, Potassium Sorbate, Sorbic Acid.  
**Sugg. Use:** Apply 1 pump of cream once or twice daily to clean dry skin such as inner arms, behind the legs, upper chest or stomach as needed or as directed by your healthcare provider. Massage in thoroughly.



2 oz. EC8011 **\$57**

**1-2 month supply,**  
**depending on usage.**

## ESTRIOL CREAM Balancing Cream (menopause)

Formulated by Dr. John R. Lee, MD, Estriol is considered the safest estrogen to ease the discomforts of menopause. Natural Estriol USP is bio-identical in structure to the estriol your body makes and a much better choice than other types of estrogen available.



**TIP:** Should be used with a natural progesterone cream, such as Progesta-Yam

**Ingredients:** Sweet Almond Oil, Beeswax, Oregano Oil, Rosemary Oil, Thyme Oil, Camphor Oil, Eucalyptus Oil, and Menthol Oil.  
**Sugg. Use:** Rub on the throat and chest or soles of the feet. The area of application may be covered with a warm, dry cloth if desired. Applications may be repeated up to three times daily or as directed by a physician. Do not use on irritated or broken skin.



2 oz. BRE002 **\$15**

**TIP:** Use with Herbal Respiratory to support your respiratory system from inside and out! See page 8.

## BREATHE EZ RUB Petroleum-Free Cough Suppressant

Our all natural vapor rub is made with safe, effective and fast-acting ingredients to ease cough and congestion. Beeswax provides the base (plus skin health benefits!). Essential oils are added to help safely relieve coughs, congestion and stuffy noses. Also, since it is petroleum free and paraben free, there are no worries about putting toxic substances on your skin.







*"Excellent products,  
great customer service!  
Will be back for more as  
different needs arise."  
- Verified Customer*



## Deodorant for Women

Aluminum and Zinc-Free

With aromatic oils and herbal extracts, this deodorant helps eliminate body odor and restricts the production of oil and wetness on the skin's surface. Suitable for every woman. Natural citrus fragrance, non-irritating.

75 ml / 2.6 oz.

B007

**\$10**



## Shampoo

The natural surface acting agents remove the daily dirt and grime from the hair. Use conditioner after washing and rinsing for superb results. No sodium laureth sulfate.

200 ml / 7 oz.

H001

**\$13**

(Normal Hair - Lime/Rosemary)

200 ml / 7 oz.

H002

**\$13**

(Dry Hair - Lavender/Rosemary)



## Deodorant for Men

Aluminum and Zinc-Free

A sandalwood aroma lends a masculine touch. With aromatic oils and herbal extracts, this deodorant helps eliminate body odor and restricts the production of oil and wetness on the skin's surface. Suitable for every man. Natural myrrh and sandalwood fragrance, non-irritating.

75 ml / 2.6 oz.

M002

**\$10**



## Conditioner

Softens and detangle your hair naturally with this nourishing conditioner. Use conditioner after shampooing and rinsing for superb results.

200 ml / 7 oz.

H004

**\$13**

(Normal Hair - Orange/Rosemary)

200 ml / 7 oz.

H005

**\$13**

(Dry Hair - Lavender/Rosemary)



## Men's Face & Body Scrub

100% Naturally Derived

A daily facial and body scrub that will assist in removing dead skin cells, loosen ingrown hairs and provide vitality to the skin. Ideal for all men, especially those who frequently get ingrown hairs. Key ingredients include: Calendula flower extract for natural deodorizing, loofah and rice bran for gentle exfoliating, licorice extract for its healing and anti-inflammatory properties, and black walnut shell extract to slough away dead skin cells and refine the skin surface.

150 G / 5.3 oz.

M001

**\$20**



## Organic Bar Soaps

Certified Organic 99% and  
100% Naturally Derived



100 ml / 3.5 oz.	S001	<b>\$5</b>	(Cedarwood/Olive Leaf)
100 ml / 3.5 oz.	S002	<b>\$5</b>	(Lavender/Chamomile)
100 ml / 3.5 oz.	S003	<b>\$5</b>	(Lemongrass/Witch Hazel)
100 ml / 3.5 oz.	S004	<b>\$5</b>	(Rose/Calendula)

## Baby Moisturizer

A light, daily moisturizer to help soothe and protect baby's skin by nourishing and locking in moisture. Use after bath time and whenever the skin appears dry, reddened and irritated. Natural lavender/lemon fragrance.

150 ml / 5.3 oz.	BY004	<b>\$13</b>	<b>OVP</b>
------------------	-------	-------------	------------

## Baby Shampoo and Wash

This gentle preservative-free Baby Shampoo & Wash removes impurities from baby's skin and hair while calming and soothing. Natural lavender fragrance.

150 ml / 5.3 oz.	BY003	<b>\$13</b>	<b>OVP</b>
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## Baby Bottom Balm

Penetrating organic balm hydrates and soothes, relieving redness and irritation. Creates a barrier to moisture residue which can help prevent diaper rash.

