



LIQUID HERBAL EXTRACTS & FORMULAS
PURE CAPSULES • CLEANSSES • MORE!



KIDDIELAX

Natural Regularity Support for Kids

- Eliminate waste more easily
- Help ease stomach discomfort
- Gentle, safe, and effective

KiddieLax is our infant and toddler safe formula made to help the process of eliminating the buildup and harmful toxins, safely and easily. Ginger helps to ease stomach discomforts- keeping your little ones happy. Formerly a custom combo (#111), but due to high demand, we have decided to add it to our current line of products.

Support your child's need to go, comfortably, with this effective and natural formula- that works!

[FULL LISTING ON PAGE 54](#)

ZINC

Overall Health Support

- Immune system support
- Promotes healthy metabolism
- Fertility support for men and women

Zinc is an essential nutrient found throughout your body that helps to increase your body's immune system response and help with proper metabolism. Typically through a varied diet (red meat, seafood, poultry, grains, seeds..) your body will receive all the zinc it needs. If your diet doesn't consist of these foods, additional supplementation may be needed.

Zinc is a trace mineral with countless uses in the body. It supports healthy bones, hair, skin, and nails. Zinc helps to promote fertility and reproduction, supports vision health, and promotes healthy stress levels.



[FULL LISTING ON PAGE 36](#)

PASSIONFLOWER

Natural Calming Support

- Supports a positive mood
- Promote healthy sleep cycle
- Balance emotions

Passionflower is a popular herb used as a natural sedative. It's calming properties, when used in the correct dose, promote a sense of calm and help balance emotions.

If you're looking for a natural way to keep your calm Passionflower is the extract for you.

FULL LISTING ON PAGE 62



TURMERIC WITH BLACK PEPPER

Whole Body Health Benefits

- Maintain healthy joint & muscle function
- Immune system support
- Promote cardiovascular health

Turmeric provides a wide range of health benefits from anti-inflammatory properties to immune support to cardiovascular health. The addition of black pepper helps your body to better absorb curcumin, the active ingredient in turmeric.

With all the different health benefits, it's no wonder this has been a frequently requested product!



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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 testimonials 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 absorption 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.



"I have never been disappointed with my orders. The products are high quality and the delivery is always prompt. That's why I continue to purchase from MMH." - Veronica H.



"Love this company. I've been using their products for years. I'm lucky enough to live near the store. Great group of people there!" - Sheri L.

3 ways to order



1.888.528.8615
All major credit cards accepted
Check by phone



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



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 75% 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 1 |
| 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 | \$21 |
| 4 oz. | P2104 | \$37 |

SUGGESTED USE:
 See [chart at left](#)

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.

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.



"The Para-Rid has helped our family with general health and specifically, night time teeth grinding, dark circles under the eyes, and itchy private areas." - Lydia A.



TrustScore 4.9 | 279 reviews



CATNIP FLOWER

➔ 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 approx. 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 | † | |
| Cornsilk herb | † | |
| Chamomile herb | † | |
| Skullcap herb | † | |
| † Daily Value (DV) not established | | |

Other Ingredients: vegetable glycerin and distilled water.



| | | |
|-------|-------|------|
| 2 oz. | H2032 | \$21 |
| 4 oz. | H2034 | \$37 |

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.

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

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.



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 one in the morning and one in the evening as they compete for 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.



HORSETAIL



Herbal Respiratory is not suggested for those with reduced liver, kidney, or cardiac function or by those taking anticoagulants or Vitamin K inhibitors.

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.

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.

| 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 | \$21 |
| 4 oz. | H2054 | \$37 |

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.



Use with caution for anyone with a kidney condition. Not for long-term use, try Family Immune-Booster instead.

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 | \$21 |
| 4 oz. | W2154 | \$37 |

SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

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

| Supplement Facts | | |
|------------------------------------|---------|--|
| Serving Size: | 1/4 tsp | |
| Servings Per Container: | 96 | |
| Per Serving | %DV | |
| Proprietary Blend | 1.25 mL | |
| Elderberries (Sambucus spp.) | † | |
| Propolis Resin | † | |
| Echinacea Angustifolia root | † | |
| Echinacea Purpurea herb | † | |
| † Daily Value (DV) not established | | |

Other Ingredients: vegetable glycerin and distilled water.



| | | |
|-------|-------|------|
| 2 oz. | 14002 | \$21 |
| 4 oz. | 14004 | \$37 |

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.

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

Not suggested for use by those taking immunosuppressant's.

| Supplement Facts | | |
|--|--------|------|
| Serving Size: 2 Gummies | | |
| Servings Per Container: 30 | | |
| Amount Per Serving | | %DV |
| Calories | 20 | |
| Total Carbohydrate | 5 g | 2% |
| Total Sugars | 5 g | |
| Added Sugars | 5 g | 10% |
| Vitamin C (as ascorbic acid) | 100 mg | 110% |
| Zinc (as zinc gluconate) | 10 mg | 90% |
| Sodium | 5 mg | <1% |
| Elderberry Fruit Extract 30:1 | 150 mg | ** |
| Percent Daily Values are based on 2,000 calorie diet | | |
| **Daily Values are not established | | |

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



| | | |
|----------|--------|------|
| 30 serv. | EE2060 | \$21 |
|----------|--------|------|

SUGGESTED USE:

Take 2 gummies once daily.

*Gummies are considered safe for all ages but may be a choking hazard.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

ELDERBERRY GUMMIES

Immune Support with Zinc and Vitamin C

- 150 mg Elderberry per serving
- 100 mg Vitamin C per serving
- 10 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



DO NOT use in cases of overactive thyroid. Use with caution for those who have high blood pressure (hypertension).

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.

| 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, Cha-de-bugre herb, Fresh Ginger root, Guggul Gum Resin, Horsetail herb, Cornsilk herb. | |
| † Daily Value (DV) not established | |

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



| | | |
|-------|-------|------|
| 2 oz. | W2332 | \$21 |
| 4 oz. | W2334 | \$37 |

SUGGESTED USE:
See Chart below.

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.

| 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.

Weight Control Caps & Shakes have been discontinued.



"Weight Control Formula has been a great herbal formula for me. I had been stuck with extra weight after having my sixth child and once I started using this in conjunction with the Adrenal Aid, since I started I've had great results! I have lost 30lbs over the last 6 months with the help of Weight Control Formula."

- Diana



| 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 | \$21 |
| 4 oz. | A1004 | \$37 |

SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

1-3 times daily.

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 gland may help to normalize its 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.



Discontinue use 5 weeks prior to surgery as Astragalus may cause excess bleeding and Wild Yam may lower NSAID's abilities to lessen inflammation.

| Supplement Facts | |
|---|-------|
| Serving Size 1 mL | |
| Servings Per Container 60 | |
| Amount per serving | % DV* |
| Vitamin D3 (Cholecalciferol) 62.5 mcg (2500 IU) | 313% |
| Vitamin K2 (Menquinone-7 (Vil k2-MK7)) 100 mcg | 83% |

* Percent of Daily Value based on a 2000 calorie diet.
Other ingredients: Medium Chain Triglycerides (MCT), Olive Oil, Natural Vitamin E (d-alpha Tocopherol from Sunflower Oil), Natural Orange Flavor.



| | | |
|-------|-------|------|
| 2 oz. | S2002 | \$21 |
| 4 oz. | S2004 | \$37 |

NEW

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.

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

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.

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.

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

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



| | | |
|-------|-------|------|
| 2 oz. | H2062 | \$21 |
| 4 oz. | H2064 | \$37 |

SUGGESTED USE:

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

1-3 times daily.

TIP: Can be taken with another iron supplement to aid absorption. If using with Herbal Calcium, take one in the morning and one in the evening as they compete for absorptions.



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 its own, supplementation is important.

The inclusion of Ashwagandha 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).

Made with **Vcaps Plus**



| | | |
|----------|--------|------|
| 60 serv. | HT8120 | \$28 |
|----------|--------|------|

SUGGESTED USE:

6-11 yrs: Take 1 capsule

twice daily. 12+ yrs: Take 2 capsules twice daily, unless otherwise directed.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

NOTE: Use ONLY for under-active thyroid support.

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 health care provider when the disease is present.

Due to raw material shortages, this product may contain either Irish Moss or Potassium Iodide. Please give us a call to check our current lot for product content.

