

Natural Health Solutions You Can Trust!

~ Since 2001~



PRODUCT CATALOG

2020



Welcome to

Mountain Meadow Herbs®

Home to carefully researched, safe, and highly-effective herbal extracts that work.

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 Somers, Montana, fresh, pure extracts of individual herbs are made daily and combined into more than 40 proprietary blends or formulas targeting and supporting specific organs and body systems.

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

From mineral support with Herbal Calcium and Herbal Iron, to immune-boosting and specific organ support, our products offer effective natural healing 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 can trust .

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"As a midwife, I require the best, most consistent results for my patients. I trust Mountain Meadow Herbs to provide this quality and consistency for my family and my patients." - Birthwise Midwifery



"Having been in the natural health field for 11 years now, I've tried many different herbal supplements from so many companies. Mountain Meadow Herbs has the VERY BEST, most potent, most effective tinctures on the market." - Ashlee J.

3 ways to order



1.888.528.8615

All major credit cards accepted
or check by phone



www.mmherbs.com

All major credit cards accepted



**Send your order
and cash or check to:**

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

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Our Mountain Meadow Kids line of herbal products provide an enjoyable, effective solution for some of the most common health needs your children have. Now flavored with naturally sweet extracts, our kid-friendly herbal offerings are better than ever!

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SINGLE EXTRACTS

With over 45 herbal formulas, we must first create fresh, pure extracts of the individual herbs. This means that our list of single-herb extracts is long and ever-growing. For those of you interested in blending your own formulas, this category is for you! If you don't see what you're looking for, please contact us as we have over 150 herbs that we create extracts for and can make available to you.

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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.

LEGEND OF ICONS



Safe for expecting moms



Safe for nursing moms



Safe for toddlers (Ages 3-5)



Safe for infants



Not safe for expecting moms



Not safe for nursing moms



Not safe for toddlers (Ages 3-5)



Not safe for infants

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



Other Vendor Products (do not qualify for any discounts)

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



Para-Rid

Effective Internal Cleanse

- Effective liquid formula
- Remove intestinal dwellers
- 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.

Servings/container:

2 oz. - 24 | 4 oz. - 48

Extracts from: Green Rooibos Tea leaf, Quassia bark, Gentian root, Green Black Walnut hull, Sweet Wormwood herb, Clove, Catnip leaf and flower, Elecampane root, Ginger root, Fennel seed, Olive leaf, Peppermint oil.

Other Ingredients:

Vegetable glycerin, distilled water, Vitamin C, and approx. 10% organic grain alcohol.

Sugg. Use:

See chart at left

[Additional info on page 79.](#)



2 oz. **P2102 \$19**

4 oz. **P2104 \$35**

Not safe for horses.

(due to the Sweet Wormwood)



"The Para-Rid has helped our family with general health; specifically night-time teeth grinding, dark circles under the eyes, and itchiness."

- Lydia A.

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

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

[Additional info on page 79.](#)

For additional para-cleansing options, see ClarkFx on page 15, and Olive Leaf on page 61.

TIP: For best results, start 2 days before a full moon.

Nursing or Expecting Moms or Children under 2: Use Olive Leaf. See page 61.

Are you paying too much?

As awareness grows, new products appear on the market to help cleanse your body. Some, no doubt, are very good. However, there are also many diluted formulas with high alcohol content offered at low prices but really **cost more due to the amount that you have to take.**

The cost of cleansing the average size family with Para-Rid is \$89, versus diluted products at an average cost of \$144.00. Give your family the benefit of one of the most powerful, effective liquid cleanses available.



Horsetail herb

Serving Size: 1/4 tsp
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Proprietary Blend of Extracts from: Stinging Nettle leaf, Horsetail herb, Oatstraw herb, Cornsilk herb, Chamomile herb, Skullcap herb.

Other Ingredients: Vegetable glycerin and distilled water.

Sugg. Use:

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

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

[Additional info on page 77.](#)



2 oz. [H2032](#) \$19

4 oz. [H2034](#) \$35



"I have been using products from Mountain Meadow Herbs for many years, and always with wonderful results. Herbal Calcium has been a lifesaver during the years of teething babies and toddlers, and we still use it for our daily dose of calcium."

- Jennifer P.

Herbal Calcium

Plant-based Calcium Support

- Teeth and bone support
- Calming support during times of 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.



Can be safely taken with another calcium supplement to aid absorption.

Why liquid extracts?

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

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



Herbal Respiratory Respiratory System Support

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

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

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

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

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



Serving Size: 1/4 tsp
Servings/container:
2 oz. - 48 | 4 oz. - 96
Extracts from: Anise seed, European Elderflower, Elicampagne root, Thyme leaf, Stinging Nettle leaf, Licorice root, Bayberry bark.

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

Sugg. Use:
0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

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

[Additional info on page 78.](#)



2 oz. H2052 \$19

4 oz. H2054 \$35



First Immune Defense Immune System Support

- Boost immune system
- Herbs for year-round support
- Be prepared when your body needs it

Be prepared to attack the cause at the first sign of your immune system needing a boost. 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.

Serving Size: 1/4 tsp
Servings/container:
2 oz. - 48 | 4 oz. - 96
Extracts from: Stinging Nettle leaf, Olive leaf, Barberry root bark, Oregon Grape root.

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

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

[Additional info on page 76.](#)



2 oz. W2152 \$19

4 oz. W2154 \$35

Serving Size: 1/4 tsp
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: European
 Elderberries, Propolis resin,
 Echinacea Angustifolia
 root, Echinacea Purpurea
 herb.

Other Ingredients:

Vegetable glycerin and
 distilled water.

Sugg. Use:

0-2 yrs: 5-10 drops.

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

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

[Additional info on page 76.](#)



2 oz. I4002 \$19

4 oz. I4004 \$35



*"The first Mountain
 Meadow Herbs
 product I tried
 was the Family
 Immune-Booster.
 I used it through
 the winter months
 and I cannot talk
 more highly of this
 product. It did just
 what it is supposed
 to do—support your
 immune system
 during the rough of
 the winter." - Julie*

Family Immune-Booster

Immune Support for the Whole Family

- Supports a healthy immune system
- Pleasant tasting, alcohol-free
- For the whole family

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. One day off a week will help avoid developing an immunity to the herbs.

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.



**with European
Elderberries!**



Elderberries



Weight Control Formula

Making Your Ideal Weight Attainable

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

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

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

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

Nursing Moms:

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

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

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



Use with the **Protein Shake** and **Weight Control Caps** for additional support.

See page 36-372 for complete information.

Serving Size: 1/2 tsp

Servings/container:

2 oz. - 24 | 4 oz. - 48

Extracts from: Pomegranate leaf, Evodia fruit, Garcinia and/or Kokum fruit, Cha-de-bugre herb, Fresh Ginger root, Guggul Gum resin, Horsetail herb, Cornsilk herb.

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

Sugg. Use:

See Chart at left

[Additional info on page 81.](#)



2 oz. [W2332](#) \$19

4 oz. [W2332](#) \$35



“Weight Control Formula really does help me to control my appetite. I find myself eating less at meals when I take it as directed.”
- Anne C.

Cornsilk herb

Serving Size: 1/4 tsp
Servings/container:
 2 oz. - 48 | 4 oz. - 96

Extracts from:
 Ashwagandha root,
 Codonopsis root, Astragalus,
 Fo-Ti root, Wild Yam root,
 Devil's Club root bark,
 Eleuthero root.

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

Sugg. Use:
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.
 1-3 times daily.

[Additional info on page 74.](#)



2 oz. **A1002** \$19
 4 oz. **A1004** \$35

Adrenal Aid

(Formerly Adren-L-Aid)

Adrenal Support

- Increase ability to handle stress
- Lessen fatigue
- Maintain optimal energy levels

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

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

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



Serving Size: 1/4 tsp
Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: 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.

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

Sugg. Use:
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp. 1-3 times
 daily. Take 30 minutes before
 meals.

[Additional info on page 79.](#)



2 oz. **L3312** \$19
 4 oz. **L3314** \$35

LiverGlow

For a Happy Liver

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

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

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

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





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 and easy on the stomach, making it ideal for the whole family.

Serving Size: 1/4 tsp

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Stinging Nettle leaf, Dandelion root, Yellow Dock root.

Other Ingredients:

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

Sugg. Use:

0-2 yrs: 5-10 drops.

2-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

1-3 times daily.

[Additional info on page 78.](#)



2 oz. [H2062](#) \$19

4 oz. [H2064](#) \$35



Herbal Thyroid Care

Thyroid Support

- Rich in herbal iodine sources
- Helps relieve stress
- Balances emotions

This palatable capsule is rich in herbal iodine sources for optimal thyroid health. The inclusion of Ashwaghandha and Passionflower positively effects your emotions and nerves.

Contains cayenne to help improve digestion and absorption.

Serving Size: 2 Capsules

Servings/container: 60

Extracts from: Rhodiola, Black Walnut hull powder, Irish Moss, Kelp, Ashwagandha root, Cayenne fruit, Parsley leaf, Passion Flower.

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

[Additional info on page 78.](#)



120 caps. [HT8120](#) \$26

Made with Mountain Meadow Herbs

NOTE: Use for under-active thyroid support.

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

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



St. John's Wort herb

Serving Size: 1/4 tsp
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: Passion-
 flower leaf, Eleuthero root,
 Hops flower, St. John's Wort
 herb, Catnip leaf and flower,
 Skullcap herb.
Other Ingredients: Vegeta-
 ble glycerin, distilled water,
 and approx. 5% organic
 grain alcohol.
Sugg. Use: 1/4 tsp. in water
 1-3 times daily or 1/4 tsp. 1/2
 hour before bedtime.
Additional info on page 81.