150 ml / 5.3 oz.	BY005	<b>\$20</b>	<b>OVP</b>
------------------	-------	-------------	------------

Excellent



4.9 out of 5 based on 279 reviews

★ Trustpilot

Don't forget to review our products and services! Now, easier than ever, just visit [www.trustpilot.com](http://www.trustpilot.com). Help others make the decision that you've already made--to **trust Mountain Meadow Herbs with your natural health solutions!**



★★★★★

"Mountain Meadow Herbs has so many fabulous products. Thank you for making natural medicine that we can trust, especially the children's product! I'm always so relieved to go to the cupboard and get out my trusty Family Immune-Booster for whenever we travel, and now with all the covid it's such a comfort to know we have something to try." - Chelsea E.

★★★★★

"The best herbs around. The only place I buy from. Very friendly and super fast to ship." - Verified Customer

# MMH PRODUCT DOSAGE GUIDE

Alphabetically listed A - Z

## ACTIVE JOINT & MUSCLE

**12 years+:** Take 2 capsules, twice daily.

---

## ADRENAL AID

**3-11 years:** 1/8 tsp.  
**12 years+:** 1/8 tsp.  
1-3 times a day.

---

Discontinue use 5 weeks prior to surgery as Astragalus may cause excess bleeding and Wild Yam may lower NSAID's abilities to lessen inflammation.

---

## ADRENAL AID II

**0-2 years:** 5 - 10 drops  
**3-11 years:** 1/8 tsp.  
**12 years+:** 1/4 tsp.  
1-3 times a day.

---

Discontinue use 5 weeks prior to surgery as Astragalus may cause excess bleeding and Wild Yam may lower NSAID's abilities to lessen inflammation. Wait 2 weeks after surgery or delivery to continue use.

---

## AFTER-PAIN RELIEF

**6-11 years:** 1/8 tsp.  
**12 years+:** 1/4 tsp.  
As needed. Dosage can be repeated every 15 minutes (within reason) until relief is obtained.

---

Discontinue use 3 weeks before surgery due to the incompatibility of anesthesia and St. John's Wort. Do not use if taking anti-depressants or anti-coagulants.

---

## ALOE VERA PLUS

**Adults:** 2 capsules, 3 times daily.

---

Aloe Vera may stimulate urinary contractions.

## ANTI-DIARRHEA

**3-11 years:** 1/8 tsp.  
**12 years+:** 1/4 tsp.  
Repeat within reason 1-4 times daily.

---

Should not be used with Warfarin. Barberry should not be used while expecting.

---

## ARONIA BERRY EXTRACT

**0-2 years:** 5 - 10 drops  
**3-11 years:** 1/8 tsp.  
**12 years+:** 1/4 tsp.  
1-3 times a day.

---

## ASHWAGANDHA ROOT EXTRACT

**12 years+:** 1/4 tsp.  
1-3 times a day.

---

Not for use while pregnant.

---

## BED-TIME DROPS

**6-11 yrs:** 1/8 tsp.  
**12 yrs+:** 1/4 tsp.  
Take 10 min before bedtime.

---

Dose can be repeated after 20 minutes if needed. Can be taken daily for natural sleep support.

---

## BED-TIME DROPS w/MELATONIN

**6-11 yrs:** 1/8 tsp.  
**12 yrs+:** 1/4 tsp.  
Take 10 min before bedtime.

---

Not intended for long-term use.

---

## BLUE COHOSH EXTRACT

**12 years+:** 1/4 tsp.  
1-3 times a day.

---

Not for use while pregnant without supervision of your healthcare provider.

## BLUES BUSTER

**6-11 yrs:** 1/8 tsp.  
**12 yrs+:** 1/4 tsp.  
3-4 times a day.  
May be used with LiverGlow for optimal results. Caution if taking anti-convulsive, anti-platelet and/or anticoagulants. Discontinue 7 days before any surgery.

---

## BLUES BUSTER II

**0-2 yrs:** 5-10 drops  
**3-11 yrs:** 1/8 tsp.  
**12+ yrs:** 1/4 tsp.  
3-4 times a day.

---

Use with caution if taking anti-convulsive, anti-platelet and/or anticoagulants. Discontinue 7 days before surgery and/or discontinue 5 weeks prior to delivery date. Can be taken with LiverGlow II.

---

## BREATHE EZ RUB

For all ages, use with caution for infants. Rub on the throat and chest or soles of the feet. The area of application may be covered with a warm, dry cloth if desired. However, clothing should be left loose around the throat and chest to help vapors rise to reach the nose and mouth. Applications may be repeated up to three times daily or as directed by a physician.

---

Do not use on irritated or broken skin. If irritation develops, discontinue use. If cough persists for more than 1 week, consult a physician.

---

Do not use internally. For external use only. Keep away from eyes.

## CANDIDA FLUSH

**4 capsules, twice daily or as directed.**

Take other vitamins or supplements at least two hours before or after Candida Flush as the charcoal in this flush acts to absorb everything around it and remove it from your system.

---

## C&B FORMULA

**If cramping and/or spotting:** 3/8 tsp every 2-3 hrs, up to 12 hrs, then take 1/4 tsp every 4 hrs once lessened.

**For continuous spotting and cramping:** take 1/4 tsp 1-3 times daily for 10 days; then slowly decrease the doses and be off of it within a week.

---

Designed to be used only when cramping or spotting. Remember to discuss with your health care provider prior to use.

---

## CAYENNE POWDER

Take 1 capsule 3 times daily with food, unless otherwise directed.

