



CLEANSE & DETOX GUIDE

— STEP-BY-STEP GUIDE TO REJUVENATION —

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UNDERSTANDING CLEANSING: Why One Size Doesn't Fit All

HAVE YOU EVER WONDERED —

- Is there one cleanse that can do it all?
- Why are there so many different cleansing options?
- What's the difference between them?

These are some of the most common questions our Herbal Care Specialists hear every day—and for good reason. The short answer is: **different cleanses serve different purposes.** Each one is designed to target specific materials or systems within the body.

Trying to cleanse everything at once can overwhelm the body and may lead to a **Herxheimer Reaction**—a detox response that can mimic flu-like symptoms such as headaches, joint pain, nausea, sore throat, body aches, and more. That's why a targeted approach is best.

1. WHOLE BODY & COLON CLEANSE

This program is designed to help the body eliminate built-up environmental toxins. Every day, we're exposed to toxins in the air we breathe, the water we drink, and the food we eat.

Our liver—our body's main filter—does its best to keep up. However, when overwhelmed, it stores excess toxins in fat cells for later processing. The problem? Many of us never give our liver the “slow day” it needs to catch up.

The **Whole Body & Colon Cleanse** supports the liver and colon, helping the body gently eliminate those stored toxins.

2. TOTAL YEAST DETOX

The **microbiome**—the community of microorganisms in our digestive system—is essential to our health. In fact, we have more microbial cells than human cells in our body.

An imbalance, especially an

overgrowth of **Candida albicans**, a type of yeast (a single-celled fungus) that naturally lives in small amounts in the human body—particularly in the mouth, gut, and vaginal tract, can lead to a range of health issues.

Candida thrives on:

- Refined sugars and carbs
- Antibiotics
- Birth control pills
- Chemotherapy
- Oral corticosteroids

A **Total Yeast Detox** helps restore microbial balance, supporting immune health, digestion, and weight management. For best results, pair it with a diet low in refined sugars and carbohydrates.

A NOTE ON DETOX PATHWAYS —

For any detox to be truly effective, the body's eliminatory pathways must be functioning well. These include:

- Liver
- Kidneys
- Intestines
- Colon
- Lungs (through exhalation)
- Skin (especially through sweating)

If toxins are released faster than your body can eliminate them, they may be **reabsorbed**—when a substance, such as a toxin or waste product, is in the process of leaving the body but is instead taken back into the bloodstream or tissues—potentially creating new symptoms. That's why we recommend **supporting these organs for at least two weeks** before beginning a detox program.

WHERE TO START —

A great first step in supporting overall wellness is to **focus on digestive balance.** According to traditional herbal practices, modern lifestyles and environmental factors may contribute to internal imbalances that can go unnoticed.

continued...

We suggest beginning your cleansing journey with Mountain Meadow Herbs' **Para-Rid**—a carefully crafted herbal formula designed to help the body eliminate unwanted intestinal organisms. Starting with **Para-Rid** supports a healthy gut environment and creates a strong foundation for any cleansing program that follows.



Green Rooibos Tea Leaf

INSIGHTS PROVIDED BY:
Tracy Sweder, Master Herbalist



** Para-Rid® Internal Cleanse

- Supports natural energy levels
- Helps maintain a healthy digestive system
- Gentle formula, suitable for children

Many herbalists estimate that **80% - 90%** of the population may be affected by unwanted intestinal organisms. Regardless of individual estimates, periodic internal cleansing is commonly recommended in traditional wellness practices. As a liquid extract, this herbal combination offers a fast-absorbing option that may be more effective than capsules or tablets—making it a convenient choice for the whole family.

Research has shown that the bitter taste of certain herbs can activate neural pathways that signal digestive organs, helping to stimulate activity in the stomach, intestines, gallbladder, and liver. **Para-Rid** includes extracts of traditionally bitter herbs such as Green Black Walnut hull, Quassia bark, Gentian root, and Sweet Wormwood. Soothing herbs like Catnip, Ginger, and Fennel are also included to help promote digestive comfort during cleansing.

TIP: If this is your first cleanse, take **Family Immune-Booster** during the week before starting **Para-Rid** to help reduce possible die-off (*releasing of toxins into the body*) side effects.

\$	2 oz. (P2102)	\$29 MSRP	4 oz. (P2104)	\$45 MSRP
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Usage:

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

Nursing, expecting, or children under 2: Use **Olive Leaf Extract**.

Age	Under 2 yrs	2 - 5 yrs	6 - 11 yrs	12(+) yrs	Adult	Adult	Adult
Weight*	Less than 25 lbs.	25 - 60 lbs.	61 - 100 lbs.	101 - 150 lbs.	151 - 200 lbs.	201 - 250 lbs.	251(+) lbs.
Dosage: Take 3 times daily before meals	Use Olive Leaf (p. 4-5)	1 Dropper Squeeze	1 1/2 Dropper Squeezes	2 Dropper Squeezes	2 1/2 Dropper Squeezes	3 Dropper Squeezes	4 Dropper Squeezes
OZ./Person: 12-day cleanse	0	1 oz.	1 1/2 oz.	2 oz.	2 1/2 oz.	3 oz.	4 oz.

*We suggest you use the dose based off of your weight, instead of age.

**Not safe for horses.



OLIVE LEAF

Natural Vitality Support

- Supports natural detoxification and microbial balance
- Promotes a healthy immune response
- Encourages general wellness and vitality

Olive Leaf is a respected botanical with a long history of traditional use. Naturally rich in antioxidants, it helps support the body's defenses and internal balance. This extract is a particularly valuable alternative for expecting and nursing mothers or children under two, who may need a gentler approach than Para-Rid. It can assist the body's natural cleansing processes and help maintain a healthy internal environment—especially yeast balance—without being too intense for sensitive systems.

TIP: When using **Olive Leaf**, consider pairing it with **Chamomile Flower** (read more, p. 5) to support a gentler para-cleanse or yeast-balancing approach—especially helpful for sensitive systems that benefit from added soothing support.