2 oz. S2142 \$19
 4 oz. S2144 \$35

★★★★★
*"Stress & Sleep is
 really helpful for a
 good nights sleep.
 My husband is a
 restless sleeper and
 since trying this
 herbal combination,
 he's feeling more
 rested. Thanks
 for your great
 products!"*
 - Marlena S.

Stress & Sleep Relax Naturally

- Calming herbs help you stay relaxed
- Fall asleep faster
- 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 relax and fall asleep when bedtime arrives. You'll enjoy a good night of restful sleep without next day drowsiness.



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

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.



made
with **D³**

SunshineDrops Vegan Vitamin D3 Support

- Support strong, healthy bones
- Enhance immune system and better moods
- 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.

SunshineDrops 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.

Serving Size: 1 mL
Servings/container: 60 mL/2 oz. - 60
Contains: Vitamin D3 (Cholecalciferol) 62.5 mcg (2500 IU).
Other Ingredients: Medium Chain Triglycerides (Vegetable MCT), Natural Vitamin E (d-alpha Tocopherol from Sunflower).
Sugg. Use: 1 mL daily (marked on the dropper), with food or as directed by your health care professional or pharmacist. Vitamin D3 is safe for all ages and nursing or expecting mothers. We suggest consulting your health care provider for dosing information.
[Additional info on page 81.](#)



2 oz. **\$2022 \$19**



Also available as
a liquid extract.
See page 61

Milk Thistle Standardized Liver Support

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

For those who prefer a capsule over a liquid, Milk Thistle is a great alternative to LiverGlow, providing support to the liver and immune system.

For prenatal purposes, begin use at least two months before conception and increase dosage when a pregnancy is confirmed for optimal liver function.

Serving Size: 1 Capsules
Servings/container: 120
Contains: Organically grown milk thistle seed 300 mg.
Other Ingredients: Hypromellose (veggie caps).
Sugg. Use:: Take 1 capsule daily, unless otherwise directed.
[Additional info on page 79.](#)



NEW SIZE
 120 ct. **M9120 \$22**



*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.

Serving Size: 20 drops

Servings/container:

2 oz. - 150 | 4 oz. - 300

Extracts from: Green Black Walnut hull, Clove, Wormwood herb, Green Rooibos Tea leaf.

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

Sugg. Use:

See Chart at right.

[Additional info on page 75.](#)



2 oz. [C3092](#) \$19

4 oz. [C3094](#) \$35



"After taking ClarkFx I've noticed that my belly doesn't rumble at night. I don't have an uncontrollable desire to eat sweets and I just feel better in general."

- Monica R.

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 two-week regimens. Also an effective yeast cleanse.



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.						

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

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 32.

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

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



Yeast X: Step 1 and Step 2 Beneficial Micro Flora Support

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

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

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

Beneficial for both men and women.

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

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

TIP: As with any cleanse, consider taking probiotics during and after. See Herbal Flora Plus on page 20, or the Total Yeast Detox on page 17.

Yeast X Step 1

Serving Size: 1/4 tsp

Servings/container:

2 oz. - 48

Extracts from: Pau d'Arco bark, Cat's Claw bark, Marshmallow root, Chamomile flower, Licorice root, Ginger root, Black Cumin seed, Oregano leaf. **Other**

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

2 oz. **Y2112 \$19**

Yeast X Step 2

Serving Size: 1/4 tsp

Servings/container:

2 oz. - 48

Extracts from: Barberry root bark, Ginger root, Cayenne fruit, Oregon Grape root, Propolis resin, Grape seed, Neem leaf. **Other**

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

2 oz. **Y2122 \$19**

Sugg. Use: 1/4 tsp. in water 1-3 times daily. For best results alternate Yeast X Step 1 and Yeast X Step 2 every 2 weeks. [Additional info on page 81.](#)



BUY TOGETHER

2 oz. Yeast X Step 1

2 oz. Yeast X Step 2

PKG12 \$35

Cayenne fruit





Neem leaf

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

Yeast X Step 1

See page 16 for product listing, including ingredients.

Yeast X Step 2

See page 16 for product listing, including ingredients.

Candida Flush:

See page 30 for product listing, including ingredients.

Herbal Flora Plus:

See page 20 for product listing, including ingredients.

Sugg. Use:

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

Month 2: Take 2 [Herbal Flora Plus](#) capsules every day.

Month 3: Take 2 [Herbal Flora Plus](#) capsules every day.

[Additional info on page 82.](#)



3-Month Program
PKG6017 \$97

Total Yeast Detox

Cleanse, Flush, Rebuild

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

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

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

Capture and flush out the overgrowth die-off quickly: 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 that they contain. According to some sources, up to 79 toxins are released including ethanol, uric acid, and acetaldehyde.

Feed the beneficial bacteria: 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.



These products are also sold separately. See page 31 for Candida Flush, page 16 for Yeast X (Step 1 and 2), and page 20 for Herbal Flora Plus.

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 environment we live in; unnatural additives in the food we eat, the polluted air we breathe, the water we drink, and even the often-contaminated dirt we walk on.

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

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

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

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

Cilantro herb

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

Detox Fiber Blend: Psyllium husks, Marshmallow root, Peppermint leaf, Parsley leaf, Guar Gum, Fructooligosaccharides.

Amino Acid Cleanse:
Glutathione 25 mg,
Methionine 100 mg, Selenium 35 mcg, Vitamin B1 25 mcg, Kelp 100 mg.

Herbal Heavy Metal Flush - Extracts from: Cilantro, Turmeric root, Quassia wood chips, Dandelion root, Green Rooibos Tea, Gentian root, Fresh Ginger root, Burdock root.

Citrus Pectin: Modified Citrus Pectin 15000 mg.

Sugg. Use: Take all four products, as indicated below, daily for 14 days.

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

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

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

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

[Additional info on page 82.](#)



2-Week Program
CM8222 \$77

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

Made with Mountain Meadow Herbs

Whole Body Program

Serving Size: 3 tablets

Servings/container: 100

Sugg. Use:

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

Colon Program

Serving Size: 1-3 tablets

Servings/container:

30 (at max dose)

Sugg. Use:

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



Whole Body Program

W8051 \$62.95

Colon Program

C8053 \$25.95

Program Set

W8050 \$76.95



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 \$38.95**



Whole Body & Colon Program

(by Pure Body Institute)

Rated #1 by *Natural Health Magazine*

- Gentle cleansing
- Rejuvenate body's basic processes

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

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

TIP: Consider doing a complete cleanse by adding Para-Rid (pg 6) or ClarkFx (pg 15) after completing your first month of the Whole Body & Colon Program.



Does not ship to California.

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

Bilberry fruit and leaf



**Prebiotics
+ Probiotics**



*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.

Herbal Flora Plus Beyond Probiotics

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

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

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

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

Serving Size: 2 Capsules
Servings/container: 120 ct. - 60 | 240 ct. - 120
Contains: 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.

Other ingredients: Humic/ Fulvic Acids, Bilberry leaf, Ginger root/rhizome, Milk Thistle seed, Cilantro leaf, Bee pollen, Chicory root, Burdock root, Hypromellose (veggie caps).

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

[Additional info on page 77.](#)



120 ct. **HF120 \$38**
240 ct. **HF240 \$69**

Made with



Gentle Lax 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.

Serving Size: 2 Capsules
Servings/container: 30
Contains: Aloe Vera, Gotu Kola, Dandelion leaf, Lactobacillus multi-strain.
Other Ingredients: Hypromellose (veggie caps).

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

[Additional info on page 77.](#)



60ct. **GL8060 \$29**

Made with

Serving Size: 1/2 tsp

Servings/container:

2 oz. - 24 | 4 oz. - 48

Extracts from: Bilberry fruit, Grape seed, Ginkgo Biloba leaf, Hawthorn berry, Propolis resin, Eleuthero root, Eyebright herb, Schisandra berry, Gentian root, Ginger root, Turmeric root.

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

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

[Additional info on page 76.](#)



2 oz. E4702 \$19

4 oz. E4704 \$35



"I've noticed fewer floaters in my vision since I started using Eye-Can-C"

- Loma W.

Eye-Can-C

Vision Support

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

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

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

TIP: Try the Vision Support package on page 65.



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

Healthy, Golden Years

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

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 avoid becoming one of the sad statistics.

A healthy diet and regular exercise are key. 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 healthy life plan for both men and women.

Relief for sleepless nights can be found in nature's gifts. Herbs can be used to ease aching joints and to support the clear, crisp central vision needed for reading and driving.



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.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Feverfew herb, Passionflower leaf, Ginkgo Biloba leaf, Ginger root. **Other Ingredients:** vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

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

[Additional info on page 77.](#)



2 oz. H2222 \$19

4 oz. H2224 \$35



Herbal Focus

Mental Power

- Support memory
- Enhance concentration
- May increase brain capacity and longevity

Herbal Focus is food for your brain! Perfect for seniors and students preparing for exams.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Eleuthero root, Ginkgo Biloba leaf, Gotu Kola herb, Bacopa herb. **Other Ingredients:** vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

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

[Additional info on page 78.](#)



2 oz. H2172 \$19

4 oz. H2174 \$35

*Use caution when expecting.



Relaxing Formula

Concentrated Tea Extract

- Relax and unwind
- Ease end-of-day stress buildup
- Enjoy as a hot or cold beverage

Formerly sold as Relaxing Tea, a loose-leaf tea blend, our new liquid Relaxing Formula provides the same benefits as the tea, but in an easy-to-take liquid extract. This calming blend of herbs is perfect in the evening to help unwind for a peaceful night.

Serving Size: 1/2 tsp.

(1/2 tsp. = 4 droppers)

Servings/container:

2 oz. - 24 | 4 oz. - 48

Extracts from: Chamomile flower, Passionflower leaf, Skullcap herb, Spearmint leaf, Catnip leaf and flower, Oatstraw herb, Peppermint leaf, Lemon Balm leaf.

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

Sugg. Use: 1/2 tsp. in the evening.