---

Do not use with anti-coagulants. Considered safe for children over the age of 6.

---

## CHASTE TREE BERRY EXTRACT

**12 years+:** 1/4 tsp.  
1-3 times a day.

---

## CINNAMON BARK EXTRACT

**3-11 years:** 1/8 tsp.  
**12 years+:** 1/4 tsp.  
1-3 times a day.

---

Heavy use of cinnamon may irritate the mouth and lips, causing sores. Dilute in water to avoid this.

---

## CLARKFX

**SEE CHART ON PAGE 15**

Start your dosage as stated on chart. If you have no reaction, gradually increase dosage daily by 1-2 drops per dose until you reach the max dose level.

---

The ClarkFx regimen lasts 11 weeks in a "two-weeks on, one-week off" pattern, repeated four times. Start each "two-weeks on" at the dosage that you were at before your one-week break. If you get a headache, decrease the dosage.

---

## CRANBERRY CAPSULES

Take 2 capsules 1-3 times daily. Dosage can also be safely increased as needed.

---

Cranberry has no known negative side effects from long term use, making it a great daily support for those who need to take prevention seriously.

---

Consult your healthcare provider if you have a history of kidney stones or are on blood thinners.

---

\*Due to choking hazard, empty contents of softgel into applesauce, water, etc. for infants/toddlers.

---

## CRANBERRY EXTRACT

**0-2 years:** 5 - 10 drops  
**3-11 years:** 1/8 tsp.  
**12 years+:** 1/4 tsp.  
1-3 times a day.

---

Consult your healthcare provider if you have a history of kidney stones or are on blood thinners.

---

## COQ10

Take 1 capsule once or twice daily with food.

---

\*Due to choking hazard, empty contents of softgel into applesauce, water, etc. for infants/toddlers.

---

## DANDELION ROOT EXTRACT

**3-11 years:** 1/8 tsp.  
**12 years+:** 1/4 tsp.  
1-3 times a day.

---

Do not use if you have heart disease, high or low blood pressure, kidney or liver disorder, diabetes or edema (swelling of hands, face and feet) or are taking products containing diuretics.

---

## ECHINACEA XTREME

**0-2 years:** 5 - 10 drops  
**3-11 years:** 1/8 tsp.  
**12 years+:** 1/4 tsp.  
1-3 times a day.

---

Not suggested for use by those taking immunosuppressant's.

---

## EDEN'S RESPONSE

**Women:** 1/4 tsp 3-4 times a day. May take up to 2 weeks for full benefit to be realized, change may occur in as little as 3 days.

---

Use with caution when nursing a baby under 6 months. Discontinue use 3 weeks before surgery. Do not use if taking anti-depressants or anti-coagulants.

---

## ESTRIOL CREAM

Apply 1 pump of cream once or twice daily to clean dry skin such as inner arms, behind the legs, or upper chest or stomach as needed or as directed by your healthcare provider. Massage in thoroughly.

---

Based on the recommendations of Dr. John R. Lee, Natural Estriol Cream should be used with Natural Progesterone Cream (Progesta-Yam).  
\*Not suggested for use if you have had a hysterectomy.

---

*1 pump = 1/4 teaspoon, provides approx. 1 mg of Natural Estriol USP.*

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*\*If using both Progesta-Yam and Estriol, use 12 hours apart.*

---

## ELDERBERRY EXTRACT

**0-2 years:** 5 - 10 drops

**3-11 years:** 1/8 tsp.

**12 years+:** 1/4 tsp.

1-3 times a day.

Not suggested for use by those taking immunosuppressant's.

---

## ELDERBERRY GUMMIES

2 gummies daily.

Safe for all ages. Use caution with young children due to choking hazard.

---

## EUROPEAN GOLDENROD EXTRACT

**3-11 years:** 1/8 tsp.

**12 years+:** 1/4 tsp.

1-3 times a day.

Goldenrod may cause an allergic reaction in people who are sensitive to the Asteraceae/Compositae family. Members of this family include ragweed, chrysanthemums, marigolds, daisies, and many others.

---

## EVENING PRIMROSE

3 softgels, once or twice daily.

Its use is controversial as it may increase the risk of heavy bleeding when taken in the 3 weeks prior to delivery. Some midwives recommend using the soft gels as suppositories to soften the cervix prior to the onset of labor or to start labor. Consult with your healthcare provider before attempting to use it to start labor or ingesting during late pregnancy.

---

## EVERYDAY JOINT & MUSCLE

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

In water 1-3 times daily.

Caution if using SSRI (Selective Serotonin Re-uptake Inhibitor) class anti-depressants or anti-coagulants. Discontinue use 7 days before surgery.

## EYE-CAN-C

**By Age:**

**3-4 years:** 10-15 drops

**5-8 years:** 1/8 tsp.

**9-12 years:** 1/4 tsp.

2-3 times daily.

**By Weight:**

**100-149 lb:** 1/4 tsp.

**150-174 lb:** 3/8 tsp.

**175 lb+:** 1/2 tsp.

3 times daily.

Use with caution if you are taking Rx anti-platelet, anti-convulsive, and/or anti-coagulant drugs. Discontinue use 7 days before any surgery. **DO NOT PUT IN YOUR EYE.**

---

## FAMILY IMMUNE-BOOSTER

**0-2 yrs:** 5-10 drops

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

1-3 times daily.