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	



4 oz. OE4364 \$35

SUGGESTED USE:

0-2 yrs: 5-15 drops
3-11 yrs: 1/8 tsp.
12(+) yrs: 1/4 tsp.

Take in water or juice
1-3 times daily.

*As a para-cleanse:

Begin using Olive Leaf two days before the full moon. Take it three times daily for two weeks; repeat the process the following month.

*For yeast-balancing:

Take as directed for 3-6 months.



CHAMOMILE FLOWER

Gentle Comfort for Body and Mind

- Helps support restful sleep and relaxation
- Supports healthy digestion
- Provides soothing support for occasional discomfort or mild cramping.

Chamomile has long been recognized for its calming and soothing qualities, making it a valuable herb for promoting relaxation and overall comfort. It can support restful sleep, ease stress, and encourage gentle digestive function, including relief from cramping, bloating, or occasional gas.

In addition, the German Commission E monographs note that Chamomile may help reduce irritation of mucous membranes, contributing to overall digestive and tissue comfort.

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	



4 oz. CE4124 \$35

SUGGESTED USE:

0-2 yrs: 5-15 drops.
3-11 yrs: 1/8 tsp. 1
2+ yrs: 1/4 tsp.

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

TIP: Incorporate **Chamomile** into your daily routine to support relaxation, digestive comfort, and overall calm—whether as a soothing tea, gentle supplement, or part of your evening wind-down.

CHAMOMILE FLOWER & OLIVE LEAF

A Gentle Support Duo for Delicate Systems

Chamomile naturally complements **Olive Leaf**, creating a milder, nurturing option for those seeking digestive balance, yeast support, or a gentler approach to cleansing. While Olive Leaf is traditionally used to help maintain microbial balance, Chamomile contributes soothing, calming properties that enhance comfort and overall digestive ease throughout the process.

Together, these herbs provide effective support without placing unnecessary stress on the system. Chamomile encourages relaxation in the digestive tract and helps the body adapt when cleansing or microbial support may place extra demands on the gut or nervous system. Its gentle nature makes this duo ideal for sensitive individuals, including children, expectant or nursing mothers, and even those under the age of two who may benefit from a milder herbal alternative.

By calming tissues and supporting comfort, Chamomile allows Olive Leaf to perform its balancing work more effectively. The result is a nurturing, supportive experience that helps the body feel cared for, calm, and balanced during gentle cleansing routines or daily digestive maintenance.



INTESTINAL DETOX PACKAGE

A Two-Step Approach to Intestinal Wellness



Usage (IDP):

Directions:

Step 1: Para-Rid®

- Take **Para-Rid®** before meals, following the current label directions. (see p. 3 for more information)
- Intended for short-term use as part of an intestinal detox or cleanse program.

Step 2: Activated Charcoal Flush

- Take **Activated Charcoal Flush** at least 2 hours away from meals, supplements, medications, and Para-Rid®.
- Proper spacing helps prevent interference with nutrient absorption while allowing charcoal to bind unwanted substances.
- **Flexible Timing Option:** If a morning dose is not convenient, 4-8 capsules may be taken in the evening, provided it has been at least 2 hours since the last meal and/or supplements.

\$

PKG2204

\$75 MSRP

Mountain Meadow Herbs Intestinal Detox Package combines **Para-Rid®** and **Activated Charcoal Flush** to provide foundational support for intestinal cleansing, digestive balance, and the body's natural detoxification processes during a short-term cleanse, while the **Intestinal Deluxe Detox Package** builds on this two-step approach by adding **Vita-Zinc+** and **Herbal Flora Probiotics** for more comprehensive gut, nutritional, and digestive support throughout the cleanse.

General Wellness Guidelines

• Stay well hydrated.

Drinking plenty of water throughout the day helps support digestion, elimination, and the body's natural detoxification processes. Proper hydration is especially important during any cleanse.

• Use for short-term support.

Detox programs are intended for short-term wellness support only and are best used as part of a balanced lifestyle that includes nutritious foods, adequate hydration, and healthy daily habits.

• Listen to your body.

Individual responses to cleansing programs may vary. Adjust timing as needed and discontinue use if discomfort occurs.

• Consult a healthcare professional when appropriate.

If you are pregnant, nursing, have a medical condition, or are taking medications, consult a qualified healthcare professional before starting any detox or cleanse program.

Tip: Activated charcoal may be constipating for some individuals. To support regularity, Mountain Meadow Herbs **Gentle Lax®** (p. 8) may be used alongside either of these packages as needed.

INTESTINAL DELUXE DETOX PACKAGE

Advanced Cleanse with Probiotic and Nutrient Support



\$

PKG2404

\$135 MSRP

Usage (IDDP):

Directions:

MONTH 1 | Days 1-6:

- **Para-Rid®:** Take as directed on the bottle.
- **Activated Charcoal Flush:** Take as directed on the bottle, spacing at least 2 hours away from meals, supplements, and Para-Rid®.

Day 7 through the start of your next Para-Rid® cycle:

- **Herbal Flora Probiotics:** Take as directed on the bottle.
- **Vita-Zinc+ (Vitamin C with Zinc):** Take 3 capsules daily. Capsules may be taken all at once or divided into 1 capsule, three times daily, based on tolerance.

MONTH 2 | Days 1-6:

- **Para-Rid®:** Take as directed on the bottle.
- **Activated Charcoal Flush:** Take as directed on the bottle, spacing at least 2 hours away from meals, supplements, and Para-Rid®.

Day 7 until product is finished:

- **Herbal Flora Probiotics:** Take as directed on the bottle.
- **Vita-Zinc+ (Vitamin C with Zinc):** Continue taking 3 capsules daily, divided or taken together as tolerated.