2 oz. R4032 \$19

4 oz. R4034 \$35

TIP: With our Concentrated Tea Extracts there is no need to steep.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Valerian root,
Hops flower, Skullcap herb,
Passionflower leaf.

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

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

[Additional info on page 74.](#)



2 oz. **B2232** \$19

4 oz. **B2234** \$35

Bed-Time Drops Nighttime Knockout

- Ease into slumber
- Stay asleep all night
- No next-day drowsiness

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

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



Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Contains: Melatonin 3 mg.

Extracts from: Valerian root,
Hops flower, Skullcap herb,
Passionflower leaf.

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

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

As needed for occasional

support.

[Additional info on page 74.](#)



2 oz. **BM4422** \$19

4 oz. **BM4424** \$35

Bed-Time Drops with Melatonin Nighttime Knockout

- With 3 mg of Melatonin
- Fall asleep fast
- 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**

Natural vs. Synthetic Melatonin

There are two type of supplemental melatonin: Natural and synthetic. Natural melatonin is made from the pineal gland of animals. This form could be contaminated with a virus and is not recommended for safe use. Our product contains a synthetic form of melatonin that is produced in a laboratory and does not carry this risk, so it is safer to use. Additionally, synthetic melatonin is more uniform and can be specifically measured to the right dose.



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!

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: 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.

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

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

[Additional info on page 76.](#)



2 oz. **T5002** \$19

4 oz. **T5004** \$35



Active Joint & Muscle Musculoskeletal Support

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

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

TIP: Use our liquid Joint & Muscle Formula as an effective daily support and Active Joint & Muscle during periods of over-exertion.

Serving Size: 2 caps

Servings/container:

120 ct. - 60

Extracts from: Stinging Nettle leaf, Garlic bulb, Horsetail, Celery seed, Turmeric root

Other Ingredients: Hypromellose (veggie caps).

Sugg. Use:

12+ yrs: Take 2 capsules twice daily.



120 caps **JM9120** \$32

*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.

40 mg of
Turmeric

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Bilberry leaf, Bilberry fruit, Hawthorn berry, Ginkgo Biloba leaf, Ginger root, Gotu Kola herb.

Other Ingredients:

vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

Sugg. Use: 6-11 yrs: 1/8

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

in water 1-5 times daily.

[Additional info on page 77.](#)



2 oz. [H2022 \\$19](#)

4 oz. [H2024 \\$35](#)

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 1500 gallons of oxygen-rich blood every 24 hours. Support this amazing organ and your entire cardiovascular system!

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



Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Ginkgo Biloba leaf, Peppermint leaf, Rhodiola root, Eleuthero root.

Other Ingredients:

vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

Sugg. Use: 1/4 tsp in water 1-5 times daily.

[Additional info on page 75.](#)



2 oz. [E4662 \\$19](#)

4 oz. [E4664 \\$35](#)

Ener-G

Natural Energy Boost

- Natural, safe alternative to energy drinks
- Caffeine and ephedra-free
- Quick mental and physical boost

With four potent herbal extracts this is a healthy, safe and restorative alternative to dangerous energy drinks. It's perfect for students cramming for an exam, to help you stay alert on a long drive or whenever more energy is needed to finish well.

TIP: Try taking it before a workout or run to support stamina and endurance.



Turmeric Root



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.

Serving Size: 1/4 tsp.
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: Milk Thistle seed, Dandelion leaf, Sarsaparilla root, Eleuthero root.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg. Use: 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily.
[Additional info on page 79.](#)



2 oz. K2072 \$19
 4 oz. K2074 \$35



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.

Serving Size: 1/4 tsp
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: Cornsilk herb, Parsley root, Marsh-mallow root, Shepherd's Purse herb, Buchu leaf, Blue Vervain and/or European Vervain leaf, Cleavers herb.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg. Use: 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.
[Additional info on page 79.](#)



2 oz. K2082 \$19
 4 oz. K2084 \$35

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.



"I started the Kidney products and my kidney function went from 10% to 24% and I am off dialysis." - Joe D.

Serving Size: 1 tsp.
(1 tsp. = 8 droppers)
Servings/container:
2 oz. - 24 | 4 oz. - 48

Extracts from: Yarrow leaf & flower, Cleavers herb, Dandelion leaf, European Elder Flower, and Sarsaparilla root.

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

Sugg. Use: 1 tsp. 2-3 times daily, in 8 oz. of cold water or followed by a cup of water.



2 oz. U6042 \$19
4 oz. U6044 \$35

Ur-Release Concentrated Tea Extract

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

Formerly sold as Ur-Release Tea, a loose-leaf tea blend, our new liquid Ur-Release provides the same benefits as the tea, but in an easy-to-take liquid extract. This herb combination encourages elimination via the kidneys and is generally considered safe during pregnancy to reduce water retention.

TIP: To experience maximum benefits, use 10 days on and 10 days off for three months.



Serving Size: 1/2 tsp.
(1/2 tsp. = 4 droppers)
Servings/container:
2 oz. - 24 | 4 oz. - 48

Extracts from: Dandelion root, Burdock root, Fennel seed, Ginger root, Mugwort herb, and Milk Thistle seed.

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

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



2 oz. L6012 \$19
4 oz. L6014 \$35

Liver Decongestant Concentrated Tea Extract

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

Formerly sold as Liver Decongestant Tea, a loose-tea blend, our new liquid Liver Decongestant formula provides the same benefits as the tea, but in an easy-to-take liquid extract. 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: To experience maximum benefits, use 10 days on and 10 days off for three months. Add LiverGlow to your daily regimen for daily liver support. See page 11.





CoQ10

Co-enzyme Q10

- Heart, liver, kidneys, and pancreas health
- 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.

Enjoy cardiovascular support, anti-inflammatory benefits, healthy cholesterol support, and more.

Serving Size: 1 capsule
Servings/container: 30
Contains: CoEnzyme Q10 (Ubiquinone) 400 mg.

Other Ingredients: Gelatin, organic rice flour.
Sugg. Use: Take 1 capsule once or twice daily with a meal.

[Additional info on page 75.](#)



30 ct. **CO9030 \$29**

*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.

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 - Kidney's 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.

Serving Size: 1 capsule
Servings/container: 100
Contains: Aged Garlic extract 300 mg.

Other Ingredients: Rice flour, leucine, Hypromellose (veggie caps).

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

[Additional info on page 76.](#)



100 ct. **G8098** \$12

Made with Hypromellose

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.



Serving Size: 1 softgel
Servings/container: 30
Contains: Krill Oil 1200 mg, Omega 3 Fatty Acids 250 mg, Eicosapentaenoic acid - EPA 170 mg, Docosahexaenoic acid - DHA 80 mg, Phospholipids 400 mg, Astaxanthin 300 mcg, Beta Carotene (Vitamin A) 12 IU

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

Sugg. Use: Take 1 softgel daily, preferably with a meal.

[Additional info on page 79.](#)



NEW SIZE
 30 ct. **KO8060** \$29

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 highly absorb-able 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.



NEW Krill Oil
 1 softgel = 1200 mg

OLD Krill Oil
 1 Softgel = 600 mg

SAME LOW PRICE!

Serving Size: 1 capsule
Servings/container: 100
Contains: Cayenne fruit 450 mg.

Other Ingredients: Hypromellose (veggie caps).

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

[Additional info on page 75.](#)



100 ct. **CA8100** \$17

Made with Hypromellose

Cayenne Powder

Cardiovascular Support

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

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





*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.

Cranberry Caps

Urinary and Immune Support

- Avoid simple-sugar filled juices
- Benefits the entire urinary system

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.

Serving Size: 2 capsules
Servings/container: 60
Contains: Cranberry fruit powder 1000 mg.
Other Ingredients: Hypromellose (veggie caps).
Sugg. Use: 2 capsules, 1-3 times daily or as directed.

[Additional info on page 75.](#)



120 ct. C9120 \$22

Made with Mountain Meadow Herbs



Anti-Diarrhea

Bowel Support

- Gentle and fast-acting
- Avoid uncomfortable situations

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.**

Serving Size: 1/4 tsp.
Servings/container: 2 oz. - 48 | 4 oz. - 96
Extracts from: Ginger root, Red Raspberry leaf, Bayberry bark, Barberry root bark.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg. Use: 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. 1-4 times daily or as needed (within reason).
[Additional info on page 74.](#)



2 oz. A3012 \$19

4 oz. A3014 \$35



Aloe Vera Plus

Bladder Support

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

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

Serving Size: 2 capsules
Servings/container: 90
Contains: Freeze Dried Aloe Vera 800 mg, Bilberry fruit 200 mg, Bilberry leaf 200 mg.
Other Ingredients: Hypromellose (veggie caps).
Sugg. Use: 2 capsules, 3 times daily or as directed.

[Additional info on page 74.](#)



180 ct. AL8180 \$39

Made with Mountain Meadow Herbs

Serving Size: 4 capsules
Servings/container: 60
Contains: Activated Charcoal from Hardwoods 2400 mg, Vitamin C 1000 mg, Aged Garlic 600 mg, Beta Carotene 20 mg. **Other Ingredients:** Hypromellose (veggie caps)
Sugg. Use: 4 capsules, twice daily or as directed.
[Additional info on page 75.](#)



240 ct. CF240 \$37

Made with [mmaproducts.com](#)

Candida Flush

Endotoxin Cleanse



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

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

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

What is Activated Charcoal?

Activated charcoal is the byproduct of burning a carbon source like wood (in the case of Candida Flush—hardwoods).

The substance is “activated” by high temperatures, removing all the oxygen and changing its chemical structure to create much smaller particles with more surface area. The result is ultra-fine charcoal with millions of tiny pores that may capture, bind, and remove toxins and other unwanted substances.