Can be used with Herbal Respiratory. Not suggested for use by those taking immunosuppressant's. Alcohol free.

---

## FEMME DEFENSE

**Women:** take 3/4 tsp twice daily or 1/2 tsp 3 times daily, 6 days per week.

Caution if: renal disease, hyperthyroidism, celiac disease, diabetes, autism, hemophilia, high or low blood pressure, liver or kidney ailments, or have undergone a transplant. Do not use if taking Metronidazole, Digitalis, Bismuth, Estrogen, Contraceptives, anti-convulsive, anti-platelet, Aspirin, Warfarin or other anti-coagulant drugs. Discontinue use 7 days before surgery.

## FEMME DEFENSE II

**Women:** take 3/4 tsp twice daily or 1/2 tsp 3 times daily, 6 days per week.

Caution if: hyperthyroidism, celiac disease, diabetes, autism, hemophilia, renal disease, high/low blood pressure, liver/kidney ailments, or have undergone a transplant. Do not use if taking Metronidazole, Digitalis, Bismuth, Estrogen, Contraceptives, anti-convulsive, anti-platelet, Aspirin, Warfarin or other anti-coagulant drugs. Discontinue use 7 days before any surgery.

---

## FIRST IMMUNE DEFENSE

**3-11 yrs:** 1/8 tsp.

**12+ yrs:** 1/4 tsp.

Take 1-3 times daily.

Use with caution for anyone who has a kidney condition. Not for long-term use. Use Family Immune-Booster instead.

---

## FRUITFUL VINE

**Women:** 1/4 tsp. 3-4 times before meals with Vitamin C : Days 1-12: 7,000 to 10,000 mgs  
Days 13-28: 3,000 to 5,000 mgs

Once pregnant, decrease dosage over a weeks time and then discontinue use completely. DO NOT use with T&C or HB Formulas. Enhance benefits with Vitamin C. Drink plenty of water with the Vitamin C (see page 30).

---

## GARLIC CAPS

**Adults and children 12 or more years of age:**

1 capsule 2 times daily with a meal or as directed.

Garlic can irritate the gastrointestinal (GI) tract. Use with caution if you have stomach or digestion problems. Stop taking garlic at least two weeks before a scheduled surgery.



## GENTLE BIRTH

**Begin use 5 weeks before due date.**

**Week 1:** 1/4 tsp, before morning and evening meals.

**Week 2-5:** 1/4 tsp, 3 times daily before meals.

You will need a 4 oz for the suggested five weeks prior to due date. Finishing the bottle is still beneficial to you during the first 2 weeks after delivery. If you tend to deliver early, a 2 oz. bottle will suffice. If taking Herbal Vita-Mom, Use Gentle Birth Without Red Raspberry.

---

## GENTLE BIRTH w/o BLUE COHOSH

**Begin use 5 weeks before due date.**

**Week 1:** 1/4 tsp, before morning and evening meals.

**Week 2-5:** 1/4 tsp, 3 times daily before meals.

This formula is suggested if you have high blood pressure.

---

## GENTLE BIRTH w/o RED RASPBERRY

**Begin use 5 weeks before due date.**

**Week 1:** 1/4 tsp, before morning and evening meals.

**Week 2-5:** 1/4 tsp, 3 times daily before meals.

This formula is suggested if you are taking additional Raspberry supplements such as tea, capsules, or extract.

---

## GENTLE LAX

Take 2 capsules as needed.

May be taken with 8oz of water.  
Do not take with anti-coagulants.

Safe for children 6+ provided they can swallow a capsule, use caution.

---

## GINGER ROOT EXTRACT

**0-2 yrs:** 5 -10 drops

**3-11 yrs:** 1/8 teaspoon.

**12 yrs+:** 1/4 teaspoon.

Take in water 1-3 times daily.

## GINKGO BILOBA LEAF EXTRACT

**3-11 yrs:** 1/8 teaspoon.

**12 yrs+:** 1/4 teaspoon.

Take in water 1-3 times daily.

Not to be used with anticoagulants, MAO inhibitors or SSRI's. Should not be used with St. John's Wort herb.

---

## GRAPE SEED EXTRACT

**0-2 yrs:** 5 -10 drops

**3-11 yrs:** 1/8 teaspoon.

**12 yrs+:** 1/4 teaspoon.

Take in water 1-3 times daily.

Can be taken with almost any supplement as there are no known side effects.

---

## GREEN BLACK WALNUT HULL EXTRACT

**12 yrs+:** 1/4 tsp.

1-3 times daily.

---

## HORMONE BALANCE FORMULA

**Women:** 1/4 tsp in water.

1-3 times daily.

For best results take for 3-6 months.

DO NOT take with Progesta-Yam Cream if taking both HB and T&C: Begin with HB on the first day of your cycle, take for 2 weeks and then change to T&C for 2 weeks and keep alternating. Does **not need** to be taken with T&C. (See page 21).

---

## HEADEASE

**3-11:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

May be repeated every 15 minutes. (within reason)

Use with caution if you are taking prescription anti-convulsive, anti-platelet and/or anti-coagulants. Discontinue use 7 days before any surgery.

