MOUNTAIN MEADOW HERBS®

2023 **PRODUCT CATALOG**

PURE, NATURAL PRODUCTS YOU CAN TRUST.

LIQUID HERBAL EXTRACTS & FORMULAS

PURE CAPSULES

CLEANSES

MORE!

NEW

GREEN SUPERFOOD BLEND

with Spirulina & Chlorella, Mushrooms, Veggies

- Digestive enzymes & probiotics
- High in antioxidants
- Essential daily nutrients

Superfoods are nutrient-rich whole foods that help support your body's everyday processes, such as detoxing, stimulating energy, digestive support and even minimizing stress.

Fuel your body and mind by adding this Green SuperFood blend to your everyday routine!

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HAIR, SKIN, & NAILS

Essential Vitamin Gummy

- Supports healthy hair growth
- Rich in essential vitamins
- Promotes healthy skin & nails

Biotin is known to help moisturize your skin which is essential for maintaining smooth skin and a youthful glow. It's also very beneficial for your hair as it stimulates the production of keratin which leads to faster and thicker hair growth.

FULL LISTING ON PAGE 16

NEW

HER CALM GUMMIES

Mood Balancing Support

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

Passionflower, St. John's Wort, and Saffron have traditionally been used to help support stress levels and maintain balance with your emotions. We all know that some days we just need some extra support and with these gummies you can do it naturally.

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CHILDREN'S VITA-MULTI

Full-spectrum vitamin & mineral support

- Fast absorption
- With added fruits and greens
- Over 60 trace minerals

Vitamins and minerals are essential for everyone regardless of your age. They help keep every part of your body functioning and moving properly. This liquid multivitamin contains a natural source of purified calcium, magnesium, and 63 other trace minerals!

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

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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.

OVP

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.

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 and payment to:
Mountain Meadow Herbs, Inc.,
1019 Hard Rock Road
Somers, MT 59932

★★★★★

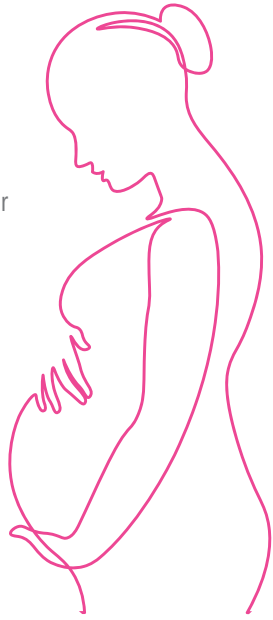
"The best herbs around. The only place I buy from. Very friendly and super fast to ship." - BLC

★★★★★

"Great products, I've ordered many and are pleased with the results. Thank you for sharing your story and your life for helping others." - Lisa D.

Excellent ★★★★★ 4.9 out of 5 based on 279 reviews ★ Trustpilot

➔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.

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

One of the gentlest, most effective nursing supplements available. If you're looking for support, Maxi-Milk will provide lactation support and boost your supply. Nearly all healthcare professionals agree that mom's milk is the best for babies.

Maxi-Milk is a special blend of herbs that work to not only increase your milk supply, but also to make it richer and more satisfying for your baby.

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	$24
4 oz.	M1204	$39

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

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

★★★★★

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

- Verified Customer

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.

May be used up to two weeks after giving birth for normalizing and healing support.

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	$24
4 oz.	G1034	$39

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.

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

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

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. G1034R $39

Without Blue Cohosh

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

4 oz. G1034B $39

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

AFTER-PAIN RELIEF

Postpartum and Menstrual

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

This fast-acting herbal formula may naturally ease after-birth and menstrual discomfort by relaxing muscle tension, easing cramping and spasms.

This may be helpful during your first days as a new mom to be more pleasant and delightful allowing you to more easily cherish those beloved moments after birth and while nursing your newborn.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL
Cramp bark	†
Black Haw bark	†
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	$24
4 oz.	A1014	$39

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

MOM'S LIVERGLOW

(FORMERLY 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.

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

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

4 oz.	L3714	$39

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.

TIP: Use with Stomach Aid to maintain healthy digestion. See page 11. If not expecting or nursing, use original LiverGlow, page 33.

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.

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

60 serv.	VM9060	$38

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

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 Phytonadione) 80 mcg	89%
Vitamin B1 (as Thiamine HCl) 4 mg	286%
Vitamin B2 (as Riboflavin) 5 mg	313%
Niacin (as Niacinamide) 20 mg	111%
Vitamin 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 Annato).

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

★★★★★

"I love the good quality, all natural plant based supplements/nutrition. I have tried several MMH products and love that they work great for me and my family! Thank you for being a great company who makes good quality products, you can't find a whole lot of companies like that who keep just the best ingredients in their products without fillers or synthetic vitamins and minerals added!"
- S. Teele

TIP: For many, focusing on the health of their liver may be all they need to feel happier. We suggest starting with our Mom's LiverGlow formula (page 8) and adding the Mommy's Blues Buster if needed.

MOMMY BLUES BUSTER

(FORMERLY BLUES BLUSTER 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.

Let nature gently guide you each day to a new and more balanced state. With adaptogenic and mood lifting herbs, this herbal combination may even help improve mood caused by seasonal changes, hormone imbalance, exhaustion, and other circumstances.

Keep your positive outlook on life and enjoy every minute of motherhood!

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.

4 oz. B3204 $39

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.

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

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. U6044 $39

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
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	$24
4 oz.	S1304	$39

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.

Great for men & non-expecting women too!

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

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	$24
4 oz.	A2004	$39

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.

If not expecting or nursing, use original Adrenal Aid, page 29.

MOM'S ADRENAL AID
(FORMERLY 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.

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.

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. It can be used at any stage during pregnancy to help with premature labor, including spotting and cramping.

The uterine calming and hormone balancing provided by this formula can give you the support you need, when you need it! This can be especially useful for women who struggle to maintain a healthy pregnancy. Keep a bottle on hand for peace of mind.

This formula may be taken at different doses, depending on your needs. Some may find relief within hours, while others may take several days. The dosage can vary depending on your needs. Please refer to the label for further instructions.

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

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.

Tip: For additional support consider using Progesta-Yam cream on page 75. This cream contains 5 mg of Progesterone per pump.

Progesterone is the hormone that helps support pregnancy and can be used 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	$24
4 oz.	C1314	$39

SUGGESTED USE: Baseline usage for this product is 1/4 tsp. in water 1-3 times daily as needed. 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.

★★★★★

"I used about half of the 4 oz bottle C & B Formula and my cramps stopped and spotting cleared up. Thanks for your help!" - Rachel B.