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

Activated Charcoal



Blues Buster

Mood Lifter

- Natural, non-addictive
- Beat the blues
- No next-day drowsiness

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

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

Serving Size: 1/4 tsp.
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: Ashwagandha root, Eleuthero root, Ginkgo Biloba leaf, Lemon Balm leaf, Lycium berry, Passionflower leaf, Rhodiola root, Sage leaf, Tribulus Terrestris fruit.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg Use: 1/4 tsp. in water 3-4 times daily.
[Additional info on page 74.](#)



2 oz. **B3102** \$19
 4 oz. **B3104** \$35



Herbal AO

Cell Defense

- High in antioxidants
- Cell and immune system support
- Increased energy

Liquid extracts of herbs with high antioxidant properties for cell and immune system support. It may also contribute to the body's ability to eliminate toxins from stress, food, and environmental factors.

Serving Size: 1/4 tsp.
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: Elderberry, Bilberry, Cats Claw, Green Tea, Grape seed, Hawthorn berry, Olive leaf, Turmeric root.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg. Use: 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take 1-3 times daily unless otherwise directed.
[Additional info on page 77.](#)



2 oz. **AO8002** \$19
 4 oz. **AO8004** \$35

Olive leaf



Serving Size: 3 capsules

Servings/container: 80

Contains: Vitamin C (ascorbic acid) 1500 mg.

Other Ingredients:

Hypromellose (veggie caps).

Guar Gum, Pectin

Sugg Use: Take 3 capsules

2 times daily, unless

otherwise directed.

Additional info on page 81.



240 ct.. VC8120 \$24

Made with MOUNTAIN MEADOWS

Vitamin C

Natural Time-Released

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

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



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

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

Serving Size: 1/4 tsp

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: White Oak bark, Propolis resin, Oregon Grape root, Olive leaf, Devil's Claw root, Gotu Kola herb, Slippery Elm bark, Usnea lichen

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

Sugg. 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.

Additional info on page 80.



2 oz. H2312 \$19

4 oz. H2314 \$35

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.

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.

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

[Additional info on page 82.](#)



PKG2019 \$34



“I have been an MMH customer since 2011. Everything I've purchased has worked better and faster than I expected. Packaging is always nice and on time. Mountain Meadow Herbs is my first choice for herbal remedies.”
- Lauren B.

TIP: Follow the Liver Flush with the LiverGlow. See page 11.

Package items can be sold separately.

Serving Size: 4 capsules
Servings/container: 120 ct.
Contains: *Spirulina Platensis*
 2000 mg.

Other Ingredients:

Hypromellose (veggie caps).

Sugg. Use: Take 4 capsules daily.

[Additional info on page 80.](#)



120 ct. SP8120 \$12

Made with Spirulina

Spirulina

Dietary Superfood

- High in protein
- Boost intake of vegetable nutrition

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



Spirulina has 4x the antioxidant ability of blueberries!

Serving Size: 1/4 tsp
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: Ionic Silver, Fresh Ginger root, Goldenseal root, Propolis Resin, Cloves, Neem leaf, Peppermint Oil, Oregano Oil.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg. Use: Place 1/4 tsp. in 1/4 cup water and rinse mouth.

[Additional info on page 79.](#)



2 oz. O2692 \$19

4 oz. O2694 \$35

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.

Serving Size: 1/4 tsp.
Servings/container:
 2 oz. - 24 | 4 oz. - 48
Extracts from: Sweet Wormwood herb, Propolis resin, Green Rooibos Tea leaf.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg. Use: 6-11 yrs: 1/8-1/4 tsp.
 12+ yrs: 1/4 - 1/2 tsp. twice daily.
[Additional info on page 79.](#)



2 oz. N4442 \$19

4 oz. N4444 \$35

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)



NEW Formula with more protein and additional benefits!

26 grams of Protein

Whey Protein

Pure Whey Isolate

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

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

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

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

CHOCOLATE

Supplement Facts	
Serving Size 33.5 Grams (1 scoop)	
Servings Per Container: 11	
Amount Per Serving	%Daily Value*
Calories	120
Calories from Fat	5
Total Fat	0.5 g 1%
Saturated Fat	0 g 0%
Trans Fat	0 g 0%
Cholesterol	5 mg 2%
Sodium	150 mg 6%
Total Carbohydrate	3 g 1%
Dietary Fiber	1 g 4%
Sugars	<1 g †
Protein	26 g 52%
Calcium	100 mg 10%
Iron	1 mg 6%

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

†Daily Value not established.

INGREDIENTS: Whey Protein Isolate, Cocoa Powder, Natural Flavors, Xanthan Gum, ProHydrolase™, Monk Fruit (Siraitia grosvenorii), Salt, Stevia Leaf Extract (Rebaudioside A) and Sunflower Lecithin.

VANILLA

Supplement Facts	
Serving Size 31 Grams (1 scoop)	
Servings Per Container: 12	
Amount Per Serving	%Daily Value*
Calories	120
Calories from Fat	0
Total Fat	0 g 0%
Saturated Fat	0 g 0%
Trans Fat	0 g 0%
Cholesterol	5 mg 2%
Sodium	100 mg 4%
Total Carbohydrate	2 g <1%
Dietary Fiber	1 g 4%
Sugars	<1 g †
Protein	26 g 52%
Calcium	150 mg 15%

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

†Daily Value not established.

INGREDIENTS: Whey Protein Isolate, Natural Flavors, Xanthan Gum, ProHydrolase™, Stevia Leaf Extract (Rebaudioside A), Monk Fruit (Siraitia grosvenorii) and Sunflower Lecithin.

Serving Size:

Chocolate: 33.5 grams
(1 scoop)

Vanilla: 31 grams
(1 scoop)

Servings/container:

Chocolate: about 11

Vanilla: about 12

Contains: See supplement facts below.

Sugg. Use: 1 serving daily mixed with water or a milk of your choice to supplement your diet with additional protein or as a meal replacement.



13 g Chocolate **P9003WC \$45**
13 g Vanilla **P9003WV \$45**

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

Whey Protein + Weight Control Caps
= \$66

Whey Protein + Weight Control Caps + 4 oz. Weight Control Formula
= \$99

Whey Protein + Weight Control Caps + 4 oz. Weight Control Formula II
= \$99

*Compared to other leading protein enzymes.

Our strawberry-flavored protein is being re-formulated to contain more protein and is not currently available as of January 1, 2020. Check back throughout the year for updates.

Serving Size: 30 grams
(1 scoop)
Servings/container: 15
Contains: See supplement facts below.
Sugg. Use: 1 serving daily mixed with water or a milk of your choice to supplement your diet with additional protein or as a meal replacement.



1 lb Chocolate P9003VC \$45
1 lb Vanilla P9003VV \$45

Vegan Protein + Weight Control Caps
= \$66

Vegan Protein + Weight Control Caps + 4 oz. Weight Control Formula
= \$99

Vegan Protein + Weight Control Caps + 4 oz. Weight Control Formula II
= \$99

Serving Size: 8 capsules
Servings/container: 30
Contains: Vitamin D3 10 mcg, Chromium (As Chromium Arginate) 28 mcg, Brewers Yeast 0.5 mg, CoEnzyme Q10 100 mg, L-Carnitine 1000 mg, Vitamin C 1000 mg, Spirulina 1000 mg, L-Glutamine 2000 mg.
Other Ingredients: Hypromellose (veggie caps).
Sugg. Use: Take 8 capsules daily with the Protein Shake. We suggest dividing it up, taking 4 in the morning and 4 in the evening.
Additional info on page 80.

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



240 ct. W9004 \$25

Made with Spirulina

Vegan Protein

Plant-Based Protein

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

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

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



21 grams of Protein

CHOCOLATE

Supplement Facts

Serving Size 30 Grams (1 scoop)	
Servings Per Container: 15	
Amount Per Serving	%Daily Value*
Calories	120
Calories from Fat	30
Total Fat	3 g 5%
Saturated Fat	0.5 g 3%
Trans Fat	0 g 0%
Cholesterol	0 mg 0%
Sodium	250 mg 10%
Total Carbohydrate	4 g 1%
Dietary Fiber	3 g 12%
Sugars	0 g 0%
Protein	20 g 40%
Calcium	40 mg 4%
Iron	8.1 mg 45%

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

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

VANILLA

Supplement Facts

Serving Size 30 Grams (1 scoop)	
Servings Per Container: 15	
Amount Per Serving	%Daily Value*
Calories	115
Calories from Fat	25
Total Fat	2.5 g 4%
Saturated Fat	0 g 0%
Trans Fat	0 g 0%
Cholesterol	0 mg 0%
Sodium	240 mg 10%
Total Carbohydrate	3 g 1%
Dietary Fiber	2 g 8%
Sugars	0 g 0%
Protein	21 g 42%
Calcium	40 mg 4%
Iron	7.2 mg 40%

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

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

Weight Control Caps

Vitamin and Mineral Support

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

With 8 important vitamins and minerals specifically chosen to support a healthy weight, the Weight Control Caps also provide many of the healthy nutrients that nursing moms need most.

Use with the Protein Shake





Hemp Caps

Contains Natural Cannabinoids

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

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

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

Serving Size: 2 capsules

Servings/container: 30

Contains: Bio mass hemp powder.

Other Ingredients:

Hypromellose (veggie caps).

Sugg. Use: Take 2 capsules daily.

[Additional info on page 78.](#)



60 ct. **HC9060** \$65

Made with Mountain Meadow Herbs



Hemp+

Full-spectrum hemp with essential vitamins

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

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

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

Serving Size: 2 capsules

Servings/container: 30

Contains: Calcium Citrate 600mg, Vitamin C 500 mg, Magnesium Oxide 400 mg, Full-Spectrum Hemp Powder 20 mg, Zinc Gluconate 10 mg, Vitamin D3 75 mcg

Other Ingredients:

Hypromellose (veggie caps).

Sugg. Use: Take 2 capsules daily.