## HERBAL CALCIUM

**Teething:** 5 -10 drops 1-3 times daily, or as needed. Apply directly to the gums for gentle numbing.

**0-2 yrs:** 5 -10 drops

**3-11 yrs:** 1/8 teaspoon.

**12 yrs+:** 1/4 teaspoon.

Take in water 1-3 times daily.

Use with caution during first trimester as excessive use may stimulate uterine contractions due to horsetail. If taking with Herbal Iron, be sure to take the Herbal Iron in the morning and the Herbal Calcium in the evening as they compete for absorption. Alcohol free.

---

## HERBAL CARDIO CARE

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

1-5 times a day.

Monitor BP 20 min after each dosage. Repeat until desired goal is achieved. Up to 4-6 hrs. Take Blood Pressure Rx at different times than HCC and monitor BP closely.

Do not use with low blood pressure. Use with caution if taking anti-convulsive, anti-platelet and/or anticoagulant drugs. Discontinue 7 days before surgery. For additional benefit use capsicum capsules or add Green Tea (5 cups a day).

---

## HERBAL FLORA PLUS

Take 2 capsules daily 20-30 minutes before a meal or snack with 6-8 oz. of juice or purified water.

\*Considered unsafe for toddlers due to choking hazard of capsule. Contents of capsule is safe for toddlers and can be emptied out and then taken in applesauce, water, etc.

## HERBAL FOCUS

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

1-3 times daily.

Use with caution if you are taking prescription anti-convulsive, anti-platelet and/or anticoagulant drugs. Discontinue use 7 days before any surgery. \*Use caution when expecting.

---

## HERBAL IRON

**0-2 yrs:** 5-10 drops

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

1-3 times daily.

If using Herbal Iron and Herbal Calcium, take Herbal Iron in the AM and Herbal Calcium in the PM, as they compete for absorption.

\*Non-constipating

---

## HERBAL RESPIRATORY

**0-2 yrs:** 5-10 drops

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

1-3 times daily.

Herbal Respiratory is not suggested for those with reduced liver, kidney or cardiac function or by those taking anticoagulants or Vitamin K inhibitors.

---

## HERBAL THYROID CARE

**6-11 yrs:** Take 1 capsule twice daily.

**12+ yrs:** Take 2 capsules twice daily.

Caution: Please note that Graves' disease is a serious illness and can be life threatening. Herbal Thyroid Care should be used under the supervision of a qualified care giver when the disease is present. Use with caution if taking anti-coagulants.

---

## HERBAL THYROID CARE II

**3-11 yrs:** Take 1 capsule once daily.

**12+ yrs:** Take 1 capsule twice daily.

Caution: Please note that Graves' disease is a serious illness and can be life threatening. Herbal Thyroid Care II should be used under the supervision of a qualified care giver when the disease is present. Use with caution if taking anti-coagulants. Discontinue use 2 weeks before delivery date to avoid increased chance of excessive bleeding.

---

## HERBAL VITA-MOM

Take 2 softgels daily, preferably with meals.

It is beneficial to take prenatal vitamins in the months before conception, as well as while expecting and nursing. If taking with Gentle Birth Formula, use Gentle Birth w/o Red Raspberry.

---

## HEMP+

**12 yrs+:** 2 capsules, twice daily.

Not for use during pregnancy or while nursing. If you have a medical condition or take medications, please consult with your doctor before use.

---

## HEMP CAPS

**12 yrs+:** 2 capsules daily.

Not for use during pregnancy or while nursing. If you have a medical condition or take medications, please consult with your doctor before use.

---

## HEMP BLEND

**12 yrs+:** 1/4 tsp.

1-3 times daily.

Not for use during pregnancy or while nursing. If you have a medical condition or take medications, please consult with your doctor before use.

---

## KIDS BERRY BEDTIME

**0-2 yrs:** 5-10 drops

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

Use one half hour before bedtime.

This is an occasional use product. For everyday use, try Berry Calcium.

---

## KIDS BERRY CALM

**Teething:** 5 -10 drops 1-3 times daily, or as needed. Apply directly to the gums for gentle numbing.

**0-2 yrs:** 5 -10 drops

**3-11 yrs:** 1/8 teaspoon.

**12 yrs+:** 1/4 teaspoon.

Take in water 1-3 times daily.

Use with caution during first trimester as excessive use may stimulate uterine contractions due to horsetail. If taking with Herbal Iron, be sure to take the Herbal Iron in the morning and the Herbal Calcium in the evening as they compete for absorption. Alcohol free.

---

## KIDS BERRY IMMUNE-BOOSTER

**0-2 yrs:** 5-10 drops

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

1-3 times daily.

Can be used with Herbal Respiratory. Not suggested for use by those taking immunosuppressant's. Alcohol free.

---

## KIDS HERBAL VITA-MINI

**0-2 yrs:** 5-10 drops

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

1-3 times daily.

Cautions: Do not use if you have stomach ulcers or inflammatory kidney disease. The watercress extract may cause fussiness in infants.

---

## KIDS LICORICE TUMMY-AID

**0-2 yrs:** 5-10 drops

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

1-3 times daily.

Use as needed up to three times daily.

Alcohol free.

---

## KIDS NATURAL ATTENTION-AID

**6-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

1-4 times a day.

Use with caution if you are taking prescription anti-convulsive, anti-platelet and/or anti-coagulant drugs. Discontinue use 7 days before any surgery.