Supplement Facts	
Serving Size:	1 Softgel
Servings Per Container:	30
Per Serving	%DV
Calories 10	
Calories from Fat 10	†
Total Fat 1 g	2%*
Polyunsaturated Fat 1 g	†
Evening Primrose Oil 1000 mg	†
Linoleic Acid 680 mg	†
Gamma Linolenic Acid 100 mg	†

* Percent Daily Values (%DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established

Other Ingredients: Gelatin, Glycerin, Pure water.

30 serv. | EP9030 | $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.

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

EVENING PRIMROSE

Blood Pressure Support

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

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

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

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

Supplement Facts	
Serving Size:	1 capsule
Servings Per Container:	60
Per Serving	%DV
Proprietary Blend	†
Olive leaf, Rhodiola root, Ginkgo Biloba leaf, Passionflower, Capsicum fruit, Potassium Iodide	

† Daily Value (DV) not established

Other Ingredients: Hypromellose (vegetable capsules).

60 serv. | HT9220 | $32

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

MOM'S HERBAL THYROID CARE

(FORMERLY HERBAL THYROID CARE II)

Thyroid Support for Moms

Made with Veggie Plus

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

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

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

Contains capsicum to help improve digestion and absorption.

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.

➔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.

NEW

HER CALM

Mood Balancing Gummies

- Support healthy stress levels
- Promotes calmness
- Balance emotions

Passionflower, St. John's Wort, and Saffron have traditionally been used to help support stress levels and maintain balance with your emotions. We all know that some days we just need some extra support and with these gummies, you can do it naturally.

Saffron is praised for its high levels of natural antioxidants along with its ability to help improve mood, increase libido, help support your emotions during your monthly cycle, and may also enhance your ability to lose weight.

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.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 30

	Amount Per Serving	%Daily Value
Calories	10	
Total Carbohydrate	3 g	1%**
Vitamin D2 (as Ergocalciferol)	25 mcg	125%
Sodium	10 mg	<1%
Passion Flower (*Passiflora incarnata*) From 50mg of 10:1 Extract	500 mg	†
St. John's Wort (Aerial Parts) (*Hypericum perforatum*) From 10mg of 10:1 Extract	100 mg	†
Saffron (*Crocus sativus*) (Stigma) From 8.85mg of 10:1 Extract	88.5 mg	†
GABA (Gamma Amino-butyric Acid)	30 mg	†

†Daily Value not established.
** Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Maltitol, Isomalt, Pectin, Citric Acid, Phosphoric Acid, Sodium Citrate, Sunflower Seed Oil, Purple Carrot Juice Concentrate, Natural Raspberry Flavor, Natural Blueberry Flavor, Carnauba Wax

30 serv. HC2060 $21

SUGGESTED USE:
13+ yrs: Take 2 gummies daily.

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	$24
4 oz.	H1044	$39

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

HORMONE BALANCE 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	$24
4 oz.	T1104	$39

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

TONE & CLEANSE

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.

NEW

HAIR, SKIN, & NAILS

Essential Vitamin Gummy

- Supports healthy hair growth
- Rich in essential vitamins
- Promotes healthy skin & nails

Biotin is known to help moisturize your skin which is essential for maintaining smooth skin and a youthful glow. It's also very beneficial for your hair as it stimulates the production of keratin which leads to faster and thicker hair growth. People have also noticed a huge difference in their nails when taking biotin as it can build stronger and healthier nails.

Give your hair, skin, and nails a refreshing boost with our Sugar-Free gummy- full of essential vitamins and minerals for everyday support plus 5,000 mcg of Biotin for that extra support in essential hair, skin, and nail health.

Supplement Facts

Serving Size 2 Gummies
Servings Per Container 30

	Amount Per Serving	%Daily Value
Calories	10	
Total Carbohydrate	5 g	2%**
Vitamin A (as Retinyl Acetate)	1,200 mcg RAE	133%
Vitamin C (as Ascorbic Acid)	60 mg	67%
Vitamin D3 (as Cholecalciferol)	10 mcg	50%
Vitamin E (dl-alpha-tocopheryl Acetate)	18 mg	120%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%
Folate (as 400 mcg Folic Acid)	666 mcg DFE	167%
Vitamin B12 (as Cyanocobalamin)	8 mcg	333%
Biotin	5,000 mcg	16,667%
Pantothenic Acid (as Calcium d-pantothenate)	10 mg	200%
Iodine (as Potassium Iodide)	80 mcg	53%
Zinc (as Zinc Citrate)	5 mg	45%
Sodium (as Sodium Citrate)	10 mg	< 1%

† Daily Value not established.
** Percent Daily Values are based on a 2,000 calorie diet.

Other Ingredients: Maltitol, Isomalt, Glycerin, Pectin, Sodium Citrate, Natural Strawberry Flavor, Citric Acid, Vegetable Oil (with Carnauba Wax), Purple Carrot Concentrate.

30 serv.	HSN2060	$21

SUGGESTED USE:
13+ yrs: Take 2 tablets daily.

HER RESPONSE

(FORMERLY 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.

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	$39

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

★★★★★

"We were pleasantly surprised to get a positive test after using my 2 oz bottle of Fruitful Vine along with Vit. C. Thanks a lot to MMH." - E. Leid

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	$39

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

FRUITFUL VINE

Women's 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 45. 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 and reduce dose of Fruitful Vine to finish using within 1 week.

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

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, Oatstraw 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	$45

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

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.

Tip: For nursing or expecting women we suggest taking a combination of Herbal Calcium, Mom's LiverGlow (LiverGlow II), and Vari-Plex.

OVP

36 serv. | E8095 | $47

SUGGESTED USE:
13+ yrs: Take 2 tablets daily.

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 phylloquinone [K1] from ferment media and as menaquinone-7 [K2] from natto)	120 mcg	98%
Thiamin (as thiamine hydrochloride from ferment media)	3 mg	250%
Riboflavin (from ferment media)	4 mg	308%
Niacin (as nicotinamide 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 coralloides*])	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 coralloides*])	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	61%
Manganese (as manganese chloride from ferment media)	2.3 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) 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) European Elder (berry) extract, Organic Eleuthero (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)	33.7 mg	*
Cardio Support Blend Organic Fenugreek (seed) from ferment media, Organic Oregano (leaf) from ferment media, Grapeseed extract, Organic Hawthorn (berry, leaf and flower) from ferment media	24 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 carrot 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

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.

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 | $39

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

TIP: If using with Gentle Birth, reduce dose of Vari-Plex by half. For best results, use with Horse Chestnut Leg Lotion, page 74.