[Additional info on page 78.](#)



60 ct. **HMP120** \$55

Made with Mountain Meadow Herbs

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extract from: Hemp plant.

Other Ingredients:

vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

Sugg. Use: 12+ yrs: 1/4 tsp.

Take 1-3 times daily unless otherwise directed.

[Additional info on page 78.](#)



2 oz. [HE9102](#) \$45

4 oz. [HE9104](#) \$85

Hemp Extract

Full-spectrum

- Relaxation support
- Contains less than 0.3% THC
- Support a healthy inflammatory response

Our Full-Spectrum Hemp Extract is produced with the same process as is all of our other herbal extracts. Beneficial plants contain a diverse spectrum of active molecules that work together in concert, and Hemp, or *Cannabis*, is no different.

As is the case with all of our extracts, we test for safety and potency, so you can be sure that our Full-Spectrum Hemp Extract contains all of the good, and none of the bad.



Hemp

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

Its medical use dates back to 5,000 years ago, when Chinese physicians prescribed Cannabis for fatigue, malaria, and rheumatism. By the early 1900s, Eclectic medicine, a branch of American medicine, used Cannabis extract to support healthy urinary tract function, and to support healthy digestion, mood, and sleep.

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

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

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

Natures 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.



"I ordered Maxi-Milk and Herbal Calcium due to my milk supply dropping a little bit. I was very impressed with how well these two worked together. It did take some time for my body to adjust, but with the herbs and regular nursing, my milk supply sprang right back up. Should another need arise, I will definitely be looking into more Mountain Meadow Herbs products."
- Alexandra M.

Liquid herbal combinations are a great way to give your body the extra support it needs

The adrenal glands increase in size and activity, and the volume of blood processed by the liver doubles during these months. Herbs can help ensure this happens effectively.

Rather than sacrificing a tooth to meet the growing need for calcium in baby's bone formation, it makes sense to supplement with a safe calcium your body can use.

The normal daily routines of up to 85% of women are disrupted for a few days, or even weeks, by what should be a natural, pain-

free monthly process. Pounding headaches, mood swings, exhaustion, inability to concentrate and intense discomfort are all too common in our modern world.

Young women and teenagers are not exempt. In fact, they make up a large portion of those who spend a miserable day or two in bed each month.

MMH provides simple, herbal offerings for wise women looking for nature's best answers.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Astragalus root, Eleuthero root, Wild Yam root, Rhodiola root.

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

Sugg. Use: 0-2 yrs: 5 to 10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take 1-3 times daily.

[Additional info on page 74.](#)



2 oz. A2002 \$19

4 oz. A2004 \$35

Adrenal Aid II

(Formerly Adren-L-Aid II)

Adrenal Support for Moms

- Enjoy additional energy
- Support strained adrenal glands
- Avoid exhaustion while expecting

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

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

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



Serving Size: 1/4 tsp

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Milk Thistle seed, Fresh Ginger root, Dandelion root, Alfalfa leaf, Olive leaf, Grape seed, Lemon Balm leaf, Bilberry fruit.

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

Sugg. Use: 0-2 yrs: 5 to 10 drops. 3-11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water before meals 3 times daily.

[Additional info on page 79.](#)



2 oz. L3712 \$19

4 oz. L3714 \$35

LiverGlow II

Liver Support for Moms

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

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

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

TIP: Use with Stomach Aid to maintain health digestion. See page 45. If not expecting or nursing, use original LiverGlow, page 11.





Maxi-Milk

Lactation Support for Nursing Moms

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

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

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

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

Serving Size: 1/4 tsp.
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: 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.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg. Use: 1/4-1/2 tsp. in water, 1-4 times daily.
[Additional info on page 79.](#)



2 oz. **M1202** \$19
 4 oz. **M1204** \$35

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



Herbal Thyroid Care II

Thyroid Support for Moms

- Rich in herbal iodine sources
- Helps relieve stress
- Balances emotions

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

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

Contains cayenne to help improve digestion and absorption.

Serving Size: 1 capsule
Servings/container: 60
Contains: Irish Moss, Olive leaf, Rhodiola root, Ginkgo Biloba leaf, Passionflower, Capsicum fruit.
Other Ingredients: Hypromellose (veggie caps).
Sugg. Use: Take 1 capsule two times daily.
[Additional info on page 78.](#)



60 ct. **HT9220** \$26

Made with Mountain Meadow Herbs

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

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



Red Raspberry leaf

Serving Size: 1/4 tsp
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: 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.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg. Use: During last 5 weeks of pregnancy: **Week 1:** 1/4 tsp. in water 2 times daily. **Weeks 2-5:** 1/4 tsp. in water 3 times daily.

[Additional info on page 77.](#)



2 oz. G1032 \$19
 4 oz. G1034 \$35



"I have always been very satisfied with MMH products, especially Gentle Birth. It's been a real blessing!"
 - Laura W.

Gentle Birth Childbirth Support

- Midwife favorite
- Have a more comfortable labor and delivery
- Shorten recovery time

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



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

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

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

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

Gentle Birth is also available

Without Red Raspberry

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

2 oz. G1032R \$19
 4 oz. G1034R \$35

Without Blue Cohosh

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

2 oz. G1032B \$19
 4 oz. G1034B \$35



After-Pain Relief

Postpartum and Menstrual

- Fast acting
- Ease cramping and spasms
- Midwife recommended

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

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Cramp bark, Black Haw root, Yarrow leaf & flower, St. John's Wort herb.

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

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

[Additional info on page 74.](#)



2 oz. **A1012** \$19

4 oz. **A1014** \$35



Blues Buster II

Mood lifter for Moms

- Help support a positive outlook
- Balance hormones

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

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

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Rhodiola root, Eleuthero root, Lemon Balm leaf, Ginkgo Biloba leaf, Passionflower leaf.

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

Sugg. Use: 1/4 tsp in water 3-4 times daily. May take up to two weeks of consistent use before full benefit is realized.

[Additional info on page 74.](#)



2 oz. **B3202** \$19

4 oz. **B3204** \$35

Ginkgo Biloba leaf

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Ginger root, Fresh Ginger root, Peppermint leaf, Fennel seed, Peppermint Oil.

Other Ingredients:

vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

Sugg. Use: 0-2 yrs: 5-10 drops. 3-11 yrs: 1/8 tsp.

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

[Additional info on page 81.](#)



2 oz. ~~\$1302~~ \$19

4 oz. ~~\$1304~~ \$35

Stomach Aid

Digestive Support

- Calm stomach issues
- For all ages

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!



Serving Size: 3/4 tsp

Servings/container:

2 oz. - 16 | 4 oz. - 32

Extracts from: Fresh Ginger root, Grape seed, Propolis resin, Skullcap herb, Stinging Nettle leaf, Horsetail herb, Oatstraw herb, Alfalfa leaf, Blessed Thistle herb, Fennel seed, Marshmallow root, Chamomile Flower, Cornsilk herb, Anise seed, Chaste Tree berry, Lemon Balm leaf, Milk Thistle seed, Peppermint leaf, and Red Raspberry leaf.

Other Ingredients:

vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

Sugg. Use:

See chart at right.

[Additional info on page 81.](#)



2 oz. ~~W4442~~ \$19

4 oz. ~~W4444~~ \$35

Weight Control

Formula II

Weight Control for Nursing Moms

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

This mom-friendly formula contains three simple herbal extracts to support you in reaching your ideal weight. It also contains **Maxi-Milk** to ensure a stable rich milk supply and **Herbal Calcium** to meet the need for more calcium while nursing.



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

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

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



Femme Defense II

Daily Herbs for the Expectant Mom

- Daily support for optimal health
- Herbs for the expecting or nursing mom
- Boost your defenses

Femme Defense II contains only the herbs generally considered safe for your developing baby and the nursing infant.

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

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

Serving Size: 1/2 tsp.
Servings/container:
 2 oz. - 16 | 4 oz. - 32
Extracts from: Skullcap herb, Stinging Nettle leaf, Horsetail herb, Oatstraw herb, Corn-silk herb, Chamomile flower, Propolis resin, Green Rooibos Tea leaf, Bilberry leaf, Bilberry fruit, Ginger root, Milk Thistle seed, Ginkgo Biloba leaf, Olive leaf, Blessed Thistle herb, Partridge Berry herb.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg. Use: 1/2 tsp. 3 times daily or 3/4 tsp. twice daily, 6 days per week.
[Additional info on page 76.](#)



2 oz. **F3152 \$19**
 4 oz. **F3154 \$35**



C & B Formula

Calming and Balancing

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

During the first 13 weeks, about 20% of pregnancies end in loss. C & B Formula is a wonderful combination of the herbs traditionally used to support pregnancy. **Not intended as a daily preventative, use only as needed.**

Serving Size: 1/4 tsp.
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: Black Haw bark, False Unicorn root, Wild Yam root, Cramp bark, Passionflower leaf.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg. Use: Baseline usage for this product is 1/4 tsp. in water 1-3 times daily as needed while cramping or spotting.
While cramping and/or spotting: Take 3 droppers every 2-3 hours, for up to 12 hours. Then take 2 droppers (1/4 tsp) every 4 hours once the cramping and spotting lessens.
[Additional info on page 75.](#)



2 oz. **C1312 \$19**
 4 oz. **C1314 \$35**

Serving Size: 3 softgels
Servings/container: 10
Contains: Oil of Evening Primrose 1.5 g, yielding: Linoleic Acid 1.1 g, GLA (gamma-linolenic acid) 150 mg.
Other ingredients: gelatin, glycerin, and purified water.
Sugg. Use: 3 softgels, once or twice daily.
Additional info on page 76.



30 ct. EP8030 \$13

Evening Primrose Blood Pressure Support

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

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.