---

## KIDNEY SUPPORT

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

1-3 times daily.

Can be used with Ur-Release Tea Extract for 10 days, off 1-3 days and repeat. Can be taken with Cranberry, European Goldenrod or Grape Seed Extract. May help with urinary tract.

---

## KIDNEY TONER

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

Take in warm water 1-3 times daily.

If dealing with a chronic long-term situation, it is helpful to alternate the Kidney Support with the Kidney Toning Formula. May help with urinary tract.

---

## KRILL OIL

Take 1 capsule daily with food, unless otherwise directed.

\*Due to choking hazard, empty contents of softgel into applesauce, water, etc. and give to infants/toddlers.

## LEGACY HERBS

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

Take in warm water 1-3 times daily. If dealing with a chronic long-term situation, it is helpful to alternate the Kidney Support with the Kidney Toning Formula. May help with urinary tract.

---

## LIVER DECONGESTANT

**Adult:** 1/2 tsp.

3 times daily, either in 8 oz. of warm water or followed by a cup of water.

---

## LIVERGLOW

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

In water 1-3 times daily.

To enhance results, combine this product with Blues Buster, Liver Decongestant, Garlic Tablets and/or Co-enzyme Q10.

---

## LIVERGLOW II

**0-2 yrs:** 5 -10 drops

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

In water 1-3 times daily.

To enhance results, combine this product with Blues Buster II, Garlic Extract Capsules and/or Co-enzyme Q10.

---

## MAXI-MILK

### Women:

1/4 to 1/2 tsp in water.

1-4 times daily.

Taking with calcium may make the difference from success and failure in nursing, take Herbal Calcium with meals for best absorption.

---

## MILK THISTLE CAPSULES

Take 1 capsule daily.

For prenatal purposes. To avoid common early pregnancy discomforts, start using at least 2 months prior to conceiving and once pregnancy is confirmed increase dosage up to 2 capsules 3 times daily if needed.

## MILK THISTLE EXTRACT

**0-2 yrs:** 5-10 drops

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

1-3 times daily.

Not to be taken with Yohimbe.

---

## NO-MO-SQUITO

**6-11 yrs:** 1/8 to 1/4 tsp.

**12 yrs+:** 1/4 to 1/2 tsp.

2 times daily.

Use daily while the threat exists.

---

## OLIVE LEAF EXTRACT

**0-2 yrs:** 5-10 drops

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

1-3 times daily.

**In place of ClarkFX or Para-Rid:** 3 times daily before meals for 2 weeks. Begin 2 days before full moon. Repeat the next moon cycle (total of 4 weeks).  
**In place of Yeast X:** 1-3 times daily for 3-6 months.

---

## ORAL CARE SOLUTION

1/4 tsp in 1/4 cup water & rinse mouth.

### DO NOT SWALLOW

For intensive care rinse every 3 hours.

Include 2,000 mgs of Vitamin C to increase effects. (Okay for Children as long as they know how to rinse).

---

## PARA-RID

### SEE CHART ON PAGE 6

Begin 2 days before the full moon and continue for 6 days. Repeat the next month. Any acidic juice will help cut the bitter taste (ie. Orange juice).

**PROGENTOR VI**

**Adult Men:** 1/4 tsp, 1-3 times daily.  
Use for 3-6 months for best results.

Caution if you take Rx anti-convulsive, anti-platelet and/or anticoagulant drugs. Discontinue use 7 days before surgery. Hypertension patients should not use large quantities of Ginseng as it can cause elevated blood pressure.

**PROGESTA-YAM CREAM**

Apply 1 pump of cream once or twice daily to clean dry skin such as inner arms, behind the legs, or upper chest or stomach as needed or as directed by your healthcare provider. Massage in thoroughly.

Based on the recommendations of Dr. John R. Lee, Natural Estriol Cream should be used with Natural Progesterone Cream (Progesta-Yam).  
\*Not suggested for use if you have had a hysterectomy.

*1 pump = 1/4 teaspoon, provides approx. 1 mg of Natural Estriol USP.*

*\*If using both Progesta-Yam and Estriol, use 12 hours apart.*

**PROTEIN SHAKES**

**Blend 1 scoop with 8 oz. water or milk of your choice.**

Drink 1 shake per day to replace either 1 meal or 2 snacks. Use with the Weight Control Caps for best results or follow the New You Plan on page 82. The Protein Shakes provide essential protein and hunger satisfaction, while the Weight Control Caps provides essential vitamins and nutrients.

\* We do not suggest weight control supplements for children or expecting moms, but they can be used as a meal replacement or a snack.

**PROSTRACT 10**

**Adult Men:** 1/4 tsp.  
1-3 times daily.  
Use for 3-6 months for best results.

Caution in cases of Hypertension, Hypo tension, Diabetes, or in conjunction with anti-coagulants.

**PUMPKIN SEED EXTRACT**

**0-2 yrs:** 5-10 drops  
**3-11 yrs:** 1/8 tsp.  
**12 yrs+:** 1/4 tsp.  
1-3 times daily.

**RED RASPBERRY LEAF EXTRACT**

**0-2 yrs:** 5-10 drops  
**3-11 yrs:** 1/8 tsp.  
**12 yrs+:** 1/4 tsp.  
1-3 times daily.

There are no known side effects from the use of red raspberry.