➔Mountain Meadow Kids

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

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

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

Only the most benign herbs are appropriate for newborns and infants. Always observe young children for any type of allergic reaction such as a rash, red, swollen, or bleeding gums not related to teething, or change in breathing. Each herb in our children-specific formulas was carefully selected, not only to ensure an effective formula, but also a safe one. The formulas are all flavored with natural herbal extracts, providing not only a great taste that your child will love, but also additional health benefits!

Mountain Meadow Kids

Supplement Facts
Serving Size: 2 Gummies
Servings Per Container: 30

	Amount Per Serving	%DV
Calories	16	
Total Carbohydrate	3 g	2%
Added Sugars	3 g	6%
Vitamin A (as Acetate)	630 mcg RAE	70%
Vitamin C (as Ascorbic Acid)	20 mg	22%
Vitamin D (as Cholecalciferol)	10 mcg	50%
Vitamin E (as Dl-Alpha Tocopheryl Acetate)	10 mg	66%
Vitamin B6 (as Pyridoxine HCl)	2 mg	118%
Folate (as Folic Acid)	430 mcg DFE (286 mcg Folic Acid)	108%
Vitamin B12 (as Cyanocobalamin)	6 mcg	250%
Biotin	60 mcg	200%
Pantothenic Acid (as D-Calcium Pantholenate)	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!

TASTY MANGO FLAVOR!

NEW

CHILDREN'S VITA-MULTI

Full-spectrum vitamin-mineral support

- Fast absorption
- With added fruits and greens
- Over 60 trace minerals

Vitamins and minerals are essential for everyone regardless of your age. They help keep every part of your body functioning and moving properly. This liquid multivitamin contains a natural source of purified calcium, magnesium, and 63 other trace minerals!

This blend contains lutein which helps protect your eyes from harmful blue light and has a generous amount of fruits and greens. The added prebiotics are combined with soluble fiber and plant-based digestive enzymes to promote calcium absorption and gently strengthen the immune and digestive systems.

16 oz. VM8030 $45

100% Vegan | Natural sweeteners | Non GMO
Nothing artificial | No gluten, sugar, yeast, milk, or soy

SUGGESTED USE:
0-3 yrs: 1/4 tbsp.
4-12 yrs: 1 tbsp.
Take daily. Shake well. Refrigerate after opening. Some settling is normal. Protect from heat, light, & moisture. As with any natural product, color and taste may vary.

Supplement Facts

Serving Size: 1 Tablespoon (0.5 fl. oz.) Servings Per Container: 32

	Amount per serv	% Daily Under 4	% Daily Over 4
Calories	20	**	**
Sodium	<10 mg	**	**
Carbohydrates	4 g	1%	1%
Dietary Fiber	1 g	5%	4%
Total Sugars	0 g	**	**
Vitamin A (as 100% natural beta carotene)	900 mcg RAE	300%	100%
Vitamin C (as calcium ascorbate)	90 mg	600%	100%
Vitamin D3 (as cholecalciferol from lichen)	20 mcg	133%	100%
Vitamin E (as d-alpha tocopherol acetate)	15 mg	250%	100%
Thiamine Hydrochloride (Vitamin B-1)	1.2 mg	300%	100%
Riboflavin (Vitamin B-2)	1.3 mg	260%	100%
Niacin (as niacinamide) (Vitamin B-3)	16 mg	267%	100%
Vitamin B6 (as pyridoxine hydrochloride)	1.7 mg	340%	100%
Folate (as activated 5-formyltetrahydrofolate from calcium folinate)	400 mcg DFE	267%	100%
Vitamin B12 (as methylcobalamin)	30 mcg	3,333%	1,250%
Biotin	30 mcg	375%	100%
Pantothenic Acid (as D- calcium Pantothenate)	5 mg	250%	100%
Choline (from choline bitartrate)	50 mg	25%	9%
Calcium (as mineralized red algae sea minerals) (lithothamnium coralloides/ lithothamnium calcareum) (whole plant)	50 mg	7%	4%
Iodine (as Nascent Iodine)	150 mcg	167%	100%
Magnesium (from Seawater Extract)	25 mg	31%	6%
Zinc (as zinc bisglycinate chelate)	11 mg	367%	100%
Selenium (as selenium glycinate chelate)	55 mcg	275%	100%
Manganese (as manganese bisglycinate chelate)	2.3 mg	192%	100%
Chromium (as chromium polynicotinate)	35 mcg	318%	100%
Molybdenum (as sodium molybdate)	45 mcg	265%	100%
Lutein (as marigold flower extract)	5 mg	**	**
Organic Prebiotic Fiber Support Blend Organic inulin (FOS prebiotic fiber)(blue agave plant)	1 g	**	**
Super Phyto-Food Blend Aloe Vera Juice (aloe barbadensis)(inner leaf gel), Green Coffee Extract, Broccoli Sprout Concentrate, Green Tea Extract, Onion Extract, Apple Extract, Acerola Extract, Camu Camu Concentrate, Quercetin, Tomato Concentrate, Broccoli Concentrate, Acai Concentrate, Turmeric Concentrate, Garlic Concentrate, Basil Concentrate, Oregano Concentrate, Cinnamon Concentrate, Elderberry Concentrate, Carrot Concentrate, Mangosteen Concentrate, Blackcurrant Extract, Blueberry Extract, Sweet Cherry Concentrate, Blackberry Concentrate, Chokeberry Concentrate, Raspberry Concentrate, Spinach Concentrate, Kale Concentrate, Bilberry Extract, Brussels Sprout Concentrate	952 mg	**	**
Omega Fatty Acid Blend Organic Flax Seed Oil	50 mg	**	**
Microencapsulated and Fermented Vegan Amino Acid Blend Glycine, L-Proline, Hydroxyproline, L-Alanine, L-Glutamic Acid, L-Argininne, L-Aspartic Acid, L-Lysine, L-Serine, L-Leucine, L-Phenylalanine, L-Valine, L-Isoleucine, L-Threonine, L-Histadine, L-Methionine, L-Tyrosine, Hydroxylysine	50 mg	**	**
Prehistoric Deep Earth Fulvic & Sea Trace Mineral Complex Seawater Extract, Fulvic Acid (as fulvic mineral complex)	228 mg	**	**

*Daily Value not established † Percent Daily Value is based on a 2000 calorie diet

Other Ingredients: Puried Water, Vegetable glycerin, Natural flavor, Quillaja bark extract, Citric Acid, Citrus extract, Xanthan gum

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.	I4002FB	$24
4 oz.	I4004FB	$39

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 immunosuppressants.