Serving Size: 2 softgels
Servings/container: 60
Contains: Vitamin A 5000 IU, Vitamin C 60 mg, Vitamin D3 400 IU, Vitamin E 30 IU, Vitamin K1 80 mcg, Vitamin B1 4 mg, Vitamin B2 5 g, Niacin 20 mg, Vitamin B6 10 mg, Folic acid 800 mg, Panthotenic acid 10 mg, Iron 18 mg, Iodine 150 mg, Magnesium 200 mg, Zinc 15 mg, Selenium 70 mcg, Copper 2 mg, Manganese 2 mg, Chromium 120 mcg., Potassium 60 mg, Coenzyme Q10 50 mg, Inositol 16 mg, Hesperidin Complex 50 mg, Ginger root extract 30 mg, Peppermint leaf powder 20 mg, Alfalfa leaf powder 20 mg, Red Raspberry leaf powder 20 mg, Cranberry Fruit powder 20 mg, Stinging Nettle leaf powder 20 mg, Choline 50 mg.
Other Ingredients: Rice Bran Oil, Gelatin, Glycerin, Potassium Citrate (supplying 60 mg of Potassium), Purified Water, Yellow Beeswax, Sunflower Lecithin, and Color (Lycopene and Annatto). **CONTAINS: SOY**
Sugg. Use: Take 2 softgels daily, preferably with meals unless otherwise directed.
Additional info on page 78.



120 ct. VM9060 \$37

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.

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.



"Our family loves MMH. We have used a variety of their products. The T&C Formula with HB Formula saved my sanity. I noticed a difference in my moods within days."

- Veronica H.



"I love MMH! Our overall health is improved by these wonder formulas. We have recommended them to many people. I'm thankful for alternatives to pharmaceuticals!"

- Rhonda H.

Steps to conceiving naturally

Know your body

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

Cleanse and tone

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

all unnecessary burdens.

Balance and Regulate

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

Dental Health

Make sure your gums and

teeth are healthy. Use a natural, antibacterial mouth wash daily.

Support and Enhance

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

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Chaste Tree berry, False Unicorn root, Sarsaparilla root, Blessed Thistle herb, Ginger root, Licorice root, Partridge Berry herb.

Other Ingredients:

vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

Sugg. Use: 1/4 tsp. in water 1-3 times daily.

[Additional info on page 77.](#)



2 oz. [H1042](#) \$19

4 oz. [H1044](#) \$35

HB Formula

Hormonal Balance

- Maintain a positive mood
- Regulate cycles
- Enjoy clearer skin

HB 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.

TIP: Optimal results have been noted by alternating (every two weeks) the T&C Formula with the HB Formula for maximum cleansing and balancing effects. We suggest starting HB Formula the day your cycle starts and take it for 2 weeks. Then switch to T & C Formula 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.

CAN NOT be taken with Progesta-Yam.



Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: 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.

Other Ingredients:

vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

Sugg. Use: 1/4 tsp. in water 1-3 times daily.

[Additional info on page 81.](#)



2 oz. [T1102](#) \$19

4 oz. [T1104](#) \$35

T & C Formula

Toning and Cleansing

- Support reproductive health
- More comfortable cycles

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

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

CAN be taken with Progesta-Yam.





Femme Defense

Daily Herbs for Women

- Maintain vibrant health
- Boost your defenses

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.

Serving Size: 3/4 tsp.

Servings/container:

2 oz. - 16 | 4 oz. - 32

Extracts from: 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.

Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol. **Sugg. Use:** 1/2 tsp. 3 times daily or 3/4 tsp. twice daily, 6 days per week.

[Additional info on page 76.](#)



2 oz. **F3142 \$19**

4 oz. **F3144 \$35**



Vari-Plex

Vein Support

- Normalize circulation
- Maintain strong, healthy capillaries

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.

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

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Bayberry bark, Bilberry leaf, Bilberry fruit.

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

Sugg. Use: 1/4 tsp. in water 1-3 times daily.

[Additional info on page 81.](#)



2 oz. **V2182 \$19**

4 oz. **V2184 \$35**

Progesta-Yam

Balancing Cream

4 oz. **\$56.00**

[See full listing on page 71.](#)

Estriol Cream

Balancing Cream (menopause)

2 oz. **\$57.00**

[See full listing on page 71.](#)



Passionflower

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Chaste Tree berry, Dong Quai root, False Unicorn root, Eleuthero root.

Other Ingredients:

vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

Sugg. Use: 1/4 tsp in water 3-4 times daily.

[Additional info on page 76.](#)



2 oz. [F1022](#) \$19

4 oz. [F1024](#) \$35

Fruitful Vine

Womens Fertility Enhancement

- Balance hormone levels
- Natural, non-invasive

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

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



Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: St. John's Wort herb, Tribulus

Terrestris fruit, Eleuthero root, Gentian root, Gotu Kola herb, Passionflower leaf, Sarsaparilla root.

Other Ingredients:

vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

Sugg. Use: 1/4 tsp in water 3-4 times daily.

[Additional info on page 75.](#)



2 oz. [E4202](#) \$19

4 oz. [E4204](#) \$35

Eden's Response

Natural Libido Support

- Relax naturally
- Increase desire

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





Legacy Herbs

(Formerly Lega-C-Herbs)

Mens Fertility Enhancement

- Partner to Fruitful Vine
- Production support

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. Half of all fertility issues are a result of the man.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Eleuthero root, Tribulus Terrestris fruit, Pygeum bark, Barrenwort leaf, Astragalus root.

Other Ingredients:

vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

Sugg. Use: 1/4 tsp. 3-4 times daily.

[Additional info on page 79.](#)



2 oz. [L3122](#) \$19

4 oz. [L3124](#) \$35



Every Man®

Men's Multi-Vitamin

- Immune system support
- Promote increased energy

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

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

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

Serving Size: 2 tablets

Servings/container: 72 ct. - 36

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

Sugg. Use: Take 2 tablets daily.

Sugg. Use: Take 2 tablets daily.



72 ct. [E8094](#) \$51.95



Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Yohimbe bark, Ginkgo Biloba leaf, Barrenwort leaf, Ashwagandha root, Eleuthero root, Tribulus Terrestris fruit.

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

Sugg. Use: 1/4 tsp. 1-3 time daily in water.

[Additional info on page 80.](#)



2 oz. [P3152](#) \$19

4 oz. [P3154](#) \$35

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: 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.

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

Sugg. Use: 1/4 tsp. 1-3 time daily in water.

[Additional info on page 80.](#)



2 oz. [P3262](#) \$19

4 oz. [P3264](#) \$35

ProGentor VI

Natural Male Support

- Support male responsiveness
- Sustain ability
- Maintain healthy testosterone levels

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



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.



Skullcap herb





Mountain Meadow Kids!

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

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

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

Only the most benign herbs are appropriate for newborns and infants. Always observe young children for any type of allergic reaction such as a rash or change in breathing.

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



"My kids ask for Licorice Tummy-Aid when they have an upset stomach and it goes away right after they take it." - Rachel B.



"The Berry Calcium helps my children settle down at night before bed. Bedtime is always easier with a little Berry Calcium on hand." - Kim R.

TIPS for a naturally healthy child

Be prepared

Know which herbs are appropriate to use and keep a supply on hand.

Environment

Make sure your child gets plenty of sunshine, fresh air and 8-10 hours of sleep.

Love them

Emotional wellbeing is important for a strong immune response. Fill your child's love tank with kind, affirming words and loving touch.

Cleanse

Do an intestinal cleanse at least once a year.

Natural remedies

Give appropriate natural remedies as soon as your child isn't well. Keep in mind that the battle is easier to win naturally at the onset, before the cause has time to grow in strength and numbers.

Personal hygiene

Teach proper hand washing and keep fingernails trimmed short.



Aronia Berry

Serving Size: 1/4 tsp
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: European
 Elderberries, Aronia berry,
 Propolis resin, Echinacea
 Angustifolia root, Echinacea
 Purpurea herb
Other Ingredients:
 Vegetable glycerin, distilled
 water.
Sugg. Use: 0-2 yrs: 5-10
 drops. 3-11 yrs: 1/8 tsp. 12+
 yrs: 1/4 tsp.
 Take in water 1-3 times daily
 or as needed.
 Additional info on page 78.



2 oz. | 4002FB \$19
 4 oz. | 4004FB \$35

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.



Naturally flavored
with Aronia and
Elderberry

Serving Size: 1/4 tsp
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: Stinging
 Nettle leaf, Horsetail herb,
 Oatstraw herb, Cornsilk
 herb, Chamomile herb,
 Skullcap herb, Aronia berry.
Other Ingredients:
 Vegetable glycerin, distilled
 water.
Sugg. Use: 0-2 yrs: 5-10
 drops. 3-11 yrs: 1/8 tsp. 12+
 yrs: 1/4 tsp.
 Take in water 1-3 times daily
 or as needed.
 Additional info on page 78.



2 oz. | H 2032FB \$19
 4 oz. | H 2034FB \$35

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 Calcium formula since its creation.



Naturally
flavored with
Aronia Berry



**Natural licorice
flavor from
Fennel Seed**

Licorice Tummy-Aid Infant Digestive Aid

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

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

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Chamomile flower, Catnip leaf & flower, Fennel seed.

Other Ingredients:

Vegetable glycerin, distilled water.

Sugg. Use:

0-8 months: 5-10 drops

8 months-2 years: 10-15 drops.

3-11 years: 1/8 tsp.

12 years & older: 1/4 tsp. Take 1-3 times daily.

[Additional info on page 79.](#)



2 oz. [I2012](#) \$19

4 oz. [I2014](#) \$35



**Naturally flavored
with Aronia and
Elderberry**

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.

Serving Size: 1/4 tsp

Servings/container:

2 oz. - 48 | 4 oz. - 96

Contains: Melatonin

3 mg, Extracts from Chamomile flower, Hops flower, Skullcap herb, Passionflower leaf, Elderberries, and Aronia berries.

Other ingredients:

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

Sugg. Use:

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Shake well. Take 30 minutes before bedtime.