Para-Rid (p. 3)

- Supports natural energy levels
- Helps maintain a healthy digestive system
- Gentle formula, suitable for children

Activated Charcoal Flush (p. 8)

- Promotes natural elimination and digestive regularity
- Encourages healthy detox through normal bodily processes
- Supports cardiovascular health and function

Herbal Flora Probiotic (p. 9)

- Stabilize colonic pH
- Aids in restoring proper bacterial balance
- May help avoid reactions to certain foods

Vita-Zinc+ (p. 9)

- Supports immune health
- Provides antioxidant support
- Helps with iron absorption

For additional information on each product and its use, please refer to the page numbers listed next to the product name above.



ACTIVATED CHARCOAL FLUSH

Detox & Digestive Support

- Promotes natural elimination and digestive regularity
- Encourages healthy detox through normal bodily processes
- Supports cardiovascular health and function

This formula is designed to promote digestive comfort and natural elimination, making it a gentle addition to your wellness routine. It encourages the body's normal detoxification processes following a cleansing protocol, helping to support internal balance and digestive regularity.

With 1.2 grams of activated charcoal per serving, it aids in the natural binding and removal of unwanted materials through the digestive tract. Additionally, key ingredients contribute to overall cardiovascular and gastrointestinal support as part of a balanced lifestyle.

**Consult a healthcare professional before beginning any new supplement, especially if you have a medical condition or take medications.*

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 \$39

SUGGESTED USE:

Take 4 capsules, one to two times daily, or as directed by your healthcare provider.

TIP: Take any vitamins, supplements, meals, or medications at least two hours before or after using **Activated Charcoal Flush**, as the charcoal may bind to these substances and reduce their adsorption (when molecules stick to the surface of a material.).

Made with Meadow 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



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 Probiotic (p. 9)** for additional digestive support.

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 \$25

SUGGESTED USE:

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

Do not take with anti-coagulants.



"We are very happy with ordering from Meadow Herbs and appreciate that there is a company like them. Thank you!"
- Lavina B.

Made with Meadow 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



ALOE VERA



HERBAL FLORA PROBIOTIC

Beyond Probiotics

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

A balanced digestive system plays an important role in overall health and vitality. Daily stress, diet, and lifestyle factors can sometimes disrupt the natural balance of beneficial bacteria in the intestines.

Herbal Flora Probiotics deliver soil-based organisms to support a balanced microbiome, enhance nutrient absorption, and promote digestive and immune health.

TIP: Adding **Herbal Flora Probiotic** to your morning or evening routine can help support gut balance—consistency is key.

**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

Supplement Facts	
Serving Size: 2 Capsules	
Servings Per Container: 60	
Per Serving	%DV
Symbiotic proprietary blend of Probiotic and probiotic Consortia with SBOs 500 mg	
B. Subtilis	†
B. Licheniformis	†
L. Acidophilus	†
L. Casei	†
L. Plantarum	†
L. Rhamnosus	†
L. Lactis	†
Bifidobacterium Bifidum	†
Soil Based Organisms	†
† Daily Value (DV) not established	

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



60 serv. HF120 \$39

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



VITA-ZINC+

Vitamin C + D3 + Zinc

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

Give your body daily support with this powerful blend of Vitamin C, Vitamin D3, and Zinc. Together, these essential nutrients help keep your immune system strong and your energy up all year long.

Vitamin C provides antioxidant protection, Vitamin D3 supports immune and bone health, and Zinc helps your body's natural defenses function at their best. It's an easy way to stay proactive about your wellness every day.

**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.*

Use caution with kidney stones.

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: 3 Capsules	
Servings Per Container: 80	
Per Serving	%DV
Vitamin C (as Ascorbic Acid) 1500 mg	1667%
Zinc (as Zinc Gluconate) 30 mg	273%
Vitamin D3 (as Cholecalciferol) 30 mcg (1200IU)	150%
Vitamin A (as Vitamin A Palmitate) 300 mcg	33%

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



80 serv. VC8120 \$26

SUGGESTED USE:
1-8 yrs: 1 capsule daily.
9-11 yrs: 2 capsules daily.
12+ yrs: 3-6 capsules daily, unless otherwise directed.

DO NOT EXCEED 10 CAPSULES IN A DAY.



Liver Flush Package

by Dr. Clark Research Association



Promotes Healthy Liver Function

Green Black Walnut Hull

- Supports intestinal balance
- Promotes immune health
- Aids natural cleansing

Epsom Salt

- Supports urinary tract health
- Helps maintain fluid balance
- Encourages gentle detox and bile flow

Ornithine

- Encourages natural urine flow
- Aids fluid regulation
- Helps maintain a healthy inflammatory response



PKG2019

\$75 MSRP

Usage:

Preparation: Many people start with gut support before focusing on liver health. If you've completed the **Para-Rid** cleanse, the **Liver Flush** may be your next step. Often used **once or twice a year**, this herbal flush is part of broader wellness routines. Temporary changes in how you feel can be a normal part of the body's natural detox response.

Dr. Hulda Clark's Traditional Liver Flush Approach:

Some individuals following Dr. Hulda Clark's protocols do a liver flush every 2-4 weeks. She suggests continuing until no visible materials—often called "stones"—are passed. This method is based on her personal research and is not medical advice. Always consult your healthcare provider before starting any intensive cleanse.

Caution: Not for children under 12. Do not use if pregnant, nursing, unwell, or if you have a condition like heart rhythm issues or ongoing diarrhea. Consult your healthcare provider, especially if taking medication or managing a health condition.

PREPARATION CHECKLIST

Epsom Salt Options

- **Capsule Form:** 60 capsules total
(Suggested serving: 15 capsules per use)
- **Powdered Form:** 4 tablespoons of Epsom Salt

Olive Oil (for Liver Flush Protocol)

- **Amount:** ½ cup
- **Tip:** Light olive oil may be easier to consume due to its milder taste.
- **Optional Enhancements:**
 - For those familiar with ozonation, you may choose to ozonate the olive oil for 20 minutes before use.
 - You may also add 1-2 drops of diluted hydrochloric acid, if comfortable and experienced with its use.