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	†
Cornsilk herb	†
Chamomile herb	†
Skullcap herb	†
Aronia berry	†
† Daily Value (DV) not established	

Other Ingredients: vegetable glycerin and distilled water.

2 oz.	H2032FB	$24
4 oz.	H2034FB	$39

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.

Flavored with REAL berries!

Natural licorice **flavor from** Fennel Seed

LICORICE TUMMY-AID

Fast-acting 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	$24
4 oz.	I2014	$39

SUGGESTED USE:
0-8 months: 5-10 drops
8 months-2 yrs: 10-15 drops.
3-11 yrs: 1/8 tsp.
12 yrs & older: 1/4 tsp. Take 1-3 times daily.

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.

NATURAL ATTENTION-AID

Calming Mental Support

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

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

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

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

2 oz.	N2212	$24
4 oz.	N2214	$39

SUGGESTED USE:
6-11 yrs: 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
Aronia Berry	†
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	$24

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: Put in a spoonful of lemon juice to reduce the heat of the ginger.

BETTER TASTING!

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 buildup of 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!

Now with Aronia Berries!

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 and distilled water.

2 oz.	B2232FB	$24
4 oz.	B2234FB	$39

SUGGESTED USE:
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.
Shake well. Take 30 minutes before bedtime.

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.

Flavored with REAL berries!

TIP: For children 2 and under, use Berry Calm, see page 21.

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 †
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	$24
4 oz.	P2104	$39

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 droppers	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 32, and Olive Leaf on page 65.
TIP: For best results, start 2 days before a full moon.
Nursing or Expecting Moms or Children under 2: Use Olive Leaf. See page 65.

★★★★★

"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.

Trustpilot
TrustScore **4.9** | **279** reviews

QUASSIA BARK

➔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 alcohol-free formulas or 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.

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.

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	$24
4 oz.	H2034	$39

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.

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 Iron in the morning and Calcium 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.

CHAMOMILE

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

Respiratory System Support

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

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

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

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

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	$24
4 oz.	H2054	$39

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.

TIP: Use with Breathe EZ Rub to attack your cough and congestion from two sides and experience even more all-natural relief. See page 75.

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	$24
4 oz.	W2154	$39

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.	I4002	$24
4 oz.	I4004	$39

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 immunosuppressants.

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.

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

GREEN SUPERFOOD BLEND

with Spirulina, Chlorella, Mushrooms, & Veggies

- Digestive enzymes & probiotics
- High in antioxidants
- Be prepared when your body needs it

GREAT TASTING!

Superfoods are nutrient-rich whole foods that help support your body's everyday processes, such as detoxing, stimulating energy, digestive support and even minimizing stress.

20 oz. GS9030 $39

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

Are you tired of taking a handful of supplements every morning or having trouble getting your full serving of vegetables everyday? Our Green Superfood blend has everything you need all in one easy-to-take powder. Containing 9 different blends from probiotic/prebiotic and immune health to detox support and a balanced metabolism blend.

Fuel your body by adding this **Green SuperFood Blend** to your everyday routine!

DELICIOUS MIXED BERRY FLAVOR

Supplement Facts

Serving Size: 1 scoop (Approx. 7.10 g)
Servings Per Container: 30

Wholefood & Probiotic Blend Wheat Grass Juice Powder, Organic Inulin, Barley Grass Powder, Alfalfa Powder, Spirulina Algae (Blue-Green) Powder, Spinach Powder, Chlorella Powder, Brocolli Powder	3,000 mg	†
Antioxidant Blend Pomegranate Fruit Powder, Acai Berry Powder, Organic Moringa Powder, Carrot Powder, Organic Beet Root Powder, Raspberry Fruit Powder, Goji Berry Powder, Acerola Cherry Powder	710 mg	†
Adaptogenic Herb Blend Maca Root Powder, Rhodiola Rosea Extract [Std. 3% Salidrosides & 1% Rosavins], Organic Ashwagandha Powder, Bacopa Monnieri Extract Powder [Std. to 20% Bocopasides]	550 mg	†
EFA Fiber Blend Sunflower Lecthin Powder, Flax Seed Powder, Apple Pectin Powder	500 mg	†
Metabolism Blend Green Coffee Bean Extract [Std. to 50% Chlorogenic Acid], Ginger Root Powder, Green Tea Extract [Std. to 98% Polyphenols & 50% EGCG], White Tea Powder, Organic Matcha Greed Tea Powder, Black Tea Extract	375 mg	†
Immunity Boosting & Mushroom Blend Echinacea Angustofolia Root Powder, Astragalus Root Powder, Reishi Powder	300 mg	†
Veggie Blend Tomato Powder, Cauliflower Powder, Brussel Sprout Powder, Parsley Leaf Powder	200 mg	†
Detox Support Matrix Milk Thistle Powder, Cilantro Powder, Turmeric Root Powder	150 mg	†
Digestive Enzyme & Probiotic Blend *Lactobacillus acidophilus* (5 Billion CFU/g), Protease 5,000 HUT/G, Amylase 5,000 SKB/G, Lipase 1,000 FIP/G, Lactase 1,000 Powder, Cellulase 1,000 CU/G	70 mg	†

† Daily Value (DV) not established

Other ingredients: Mixed berry Flavor, Citric Acid, Stevia Extract, Malic Acid, Vanifolia

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	$24
4 oz.	A1004	$39

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 glands may help to normalize their function and maintain a healthy, working sympathetic nervous system.

Nursing or Expecting Moms: Try Mom's Adrenal Aid, formulated just for you and safe for your little one. See page 11.

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 (Menaquinone-7 (Vit 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.	S2022	$24
4 oz.	S2024	$39

SUGGESTED USE:
0-2 yrs: 5-10 drops.
3-11 yrs: 0.5 mL.
12+ yrs: 1 mL. (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.

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

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

2 oz.	H2062	$24
4 oz.	H2064	$39

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 Iron in the morning and Calcium in the evening a they compete for absorptions.

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.

Made with Veggie Plus

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

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 thyroid hormones, and since your body does not produce it on it's 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	†
Parsley leaf	†
Kelp	†
Ashwagandha root	†
Cayenne fruit	†
Passionflower	†
Potassium Iodide	†
† Daily Value (DV) not established	

Other Ingredients: Hypromellose (vegetable capsules).

60 serv..	HT8120	$35

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

➔Stress Relief

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

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

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

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

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

2 oz.	S2142	$24
4 oz.	S2144	$39

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

For restful sleep: take 1/4 tsp. half 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 25.