[Additional info on page 78.](#)



2 oz. [B 2232FB](#) \$19

4 oz. [B 2234FB](#) \$35

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

Serving Size: 1/4 tsp.
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: Aronia berry,
 Gotu Kola Herb, Peppermint
 leaf, Dandelion root,
 Watercress herb, Green Tea
 leaf, European Elderberries,
 Bilberry fruit, Yellow Dock
 root, Catnip leaf and flower,
 Feverfew herb, and Fenugreek
 seed.
Other Ingredients: vegetable
 glycerin, distilled water, and
 approx. 5% organic grain
 alcohol.
Sugg. Use: 0-2 yrs: 5-10
 drops. 3-11 yrs: 1/8 tsp. 12+
 yrs: 1/4 tsp. 1-3 times daily.
[Additional info on page 78.](#)



2 oz. VM8002 \$19
 4 oz. VM8004 \$35

Serving Size: 1/4 tsp
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: American
 Ginseng root, Ginkgo
 Biloba leaf, Gotu Kola herb,
 Valerian root.
Other Ingredients:
 vegetable glycerin, distilled
 water, and approx. 5%
 organic grain alcohol.
Sugg. Use:
6-11 years: 1/8 tsp.
12+ yrs: 1/4 tsp.
 Take in water 1-4 times
 daily.
[Additional info on page 79.](#)



2 oz. N2212 \$19
 4 oz. N2214 \$35

*Use with caution while
 nursing

Herbal Vita-Mini

Liquid Children's Vitamin

- Easy-to-take
- Micro nutrients for vibrant health
- All-natural, no sugar or processed ingredients

Made from fruits and herbs, this combination of extracts brings the micro nutrients needed for vibrant health. Parents can count on this easy-to-take and quickly absorbed formula as an important part of a healthy daily diet. Frequently requested by moms.



**Naturally
 flavored with
 Aronia Berry**

Natural

Attention-Aid

Calming Mental Support

- Focus and concentrate
- Support learning
- Help reduce aggression

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



TIP: For children under 6, **Berry Calcium** can be used to encourage calmer behavior. For older children, **Herbal Calcium** can be taken with Natural Attention-Aid when additional support is needed. See page 7.

Aronia Berry

- Strong antioxidant and anthocyanin properties
- 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.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Aronia berry. **Other Ingredients:** vegetable glycerin and distilled water.

Sugg. Use: 0-2 years: 5-15 drops.

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



2 oz. AE4902 \$15

4 oz. AE4904 \$27

Ashwagandha Root

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

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

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Ashwagandha root. **Other Ingredients:** vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.

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

[Additional info on page 74.](#)



2 oz. AE4122 \$15

4 oz. AE4124 \$27

Blue Cohosh Root

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

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

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Blue cohosh root.

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

Sugg. Use: 12+ yrs: 1/4 tsp. Take in water 1-3 times daily.

[Additional info on page 74.](#)



2 oz. BE4102 \$15

4 oz. BE4104 \$27

*Use only under the care of a medical professional.

Chaste Tree Berry

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

The Chaste Tree Berry, commonly referred to as 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.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Chaste Tree berry.

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

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



2 oz. CE4442 \$15

4 oz. CE4444 \$27

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Cinnamon bark.

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

Sugg. Use: 3-11 years: 1/8 tsp.

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

[Additional info on page 75.](#)



2 oz. CE4202 \$15

4 oz. CE4202 \$27

Cinnamon Bark

- Rich in antioxidants
- Maintain heart health
- Inflammation support

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

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Cranberries

Other Ingredients: vegetable glycerin, distilled water.

Sugg. Use: 0-2 yrs: 5-10 drops. 3 -

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

[Additional info on page 75.](#)



2 oz. CE4822 \$15

4 oz. CE4824 \$27

Cranberry Fruit

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

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

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Dandelion root.

Other Ingredients: vegetable glycerin, distilled water.

Sugg. Use: 0-2 yrs: 5-10 drops.

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

[Additional info on page 75.](#)



2 oz. DE4172 \$15

4 oz. DE4174 \$27

Dandelion Root

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

This gentle herb is classified as a bitter, or an herb that supports normal appetite and digestion. It's also used as a liver tonic, as it may support the liver's production of bile, which helps to carry away waste and also break down fats during digestion.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Echinacea

Angustifolia root, and Echinacea Purpurea herb.

Other Ingredients: vegetable glycerin, distilled water.

0-2 years: 5-15 drops.

3-11 years: 1/8 tsp.

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



2 oz. E4802 \$15

4 oz. E4804 \$27

Echinacea Xtreme

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

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

European Elderberry

- Immune system health support
- Naturally rich in antioxidants
- Promotes 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. Keep healthy when those around you are not!

Serving Size: 1/4 tsp.
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: European Elderberries
Other Ingredients: vegetable glycerin, distilled water.
Sugg. Use: 0-2 yrs: 5-10 drops. 3 - 11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

[Additional info on page 76.](#)



2 oz. [EE4232](#) \$15
 4 oz. [EE4234](#) \$27

European Goldenrod

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

Goldenrod contains properties that may increase urine flow and also have anti-swelling effects. Safe for nursing and expecting moms, it can be beneficial in maintaining healthy bladder function during these times.

Serving Size: 1/4 tsp.
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: European Goldenrod.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg. Use: 3-11 years: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.

[Additional info on page 76.](#)



2 oz. [GE4312](#) \$15
 4 oz. [GE4314](#) \$27

Ginger Root

- Provide support for swollen and irritated tissues
- May help stimulate circulation
- Digestive support

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

Serving Size: 1/4 tsp.
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: Ginger root.
Other Ingredients: vegetable glycerin, distilled water, and approx. 5% organic grain alcohol.
Sugg. Use: 0-2 yrs: 5-10 drops. 3 - 11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.



2 oz. [GE4222](#) \$15
 4 oz. [GE4224](#) \$27

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.

Serving Size: 1/4 tsp.
Servings/container:
 2 oz. - 48 | 4 oz. - 96
Extracts from: Ginkgo Biloba leaf.
Other Ingredients: vegetable glycerin, distilled water.
Sugg. Use: 3 - 11 yrs: 1/8 tsp. 12+ yrs: 1/4 tsp. Take in water 1-3 times daily or as needed.



2 oz. [GE4282](#) \$15
 4 oz. [GE4284](#) \$27

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Grape seed.

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

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

Additional info on page 77.



2 oz. GE4502 \$15

4 oz. GE4504 \$27

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Green black walnut hull.

Other Ingredients: vegetable glycerin, distilled water, Vitamin C, and approx. 50% organic grain alcohol.

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



2 oz. BE4142 \$15

4 oz. BE4144 \$27

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Milk Thistle seed.

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

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

Additional info on page 79.



2 oz. ME4332 \$15

4 oz. ME4334 \$27

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Olive leaf.

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

Sugg. Use: 0-2 yrs: 5-10 drops.

3 - 11 yrs: 1/8 tsp.

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

Additional info on page 79.



2 oz. OE4362 \$15

4 oz. OE4364 \$27

Grape Seed

- Support the body's major systems
- Good source of antioxidants

Grape Seeds are high in Oligomeric Proanthocyanidins (OPCs), a group of colorless flavones prized for their supportive effect on many of the body's major systems. The systems that can benefit include the cardiovascular, urinary and immune systems, as well as the skin, liver, and eyes.

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.

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.

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.

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.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Pumpkin seed.

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

Sugg. Use: 0-2 years: 5-15 drops.

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



2 oz. PE4902 \$15

4 oz. PE4904 \$27

Red Raspberry Leaf

- Female reproductive support
- Gentle cleansing
- Immune system support

Red Raspberry has a wide reputation as a female tonic. It 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.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Red Raspberry leaf.

Other Ingredients: vegetable glycerin, distilled water.

Sugg. Use: 0-2 years: 5-15 drops.

3-11 years: 1/8 tsp.

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

[Additional info on page 79.](#)



2 oz. RE4382 \$15

4 oz. RE4384 \$27

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.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Rhodiola root. **Other**

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

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

[Additional info on page 80.](#)



2 oz. GE4322 \$15

4 oz. GE4324 \$27

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.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Sarsaparilla root.

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

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



2 oz. S4392 \$15

4 oz. S4394 \$27

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Slippery Elm bark.

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

Sugg. Use: 3-11 years: 1/8 tsp.

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

[Additional info on page 80.](#)



2 oz. [SE4352](#) \$15

4 oz. [SE4354](#) \$27

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.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: St. John's Wort herb.

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

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

[Additional info on page 80.](#)



2 oz. [SE4422](#) \$15

4 oz. [SE4424](#) \$27

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.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Turmeric root.

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

Sugg. Use: 3-11 years: 1/8 tsp.

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



2 oz. [TE4132](#) \$15

4 oz. [TE4134](#) \$27

Turmeric Root

- Maintain joint comfort
- Cardiovascular health benefits
- Support immune health

Turmeric provides antioxidant support for the healthy development of cells. It may also support a healthy immune and inflammatory response for continued mobility.

Serving Size: 1/4 tsp.

Servings/container:

2 oz. - 48 | 4 oz. - 96

Extracts from: Wild Yam root.

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

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



2 oz. [WE4212](#) \$15

4 oz. [WE4214](#) \$27

Wild Yam Root

- Plant-based estrogen source
- Menopause symptom support
- Comfortable menstruation support

Wild yam root can provide all-natural support for the relief of the most common symptoms of menopause and menstruation, helping to enhance your overall female health and wellness.



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 \$72

Cardio Package

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

PKG6002 \$114

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 \$77 (SEE FULL LISTING ON PAGE 18)

Early Care Combo

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

PKG102CC \$84

Kidney Cleanse Package

- (1) Kidney Support 4 oz.
- (1) Ur-Release 4 oz.
- (1) European Goldenrod Extract 4 oz.