Note: These steps are optional and based on individual preference. Always consult a qualified health professional before incorporating additional substances into your routine.

Fresh Pink Grapefruit (for Juice Preparation)

- Use **1 large or 2 small grapefruits** to yield approximately ½ to ¾ cup of fresh juice.

For cleanliness, **wash the grapefruit twice with hot water**, drying thoroughly after each wash before juicing.

Ornithine (Optional Support)

- Take **4 to 8 capsules** at bedtime, as needed.
- Ornithine is sometimes used to support **restful sleep** as part of a cleansing routine.

Note: As with any supplement, consult your healthcare provider before use, especially if you are pregnant, nursing, or taking medications.

Green Black Walnut Hull Extract

(Optional Herbal Support)

- Take **10 to 20 drops**, as directed on the product label or as part of your wellness routine.

Note: Always follow label instructions and consult a healthcare provider before using herbal extracts, especially if you are pregnant, nursing, or have a medical condition.

Liver Flush Cleanse: Step-by-Step Instructions

BEFORE YOU BEGIN —

- Choose a day when you can **rest the following day**, such as a Saturday.
- Avoid any **non-essential supplements**.
- Discontinue the **Para-Rid Cleanse** and **Kidney Cleanse** the day before.
- Eat a **no-fat breakfast and lunch**, such as:
 - Cooked grains (e.g., oatmeal)
 - Fresh fruit or juice
 - Toast with fruit preserves or honey (Avoid oils, butter, or milk.)

CLEANSE INSTRUCTIONS —

2:00 PM

- **Stop eating and drinking** after 2:00 PM.
- Prepare your **Epsom Salt mixture** (if using powder):
 - Mix **4 tablespoons Epsom salt in 3 cups water**
 - Divide into **four 3/4-cup servings**
 - Refrigerate to chill (optional, for taste only)
 - If using **Epsom salt capsules (15 caps = 3/4 cup equivalent)**, no mixing is required.

6:00 PM

- Drink **3/4 cup of the Epsom salt water** or take **15 capsules with 3/4 cup water**.
- **Optional:** Add **1/8 tsp. Vitamin C powder** to improve flavor.
- You may rinse your mouth or take a few sips of water afterward.
- Bring out the **olive oil and grapefruit** to reach room temperature.

8:00 PM

- Drink your **second dose** of Epsom salts (3/4 cup or 15 capsules with 3/4 cup water).
- Avoid eating—even if not hungry—this is normal and ideal before the next step.
- Start preparing for bed.

9:45 PM — Olive Oil Mixture

- Pour 1/2 cup olive oil into a clean jar.
- **Optional:** Add **2 drops diluted hydrochloric acid (HCl)** for cleanliness.
- Wash and dry **1 large or 2 small grapefruits** with hot water.
- Squeeze to get **1/2-3/4 cup of juice**, straining out pulp.
 - You may combine with lemon juice if preferred.
- Add juice to the olive oil.
- **Optional:** Add **10-20 drops Green Black Walnut Hull Extract**.
- Close the jar tightly and **shake until fully mixed** (should become watery).
 - Use the bathroom before your next step. It's okay to be slightly late for the next dose, but no more than 15 minutes.

10:00 PM — Drink the Mixture

- Drink the olive oil-grapefruit mixture
 - **Optional:** Take **4 to 8 Ornithine capsules** with your first sips to support restful sleep.
 - Use a **large straw** to make drinking easier.
 - **Optional:** Use a spoonful of **honey or oil & vinegar dressing** between sips.
- Drink standing up and **finish within 5 to 15 minutes**.
- **Lie down immediately** on your back with your head elevated.
- Try to stay still for at least 20 minutes and focus on relaxation.
- Go to sleep when ready.

NEXT MORNING —

Upon Waking (Not Before 6:00 AM)

- Take your third dose of Epsom salts (3/4 cup or 15 capsules with 3/4 cup water).
 - If you feel nauseated, wait until the feeling passes.

2 Hours Later

- Take your fourth and final dose of Epsom salts (3/4 cup or 15 capsules with 3/4 cup water).
- Rest as needed.

2 Hours After Final Dose

- You may begin eating again:
 - Start with fruit juice
 - 30 minutes later, eat fresh fruit
 - After 1 hour, eat a light meal
 - By dinner, you should feel more recovered

OBSERVATIONS (Optional) —

Some individuals note changes in bowel movements the following morning. These may include floating, stone-like materials (often called **concrements** in traditional wellness guides). These may appear tan or green and vary in size.

Note: These observations are not intended to diagnose any condition. Use a flashlight if you're curious to track results, but this is entirely optional.

REPEATING THE CLEANSE —

This flush is sometimes repeated every few weeks as part of a seasonal or ongoing wellness plan. Always allow your body time to recover and consult your healthcare provider before repeating.

TIP: For best results, consider completing the **Kidney Cleanse** (p. 13) before beginning the liver flush. Supporting kidney, bladder, and urinary tract function can help promote a smoother cleansing experience..

Note: This is a traditional wellness routine based on historical protocols. It is not intended as medical advice. Always consult your healthcare provider before beginning any intensive cleanse.

➔ Natural, Refreshing, and Cleansing

Many of us are diligent about maintaining clean surroundings and regularly changing the filters in our homes to support a healthy living environment. Yet we often give little thought to cleansing our bodies of the toxins and debris that can accumulate over time.

The liver plays a vital role in digestion, protein production, and detoxification. Working much like a sieve, it continuously filters dead red blood cells, chemicals, microorganisms, drugs, and other waste from the blood—processing approximately three pints every minute, around the clock. Because of this constant workload, the liver can become overwhelmed. Gentle support, such as a simple liver flush, may help clear bile ducts, reduce toxin buildup, and promote optimal liver function.