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

★★★★★

"I take a little of this every night about half hour before I want to be sleeping. I continue to read while I let it calm me, eventually feeling the gentle pull of sleep. It leaves me feeling refreshed the next morning" - Amy T.

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	$24
4 oz.	C3094	$39

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 50.

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 24) 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

Made with Veggie Plus

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

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

Also available as a liquid extract. See page 65

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.

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	$24
4 oz.	L3314	$39

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 Mom's LiverGlow, formulated just for you and safe for your little one. See page 8.

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

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 71.

To be taken 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	$24
4 oz.	E4704	$39

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.

➔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 housebound or bedridden, 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 supporting 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 $35

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

Do not take with anti-coagulants.

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, below, for additional digestive support. Child safe version, KiddieLax, on page 23.

Made with Veggie 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

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Supplement Facts	
Serving Size:	2 capsules
Servings Per Container:	60
Per Serving	%DV
Symbiotic 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 $49

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.

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

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 microbial balance is often destroyed, creating a chronically unhealthy condition. Many of today's diseases may be a result of this unbalance, limits nutrient absorption and suppresses the immune system.

Herbal Flora Plus is designed to flourish in your intestinal tract and restore balance and ideal health.

with Prebiotics + Probiotics

Made with Veggie Plus

SupplySide West CPG Editor's Choice Award 2017 FINALIST

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 46.

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.

4 oz. H2224 $39

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 $39

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.

★★★★★

"I love the Bed-Time Drops! I have shared them with many people who also are enjoying the benefits even over prescription sleep meds! Thanks for your expertise in putting together this wonderful product!"
- Theresa S.

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	$24
4 oz.	B2234	$39

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.

TIP: For children, try our Berry Bedtime. See page 23

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	$24
4 oz.	BM4424	$39

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

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.

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 Motherwort herb for even more heart-healthy benefits. See page 65.

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 $39

SUGGESTED USE:
6-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. Take in water 1-5 times daily.

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.

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 to and overcome the influences of physical, chemical, or biological stressors that can negatively affect your mood.

Nursing or Expecting Moms: Try Mommy Blues Buster, formulated just for you and safe for your little one. See page 10.

TIP: Use with LiverGlow! Page 33.

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.

4 oz. B3104 $39

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

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.

4 oz. T5004 $39

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

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.

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

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.

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

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 Veggie Plus

➔The Three Vitals

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

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

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

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

Liver - Its main functions are to help digest what is taken in, make protein, and to get rid of toxic matter. Dead red blood cells, chemicals, microorganisms, drugs, and particulate debris are all filtered out around the clock in a healthy liver.

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

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

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

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

★★★★★

"Our son has muscular dystrophy and giving him some of your formulas including Kidney Support has helped keep his good blood work numbers up and the bad ones down. We have been using them for several years and hope they never change! Thank you so much for great products and service."
- Bekah D.

Trustpilot
TrustScore 4.9 | 279 reviews

MARSHMALLOW FLOWER

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 $39

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
Cornsilk 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 $39

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.

➔ 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. Mineral absorption can increase by adding compounds or suffer 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.

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.

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 capsules
Servings Per Container:	100
Per Serving	**%DV**
Zinc (as zinc gluconate) 30 mg	272%
† Daily Value (DV) not established	

Other ingredients: Rice flour and gelatin capsule.

100 serv.	ZNC001	$15

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

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	$24
4 oz.	H2314	$39

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 with a SPRAY TOP!

4 oz. bottle still with dropper top.

➔What is Usnea Lichen?

Next time you venture into 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.

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.

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.

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

ANTI-DIARRHEA

Bowel Support

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

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

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

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	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	$24

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.

➔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) 1500 mg	1667%

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 17 for more info.

Made with Veggie Plus

Use caution with Kidney Stones.

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	†
† Daily Value (DV) not established	

Other Ingredients: Gelatin capsule, organic rice flour.

30 serv.	CQ9030	$35

SUGGESTED USE:
Take 1 capsule daily with a meal.

Made with Veaps Plus

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.

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
Aged Garlic Extract 300 mg	†
† Daily Value (DV) not established	

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

100 serv.	G8098	$19

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

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

★★★★★
"Products are wonderful and they always get here fast. Keep up the wonderful job." -Gail T.

GARLIC CLOVE

Supplement Facts	
Serving Size:	1 softgel
Servings Per Container:	60
Per Serving	%DV
Krill Oil Professional Formula 1000 mg	†
Omega 3 Fatty Acids 120 mg	†
Eicosapentaenoic acid - EPA 60 mg	†
Docosahexaenoic acid - DHA 40 mg	†
Omega 6 Fatty Acids 40 mg	†
Phospholipids 200 mg	†
Astaxanthin 400 mcg	†
† Daily Value (DV) not established	

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

30 serv. KO1000 $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:	1/2 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 $39

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

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.

TIP: Take in a cycle of 10 days on 10 days off while using LiverGlow all month long for optimal results.

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.

4 oz. W2334 $39

SUGGESTED USE:
See Chart below.

Tip: For nursing or expecting women we suggest taking a combination of Mom's LiverGlow (LiverGlow II) and Mom's Herbal Thyroid Care (Herbal Thyroid Care II).

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.

★★★★★

"I first learned of your company through my midwife. She suggested I use the Gentle Birth formula. It had lived up to its name! Because of that product, I went on to ordering Herbal Calcium, Weight Control Formula, Family Immune Booster, and MANY more. I am never disappointed with any product and my children love their daily vitamin drops. Thank you!" - C. Kaya

CHA-DE-BUGRE

★★★★★

"I have bad gums and I've been using an electric toothbrush for about a year, but I started taking the Oral Care 6 months ago and now my dentist says I shouldn't need the gum surgery."
- Verified Customer

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.	O2692	$24
4 oz.	O2694	$39

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.

4 oz.	N4444	$39

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 on-going basis to ward off these annoying insects. Their itchy bite and the growing prevalence of mosquito-born illnesses makes it an excellent first line of defense against this annoying bug.

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

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 $43

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.

OVP

TIP: Follow the Liver Flush with the LiverGlow. See page 33.

Package items can be purchased separately.

Ornithine 100 ct.
ORN100mmh $18

Epsom Salt 100 ct.
EPS060mmh $10

Green Black Walnut Hull Extract 2 oz.
BE4142Dmmh $18

➔Activated Charcoal

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:	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	$45

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 Veggie 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.

★★★★★

“I am grateful for the guidance the staff are able to give when I have a concern or ailment. They seem to know their product well and are patient with my questions and seek to please. We have found their products very helpful!" - K.B.

CHARCOAL

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.

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	$24

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	$24

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.