➔ 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. | \$2142 | \$21 |
| 4 oz. | \$2144 | \$37 |

SUGGESTED USE:

1/4 tsp. in water 1-3 times daily or 1/4 tsp. 1/2 hour before bedtime. Can be repeated every 15-30 minutes up to 4 times.

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.



Use caution if you are taking prescription anti-convulsive, anti-coagulant, and/or anti-platelet drugs. Discontinue use 7 days before surgery.



"I would hate to be without, especially for my girls. Like when they have cleaning jobs that keeps them nights in unfamiliar places. Taking stress & sleep they get more good out of their sleep and feel rested etc." - Mrs. Miller



ST. JOHN'S WORT



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 | \$21 |
| 4 oz. | C3094 | \$37 |

SUGGESTED USE:
See Chart below.

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. | | | | | | |

*Use extreme caution in pets

➔ 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 four 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 |
| Milk Thistle seed 300 mg | † |
| † Daily Value (DV) not established | |

Other Ingredients: Hypromellose (vegetable capsules).



120 serv. M9120 \$24

SUGGESTED USE:

Take 1 capsule daily, unless otherwise directed.

*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.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

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.

TIP: 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.



Made with **Vcaps Plus**

Also available as a liquid extract. See page 61

| 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 \$21
4 oz. L3314 \$37

SUGGESTED USE:

3-11 yrs: 1/8 tsp.

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

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 \$21

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 \$21



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.

BUY TOGETHER

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

PKGY12 \$37



"Your Yeast X Package gave me very positive results. This is the first product that has helped after years of trying to address my yeast concerns. Thank you! My nails are slowly coming back to normal. Your products are very good."
- Verified Customer



BARBERRY

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.



3-Month Program

PKG6017 \$114

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.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

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.)

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

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 † |
| Culantro, 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: | 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 \$80

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

Made with **Vegan**

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)

Alkalizing 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 alkalize 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



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.

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

| 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 | \$21 |
| 4 oz. | E4704 | \$37 |

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.**

Use with caution if you are taking Rx anti-platelet, anti-convulsive, and/or anti-coagulant drugs. Discontinue 7 days before surgery.

➔ 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 support the clear, crisp central vision.



"I notice a major difference in 4 days. Night glare disappeared in 13 days by 90%. I rarely use my reading glasses. 3 months later, eye sight has improved by 110%, night glare is GONE."
- Dr. E. Miller



| 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 \$31

SUGGESTED USE:

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

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. Child safe version on page 54.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food



Made with **Vcaps Plus**

Do not take with anti-coagulants.

| Supplement Facts | |
|---|------------|
| Serving Size: | 2 capsules |
| Servings Per Container: | 60 |
| Per Serving | %DV |
| Synbiotic: proprietary blend of Prebiotic: probiotic Consortia with SBOs 500 mg | |
| 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 \$40

SUGGESTED USE:

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

*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.

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**

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food



Use with caution if you are taking prescription anti-convulsive, anti-platelet and/or anti-coagulants. Discontinue use 7 days before any surgery.

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 | \$21 |
| 4 oz. | H2224 | \$37 |

SUGGESTED USE:

3-11+ yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

1-3 times daily or as needed.



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.

Use with caution if you are taking prescription anti-convulsive, anti-platelet and/or anti-coagulant drugs. Discontinue use 7 days before surgery.

| 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 | \$37 |
|-------|-------|------|

SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

1-3 times daily or as needed.

*Use caution if nursing or 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.



Gotu KOLA

| 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 | \$21 |
| 4 oz. | B2234 | \$37 |

SUGGESTED USE:

6-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. in water half hour before bedtime.

BED-TIME DROPS

Natural Sleep Support

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

It's estimated that sleep-related problems affect 50 to 70 million Americans. Many have to rely on chemical-based medicines and prescriptions to get satisfying sleep, and those can often cause unwanted side effects.

Herbs, especially the right combination of herbs, can provide your body the support it needs to finally catch some z's. Centuries of use has proven certain herbs to be most effective, which are exactly what you will find in our Bed-Time Drops formula. Use consistently, or on an as-needed basis for safe, effective, and non-habit forming sleep 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 | \$21 |
| 4 oz. | BM4422 | \$37 |

SUGGESTED USE:

6-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. in water half hour before bedtime. As needed for occasional support.

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.

Monitor BP for 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.

| 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 \$37

SUGGESTED USE:

6-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. Take in water 1-5 times daily.



LIVER DECONGESTANT Concentrated Tea Extract

- 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 \$37

SUGGESTED USE:

1/2 tsp. 3 times daily, either in 8 oz. of warm water or followed by a cup of water.

| 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, Cornsilk 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 | \$21 |
| 4 oz. | T5004 | \$37 |

SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. 1-3 times daily or as needed.

| 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 | \$33 |
|----------|--------|------|

SUGGESTED USE:

12+ yrs: Take 2 capsules twice daily.

*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.

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

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.



Caution if using SSRI (Selective Serotonin Re-uptake Inhibitor) class anti-depressants or anti-coagulants. Discontinue use 7 days before surgery.

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.



40 mg of Turmeric

Made with Vcaps Plus

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

➔ 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*.

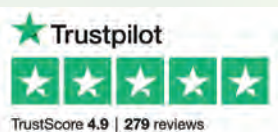
The three are presented as a triangle with their functions being interrelated. Many of the herbs given as a support for one organ also have a positive affect on the others.

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.



"We're so grateful for you guys! Our little girl was diagnosed with CKD at just 10 weeks old, and through our naturopath, and a later introduction to your company & products, and God's grace we've been able to keep her condition stable without prescriptions or surgery for 3 years already. Blessings to you & yours!" - The Ittzes



MILK THISTLE

| 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 \$37

SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-3 times daily.

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 \$37

SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

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.

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



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.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

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

Other Ingredients: Gelatin capsule, organic rice flour.



30 serv. CQ9030 \$31

SUGGESTED USE:

Take 1 capsule daily with a meal.



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 | 1 |
| † Daily Value (DV) not established | |

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



100 serv. G8096 \$16

SUGGESTED USE:

12+ yrs: 1 capsule 2 times daily with a meal or as directed.

Made with **Vcaps Plus**

Garlic can irritate the gastrointestinal (GI) tract. Use with caution if you have stomach or digestion problems. Stop taking garlic at least 2 weeks before surgery.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

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).



| Supplement Facts | |
|--|-----------|
| 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 \$31

SUGGESTED USE:

Take 1 softgel daily, preferably with a meal.

*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.



WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

| Supplement Facts | |
|-------------------------|-----------|
| 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 \$20

SUGGESTED USE:

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

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.



Made with **Veeps Plus**

Do not use with anti-coagulants.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food



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.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/flood

| 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 \$24

SUGGESTED USE:

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

*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.

Should not be taken with Warfarin. Barberry should not be used while expecting.

| Supplement Facts | |
|------------------------------------|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 48 |
| 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 \$21

SUGGESTED USE:

3-11 yrs: 1/8 tsp.

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



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



TrustScore 4.9 | 279 reviews



| Supplement Facts | |
|---|------------|
| Serving Size: | 4 capsules |
| Servings Per Container: | 60 |
| Per Serving | %DV |
| Activated Charcoal from Hardwoods 1200 mg | † |
| Vitamin C 500 mg | 555% |
| Aged Garlic 300 mg | † |
| Beta Carotene 10 mg | † |
| † Daily Value not established | |

Other Ingredients: Hypromellose (vegetable capsules)



60 serv. CF240 \$38

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

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



Made with **Veaps Plus**

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

TIP: Take other vitamins, supplements, and/or meals at least two hours before or after Candida Flush as the charcoal in the flush acts to absorb everything around it and remove it from your system.

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 1.2 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 \$40

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

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 **Veaps Plus**

Aloe Vera may stimulate uterine contractions.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food



Caution if taking anti-convulsive, anti-platelet and/or anticoagulants. Discontinue use 7 days before surgery.

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 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.

TIP: Use with LiverGlow! Page 15

| 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 | \$21 |
| 4 oz. | B3104 | \$37 |

SUGGESTED USE: 1/4 tsp. in water 3-4 times daily.



Made with **Veops Plus**

Avoid using if you have an auto-immune condition.

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 | \$17 |
|----------|--------|------|

SUGGESTED USE: Take 4 capsules daily.