LIVERGLOW

Support for a Happy Liver

- Supports liver health and energy
- Promotes liver function and well-being
- Enhances vitality and mood

The liver plays a key role in our energy production by breaking down foods into basic components and converting them into glycogen—our body's immediate and stored energy source. Support your liver with this blend of carefully selected herbs such as alfalfa leaf, milk thistle, and dandelion root known for their digestive, gentle cleansing, and nourishing properties. These botanicals work together to stimulate liver function and promote overall vitality, helping to keep this vital organ healthy and energized.

TIP: To enhance results, combine this product with **Blues Buster** and/or **Garlic Caps**.



\$	2 oz. (L3312)	\$24 MSRP	4 oz. (L3314)	\$39 MSRP
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Usage:

3-11 yrs: 1/8 tsp.
12(+) yrs: 1/4 tsp.



Take in water 1-3 times daily, 30 minutes before meals.

*Also available in a mommy-safe formula for nursing and expecting moms. **(next page)**

BLUES BUSTER

Mood Balance Support

- Promote a positive mood
- Enjoy a calm and consistent state of mind
- Non-addictive and non-drowsy



\$	4 oz. (B3104)	\$39 MSRP
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GARLIC CAPS

Heart and Blood Support

- Encourages healthy circulation
- Supports heart wellness
- Aged, odorless garlic with no aftertaste



\$	50 serv. (G8098)	\$19 MSRP
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MOM'S LIVERGLOW

Gentle Liver Support for Moms

- Gentle herbal support for healthy liver function
- Promotes natural energy and vitality
- Nourishes during pregnancy and postpartum

During pregnancy, your liver works hard—filtering up to 4.5 pints of blood every minute. This gentle, nourishing herbal blend is designed to support, cleanse, and stimulate healthy liver function. Start and finish each day feeling energized and balanced. For optimal support, begin use up to two months before conception, if possible.

TIP: Use with **Mom's Stomach Aid** (see below) to maintain healthy digestion.

\$	4 oz. (L3714)	\$39 MSRP
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Usage:

- 0-2 yrs: 5-15 drops
- 3-11 yrs: 1/8 tsp.
- 12(+) yrs: 1/4 tsp.



Take in water 3 times daily, 30 minutes before meals.



MOM'S STOMACH-AID

Digestive Support

- Promote overall comfort during pregnancy
- Support healthy digestion
- Safe for most adults and children



\$	2 oz. (S1302)	\$24 MSRP
\$	4 oz. (S1304)	\$39 MSRP

*Use with caution for children under 2 years of age.



Fresh Ginger Root



BLESSED THISTLE HERB

BLESSED THISTLE HERB (CNICUS BENEDICTUS)

Blessed Thistle Herb is a medicinal herb traditionally used to support digestive health and promote liver function. It is believed to stimulate appetite, relieve indigestion, and help detoxify the liver by encouraging bile production. Additionally, blessed thistle has been used in herbal medicine to reduce inflammation, support immune function, and as a remedy for mild respiratory issues.



*Whole Body & Colon Cleanse

by Natures Pure Body Institute

Support Natural Detox Pathways

- Gentle, natural support for wellness
- Helps the body's normal cleansing processes
- Designed for monthly use as part of your wellness routine

\$	W8050	\$105 MSRP
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Many individuals choose nutritional cleanses as a way to support the body's natural detoxification and elimination processes. The Pure Body Institute's cleanse is thoughtfully designed to provide a gentle, adaptable approach that aligns with your wellness routine.

This program includes **two complementary formulas** that work together to promote internal balance:

- **COLON PROGRAM:** Formulated to support healthy, regular bowel movements.
- **WHOLE BODY PROGRAM:** Crafted to assist the body's natural detoxification pathways.

Since each person responds differently, the cleanse is **flexible and adjustable** to fit your unique needs. For optimal benefit, we recommend following the program for **at least three months**. Each set typically lasts about **one month**, depending on individual usage.

Usage:

Preparation: To help your body ease into the cleanse, it's recommended to **prepare your liver and kidneys first**. A one-week pre-cleanse using **LiverGlow** and **Kidney Support** helps support these key organs before starting the full program.

Directions: Take both formulas twice daily – once before breakfast and once before dinner. **Always take with a large glass of pure water**. Follow a cycle of 6 days on, 1 day off each week.

CLEANSE INSTRUCTIONS —

Starting Dose (Week 1):

- **Colon Program:** 1 tablet, twice daily
- **Whole Body Program:** 3 tablets, twice daily

After 3-4 days, if you don't notice any changes, gradually increase the **Whole Body tablets** to **4-7 tablets twice daily**, based on your comfort level.

Finding Your Balance: If your bowels are not moving at least twice a day, you may slowly increase **Colon tablets** up to **3 tablets twice daily**.

If you experience temporary bloating, headaches, or fatigue (sometimes called

cleansing reactions), **reduce** the number of **Whole Body tablets** and **increase water intake**.

NOTE: Adjust your dosage gradually by increasing or decreasing one tablet at a time. If you experience diarrhea, reduce the number of colon tablets.

TIP: Always rest one day per week from cleansing.

HYDRATION & NUTRITION —

- Drink at least **8 glasses (8 oz each)** of water or fresh juice daily – that's about **½ gallon**.
- Eat clean, whole foods.
TIP: The cleaner your diet, the easier it is for your body to maintain its natural balance.
- Continue taking your regular multivitamins or supplements as needed.

CLEANSING DURATION —

For best results, most people follow the program for **three full months**, using one set of formulas per month (*individual usage may vary*).

continued...

IMPORTANT NOTICE: This program is **not recommended for individuals who are pregnant, nursing, or under the age of 12.**

If you experience sensitivity or discomfort during use—such as bloating, fatigue, or other signs of a cleansing response—simply **reduce your dosage or maintain your current level** until symptoms ease. Always listen to your body and adjust gradually as needed.