Expecting or nursing moms and infants: Try Olive Leaf. See page 65.
Children under 5: Try Para-Rid. See page 24.

TIP: As with any cleanse, consider taking probiotics during and after. See Herbal Flora Plus on page 35, or the Total Yeast Detox on page 53.

★★★★★

"I wanted to let you know I had yeast problems since our 2nd daughter was born in 2005. I took the Yeast X Step 1 and Yeast X Step 2 and haven't had a problem since. We also have 2 other children since I took that. Thank you for that product."
- Arlene D.

CAT'S CLAW FLOWER

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 support healthy balance

This is a 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.

This is a 3-month detox program for 1 person containing 4 different products :

Yeast X Step 1
See page 52 for product listing, including ingredients.

Yeast X Step 2
See page 52 for product listing, including ingredients.

Candida Flush:
See page 51 for product listing, including ingredients.

Herbal Flora Plus:
See page 35 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 $134

These products are also sold separately. See page 51 for Candida Flush, page 52 for Yeast X (Step 1 and 2), and page 35 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

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 30 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	†
Cilantro, Turmeric root, Quassia wood chips, Dandelion root, Green Rooibos Tea, Gentian root, Fresh Ginger root, Burdock root	
† Daily Value (DV) not established	

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

AMINO ACID CLEANSE

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

Other Ingredients: Hypromellose (vegetable capsules)

CITRUS PECTIN

Supplement Facts	
Serving Size:	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 $89

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

Made with Veggie Plus

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 24) or ClarkFx (pg 32) after completing your first month of the Whole Body & Colon Program.

Does not ship to California.

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 6 days per week for 3 months.

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 6 days per week for 3 months.

Whole Body Program
W8051 $69

Colon Program
C8053 $29

Program Set
W8050 $79

OVP

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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

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

OVP

LEGACY HERBS

Men's 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 $39

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

OVP

SUGGESTED USE:
13+ yrs: Take 2 capsules daily

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

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 fermented 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 phylloquinone [K1] from ferment media and as menaquinone-7 [K2] from natto)	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)	4.5 mg	253%
Folate (as folic acid from ferment media)	200 mcg DFE	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 [*Lithothamnion* [*Lithothamnion calcareum* and *Lithothamnion corallioides*])	30 mg	2%
Iodine (as potassium iodide from ferment media)	75 mcg	50%
Magnesium (as magnesium oxide from ferment media and from *Lithothamnion calcareum* and *Lithothamnion corallioides*)	10 mg	2%
Zinc (as zinc oxide from ferment media)	11 mg	100%
Selenium (as selenium dioxide from ferment media)	80 mcg	145%
Copper (as copper sulfate anhydrous from fermenet media)	0.9 mg	100%
Manganese (as manganese chloride from ferment media)	2.3 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) Organic Schizandra (berry), Organic Maca (root), Organic Chamomile (flower)	67.5 mg	*
Cardio Support Blend Organic Fenugreek (seed) from ferment media, Organic Oregano (leaf) from ferment media, Grapeseed extract, Organic Hawthorn (berry, leaf and flower) from ferment media	60 mg	*
Immune Support Blend (from ferment media) European Elder (berry) extract, Organic Eleuthero (root), Organic Astragalus (root)	45 mg	*
Prostate Support Blend Saw Palmetto extract (fruit), Organic Pumpkin Seed oil, Nettle extract (root)	40.1 mg	*
Digestive Support Blend (from ferment media) Organic Aloe (leaf), Organic Peppermint (leaf), Organic Coriander (seed), Organic Cardamom (fruit), Organic Artichoke (leaf)	33.7 mg	*

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 $47

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 $39

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

MEN'S HERBAL-UP

(FORMERLY PROGENTOR VI)

Natural Male Support

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

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

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 $39

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

HERBAL PROSTATE+

(FORMERLY PROSTRACT 10)

Prostate Health Support

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

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

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

★★★★★

"After a month of Legacy Herbs and Fruitful Vine I conceived. I am expecting my first child by Mothers Day I am so thankful and feel blessed to have found you."
- Verified Customer

➔Midwife ONLY products

Midwives have a very important job, they help bring new life into this world. Mother nature has been providing midwives with herbal formulas to help with childbirth since creation. We have a few products that have been a part of the MMH family for a long time but have not been added to our catalog.

These products are not intended for everyday use, can only be purchased by a verified midwife, and should only be used under the supervision of a healthcare provider.

HERBAL HEMOSTAT

Support Healthy Uterine Bleeding

- Menstruation
- Postpartum
- Menopause

A combination of herbs used to stop bleeding, especially uterine bleeding after giving birth or miscarriage or heavy bleeding during menopause. Astringent herbs like Yarrow, Bayberry and Barberry all help with slowing bleeding. Lady's Mantle has a history of use for regulating women's cycles as well as being anti-inflammatory.

Use only under the supervision of a healthcare provider.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Cayenne fruit, Lady's Mantle herb, Yarrow leaf & flower, Bayberry bark, Barberry root bark, Shepherd's Purse herb, Cramp bark	
† Daily Value (DV) not established	

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

SUGGESTED USE:
Adult females: Adult females: 1/4 tsp. every 10-15 minutes as needed under the supervision of a healthcare provider. If two doses do not yield immediate results for heavy bleeding, medical intervention should be sought immediately.

2 oz. H1052 $39

SHEPHERD'S PURSE HERB

- Anti-inflammatory properties
- May lessen bleeding
- Supports healthy water levels

Shepherd's Purse is a midwife favorite, used just after delivery to help lessen bleeding. This herb has also been used for the same purpose during female cycles and is said to have anti-inflammatory properties as well as helping flush out excess fluids through the kidneys.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Shepherd's Purse herb extract 1.25 ml † (2:1) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

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

4 oz. SE4404 $39

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Bilberry fruit, Chamomile flower, Chaste Tree berry, Lemon Balm leaf, Blue Cohosh root, Black Cohosh root	
† Daily Value (DV) not established	

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

SUGGESTED USE:
Adult females: 1/4 tsp in water every 20-30 minutes or as directed by your health care provider. DO NOT exceed 4 doses in 24 hours.

Use only under the supervision of a healthcare provider.