Spirulina has 4x the antioxidant ability of blueberries!

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food



"Quality products that work! I always keep them on hand and credit them for many things." - Chara B.



PASSION FLOWER

➔ What is Usnea Lichen?

Next time you venture to the forest, keep an eye out for a wispy, green foliage growing on branches of conifers, oaks, and other trees in the Pacific Northwest. Acquiring the popular name of "Old Man's Beard" due to its unique appearance, it has historically been used for centuries for everything from medicine to food to dyes. This odd-looking vegetation is a highly specialized organism known as Usnea Lichen.

What makes Usnea Lichen so fascinating and unlike many other organisms, is that it has the characteristics of both a fungus and algae. Usnea has a fungus base that provides a structure for the algae to grow on and produce nutrients that both can use. Together the two are greater than the sum of the parts – true natural cooperation. There is still a lot of curiosity on how this cooperation helps the body.

Taken internally, Usnea has been traditionally used as a respiratory aid and wound healer. High in antioxidants, its main contribution to the body is to maintain the health of your cells. It has a special affinity for helping the respiratory system and maintaining a healthy throat. Relief from throat irritation and congestion can come from using this alongside other helpful herbs in our Soothing Throat and Tonsil Formula.



Usnea Lichen

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 | \$21 |
| 4 oz. | H2314 | \$37 |

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.

Can be taken every 2 hours initially, dropping back to 3 times daily within 24 hours. Spray dosage noted on 2 oz. bottle.

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

\$36

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.



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

Package items can be sold separately.

Ornithine 100 ct.
ORN100 \$14.80

Epsom Salt 100 ct.
EPS060 \$9.60

Green Black Walnut
Hull Extract 2 oz.
BE4142 \$17



"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



GINGER

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 | \$21 |
| 4 oz. | 02694 | \$37 |

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

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 | \$21 |
| 4 oz. | N4444 | \$37 |

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

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 ongoing 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)





NEW ZINC Overall Health Support

- Immune system support
- Promotes healthy metabolism
- Fertility support for men and women

Zinc is an essential nutrient found throughout your body that helps to increase your body's immune system response and help with proper metabolism. Typically through a varied diet (red meat, seafood, poultry, grains, seeds...) your body will receive all the zinc it needs. If your diet doesn't consist of these foods, additional supplementation is needed.

Zinc is a trace mineral with countless uses in the body. It supports healthy bones, hair, skin, and nails. Zinc also helps to promote fertility and reproduction, supports vision health, and promotes healthy stress levels.

| Supplement Facts | |
|------------------------------------|------------|
| Serving Size: | 1 capsules |
| Servings Per Container: | 100 |
| Per Serving | %DV |
| Zinc (as zinc gluconate) | 272% |
| 30 mg | |
| † Daily Value (DV) not established | |

Other ingredients: Rice flour and gelatin capsule.



100 serv. ZNC001 \$9

SUGGESTED USE: 1 capsule daily with meal or otherwise directed.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

➔ Zinc

Minerals usually serve the human body by assisting with many bodily processes. Zinc is no exception to this. It may help with countless enzymatic reactions, like maintaining normal digestion, metabolism, and nutrient absorption. It may contribute to cell division, fighting off free radical damage, and slowing the appearance of aging. Needless to say, it's important to ensure enough of this mineral is consumed, but a little can go a long way. Zinc is a trace mineral, so your body only needs a small amount to maintain a healthy balance.

Foods are one great way to increase your daily intake of zinc. Foods like lamb, pumpkin seeds, hemp seeds, grass-fed beef, chickpeas, and lentils, contain high amounts of zinc. Those who may need to be mindful of their zinc intake include people on a restricted diet or a diet free from meat. Women who are pregnant or breastfeeding may also want to use a zinc supplement to get a little extra in their diet.

There are many reasons why it would make sense to use a zinc supplement to increase your daily intake, but before you grab just any supplement, it's always important to consider what supplement to take. Minerals absorption can increase by adding compounds or suffering from adding the wrong ones. We provide a chelated form of zinc that makes it easy for your body to absorb and achieve the benefits you need.

➔ Vitamin C

Over the last century, Vitamin C has become well known for supporting the immune system as well as the whole body in a considerable number of ways. While most people take it as an immune booster, Vitamin C may help the body in so many other ways. It may effectively boost nearly every system in the body. From digestion, metabolism, reproduction, cardiovascular, to the brain and nervous system - it's wonderful to know that you can get extra support from this vitamin, even when you may not know it.

A lot of the work this supplement does is to protect our body from environmental stressors like toxins, aid the absorption of other minerals like calcium and iron, and form new tissues that hold us together. For example, Vitamin C may help form and repair cartilage, thereby protecting the structural integrity of our body. These structures include our bones, skin, tendons, and ligaments. Since the body does not have the capacity to store Vitamin C, it's important to keep it in your diet every day.

It's good to keep in mind how supplements are made as certain additives may make it harder to absorb the nutrients into your body. The Vitamin C we provide our customers has a few additional compounds so you can be more assured you reap its numerous benefits.

| Supplement Facts | |
|---------------------------|------------|
| Serving Size: | 3 capsules |
| Servings Per Container: | 80 |
| Per Serving | %DV |
| Vitamin C (ascorbic acid) | 1667% |
| 1500 mg | |

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



80 serv. VC8120 \$26

SUGGESTED USE:

0-8 yrs: 1 capsule daily.
9-11 yrs: 2 capsules daily.
12+ yrs: 3 capsules 2 times daily, unless otherwise directed.

*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.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

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 51 for more info.



Made with **Vapee Plus**

Use caution with Kidney Stones.



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.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food



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 | 46% |
| Vitamin C 500 mg | 555% |
| Magnesium Oxide 400 mg | 95% |
| Full-Spectrum Hemp Powder 20 mg | † |
| Zinc Gluconate 10 mg | 90% |
| Vitamin D3 75 mcg | 375% |
| † Daily Value (DV) not established | |

Other Ingredients: Hypromellose (vegetable capsules)



60 serv. HMP120 \$49

SUGGESTED USE:
Take 2 capsules daily.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

➔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 | \$45 |
| 4 oz. | HE9104 | \$85 |

SUGGESTED USE: 12+ yrs:
1 mL. Take 1-3 times daily
unless otherwise directed.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

FULL-SPECTRUM HEMP BLEND

Contains Natural Cannabinoids

- Whole body health benefits
- Mood and sleep support
- 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 and has 15 mg cannabinoids per serving.

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.

Contains less than 0.3% THC



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.



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.

Great for men too!

| 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. U6004 \$37

SUGGESTED USE:

0-2 yrs: 1/8 tsp.

3-11 yrs: 1/4 tsp.

12+ yrs: 1/2 tsp.

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

| 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 | \$21 |
| 4 oz. | A2004 | \$37 |

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.

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 may be helpful for expecting and nursing moms.

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



Discontinue use 5 weeks prior to surgery or delivery as Astragalus may cause excess bleeding and Wild Yam may lower NSAID's ability to lessen inflammation. Wait 2 weeks after surgery or delivery to continue.

| 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.



| | | |
|-------|-------|------|
| 2 oz. | L3712 | \$21 |
| 4 oz. | L3714 | \$37 |

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.

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.





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.

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!

| 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 | \$21 |
| 4 oz. | M1204 | \$37 |

SUGGESTED USE:

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

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



NOTE: Use ONLY for under-active thyroid support.

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 health care provider when the disease is present.

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 Passion Flower 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.

Due to raw material shortages, this product may contain either Irish Moss or Potassium Iodide. Please give us a call to check our current lot for product content.

| Supplement Facts | |
|--|-----------|
| Serving Size: | 1 capsule |
| Servings Per Container: | 60 |
| Per Serving | %DV |
| Proprietary Blend | 1 |
| 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 | \$21 |
|----------|--------|------|

SUGGESTED USE:

Take 1 capsule two times daily.

*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.

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

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food



"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 | \$21 |
| 4 oz. | G1034 | \$37 |

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.

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 and healing 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 \$37

Without Blue Cohosh

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

4 oz. G 1034B \$37



AFTER-PAIN RELIEF

Postpartum and Menstrual

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

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.

Discontinue use 3 weeks before surgery due to incompatibility of anesthesia and St. John's Wort. Do not use if taking anti-depressants or anti-coagulants

| 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 | \$21 |
| 4 oz. | A1014 | \$37 |

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



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 herbs may have a positive effect on emotions.