**This formula contains no yeast, soy, sugars, starch, colorings, dyes, or artificial flavorings.*

Did You Know?

Daily exposure to food, water, and air pollutants can lead to buildup in the body. Periodic cleansing supports your natural detox pathways and overall wellness.

Whole Body & Colon Cleanse: Frequently Asked Questions

Why Is a 3-Month Cleanse Recommended?

Cleansing is not a quick fix. Toxins can accumulate in the body over many years, and your system can only eliminate waste at its own natural pace. A three-month program gives your body time to gradually release and process these stored impurities for more complete support.

Can I Cleanse for Just One Month?

Yes, a shorter cleanse can still offer benefits. However, when waste is stirred up but not fully eliminated, the body may reabsorb some of it. A full three-month cycle allows time for more thorough elimination.

Who Should Avoid This Cleanse?

The cleanse is not recommended for:

- Children under 12
- Pregnant or nursing individuals
- Those recovering from surgery
- Anyone who is very weak, deficient, or managing a medical condition

**If you have health concerns, consult your healthcare provider before starting any new program.*

What If I'm a Smoker?

Smokers may be more sensitive to cleansing and may need to begin with a reduced dosage. Adjust as needed based on your body's response.

Does This Cleanse Remove Intestinal Dwellers?

The **Whole Body & Colon Cleanse (WBCC)** does not contain herbs specifically formulated to address intestinal dwellers. Consider pairing it with a product like **Para-Rid or ClarkFx**.

Why Do a Follow-Up Cleanse?

Toxins can build up again over time due to diet, environment, and lifestyle. A periodic cleanse helps maintain balance and supports long-term wellness.

- **Maintenance Suggestions:** Cleanse for 1 week (6 days) each month OR cleanse for 1 full month every 3-4 months. A full cleanse every 2-3 years is also beneficial.

Do I Need a Cleanse?

You may benefit from a cleanse if you experience any of the following:

- Fewer than one bowel movement per meal
- Carrying excess weight
- Fatigue or sluggishness
- Food cravings, especially sugar or bread
- Skin breakouts or body odor
- Digestive issues or bad breath
- Low physical activity
- Dependence on caffeine
- Never having done a full-body cleanse (especially if over 20 years old)

Total Yeast Detox

Cleanse. Flush. Rebuild

HELPS MAINTAIN A
HEALTHY MICROBIAL
BALANCE

SUPPORTS THE
GROWTH OF
BENEFICIAL GUT
BACTERIA

TIP: Enhance
your intestinal
cleansing by
adding **Para-
Rid**. See p. 3.



ENCOURAGES A
HEALTHY INTERNAL
ENVIRONMENT

PROMOTES
REGULARITY
AND DIGESTIVE
COMFORT

AIDS THE
BODY'S NATURAL
DETOXIFICATION
PROCESSES

Usage: Adults

MONTH 1

Weeks 1-4: Activated Charcoal Flush: Take 4 capsules twice daily, or 8 capsules once daily before bed if taking a morning prescription. Use daily for one month, or as recommended by your healthcare provider.

Weeks 1-2: Take 1/4 teaspoon of Yeast X Step 1 in water, 1 to 3 times daily, or as directed by your healthcare provider.

Weeks 3-4: Take 1/4 teaspoon of Yeast X Step 2 in water, 1 to 3 times daily, or as directed.

MONTH 2

Take 2 capsules of **Herbal Flora Probiotic** daily, 20-30 minutes before a meal or snack, with 6-8 oz. of juice or purified water, or as directed by your healthcare provider.

MONTH 3

Take 2 capsules of **Herbal Flora Probiotic** daily, 20-30 minutes before a meal or snack, with 6-8 oz. of juice or purified water, or as directed by your healthcare provider.

A Natural, Three-pronged Approach to Internal Balance

- **Step 1 & 2 - Microbial Balance Support with Yeast X Step 1 & 2 (p. 17)**
This phase features two thoughtfully formulated herbal blends designed to support a balanced internal environment. Rotating between the two may help maintain microbial diversity and assist the body's natural defenses in managing occasional shifts in gut flora.
- **Step 3 - Detoxification Support with Activated Charcoal Flush (p. 8)**
As the body works to eliminate unwanted compounds, it's important to support natural cleansing pathways. This formula includes ingredients traditionally used to assist with the binding and flushing of metabolic byproducts, helping to promote comfort and overall well-being during the detox process.
- **Step 4 - Gut Flora Replenishment with Herbal Flora Probiotic (p. 9)**
A healthy gut thrives on beneficial bacteria. This step features a probiotic blend with soil-based organisms, plus botanical prebiotics like bee pollen, chicory, and burdock root—known to support a balanced gut microbiome and soothe the digestive tract.

\$

PKG6017

\$124 MSRP

CAUTION: Not recommended for children under 6 years of age, or for individuals who are pregnant or nursing, unless directed by a healthcare professional.

YEAST X:

STEP 1 & 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.

Expecting or nursing moms and infants and children under 12: Try **Olive Leaf (p. 4)**.

Enhance your intestinal cleansing by adding **Para-Rid (p. 3)**.

TIP: As with any cleanse, consider taking probiotics during and after. See **Herbal Flora Probiotic (p. 9)**, or the **Total Yeast Detox (previous page)**.

MOUNTAIN MEADOW HERBS YEAST X IS 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 \$29

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, 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 \$29



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.

Nature Grows It. We Bottle It.

★★★★★

"I'm getting good results with the Yeast X 1 & 2 and hope to do the Adrenal Aid in a few months. As long as Mountain Meadow Herbs exists, you'll find me as one of your satisfied and happy customers."
- Linda L.



PAU D'ARCO TREE

NATURAL SUPPORT FOR FERTILITY

from our Master Herbalist, Tracy Sweder

Many of the phone calls and letters we receive every day are from men and women with questions on fertility that are raised when they are trying to start or expand their family.