2 oz.	H3332	$39

HERBAL INDUCE

Support for Over-due Moms

- Promote relaxation
- Labor support
- Stimulate contraction-causing hormones

For those moms who labor and labor but don't seem to get anywhere, this blend of herbs helps those contractions to be more productive. We suggest using this product with moms who are already in labor but it is sluggish and not progressing in a timely fashion. The cohosh family is known to help boost the productivity of contractions while chamomile and lemon balm offer relaxing comfort. Chaste tree helps to normalize hormones and bilberries help with blood flow and pelvic pain.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Dong Quai root, European Mistletoe herb, Blue Cohosh root.	
† Daily Value (DV) not established	

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

SUGGESTED USE:
Adult females: Place 1/4 tsp. in water as needed. Repeat dosage every 15 minutes (up to 5 times) until the placenta is released. If there is major bleeding please seek medical attention immediately.

2 oz.	P1062	$39

PLACENTA RELEASE

Postpartum Placenta Support

- Retained placenta
- Afterbirth support

A combination of Dong Quai root, European Mistletoe herb and Blue Cohosh root which have been traditionally used to help expel the placenta when taken after delivery.

Use only under the supervision of a healthcare provider.

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.

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	

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.

4 oz.	AE4904	$32

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	

4 oz.	AE4124	$32

BILBERRY FRUIT

- Supports eye health
- Strengthen blood vessels
- Cardiovascular support

Bilberries are widely known to support eye health. They also have properties that are beneficial for cardiovascular and vein support as well as being astringent enough to help alleviate diarrhea.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Bilberries 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.

4 oz.	BE4074	$32

BLUE COHOSH ROOT

- Soothing support for cramps
- Hormone support
- 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.

4 oz.	BE4104	$32

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	

BURDOCK ROOT

- Helps purify blood
- High in antioxidants
- Gut health support

Burdock root may help with detoxification of the blood by helping remove accumulated waste products via the kidneys, skin, and mucous membranes. This herb contains active ingredients in its roots that may increase bile and urine production, and sweating to facilitate toxin removal.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Burdock 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.

Not suggested for use with prescription diuretics.

4 oz. BE4134 $32

CHAMOMILE FLOWER

- Supports sleep and relaxation
- Digestive aid
- Soothing support for mild cramps

Used for its relaxation properties, which can help in many ways including sleep, stress, digestion, cramping, gas, and more. The German Commission E monographs also show it to be beneficial for irritation of mucous membranes.

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

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.

4 oz. CE4124 $32

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.

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	

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

4 oz. CE4444 $32

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	

4 oz. CE4204 $32

CRANBERRY FRUIT

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

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

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	

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.

4 oz.	CE4824	$32

Also available in capsule form - Cranberry Caps page 30.

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	

4 oz.	DE4174	$32

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 (*angustifolia* & *purpurea*) contains powerful flavonoids and other constituents that promote a healthy immune system response.

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

Other Ingredients: vegetable glycerin and distilled water

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 immunosuppressant's

4 oz.	E4804	$32

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.

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
Elderberry (*Sambucus spp.*) extract 1.25 ml † (1:2) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	

4 oz.	EE4234	$32

DO NOT USE if taking immunosuppressants

ELEUTHERO ROOT

- Support healthy stress levels
- Beneficial for mild fatigue
- Increase mental clarity

Eleuthero is an "adaptogen" which helps the body adapt to stress making this the perfect herb for anyone who is needing a little extra help coping with everyday stresses.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Eleuthero 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.

Not suggested for use if you have high blood pressure.

4 oz. EE4254 $32

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.

4 oz. GE4314 $32

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.

4 oz. GE4224 $32

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 SSRI's. Should not be used with St. John's Wort herb.

4 oz. GE4284 $32

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.

4 oz. GE4504 $32

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 distilled water, Vitamin C, and approx 50% organic grain alcohol.	
† Daily Value (DV) not established	

Not safe for horses.

4 oz. BE4144 $32

HAWTHORN BERRY

- Cardiovascular health
- High in antioxidants
- Maintain healthy cholesterol levels

These berries are packed with nutrients that benefit the entire cardiovascular system, from supporting the collagen content of the arteries to benefiting circulation and the pumping action of the heart.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Hawthorn berry 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: 5-15 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 use if you have low blood pressure, consult your healthcare provider if you are taking blood pressure medication.

4 oz. HE4124 $32

HORSETAIL HERB

- Support bone health
- Promotes healthy hair, skin, and nails
- Supports bladder/kidney health

Horsetail is a popular herb that includes silicon and silicic acid which help with calcium absorption and promote healthy hair, skin, nails, and bones! It also helps support bladder and kidney health.

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
Horsetail herb extract 1.25 ml † (2:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	

4 oz. SE4344 $32

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 seed 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.

4 oz. ME4334 $32

MOTHERWORT HERB

- Cardiovascular support
- Supports a normal heart rate
- Maintain healthy blood flow

This herb from the mint family is primarily praised for its cardiovascular health. Motherwort herb may help to regulate heart rate, promote healthy circulation, and provide overall heart health.

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

4 oz. ME4354 $32

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Motherwort herb extract 1.25 ml † (1:2) in distilled water and vegetable glycerin.	
† Daily Value (DV) not established	

DO NOT USE if you have a bleeding disorders or those taking blood thinners such as Coumadin (warfarin). Ask your primary caregiver if you currently have a heart condition.

MULLEIN LEAF

- Respiratory support
- Maintain lung health
- Promotes a healthy cough

As an expectorant, Mullein leaf helps to promote a healthy cough to help clear congestion. Mullein also has a higher amount of mucilage than other plants which provides soothing relief to the mucous membranes.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Mullein leaf extract 1.25 ml † (2:1) 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.

4 oz. ME4404 $32

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.

4 oz. OE4364 $32

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	

PARTRIDGE BERRY

- Provides pregnancy and labor support
- Relief of mild cramping
- Toning support for the uterus

Partridge berry is known for its variety of health benefits it offers for women. With pregnancy and labor support, menstrual relief, and toning benefits, this product is a favorite of many.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Partridge berry 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: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. SE4414 $32

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.

SUGGESTED USE: 6-11 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
Passionflower leaf extract 1.25 ml † (2:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	

4 oz. PE4044 $32

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 † (1:4) 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.

4 oz. PE4904 $32

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.

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

*Use only in third trimester.

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	

4 oz. RE4384 $32

RHODIOLA ROOT

- Support a healthy sympathetic nervous system
- Promote the normal release of hormones
- Maintain healthy energy and stress levels

As an adaptive herb, rhodiola root extract contains all-natural compounds to help support daily energy levels and a healthy stress response to any situation.

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

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

4 oz. GE4324 $32

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.

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

4 oz. S4394 $32

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	

SLIPPERY ELM BARK

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

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

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

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

4 oz. SE4354 $32

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

STINGING NETTLE LEAF

- Soothing support for joints & muscles
- High in naturally occurring calcium
- Support prostate health

Stinging nettle contains a high level of naturally occurring calcium, and thanks to the genius of nature; it has the perfect ratio of magnesium to help calcium make its way into the cells.