Enjoy this time in your life and keep your positive outlook on life!

Caution if taking anti-convulsive, anti-platelet and/or anticoagulants. Discontinue use 7 days before surgery.

| 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 | \$21 |
| 4 oz. | B3204 | \$37 |

SUGGESTED USE:
 3-11 yrs: 1/8 tsp.
 12+ yrs: 1/4 tsp. in water 3-4 times daily. May take up to two weeks of consistent use before full benefit is realized.



"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. | S1302 | \$21 |
| 4 oz. | S1304 | \$37 |

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.

STOMACH AID

Digestive Support

- Calm stomach issues
- For all ages

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.



Use caution if you have gallstones, gallbladder inflammation, or ulcers.

| 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 | \$21 |
| 4 oz. | W4444 | \$37 |

SUGGESTED USE:

By age:

6-11 yrs: 3/16 tsp.

12+ yrs: 1/4 - 3/4 tsp.

By weight:

See chart at right.

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!



Wait until baby is at least 2 months old before trying to lose weight, giving you time to recover and establish good milk supply. Contains Maxi-Milk.

| 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 Expectant Mom's Daily Defense

- 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. With herbs from Herbal Calcium and Maxi-Milk, you will enjoy all the benefits two of our top selling products offer, such as lactation support, calming effects on the muscle and nervous system, teeth and bone health, and sleep support. Not to mention herbs high in antioxidants to boost your 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, Chamomile 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 \$37

SUGGESTED USE:

1/2 tsp. 3 times daily or
3/4 tsp. twice daily, 6 days
per week.

Use with caution if you have renal disease, hyperthyroidism, celiac disease, diabetes, autism, hemophilia, high or low blood pressure, liver or kidney ailments, or if you've undergone a transplant. Do not use while taking Metronidazole, Digitalis, Bismuth, Estrogen, Contraceptives, anticonvulsive, anti-platelet, Aspirin, Warfarin or other anti-coagulant drugs. Discontinue use 7 days before any surgery.



C & B formula is designed to be used only by women who are pregnant, and only while cramping or spotting. It is not designed to take continuously, except in cases where mom tends to deliver early. In this case, start taking C & B Formula 2 weeks before mom generally delivers to help maintain the pregnancy to term.

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

Tip: For additional support consider using Progesterone-Yam cream on page 71. This cream contains 5 mg of Progesterone per pump. Progesterone is the hormone that helps support pregnancy and can be taken up to 7 months into the pregnancy.

| 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 \$21
4 oz. C1314 \$37

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.

| Supplement Facts | |
|---|-----------|
| Serving Size: | 1 Softgel |
| Servings Per Container: | 30 |
| Per Serving | %DV |
| Calories 10 | |
| Calories from Fat 10 | † |
| Total Fat 1 g | 2%* |
| Polysaturated 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. EP8030 \$14

SUGGESTED USE:

1 softgels, one to three times daily.

Consult a healthcare provider before attempting to use it to start labor or ingesting during late pregnancy.

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.

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.



WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

| Supplement Facts | |
|--|------------|
| Serving Size: | 2 softgels |
| Servings Per Container: | 60 |
| Amount Per Serving | %DV |
| Vitamin A (as B-Carotene) 1500 mcg RAE | 115% |
| Vitamin C (as Ascorbic Acid) 60 mg | 50% |
| Vitamin D (as Cholecalciferol) 10 mcg (400 IU) | 67% |
| Vitamin E (as d-alpha Tocopherol) 20 mg | 105% |
| Vitamin K1 (as Phylloquinone) 80 mcg | 89% |
| Vitamin B1 (as Thiamine HCl) 4 mg | 286% |
| Vitamin B2 (as Riboflavin) 5 mg | 313% |
| Niacin (as Nicotinamide) 20 mg | 111% |
| Niacin B6 (as Pyridoxine HCl) 10 mg | 500% |
| Folate 1360 mcg DFE (800 mcg folic acid) | 226% |
| Vitamin B12 (as Cyanocobalamin) 10 mcg | 357% |
| Biotin (as D-Biotin) 200 mcg | 571% |
| Choline (as Choline Bitartrate) 20 mg | 4% |
| Pantothenic acid (as Calcium Pantothenate) 10 mg | 143% |
| Iron (as Ferrous fumarate) 18 mg | 67% |
| Iodine (as Potassium Iodide) 150 mcg | 52% |
| Selenium (as Sodium Selenate) 70 mcg | 100% |
| Magnesium (as Mg Oxide and Mg Citrate) 200 mg | 50% |
| Zinc (as Amino acid chelate Zinc) 15 mg | 115% |
| Copper (as Copper Gluconate) 2 mg | 154% |
| Manganese (as Manganese Citrate) 2 mg | 77% |
| Chromium (as Chromium Picolinate) 120 mcg | 267% |
| Potassium (as Potassium Citrate) 60 mg | † |
| Coenzyme Q10 50 mg | † |
| Inositol 16 mg | † |
| Hesperidin Complex (from Citrus aurantium Fruit) 50 mg | † |
| Ginger (Zingiber officinale) Root Extract 30.6 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 (of bovine origin), Glycerin, Purified Water, Beeswax, Sunflower Lecithin, and Color (Lycopene and Annatto).

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.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food



60 serv. VM9060 \$38

SUGGESTED USE:

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

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.



OVP



36 serv. E8095 \$37

SUGGESTED USE:

Take 2 tablets daily.

NEW WOMEN'S ADVANCED® Women's Multi-Vitamin

- Immune system support
- Promote optimal energy
- Support healthy stress levels

Enhance your overall wellness with immune, energy, and stress support. New Chapter's women's multivitamin is made with organic, non-GMO ingredients that target women's health needs with superfoods like Ginger, Organic Turmeric, and Chamomile. Fermented with whole foods nutrients and formulated for absorption.

With all the essential vitamins and minerals you can enjoy healthier hair, skin, and nails too!

| Supplement Facts | | |
|---|------------------|------|
| Serving size 2 Tablets | | |
| Amount per serving | | %DV |
| Vitamin A (100% as beta-carotene from ferment media) | 900 mcg | 100% |
| Vitamin C (as ascorbic acid from ferment media) | 90 mg | 100% |
| Vitamin D3 (as cholecalciferol from ferment media) | 25 mcg (1000 IU) | 125% |
| Vitamin E (as d-alpha-tocopheryl acetate from ferment media) | 15 mg | 100% |
| Vitamin K (as phytylquinone (K1) from ferment media and as menaquinone-2 (K2) from ratify) | 120 mcg | 98% |
| Thiamine (as thiamine hydrochloride from ferment media) | 3 mg | 250% |
| Riboflavin (from ferment media) | 4 mg | 508% |
| Niacin (as niacinamide from ferment media) | 16 mg | 100% |
| Vitamin B6 (as pyridoxine hydrochloride from ferment media) | 4.3 mg | 253% |
| Folate (as methylfolate and as 80 mcg folic acid from ferment media) | 400 mcg DFE | 100% |
| Vitamin B12 (as cyanocobalamin from ferment media) | 12 mcg | 500% |
| Biotin (from ferment media) | 30 mcg | 100% |
| Pantothenic Acid (as calcium D-pantothenate from ferment media) | 12.5 mg | 250% |
| Calcium (from algae Lithothamnion (Lithothamnion calcareum and Lithothamnion crinale)) | 52 mg | 4% |
| Iron (as ferrous fumarate from ferment media) | 9 mg | 50% |
| Iodine (as potassium iodide from ferment media) | 75 mcg | 50% |
| Magnesium (as magnesium oxide from ferment media and from Lithothamnion calcareum and Lithothamnion crinale) | 10 mg | 2% |
| Zinc (as zinc oxide from ferment media) | 5.5 mg | 50% |
| Selenium (as selenium dioxide from ferment media) | 78.5 mcg | 143% |
| Copper (as copper sulfate anhydrous from ferment media) | 0.55 mg | 68% |
| Manganese (as manganese chloride from ferment media) | 2.3 mg | 100% |
| Chromium (as chromium chloride from ferment media) | 35 mcg | 100% |
| Polydextrose (as sodium polydextrose from ferment media) | 4.5 mcg | 10% |
| Stress and Energy Support Blend (from ferment media) | | |
| Organic Schizandra (berry), Organic Maca (root), Organic Chamomile (flower) | 67.5 mg | * |
| Hormone Support Blend (from ferment media) | | |
| Organic Chaste Tree (berry), Organic Red Clover (flower), Organic Raspberry (leaf) | 67.5 mg | * |
| Immune Support Blend (from ferment media) | | |
| Organic Elder (berry) extract, Organic Echinacea (root), Organic Astragalus (root) | 45 mg | * |
| Digestive Support Blend (from ferment media) | | |
| Organic Aloe (leaf), Organic Peppermint (leaf), Organic Coriander (seed), Organic Cardamom (fruit), Organic Artichoke (leaf) | 31.7 mg | * |
| Candle Support Blend | | |
| Organic Fenugreek (seed) from ferment media, Organic Onogon (leaf) from ferment media, Gapsedried extract, Organic Hawthorn (berry, leaf and flower) from ferment media | 34 mg | * |
| Organic Turmeric (rhizome) | | |
| 4 mg from ferment media and 1.2 mg supercritical extract | 5.2 mg | * |
| Ginger (rhizome) | | |
| 2.4 mg aqueous extract and 0.6 mg organic supercritical extract | 3 mg | * |
| * Daily Value (DV) not established | | |