There are several steps couples can take to naturally support their fertility. These can be categorized into three main areas:

1. **Cleanse and Tone**
2. **Balance and Regulate**
3. **Support and Enhance**

CLEANSE AND TONE

Our liver is responsible for sorting through everything we take into our body. It doesn't matter if we breathe it in, put it on our skin, or swallow it down. If it goes into our body, our liver sorts it and determines what to do with it. That can be a LOT of work! When our liver is feeling overwhelmed with the amount of things coming at it every day, it may take those toxins it is finding and bundle them into a fat cell to store and deal with later when it's having a slower day. The problem is, for many people that slower day doesn't happen. We then end up carrying around toxins that can be the root cause of many varying health concerns, including concerns in reproductive health.

- We typically suggest starting with **Whole Body and Colon Program (p. 14-15)** for both partners. This is a gentle 3 month cleanse to help support the body's eliminatory pathways (liver, intestines, colon, kidneys) while also gently nudging toxins out of storage in the body and off to the liver to be processed for elimination.
- In the second month of that cleanse, we suggest adding **Para-Rid (p. 3)** to your cleansing regimen as intestinal dwellers are thought to contribute to infertility, and they are an unnecessary burden to your immune system.
- Once you have completed the 3 month regimen, we suggest addressing areas of discomfort:

1. **Yeast overgrowth** has been found to be a root cause for a wide variety of health concerns. From the typical yeast infection we women dread, to dandruff or yellowed toenails, the symptoms yeast can cause are quite varied. We would suggest supporting healthy yeast levels with our **Total Yeast Detox Package (p. 16)** for both partners as yeast is thought to be shared during intimacy. If you find you are expecting in the first 4 weeks of using this detox, you will want to switch to **Olive Leaf Extract (p. 4)** and not take the **Activated Charcoal Flush (p. 8)**. The **Herbal Flora Probiotic (p. 9)** is considered safe during pregnancy.
2. **For Women**, many who have uncomfortable cycles have found **Reproductive Tone & Cleanse (see next page)** formula to be one of their favorite cleanses as it helps to cleanse and tone the female reproductive system. We suggest this cleanse for 3-6 months for most women. It can be alternated with our **Hormone Balance Formula** (discussed in Balance and Regulate below) as well. For some women this formula seems to be what is needed and they find out they are expecting before they have finished their regimen. If this happens for you, we suggest stopping **Reproductive Tone & Cleanse** formula as soon as you learn you are expecting.

REPRODUCTIVE TONE & CLEANSE

Female Health Support

- Support overall reproductive health and wellness
- Promote comfort during your menstrual cycle
- Formulated for easy absorption and fast-acting support

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.

NOTE: If using in combination with **Hormone Balance Formula (HBF; p. 20)**, begin HBF on the first day of your menstrual cycle and use for two weeks. Then transition to **Reproductive Tone & Cleanse (RT&C)** for the following two weeks. Continue alternating between the two formulas every two weeks thereafter, regardless of cycle timing. For general use, products may be used for 3-6 months.

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

Supplement Facts

Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Dong Quai root, Wild Yam 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:
12+ yrs: Take 1/4 tsp. in water 1-3 times daily.

CAN be taken with **Progesta-Yam** (see below).

CAUTION: Do not use **Reproductive Tone and Cleanse** if you have high or low blood pressure; impaired kidney, liver, or heart function; are pregnant; or are taking anticoagulant medications or vitamin K inhibitors (e.g., warfarin).



*I started taking **Reproductive Tone & Cleanse with Hormone Balance Formula** to normalize my cycle and balance my hormones. After taking it for 3 months I was on a very strict schedule. I knew exactly when my cycle would start each month. I use the Calendar Method for birth control and these two products allow me to do that!*
 - Tenaya B.

PROGESTA-YAM CREAM

Herbal Balance Cream

- Natural ingredient formulation
- Promote hormonal balance



\$	4 oz. (PY8001)	\$41 MSRP
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Evening Primrose Oil

BALANCE AND REGULATE

Many don't realize it, but our endocrine system is a series of chain reactions. One gland reads how much of a particular hormone another gland has put into the blood stream, and that tells it what job it needs to do next. When our endocrine system is working well, it is a chain reaction of great things happening! But when one piece of the puzzle is not working so well, it can cause a downward spiral of imbalanced hormones.

- Men and women experiencing that late afternoon or early morning slump and/or finding they don't handle stress as well as they used to find **Adrenal-Aid** to be a welcome support. For a positive, overall hormone change in both men and women, it is essential to normalize adrenal activity. Should you become pregnant while using **Adrenal-Aid**, you can switch to **Mom's Adrenal-Aid (formerly Adrenal-Aid II)** which was designed for the expectant and nursing mom.
- A possible cause of fatigue, weight gain, hair loss, and dry skin for men or women can be low levels of thyroid hormones in the blood. **Women's Thyroid Care** helps support the thyroid gland in maintaining optimal levels of thyroid hormones.
- Women who are experiencing irregular cycles may benefit from **Hormone Balance Formula**. The herbs in this formula specifically target reproductive hormones to help support regular cycles. When our reproductive hormones are balanced, our chances of conceiving are more strongly supported.



HORMONE BALANCE FORMULA

Natural Support for Women

- Support hormonal health
- Promote balanced cycles
- Support healthier-looking skin

This formula is a traditional blend of harmonizing herbs used to support normal hormone balance. Suitable for teenage girls, new mothers, and women of all ages, it is designed to help maintain healthy reproductive hormone balance, which may support regular cycles, emotional well-being throughout the month, and clear-looking skin.

CAUTION: Do not use if pregnant. If you are nursing, under the age of 12, have a medical condition or are taking a prescription, consult your healthcare provider before using this product.