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.

4 oz. NE4504 $32

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Stinging Nettle leaf extract 1.25 ml † (2:1) in vegetable glycerin and distilled water.	
† Daily Value (DV) not established	

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 conditions.

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.

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.

4 oz. SE4424 $32

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.

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

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

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	48
Per Serving	%DV
Proprietary Blend	1.25 mL
Turmeric root	†
Black Pepper	†
† Daily Value (DV) not established	

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

4 oz. TB4004 $32

VALERIAN ROOT

- Supports a healthy sleep cycle
- Promotes calmness
- Supports a positive mood

Valerian is thought to increase the amount of gamma-aminobutyric acid (GABA) in the brain. GABA inhibits unwanted nervous system activity helping to promote calmness and better sleep.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Valerian 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: 6-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

4 oz. VE4204 $32

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.

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:	48
Per Serving	%DV
Wild Yam root extract 1.25 ml † (1:2) in vegetable glycerin, distilled water, and approx 5% - 10% organic grain alcohol.	
† Daily Value (DV) not established	

4 oz. WE4214 $32

To our valued customers,

I wanted to take a moment to thank you for your commitment to natural supplements and your continued trust in Mountain Meadow Herbs. Every day we strive to deliver pure, natural supplements that change lives and each of you is a testament to our fulfillment of that purpose.

As you know, the world looks very different today than it did even a few years ago. We have all felt the effects of continued inflation and supply shortages. Navigating these ever-changing dynamics has often been difficult.

Here at Mountain Meadow Herbs we have worked hard to continue to provide you with the great products you have come to know and love. Thank you so much for your patience and loyalty during these tumultuous years.

As we look ahead to 2023, we will continue providing you with the best quality herbal supplement products on the market at competitive prices.

Thank you again for all of your support and pursuit of natural health supplements.

Brandon Lodien
CEO, Mountain Meadow Herbs

➔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 $91

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

PKG6002 $133

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 $89 **(SEE FULL LISTING ON PAGE 54)**

*products not sold separately

Early Care Combo
(1) Stomach Aid 4 oz.
(1) Vari-Plex 4 oz.
(1) Herbal Calcium 2 oz.

PKG102CC $90

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

PKG5005 $104

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 $342

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

PKG5006 $92

Dr. Clark Liver Flush Package
(1) Green Black Walnut Hull Extract 2 oz.
(1) Ornithine 100 caps
(1) Epsom Salt 60 caps

PKG2019 $43 **(SEE FULL LISTING ON PAGE 50)**

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

PKG5012 $81

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

PKG5002 $245

NOTE: Product substitutions cannot be made within a package.

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 $96

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 $134 **(SEE FULL LISTING ON PAGE 53)**

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

PKG6005 $107

Whole Body & Colon Cleanse
(1) Whole Body Program 300 tabs
(1) Colon Program 90 tabs

W8050 $79 **(SEE FULL LISTING ON PAGE 55)**

Winter Tonics Package
(1) Herbal Respiratory 4 oz.
(1) First Immune Defense 4 oz.
(1) Family Immune-Booster 4 oz.

PKG5004 $111

Winter Tonics Plus
(1) Herbal Respiratory 4 oz.
(1) First Immune Defense 4 oz.
(1) Family Immune-Booster 4 oz.
(1) Soothing Throat & Tonsil 4 oz.

PKG5014 $148

Women's 1-Month Fertility Package
(1) Fruitful Vine 4 oz.
(2) Vitamin C 240 caps

PKG5011 $86

Women's 3-Month Fertility Package
(3) Fruitful Vine 4 oz.
(6) Vitamin C 240 caps

PKG5001 $259

★★★★★

"I have ordered from MMH for years. Their quality and customer service are amazing and unbeatable. I've used other products when I forgot to order ahead or needed something quickly, but they just don't measure up. I do miss some of the products and larger sizes that have gone away over the years but I appreciate the new additions as well. Thanks for all you do!"
- Verified Customer

ELCAMPANE

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 $29.50

WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT MENOPAUSE *By Dr. John R. Lee* 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 $8

CONCEIVING NATURALLY BOOKLET

By Serena Miller

Simple, discreet answers for those looking to conceive naturally. Provides a basic understanding of how the reproductive system works 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 mouthwash daily.

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

★★★★★

"I have been on two products for 10 or more years. Very pleased with the help they have given and the staff have always been great to work with." - Sandra

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 Vera Juice, Grapeseed Oil, Organic Sunflower Seed Oil, Montana Beeswax, Organic Montana Safflower Oil, Organic Cocoa Butter, Benzoin Extract, Calendula Extract, Neem Oil, Vitamin E, Organic Evening Primrose Oil, Cajeput Oil, Avocado Oil, Carrot Seed Oil, Myrrh Oil, Tangerine Oil, Grapefruit Seed Extract, Comfrey Extract

Application: Gently massage into skin as needed. Best applied on freshly washed skin to seal in the moisture.

2 oz.	H8002	$24.95

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.

TIP: Use with Vari-Plex. See page 18.

Contains: Aloe Vera Juice, Organic Sunflower Oil, Grapeseed Oil, Organic Montana Safflower Oil, Montana Beeswax, Grapefruit Seed Extract, Horse Chestnut Extract, Butcher's Broom Extract, Gotu Kola Extract, Vitamin E, Persea Avocado Oil, Organic Shea Butter, Cypress Oil, Geranium Oil, Lemon Oil, Peppermint Oil, Marshmallow Extract, Echinacea Extract, Green Tea Extract, Witch Hazel Extract, Zinc Oxide, Sodium Alginate, Xanthan Gum

Application: Gently massage on legs and feet twice a day.

4 oz.	V8024	$24.95
8 oz.	V8028	$40.95

PROGESTA-YAM
Balancing Cream

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

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)

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 chest, upper arms, stomach or inner thighs 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

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

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 $18

TIP: Use with Herbal Respiratory to support your respiratory system from inside and out! See page 26.

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.

Nature Grows It. We Bottle It.

FREE U.S. Shipping

on orders over $125!**

*** Shipping price is subject to change.*

SAVE 5%

When you purchase 3 or more of the same MMH product*, in the same size.

**Valid on formulas, extracts, and capsules. Cannot be combined with other discounts.*

100% PREMIUM QUALITY GUARANTEED

★★★★★

"I love this place! I love the food, staff and the awesome supplements and tinctures!!"
- Angela Y.

★★★★★

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

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Somers, MT 59932

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