Other Ingredients: Ferment media (organic soy flour, organic Saccharomyces cerevisiae, organic orange peel powder, organic carot powder, lactic acid bacteria [Lactobacillus acidophilus, Bifidobacterium bifidum and Lactobacillus rhamnosus], papain [deactivated], bromelain [deactivated] and organic alfalfa powder), organic gum acacia, silica, lac resin and carnauba wax.
CONTAINS SOY

| 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 \$21

4 oz. H1044 \$37

SUGGESTED USE:

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

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.

TIP: Optimal results have been noted by alternating (every two weeks) the 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 \$21

4 oz. T1104 \$37

SUGGESTED USE:

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

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.

Use with caution if you have renal disease, hyperthyroidism, celiac disease, diabetes, autism, hemophilia, high or low blood pressure, liver or kidney ailments, or if you've undergone a transplant. Do not use while taking Metronidazole, Digitalis, Bismuth, Estrogen, Contraceptives, anticonvulsive, anti-platelet, Aspirin, Warfarin or other anti-coagulant drugs. Discontinue use 7 days before any surgery.

| 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, Sarsaparilla 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, Oats 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 \$37

SUGGESTED USE:

1/2 tsp. 3 times daily or 3/4 tsp. twice daily, 6 days per week.



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 \$37

SUGGESTED USE:

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

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.



"After using Femme Defense I felt like a NEW person! I wanted to shout it from the rooftop. Thank you so much for this product."
- Verified Customer



| 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 \$37

SUGGESTED USE:

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

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: Enhance benefits with Vitamin C for ovulation support, see page 36. Days 1-12 of your cycle take 7,000 to 10,000 mgs daily, in 3 divided doses. Day 13-28 reduce dosage to 3,000 - 5,000 mgs daily in 3 divided doses Once pregnant discontinue Vitamin C immediately.



Do not use with Tone & Cleanse or Hormone Balance Formula.

| 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 \$37

SUGGESTED USE:

1/4 tsp in water 3-4 times daily.
May need 2 weeks of consistent use before seeing results.

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.

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.





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 \$37

SUGGESTED USE:
1/4 tsp. 3-4 time daily.



OVP

SUGGESTED USE:
2 capsules daily

MEN'S ADVANCED®

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.

| Supplement Facts | |
|--|-----------------------|
| Serving size 2 Tablets | |
| Amount per serving | %DV |
| Vitamin A (100% as beta-carotene from ferment media) | 900 mcg 100% |
| Vitamin C (as ascorbic acid from ferment media) | 90 mg 100% |
| Vitamin B5 (as cholecalciferol from ferment media) | 25 mcg (1000 IU) 125% |
| Vitamin E (as d-alpha-tocopheryl acetate from ferment media) | 15 mg 100% |
| Vitamin K (as phytylquinone (K1) from ferment media and as menaquinone-7 (K2) from ratti) | 120 mcg 98% |
| Thiamin (as thiamine hydrochloride from ferment media) | 3 mg 250% |
| Riboflavin (from ferment media) | 3.5 mg 269% |
| Niacin (as niacinamide from ferment media) | 16 mg 100% |
| Vitamin B6 (as pyridoxine hydrochloride from ferment media) | 4.3 mg 253% |
| Folate (as folic acid from ferment media) | 200 mcg B12 50% |
| Vitamin B12 (as cyanocobalamin from ferment media) | 12 mcg 500% |
| Biotin (from ferment media) | 30 mcg 100% |
| Pantothenic Acid (as calcium D-pantothenate from ferment media) | 12.5 mg 250% |
| Calcium (from algae L-threonine L-threonine calcium and L-threonine covalent) | 30 mg 2% |
| Iodine (as potassium iodide from ferment media) | 75 mcg 50% |
| Magnesium (as magnesium oxide from ferment media and from L-threonine covalent) | 30 mg 2% |
| Zinc (as zinc oxide from ferment media) | 8 mg 100% |
| Selenium (as selenium dioxide from ferment media) | 88 mcg 145% |
| Copper (as copper sulfate anhydrous from ferment media) | 0.5 mg 100% |
| Manganese (as manganese chloride from ferment media) | 2.5 mg 100% |
| Chromium (as chromium chloride from ferment media) | 35 mcg 100% |
| Molybdenum (as sodium molybdate from ferment media) | 4.5 mcg 10% |
| Stress and Energy Support Blend (from ferment media) | 62.5 mg * |
| Organic Schizandra (berry), Organic Maca (root), Organic Chamomile (flower) | |
| Cardio Support Blend | 60 mg * |
| Organic Fenugreek (seed), from ferment media, Guggulipid extract, Organic Hawthorn (berry, leaf and flower) from ferment media | |
| Immune Support Blend (from ferment media) | 45 mg * |
| European Elder (berry), elder, Organic Eleuthero (root), Organic Astragalus (root) | |
| Prostate Support Blend | 40.1 mg * |
| Saw Palmetto extract (fruit), Organic Pumpkin Seed oil, Nettle extract (root) | |
| Digestive Support Blend (from ferment media) | 53.7 mg * |
| Organic Aloe (leaf), Organic Peppermint (leaf), Organic Cardamom (seed), Organic Cardamom (fruit), Organic Artichoke (leaf) | |

Other ingredients: Ferment media (organic soy flour, organic Saccharomyces cerevisiae, organic orange peel powder, organic carrot powder, organic alfalfa powder, lactic acid bacteria [Lactobacillus acidophilus, Bifidobacterium bifidum and Lactobacillus rhamnosus], papain [deactivated] and bromelain [deactivated]), organic gum acacia, silica, lac resin and carnauba wax. CONTAINS SOY



36 serv. E8094 \$37

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

| 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 \$37

SUGGESTED USE:

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

MEN'S HERBAL-UP (FORMERLY PROAGENT 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.



Caution if taking Rx anti-convulsive, anti-platelet, and/or anti-coagulant drugs. Discontinue use 7 days before any surgery. Hypertension patients should not use large quantities of Ginseng as it can cause elevated blood pressure.

| 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 \$37

SUGGESTED USE:

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

HERBAL PROSTATE+ (FORMERLY PROTRACT 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.



Caution in cases of Hypertension, Hypotension, Diabetes, or in conjunction with anti-coagulants.



"Your Men's Herbal-Up REALLY WORKS!! My wife is really happy with it and so am I! I get no side effects from it either." - Verified Customer



TRIBULUS TERRESTRIS



NEW KIDDIELAX Natural Regularity Support for Kids

- Eliminate waste more easily
- Help ease stomach discomfort
- Gentle, safe, and effective

KiddieLax is our infant and toddler safe formula made to help the process of eliminating the buildup and harmful toxins, safely and easily. Ginger helps to ease stomach discomforts- keeping your little ones happy. Formerly a custom combo (#111), but due to high demand, we have decided to add it to our current line of products.

Support your child's need to go, comfortably, with this effective and natural formula- that works!

| Supplement Facts | |
|------------------------------------|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| Per Serving | %DV |
| Proprietary Blend | 1.25 mL |
| Elecampane root | † |
| Ginger root | † |
| Gentain root | † |
| Dandelion root | † |
| † Daily Value (DV) not established | |

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



2 oz. CC11102 \$21

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.