\*Should not be used in 1st and 2nd trimesters as it may cause uterine contractions.

**RHODIOLA ROOT EXTRACT**

**12 yrs+:** 1/4 tsp.  
1-3 times daily.

Do not use if you have bipolar disorder or bipolar spectrum disorder. Not to be taken with anti-depressants, Hormone Replacement Therapy or Birth Control Pills.

**SARSAPARILLA ROOT EXTRACT**

**12 yrs+:** 1/4 tsp.  
1-3 times daily.

**SOOTHING THROAT & TONSIL**

**3-5 yrs:** 1/16 to 1/8 tsp.  
**6-11 yrs:** 1/8 to 1/4 tsp.  
**12 yrs+ :** 1/4 to 3/8 tsp.

Can be taken every 2 hours initially, dropping to 3 times daily within 24 hours. For optimal support, add Family Immune-Booster, First Immune Defense or Herbal Respiratory.

**SLIPPERY ELM BARK EXTRACT**

**3-11 yrs:** 1/8 tsp.  
**12 yrs+:** 1/4 tsp.  
1-3 times daily.

Take at least 2 hours away from iron supplement or other supplements and medications.

**SPIRULINA**

Take 4 capsules daily.

Avoid using if you have an auto-immune condition.

Safe for children 6+ provided they can swallow a capsule, use caution.

**ST. JOHN'S WORT HERB EXTRACT**

**12+ yrs:** 1/4 tsp.  
Take in warm water 1-3 times daily, or as needed.

Not to be taken with Ginkgo biloba. Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy.

Do not use this product if you are taking anti-cancer, antidepressant [e.g. selective serotonin reuptake inhibitors (SSRI)], cardiovascular, contraceptive medications, blood thinners, anti-HIV agents and/ or medications to suppress the immune system (immunosuppressive medications). Consult a health care practitioner/health care provider/ health care professional/doctor/ physician prior to use if you are taking anti-anxiety or seizure medications, antihistamines, bronchodilators, muscle relaxants and/or opiates

**STOMACH AID**

**0-2 yrs:** 5-10 drops  
**3-11 yrs:** 1/8 tsp.  
**12+ yrs:** 1/4 tsp.  
Take in warm water 1-3 times daily, or as needed.

Use with caution if you have gallstones, gallbladder inflammation or ulcers.

## STRESS & SLEEP

**6-11:** 1/8 tsp. 1-3 times daily.

**12+:** 1/4 tsp. 1-3 times daily.

**For restful sleep:** 1/4 tsp before bed. If still awake within 15-30 minutes, retake the dose. Can be repeated up to 4 times.

Caution if you are taking prescription anti-convulsive, anti-coagulant and/or anti-platelet drugs. Discontinue use 7 days before surgery. Herbal Calcium can be taken also to provide even more relief.

## SUNSHINE DROPS

**0-2 yrs:** 5-10 drops

**3-11 yrs:** .5 ml.

**12 yrs+:** 1 ml.

In water once daily.

Vitamin D3 is safe for all ages and nursing or expecting mothers. We suggest consulting your health care provider for dosing information.

## STONE & CLEANSE

**Women (12 and over):** 1/4 tsp.

1-3 times a day.

Does not need to be taken with HB. If taking both: Begin with HB on first day of your cycle, take for 2 weeks, then change to T&C for 2 weeks and keep alternating. Can be taken with Progesterone-Yam Cream.

## TURMERIC ROOT EXTRACT

**3-11 yrs:** 1/8 tsp.

**12 yrs+:** 1/4 tsp.

In water 1-3 times daily.

## VARI-PLEX

**Adults:** 1/4 tsp.

In water 1-3 times daily.

If you are taking Gentle Birth Formula reduce Vari-Plex dosage to 1/8 tsp in water 1-3 times daily. Discontinue use if surgery needed (C-Section, etc.)

## VITAMIN C

**0-8 yrs:** 1 capsule daily (capsule emptied and powder consumed in juice, apple sauce, etc.)

**9-11 yrs:** 2 capsules daily.

**12 yrs+:** 3 capsules 2 times daily.

Use with caution with Kidney Stones. Should accompany Fruitful Vine if trying to conceive.

## VITA-MINI BEARS

2 gummies daily.

Safe for all ages. Use caution with young children due to choking hazard.

## WATER BALANCE

**0-2 years:** 1/8 tsp.

**3-11 years:** 1/4 tsp.

**12+ years:** 1/2 tsp.

**Adults:** 1 tsp.

2-3 times daily, either in 8 oz. of cold water or followed by a cup of water.

## WEIGHT CONTROL CAPS

Take 8 capsules daily. We suggest dividing it up, taking 4 in the morning, and 4 in the evening.

Use with the Protein Shake for best results or follow the New You Plan on page 82.

\*The Protein Shake provides essential protein and hunger satisfaction, while the Weight Control Caps provides essential vitamins and nutrients, not for weight loss.

## WEIGHT CONTROL FORMULA

SEE CHART ON PAGE 10

Use 30 minutes before meals, 3 times daily. Or, follow the New You Plan on page 82.

DO NOT use if: overactive thyroid. Use with caution for those who have high blood pressure (Hypertension).