Supplement Facts	
Serving Size:	1/4 tsp
Servings Per Container:	96
Per Serving	%DV
Proprietary Blend	1.25 mL †
Chaste Tree berry, Wild Yam root, Sarsaparilla root, Blessed Thistle herb, Ginger root, Partridge Berry herb, Licorice root	
† 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:
12+ yrs: Take 1/4 tsp. in water 1-3 times daily.

Not suggested for use with **Progesta-Yam**.



ADRENAL-AID

Adrenal Support

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



2 oz.	A1002	\$24 MSRP
4 oz.	A1004	\$39 MSRP



MOM'S ADRENAL-AID

Adrenal Support

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



2 oz.	A3002	\$24 MSRP
4 oz.	A3004	\$39 MSRP



WOMEN'S THYROID CARE

Thyroid Gland Support

- Support healthy stress levels
- Encourage optimal metabolism
- Maintain energy levels



\$	30 serv. (WT9220)	\$35 MSRP
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SUPPORT AND ENHANCE

Once we have cleansed our body and balanced our hormones, the next step is to support the body's ability to stay balanced and gently enhance our body's natural fertility.

WOMEN:

- For women who have regular cycles, **Fruitful Vine** may be used to enhance fertility. Women may also add **Vitamin C** to their Fruitful Vine regimen as there is evidence this vitamin may support ovulation. We suggest on Days 1-12 of your cycle taking 7,000 - 10,000 mg per day divided into 3 doses and dropping down on days 13-28 to only 3,000 - 5,000 mg per day divided into 3 doses.

Once you have become pregnant, you would stop the Vitamin C regimen, and wean yourself off of Fruitful Vine by dropping the dosage slowly over the course of a week.

Example: Drop down to 1 dropperful 3 times daily for 2 days, then 2 times daily for 2 days, then 1 time daily for 2 days, and then stop taking it altogether.

- Some women find they still need additional support for optimal levels of progesterone. We offer **Progesta-Yam Cream (p.19)** for these situations. Dr. John R Lee, MD suggests that 20-30mg daily can go a long way in bringing balance, improving low libido, and easing the symptoms of menopause.

Should you become pregnant while using Progesta-Yam Cream, you can continue to use it without taking a day off for 3-5 months. After 3-5 months you would start to taper off of the cream and you want to have stopped using it altogether by month 7.

- Another option for supporting desire in women is **Her Response (formerly Eden's Response)**. If this is an area you struggle with, you may find the balancing and stimulating herbal tonic to bring natural relaxation and relief.



FRUITFUL VINE
Women's Fertility Support

- Support hormonal balance
- Promotes a healthy stress response
- Natural, non-invasive



4 oz. F1024 \$39 MSRP



HER RESPONSE
Natural Libido Support

- Encourage relaxation
- Support general wellness
- Promote healthy female function



4 oz. E4204 \$39 MSRP

MEN:

- For men who want to support the production, quality and quantity of sperm, we would suggest giving **Legacy Herbs** a try. For best results it is suggested to be used for 3 months because the body takes over 70 days to produce and mature sperm.
- We also have an option for men who are experiencing lower desire than they would prefer. **Men's Herbal-Up (formerly ProGentor VI)** was formulated in response to customer requests to support male desire, sustained ability and natural performance.
- For men who find themselves waking up at night to use the bathroom, a little support for the prostate gland may be beneficial. Try our **Herbal Prostate+ (formerly Protract 10)** which has become popular among senior men.

BOTH PARTNERS:

- A quality multivitamin can play a supportive role in overall reproductive wellness for both men and women. We offer **Herbal Vita-Mom** for women who are planning for pregnancy, are pregnant, or nursing, as well as our **Women's Advanced Multivitamin** for daily nutritional support. For men, our **Men's Advanced Multivitamin (formerly EveryMan)** is thoughtfully formulated to support overall health, including key nutrients important for male reproductive wellness.



LEGACY HERBS
Men's Fertility Support

- Partner to Fruitful Vine
- Help maintain natural bodily functions
- Promote energy and vitality



4 oz. L3124 \$39 MSRP



MEN'S HERBAL-UP
Natural Male Support

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



4 oz. P3154 \$39 MSRP



HERBAL PROSTATE+
Prostate Health Support

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



4 oz. P3264 \$39 MSRP



MEN'S ADVANCED MULTIVITAMIN

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



36 serv. E8094 \$49 MSRP



60 serv. VM9060 \$39

SUGGESTED USE:

Take 2 softgels daily, preferably with meals unless otherwise directed. If you plan to take either of our **Gentle Birth formulas**, avoid adding any additional Red Raspberry leaf supplements or tinctures.

HERBAL VITA-MOM PRENATAL Prenatal Vitamin

- Blended vitamins and minerals to support overall pregnancy health
- Digestive-friendly herbs
- Provide essential support for mom and baby during pregnancy

Herbal Vita-Mom provides essential vitamins and minerals to support your overall health before and during pregnancy. It includes folic acid, a key B vitamin that supports normal cell growth and development.

Folic acid is widely recommended when planning a pregnancy, as it plays a role in early fetal health. For optimal support, we suggest starting your prenatal vitamin regimen at least one month before trying to conceive, as the early weeks of pregnancy are crucial for baby's development.

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

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	56%
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 (as 5-MTHF, Calcium Salt) 800 mcg	200%
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) 16 mg	67%
Iodine (as Potassium Iodide) 150 mcg	32%
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).

"These vitamins have an amazing number of ingredients—just about everything I need! They help me cut down on other supplements, are easy to swallow, and I feel confident they'll give my body the boost it needs. A bit of an investment, but truly priceless for the quality. I'd recommend them to anyone looking for a comprehensive supplement!"

- C. Melton



WOMEN'S ADVANCED Multivitamin

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



36 serv. E8095 \$49 MSRP



Saffron Flower (Crocus sativus)

VITEX
(CHASTETREE)

Nature Grows It. We Bottle It.

Experience the Caring!

1019 Hard Rock Road
Somers, MT 59932

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discounts have been applied**

*** Shipping price is subject to change.*