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.

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.

| 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 \$21
4 oz. N2214 \$37

SUGGESTED USE:

6-11 years: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take in water 1-4 times daily.

*Use with caution while nursing

Use with caution if you are taking prescription anti-convulsive, anti-platelet and/or anti-coagulant drugs. Discontinue use 7 days before any surgery.

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

Other Ingredients: vegetable glycerin and distilled water.



| | | |
|-------|----------|------|
| 2 oz. | 1 4002FB | \$21 |
| 4 oz. | 1 4004FB | \$37 |

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.

Not suggested for those taking immunosuppressant's.

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 | \$21 |
| 4 oz. | H 2034FB | \$37 |

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.

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 | \$21 |
| 4 oz. | I2014 | \$37 |

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.



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 (Sambucus spp.), 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 | \$21 |
| 4 oz. | B 2234FB | \$37 |

SUGGESTED USE:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Shake well. Take 30 minutes before bedtime.

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, Elderberries (Sambucus spp.), 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 | \$21 |
| 4 oz. | VM8004 | \$37 |

SUGGESTED USE:

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp. 1-3 times daily.

HERBAL VITA-MINI

Children's Natural Antioxidants

- Easy-to-take
- Micro nutrients for vibrant health
- High in natural antioxidants

Made from fruits and herbs, this combination of extracts is packed full of natural antioxidants and brings the micro nutrients 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.

Frequently requested by moms and enjoyed by all!

Do not use if you have stomach ulcers or inflammatory kidney disease. The watercress extract may cause fussiness in infants.



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 | 108% |
| Vitamin B12 (as Cyanocobalamin) | 6 mcg | 250% |
| Biotin | 60 mcg | 200% |
| Pantothenic Acid (as D-Calcium Pantholene) | 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 | \$21 |
|----------|--------|------|

SUGGESTED USE:

Take 2 gummies daily.

*Gummies are considered safe for all ages but may be a choking hazard.

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 yrs: 5-15 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

| Supplement Facts | |
|---|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| 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 \$17

4 oz. AE4904 \$29

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.

| Supplement Facts | |
|---|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| 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 \$17

4 oz. AE4124 \$29



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.

*Use only under the care of a medical professional.

| Supplement Facts | |
|---|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| Per Serving | %DV |
| Blue Cohosh 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. BE4102 \$17

4 oz. BE4104 \$29

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.

| Supplement Facts | |
|--|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| 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 \$17

4 oz. CE4444 \$29





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.



SUGGESTED USE: 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

Heavy use of cinnamon may irritate the mouth and lips, causing sores. Dilute in water.

| Supplement Facts | |
|--|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| 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 \$17

4 oz. CE4204 \$29

CRANBERRY FRUIT

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

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.



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.

2 oz. CE4822 \$17

4 oz. CE4824 \$29



Also available in capsule form - Cranberry Caps page 30.

| Supplement Facts | |
|--|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| Per Serving | %DV |
| Cranberry fruit extract 1.25 ml † (1.3) in vegetable glycerin and distilled water. | |
| † Daily Value (DV) not established | |



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



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.

| Supplement Facts | |
|---|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| Per Serving | %DV |
| Dandelion 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. DE4172 \$17

4 oz. DE4174 \$29

Do not use if you have heart disease, high or low blood pressure, kidney or liver disorder, diabetes, edema, or are taking products containing diuretics.

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

2 oz. E4802 \$17

4 oz. E4804 \$29



Do not use if taking immunosuppressant's

| Supplement Facts | |
|---|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| Per Serving | %DV |
| Proprietary Blend | 1.25 mL |
| Echinacea Angustifolia root | 1 |
| Echinacea Purpurea herb | 1 |
| † Daily Value (DV) not established | |
| Other Ingredients: vegetable glycerin and distilled water | |



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: | 96 |
| Per Serving | %DV |
| Elderberry (<i>Sambucus spp.</i>) extract 1.25 ml † (1:2) in vegetable glycerin and distilled water. | |
| † 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.

Do not use if taking immunosuppressants

2 oz. EE4232 \$17

4 oz. EE4234 \$29

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: | 96 |
| 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.

May cause an allergic reaction in people who are sensitive to the Asteraceae/Compositae family.

2 oz. GE4312 \$17

4 oz. GE4314 \$29



GINGER ROOT

- Support for swollen, irritated tissue
- 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: | 96 |
| 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 | |



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.

2 oz. GE4222 \$17

4 oz. GE4224 \$29

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: | 96 |
| 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.

Not to be used with anti-coagulants, MAO inhibitors or SSRIs. Should not be used with St. John's Wort herb.

2 oz. GE4282 \$17

4 oz. GE4284 \$29



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: | 96 |
| 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 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.

2 oz. GE4502 \$17

4 oz. GE4504 \$29

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.



SUGGESTED USE: 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

| Supplement Facts | |
|--|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| Per Serving | %DV |
| Green black walnut hull extract 1.25 ml † (4:1) in vegetable glycerin, distilled water, Vitamin C, and approx 50% organic grain alcohol. | |
| † Daily Value (DV) not established | |

2 oz. BE4142 \$17

4 oz. BE4144 \$29



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: | 96 |
| Per Serving | %DV |
| Milk Thistle 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: 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.

Not to be taken with Yohimbe.

2 oz. ME4332 \$17

4 oz. ME4334 \$29

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.



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.

| Supplement Facts | |
|---|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| Per Serving | %DV |
| Olive leaf 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. OE4362 \$17

4 oz. OE4364 \$29





PASSIONFLOWER

- Supports a positive mood
- Promote healthy sleep cycle
- Balance emotions

Passionflower is a popular herb used as a natural sedative. It's calming properties, when used in the correct dose, promote a sense of calm and help balance emotions.

| Supplement Facts | |
|---|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| Per Serving | %DV |
| Passionflower leaf extract 1.25 ml (1:1) in vegetable glycerin and distilled water. | |
| † Daily Value (DV) not established | |



SUGGESTED USE: 6-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

2 oz. PE4042 \$17

4 oz. PE4044 \$29

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: | 96 |
| Per Serving | %DV |
| Pumpkin seed extract 1.25 ml (1:1) 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.

2 oz. PE4902 \$17

4 oz. PE4904 \$29



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: | 96 |
| 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.

*Use only in third trimester.

2 oz. RE4382 \$17

4 oz. RE4384 \$29

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.



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.



SUGGESTED USE: 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

| Supplement Facts | |
|--|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| 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 \$17

4 oz. GE4324 \$29



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: | 96 |
| 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.

2 oz. S4392 \$17

4 oz. S4394 \$29



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.

Consult your healthcare provider before starting this product. May cause serious side effects in certain health condition.

| Supplement Facts | |
|---|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| 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.

2 oz. SE4422 \$17

4 oz. SE4424 \$29

SLIPPERY ELM BARK

- Soothing throat and cough support
- Digestive support
- Support skin health

Slippery Elm bark which contains mucilage which can soothe mucous membranes, provide digestive support, and benefit skin health.

TIP: Take at least 2 hours away from other supplements and medication.



SUGGESTED USE: 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

2 oz. SE4352 \$17

4 oz. SE4354 \$29



| Supplement Facts | |
|--|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 96 |
| 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 | |

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: | 96 |
| 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 | |



SUGGESTED USE: 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

2 oz. TE4132 \$17

4 oz. TE4134 \$29

Not for use in pregnancy or in cases of bile duct obstruction, gallstones, stomach ulcers, hyper-acidity without supervision of a healthcare provider.



TURMERIC WITH BLACK PEPPER

- Maintain healthy joint & muscle function
- Immune system support
- Promote cardiovascular health

Turmeric provides a wide range of health benefits. The addition of black pepper helps your body to better absorb curcumin, the active ingredient in turmeric.

| Supplement Facts | |
|---|---------|
| Serving Size: | 1/4 tsp |
| Servings Per Container: | 48 |
| Per Serving | %DV |
| Proprietary Blend | 1.25 mL |
| Turmeric root | 1 |
| Black Pepper | 1 |
| † Daily Value (DV) not established | |
| Other Ingredients: vegetable glycerin, distilled water, and approx. 5% - 10% organic grain alcohol. | |



SUGGESTED USE: 3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

2 oz. TB4002 **\$17**

4 oz. TB4004 **\$29**

Not for use in pregnancy or in cases of bile duct obstruction, gallstones, stomach ulcers, or hyper-acidity without supervision of a healthcare provider.