## WEIGHT CONTROL FORMULA II

SEE CHART ON PAGE 45

Use 30 minutes before meals, 3 times daily. Or, follow the New You Plan on page 82.

Wait until baby is at least two months old before trying to lose weight, giving you time to recover and establish a good milk supply. Contains Maxi-Milk.

## WILD YAM ROOT EXTRACT

**12+ yrs:** 1/4 tsp.

Take in warm water 1-3 times daily, or as needed.

## YEAST X STEP 1

**Adults:** 1/4 tsp.

3 times daily before or with meals.

For best results, alternate Yeast X Step 1 and Yeast X Step 2 every two weeks and continue for 3-6 months. Use the Total Yeast Detox package for even greater results. See page 17.

## YEAST X STEP 2

**Adults:** 1/4 tsp.

3 times daily before or with meals.

For best results, alternate Yeast X Step 1 and Yeast X Step 2 every two weeks and continue for 3-6 months. Use the Total Yeast Detox package for even greater results. See page 17.



# PACKAGES

## COMPLETE METAL DETOX

12+ yrs (6-12 yrs 1/2 dose)

This is a 2 week program

**Detox Fiber Blend** - Take 4 capsules in the morning and 4 capsules in the evening.

**Herbal Heavy Metal Flush** - Take 1/4 tsp in the morning, at noon, and in the evening.

**Amino Acid Cleanse** - Take 1 capsule in the morning and 1 capsule in the evening.

**Citrus Pectin** - Take 2 level scoop, mixed with liquid, in the morning. (1 level scoop is equivalent to 1 rounded Tablespoon).

Take all four products, as indicated above, daily for 14 days and drink plenty of water.

## LIVER FLUSH PACKAGE

12+ yrs

**Directions:** Choose a day like Saturday for the cleanse, provided you will be able to rest the next day. Take no supplements that you can do without. If you are taking the Para-Cleanse or Kidney Cleanse, stop

these programs the day before your cleanse. High carbs convert to fat in a stressed liver, eat a no-fat breakfast and lunch, such as fruit, greens, fruit juice, and preserves or honey (no butter or milk).

### What you need for the flush:

- 1 Liver Flush Package
- 1/2 cup olive oil (high quality)
- 1 large, fresh picked grapefruit (2/3 cup juice)

Instructions will come with the package, or call or go on-line to get a copy in advance. There are multiple steps and timing is important to get good results. The cleanse takes just under 24 hours to complete.

## TOTAL YEAST DETOX

This is a 3-month detox program

### Month 1

- Take Yeast X Step 1 every day during weeks 1 and 2 (1/4 tsp. in water 3 times daily.)
- Take Yeast X Step 2 every day during weeks 3 and 4. (1/4 tsp. in water 3 times daily.)
- Take Candida Flush every day

during first month. (Take 4 capsules, twice daily at least 2 hours

- before or after any other medication or supplement.)

### Month 2

- Take Herbal Flora Plus every day (Take 2 capsules daily, 20-30 minutes before a meal or snack with 6-8 oz. of juice or purified water.)

### Month 3 (same as month 2)

- Take Herbal Flora Plus every day (Take 2 capsules daily, 20-30 minutes before a meal or snack with 6-8 oz. of juice or purified water.)

## WEIGHT CONTROL PACKAGE

**Weight Control Formula or Weight Control Formula II**

- Take a dose (determined by weight, see chart on page 10 or 45) 30 minutes before breakfast, lunch, and dinner.

### Protein Shake

- Blend one scoop with 8 oz. of water or milk of your choice. Drink 1 shake per day to replace either one meal or two snacks.

### Weight Control Caps

- Take 8 capsules daily. We suggest dividing it up, taking 4 in the morning and 4 in the evening

# "NEW YOU" PLAN

## WEEK 1:

- Take **Weight Control Formula** (or **Weight Control Formula II**) twice daily, half an hour before meals. If you forget, take it even if you have already eaten.
- Substitute the **Protein Shake** for one meal or two snacks daily. Take **8 Weight Control Caps** daily.
- Add 3 servings each of fruit and vegetables to your daily diet.
- Take a brisk, 20 minute walk or a bike ride three times this week. If you love dessert, have a serving with only 2 meals each day.

## WEEK 2 AND 3:

- Take **Weight Control Formula** (or **Weight Control Formula II**) three

times daily, half an hour before meals.

- Substitute the **Protein Shake** for one meal or two snacks daily. Take **8 Weight Control Caps** daily.
- Add 4 servings each of fruit and vegetables to your daily diet.
- Take a brisk, 30 minute walk or a bike ride four times each of these weeks. If you love dessert, have a half of a serving with only 2 meals each day.

## WEEK 4:

- Take **Weight Control Formula** (or **Weight Control Formula II**) three times daily, half an hour before meals.
- Substitute the **Protein Shake** for

one meal or two snacks daily. Take **8 Weight Control Caps** daily.

- Add 5 servings each of fruit and vegetables to your daily diet.
- Take a brisk, 30 minute walk or a bike ride five times each of these weeks. If you love dessert, have a half of a serving with only 1 meal each day.

## MAINTENANCE:

- Take **Weight Control Formula** (or **Weight Control Formula II**) one to three times weekly, or as needed.

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