WILD YAM ROOT

- Supports hormone balance
- 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 |
| (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.

2 oz. WE4212 **\$17**

4 oz. WE4214 **\$29**

PACKAGES

➔ 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 **\$79.80**

Cardio Package

- (2) CoQ10 30 caps
- (1) Herbal CardioCare 4 oz.
- (1) Grape Seed Extract 4 oz.

PKG6002 **\$121.60**

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 **\$80** (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 **\$90.25**

Kidney Cleanse Package

- (1) Kidney Support 4 oz.
- (1) Water Balancing Formula 4 oz.
- (1) European Goldenrod Extract 4 oz.

PKG5005 \$97.85

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 \$313.50

LiverGlow Package

- (1) LiverGlow 4 oz.
- (1) Liver Decongestant 4 oz.
- (1) Garlic Caps 100 caps

PKG5006 \$85.50

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)

Men's Fertility Package

- (1) Legacy Herbs 4 oz.
- (1) Men's Advanced 72 caps

PKG5012 \$70.30

Men's Fertility 3-Month

- (3) Legacy Herbs 4 oz.
- (3) Men's Advanced 72 caps

PKG5002 \$210.90

Mothers Care Combo

- (1) Gentle Birth 4 oz.
- (1) After-Pain Relief 2 oz.
- (1) Maxi-Milk 4 oz.

(Also available with Gentle Birth w/out Blue Cohosh and Gentle Birth w/out Red Raspberry)

PKG103CC \$90.25

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 \$114 (SEE FULL LISTING ON PAGE 17)

Vision Support Package

- (1) Eye-Can-C 4 oz.
- (1) LiverGlow 4 oz.
- (1) CoQ10 30 caps

PKG6005 \$99.75

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 \$105.45

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 \$140.60

Women's Fertility Package

- (1) Fruitful Vine 4 oz.
- (2) Vitamin C 240 caps

PKG15011 \$84.55

Women's Fertility 3-Month

- (3) Fruitful Vine 4 oz.
- (6) Vitamin C 240 caps

PKG5001 \$253.65

NOTE: Product substitutions cannot be made within a package.

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

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



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

➔ 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.



"Mountain Meadow Herbs provides top quality herbal supplements that I trust. The herbal care specialists are very knowledgeable and helpful. We will continue to use their products." - Ana



CHASTE TREE BERRY





OVP

HERBAL SKIN SOOTHER

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 Skin Soother is the go-to product for relief of any kind of skin irritation.

Contains: Aloe Barbadensis (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, Styra Benzoin Extract, Calendula Officinalis 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), Symphyllum 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 | \$21.95 |
|-------|-------|---------|



OVP

HORSE CHESTNUT

Revitalizing Leg Lotion

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 Barbadensis (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 Limonium (Lemon) Oil, Mentha Piperita (Peppermint) Oil, Althea Officinalis (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 | \$21.95 |
| 8 oz. | V8028 | \$37.95 |

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 \$57

1-2 month supply, depending on usage.

NOT JUST FOR WOMEN! Men also need optimal levels of progesterone to produce adequate testosterone

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

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 \$58

1-2 month supply, depending on usage.

WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food

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 \$16

TIP: Use with Herbal Respiratory to support your respiratory system from inside and out! See page 8.

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.

TIP: If using with Estriol Cream use 12 hours apart.



5 MG
PROGES-
TERONE
PER PUMP

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. If using with Progesta-Yam Cream use 12 hours apart.



1 MG
NATURAL
ESTROGEN
PER PUMP

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.





*"Great company to order
quality herbal products
from!! Definitely
recommend!"*
- Ash



CLEAVER

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.

SB007

\$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.

SH001

\$13

(Normal Hair - Lime/Rosemary)

200 ml / 7 oz.

SH002

\$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.

SM002

\$10



Conditioner

Soften and detangle your hair naturally with this nourishing conditioner. Use conditioner after shampooing and rinsing for superb results.

200 ml / 7 oz.

SH004

\$13

(Normal Hair - Orange/Rosemary)

200 ml / 7 oz.

SH005

\$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.

SM001

\$20



Organic Bar Soaps

Certified Organic 99% and
100% Naturally Derived



| | | | |
|------------------|------|-----|--------------------------|
| 100 ml / 3.5 oz. | S002 | \$5 | (Lavender/Chamomile) |
| 100 ml / 3.5 oz. | S003 | \$5 | (Lemongrass/Witch Hazel) |
| 100 ml / 3.5 oz. | S004 | \$5 | (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. | SBY004 | \$13 | |
|------------------|--------|------|--|

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. | SBY003 | \$13 | |
|------------------|--------|------|--|

Baby Bottom Balm

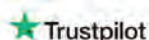
Penetrating organic balm hydrates and soothes, relieving redness and irritation. Creates a barrier to moisture residue which can help prevent diaper rash.

| | | | |
|------------------|--------|------|--|
| 150 ml / 5.3 oz. | SBY005 | \$13 | |
|------------------|--------|------|--|

Excellent



4.9 out of 5 based on 279 reviews



Don't forget to review our products and services! Now, easier than ever, just visit www.trustpilot.com. Help others make the decision that you've already made--to **trust Mountain Meadow Herbs with your natural health solutions!**



"I have been a customer since 2011. Everything I've purchased has worked better and faster than expected. Packaging is always nice and on time. Mountain Meadow Herbs is my first choice for herbal remedies. I know I'll never be disappointed." - Lauren B.



"Your store and what it offers is a pleasure to shop. The ingredients of your products are pure & natural. I have confidence in the quality of what I've used so far." - Debbie T.

➔Frequently asked questions

Below are some of our most frequently asked questions (FAQ's). If you have any other questions please visit our website to see our full list or give us a call, email, or write to us.

How long will my formula last?

Typically a 2 oz. bottle (if taking 1/4 tsp. 3 times a day) will last 2 weeks. A 4 oz. bottle will last 4 weeks.

How do I store my liquid formula or extract?

Products should be stored in the amber bottles they come in and not exposed to sunlight. Refrigeration is not necessary.

Can I take more than 1 formula or extract at a time?

As long as the products you're using have 3 or less herbs in common, there shouldn't be a problem taking them together. If the products you're taking have 3 or more herbs in common, we suggest cutting the dose of one of the formulas in half, or leaving two hours in between the doses of those formulas. We suggest the two hour break or half-dose so your body is less likely to build up an immunity to those herbs.

Can I take herbal supplements while nursing or expecting?

The use of supplements during this sensitive time in a woman's life depends on both the supplement and the woman. We are all unique and all have different sensitivities.

For example, some women are able to use Red Raspberry leaf the entire duration of their pregnancy, while other women will start cramping and spotting if they try taking it. Some herbs may cause a miscarriage (like Goldenseal) while others may help ease a mom's upset stomach (like ginger or peppermint). It is always best to check with your healthcare provider before using supplements while pregnant or nursing.

Is it important that I follow the suggested dose?

Yes! Liquids are not time-released - when you take them they go to work right away, so being able to take them 3 times daily ensures you are supporting your body regularly throughout the day. Only doing that once or twice may not offer the same level of support. If you are worried you cannot take the product to work/school with you, try taking it before you leave the house, when you get back home, and before bed.

Why do some of your products contain alcohol?

Some of the beneficial properties we want to pull out of the plant do not respond without the use of some alcohol. We use a very minimal amount and only when necessary to get these constituents into the final liquid extract.

Typically you will see alcohol on barks and roots, but most flowers will not have alcohol used in the extract. We do state on the label of each product if alcohol was used or not.

How do I evaporate the alcohol?

Place the bottle of formula/extract in a simmering pan of water with the lid off of the bottle for 10-15 minutes.

Why does this extract/formula look different then the last bottle I got?

As with all things in nature, no two harvests produce exactly the same result. Different batches of bulk herbs can produce differently colored extracts. We are always happy to double check things if you have any concerns, just give us a call with the Lot Number on the bottle and what your concern is and we'll be happy to speak with you and determine if further research is needed.

Can I take herbal supplements if I am on medications?

Speaking with your health care provider first and providing them a list of ingredients for the products you are interested in, will help to avoid any complications with medication or sensitivities. That being said, overall this will vary per product and prescription. The best course of action is to have a conversation with your family health care provider to find out what is going to work best for you!

What is a 'dropperful'?

1 'dropperful' is approximately 1/8 tsp.

How to get a 'dropperful' - Submerge the dropper in the liquid, while it is submerged depress the dropper and let go while still submerged, the pull the dropper out. This is considered a 'dropperful', the dropper will not fill up all the way.

Are the formulas and extracts gluten-free?

Oatstraw is the only herb MMH uses that is not considered gluten-free. We have tested it for gluten and it has tested negative, however, someone with an extreme sensitivity to gluten may still have a reaction. Herbal Calcium, LiverGlow, Femme Defense, Femme Defense II, Berry Calm, Everyday Joint & Muscle, and Weight Control Formula II. all have Oatstraw herb.

The alcohol and glycerin are gluten-free (the glycerin we use is made from Palm Hearts).



"I love MMH! Their products are the best made under the sun and the ladies that work there are kind and tender-hearted. The calendars are keepsakes and the cataloges are treasure troves of information. Thank you MMH for all your help!"

- K. Davis



Product Usage Guide

Identify your weakest body system with the following health assessment. You'll discover which systems need the most attention and find the herbal solutions to promote optimal health and function of those systems.

Take the 5-minute body systems test:

- Step 1:** Fill out the **Body System Identification Chart** on the next page as instructed.
- Step 2:** Count the checked boxes in each column, then enter the total at the bottom of each column.
- Step 3:** Determine your body system results using the chart below.

| Body System | Very Good | | | Good | | | Fair | | | | Poor | | | Very Poor |
|-----------------|-----------|---|---|------|---|---|------|---|---|---|------|----|----|-----------|
| Circulatory | 0 | | 1 | | 2 | | 3 | 4 | 5 | | 6 | 7 | 8 | 9+ |
| Digestive | 0 | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12+ |
| Endocrine | 0 | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12+ |
| Immune | 0 | 1 | 2 | 3 | | 4 | 5 | 6 | 7 | | 8 | 9 | | 10+ |
| Musculoskeletal | 0 | | 1 | | 2 | | | 3 | 4 | | | 5 | | 6+ |
| Nervous | 0 | 1 | 2 | 3 | | 4 | | 5 | 6 | | 7 | 8 | | 9+ |
| Reproductive | 0 | | | | | | | 1 | | | | | | 2+ |
| Respiratory | 0 | | | | 1 | | | 2 | | | | 3 | | 4+ |
| Urinary | 0 | | 1 | | 2 | | | 3 | 4 | | | 5 | | 6+ |

| RESULT | List body systems |
|-----------|-------------------|
| Very Poor | |
| Poor | |
| Fair | |
| Good | |
| Very Good | |

Step 4: Begin addressing body systems issues, starting with those you scored VERY POOR in, followed by POOR and FAIR.

| | | | |
|---|---|---|---|
| Circulatory System Herbal CardioCare Grape Seed Extract CoQ10 Garlic Caps Cayenne Powder Caps | Natural Attention-Aid Herbal Calcium Hemp Blend Hemp Caps | Endocrine System Adrenal-Aid Adrenal-Aid II (mommy-safe) Femme Defense Femme Defense II (mommy-safe) Blues Buster Blues Buster II (mommy-safe) Cinnamon Extract Herbal Thyroid Care Herbal Thyroid Care II (mommy-safe) Complete Metal Detox | Total Yeast Detox Milk Thistle Caps |
| Reproductive System (women) Hormone Balance Formula Tone & Cleanse Fruitful Vine Vitamin C | Immune System Family Immune-Booster First Immune Defense Soothing Throat & Tonsil Herbal Vita-Mini Olive Leaf Extract Sunshine Drops Elderberry Gummies Echinacea Xtreme Elderberry Extract Spirulina Hemp+ | | Musculoskeletal System Herbal Calcium Berry Calm Everyday Joint & Muscle Active Joint & Muscle Hemp+ |
| (men) Legacy-Herbs Every Man® Herbal Prostate+ Men's Herbal-Up | Respiratory System Herbal Respiratory Soothing Throat & Tonsil Para-Rid Echinacea Xtreme | Digestive System Para-Rid Whole Body and Colon Cleanse LiverGlow Liver Decongestant Herbal Flora Plus | Urinary System Kidney Toning Formula Kidney Support Water Balancing Formula Grape Seed Extract European Goldenrod Extract Cranberry Caps Cranberry Extract Aloe Vera Caps |
| Nervous System Stress & Sleep Bed-Time Drops | | | |

Body System Identification Chart

For each statement below that applies to you, check ALL the boxes within that row.

| | CIRCULATORY | DIGESTIVE | ENDOCRINE | IMMUNE | MUSCULOSKELETAL | NERVOUS | REPRODUCTIVE | RESPIRATORY | URINARY |
|--|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Bad breath | | <input type="checkbox"/> | | <input type="checkbox"/> | | | | | <input type="checkbox"/> |
| Dark circles or puffiness under eyes | | | <input type="checkbox"/> | | | | | | <input type="checkbox"/> |
| Difficult or shallow breathing | | | <input type="checkbox"/> | | | | | <input type="checkbox"/> | |
| Difficulty dealing with stress | <input type="checkbox"/> | | <input type="checkbox"/> | <input type="checkbox"/> | | <input type="checkbox"/> | | | |
| Difficulty in maintaining ideal weight | | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | <input type="checkbox"/> |
| Don't exercise regularly | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | <input type="checkbox"/> | | | | |
| Dry, dull or damaged hair | | <input type="checkbox"/> | <input type="checkbox"/> | | <input type="checkbox"/> | | | | |
| Eat meat more than 3 times a week | | <input type="checkbox"/> | | | | | | | |
| Feeling low, moody or uninterested | | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | | | |
| Feeling out of control | | | <input type="checkbox"/> | <input type="checkbox"/> | | <input type="checkbox"/> | | | |
| Less than 2 bowel movements per day | | <input type="checkbox"/> | | | | | | | |
| Frequent mood swings | | | <input type="checkbox"/> | | | <input type="checkbox"/> | | | |
| Heavy coating on tongue | | <input type="checkbox"/> | | <input type="checkbox"/> | | | | | |
| Illness more than twice a year | | | | <input type="checkbox"/> | | | | <input type="checkbox"/> | |
| Indigestion | | <input type="checkbox"/> | | | | | | | |
| Itchy nose or anus | | <input type="checkbox"/> | | <input type="checkbox"/> | | | | | |
| Lack of endurance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | <input type="checkbox"/> | | | |
| Lack of energy | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | <input type="checkbox"/> | | | |
| Lack of sleep or difficulty falling asleep | | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> | | | |
| Menopausal concerns | | | <input type="checkbox"/> | | | | <input type="checkbox"/> | | |
| Mild pain & swelling | | | | | <input type="checkbox"/> | <input type="checkbox"/> | | | <input type="checkbox"/> |
| Monthly female concerns | | | <input type="checkbox"/> | | | | <input type="checkbox"/> | | <input type="checkbox"/> |
| Muscle cramps or spasms | <input type="checkbox"/> | | | | <input type="checkbox"/> | <input type="checkbox"/> | | | |
| Nausea | | <input type="checkbox"/> | | <input type="checkbox"/> | | | | | |
| Pain in abdomen or gas | | <input type="checkbox"/> | | <input type="checkbox"/> | | | | | |
| Poor concentration or memory | <input type="checkbox"/> | | <input type="checkbox"/> | | | <input type="checkbox"/> | | | |
| Recurrent yeast/fungal concerns | | <input type="checkbox"/> | | <input type="checkbox"/> | | | | | |
| Respiratory concerns | | | | | | | | <input type="checkbox"/> | |
| Sensitivity to temperatures | <input type="checkbox"/> | | <input type="checkbox"/> | | | | | | |
| Skin/complexion problems | | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | |
| Sore or painful joints | <input type="checkbox"/> | | | | <input type="checkbox"/> | | | | |
| Urinary concerns | | | | | | | | | <input type="checkbox"/> |
| Vein discomfort | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | | |
| Weak or brittle nails | | <input type="checkbox"/> | | <input type="checkbox"/> | | | | | |
| TOTAL | | | | | | | | | |

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