PKG5005 \$92

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 \$295

LiverGlow Package

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

PKG5006 \$77

Dr. Clark Liver Flush Package

- (1) Green Black Walnut Hull Extract 2 oz.
- (1) Ornithine 100 caps
- (1) Epsom Salt 60 caps

PKG2019 \$34 (SEE FULL LISTING ON PAGE 34)

Men's Fertility Package

- (1) Legacy Herbs 4 oz.
- (1) EveryMan 72 caps

PKG5012 \$82.60

Men's Fertility 3-Month

- (3) Legacy Herbs 4 oz.
- (3) EveryMan 72 caps

PKG5002 \$247.81

Mothers Care Combo

- (1) Gentle Birth 4 oz.
- (1) After-Pain Relief 2 oz.
- (1) Maxi-Milk 4 oz.
- (1) FREE Herbal Bath Baggie

PKG103CC \$85

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

Total Yeast Detox

- (1) Yeast X Step 1 2 oz.
- (1) Yeast X Step 2 2 oz.
- (1) Herbal Flora Plus 120 caps
- (1) Candida Flush 240 caps

PKG6017 \$97 (SEE FULL LISTING ON PAGE 17)

Vision Support Package

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

PKG6005 \$94

Weight Control Caps Package

- (1) Protein Shake
(any flavor)
- (1) Weight Control Caps 250 caps

PKGWCSC \$66 - Whey Chocolate

PKGWCSCV \$66 - Whey Vanilla

Weight Control Package

- (1) Protein Shake servings
(any flavor)
- (1) Weight Control Caps 250 caps
- (1) Weight Control Formula 4 oz.
(or Mommy-Safe Formula)

PKGWC1C \$99 - Whey Chocolate

PKGWC1V \$99 - Whey Vanilla

Whole Body & Colon Cleanse

- (1) Whole Body Program 300 tabs
- (1) Colon Program 90 tabs

WB050 \$76.95

Winter Tonics Package

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

PKG5004 \$99

Winter Tonics Plus

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

PKG5014 \$133

Women's Fertility Package

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

PKG5011 \$78

Women's Fertility 3-Month

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

PKG5001 \$236

*Not sold separately

NOTE: Product substitutions cannot be made within a package.

100% Pure, Therapeutic Grade

For high quality and pure essential oils, look no further than Mountain Meadow Herbs. Our supplier sources batch samples every season from the finest aromatherapy distilleries and farms from all over the world.

We routinely test our oils to ensure that they are what we say they are and have not been altered by any artificial means. While our oils are therapeutic grade we DO NOT suggest ingesting our oils. They are for topical and diffuser use only. If applying topically, use a carrier oil.

Cinnamon* Organic

The pleasant aroma of cinnamon oil makes it a very effective room freshener. It is also an excellent mosquito repellent.



10 mL CIN010 \$28



Lavender Organic

Aids in relaxation and may calm anxiety. It is known for its skin healing properties and also repels insects, including mosquitoes. Can be used for cleaning (disinfectant).



10 mL LAV010 \$23



Eucalyptus Organic

Provides respiratory support as an inhalant. Using diluted as a vapor rub applied to the chest may soothe the respiratory system.



10 mL EUC010 \$14

Lemon Organic

Helps with digestion and is an anti-inflammatory. Lemon also has antibacterial properties and is a great choice for making your own household cleaning agents.



10 mL LEM010 \$14

Frankincense Organic

Overall, this oil is a tonic. It is thought to boost and tone most of the body systems. It is good for uterine health, stress management, and digestive health.



10 mL FRA010 \$65

Lemongrass Organic

Lemongrass is an excellent bug repellent, including flies and mosquitoes. It may also soothe a headache and contains anti-inflammatory properties.



10 mL LEMG10 \$11



Grapefruit Organic

The smell of grapefruit is uplifting, soothing and clarifying. Its antimicrobial properties makes it helpful when disinfecting surfaces.



10 mL GRA010 \$20

*Use with caution. Cinnamon essential oil is a skin irritant when undiluted. We suggest using it in a diffuser.



Effective as a natural insect repellent.



-Lavender

Lullaby Blend

A blend of organic or wildcrafted Lavender, Chamomile, Neroli (Orange Blossom), Mandarin, Clary Sage, and Jasmine to promote a restful night's sleep.

    10 mL LUL010 \$40

Tea Tree *Organic*

Stimulate the immune system and ease seasonal discomforts with its cleansing properties. Skin-soothing properties beneficial for stings and bites.

    10 mL TEA010 \$25 

Oregano *Organic*

The natural cleansing properties of oregano oil helps to support the respiratory and immune system.

    10 mL ORE010 \$18

Thyme *Organic*

Thyme provides excellent respiratory support as an inhalant and a natural, chemical-free vapor rub.

    10 mL THY010 \$33 

Peppermint *Organic*

Peppermint is most commonly used to soothe the digestive system and ease nausea. It's also a powerful insecticide. It can help cool body temperature and soothe a headache.

    10 mL PEP010 \$19 

Wintergreen *Wild Crafted*

Wintergreen helps to soothe sore muscles, aches, and pains. It has potent inflammation relieving properties.

    10 mL WIN010 \$14

Shield Blend

An organic blend of Eucalyptus, Clove Bud, Cinnamon, Rosemary and Lemon. This blend was concocted in the 15th century by four French thieves to protect themselves from illness. It can be used for cleaning and for healthy immune support.

    10 mL SHE010 \$39

Sweet Almond Carrier Oil* *Organic*

(for diluting your essential oils)
Very nourishing and rich proteins. Most commonly used oil by massage therapists.

    4 oz. SWE004 \$28

Do not use if you have a nut or peanut allergy.



Handmade Ceramic Oil Burner

(Two Tea lights included)

Each burner is hand-made by Whitefish Pottery Co. in Whitefish, MT. White with green and blue glaze, 3.5" diameter by 4.5" height and hand-stamped with our MMH logo on front. The top bowl is removable for easy cleaning. The flame of a tea light (2 included) gently heats the oil to scent your surroundings.

DIF006 \$28 **OVP**



Handmade Ceramic Coffee Mug

Our 12 oz. ceramic coffee mug is hand-made locally by Whitefish Pottery. It tapers towards the top, keeping your hot drink warmer, longer. 4 1/2 inches tall, dishwasher and microwave safe.

MCM001 \$19 **OVP**



Electric Oil Diffuser

350ml capacity. 21.2x16.8x8cm. Colorful LED lights and the faux wood finish give this diffuser its unique look.

DIF001 \$39.99 **OVP**



Blender Bottle

Our 20-ounce capacity shaker cup is ideal for mixing protein shakes. The Patented mixing system uses a 316 surgical-grade stainless steel BlenderBall wire whisk. Screw-on lid creates leak-proof seal, and flip cap snaps securely shut to keep contents contained. BPA and phthalate-free, dishwasher safe.

96000 \$9 **OVP**

The Ministry of Midwifery **OVP**

By Patti Barnes

The manual so many have been asking for, *The Ministry of Midwifery* by Patti Barnes, C.P.M., is an introduction into the fields of midwifery and childbirth education. Suitable for men and women alike. (122 pages)

BK8070 \$14.95

I'll Hold you in Heaven **OVP**

By Jack Hayford

Parents who have lost a child before birth, or soon after, experience a special kind of grief. Pastor Jack Hayford offers this warm, encouraging, hopeful message to these parents. (117 pages)

BK8060 \$12.50

Taking Charge of your Fertility **OVP**

By Toni Weschler

This easy-to-read book has helped literally hundreds of thousands of women conceive and gain a better understanding of their reproductive system. The book thoroughly explains the Fertility Awareness Method, which in a couple of minutes a day allows you to maximize your chances of conception. (474 pages)

BK8063 \$23.50



Conceiving Naturally Booklet

By Serena Miller

Simple, discreet answers for those looking to conceive naturally. Provides a basic understanding of how the reproductive systems work and includes charts to help identify when conception is most likely.

IPAK \$3

What your Doctor May Not Tell you about Menopause **OVP**

Discover how to reduce or eliminate menopausal symptoms. Also learn how to reduce weight gain and help stop and reverse osteoporosis, plus much more! (527 pages)

BK8062 \$15.50



Cooking Up Help Cookbook

Recipes from the Mountain Meadow Herbs community

BKCOOK \$12



OVP

Herbal Crème

(Formerly Herbal Aid Crème)

All-purpose Skin Cream

Originally formulated for difficult skin problems, this is an excellent all-purpose crème. It has a rich base of Cocoa Butter with Grapeseed Oil. Evening Primrose Oil provides high essential fatty acids to ease itching due to dry skin, eczema or psoriasis. The high ratio of Calendula and Comfrey extracts with Essential Oils of Carrot Seed, Myrrh and Cajeput provide excellent relief to chapped, cracked or rough skin irritations by using natural sterols.

Herbal Creme is the go-to product for relief of any kind of skin irritation.

Contains: Aloe Barbadensis (Aloe Vera) Leaf Juice, Vitis Vinifera (Grapeseed) Oil, Helianthus Annuus (Organic Sunflower) Seed Oil, Cera Alba (Montana Beeswax), Carthamus Tinctorius (Organic Montana Safflower) Seed Oil, Theobroma Cacao (Organic Cocoa) Butter, Styrax Benzoin Extract, Calendula Officinalis Resina (Calendula) Extract, Melia Azadirachta Indica (Neem) Oil, Tocopherol (Vitamin E), Oenothera Biennis (Organic Evening Primrose) Oil, Melaleuca Leucadendron Cajaputi (Cajeput) Oil, Persea Gratissima (Avocado) Oil, Daucus Carota Sativa (Carrot Seed) Oil, Commiphora Myrrha (Myrrh) Oil, Citrus Tangerina (Tangerine) Oil, Citrus Grandis (Grapefruit) Seed Extract, Glycerin (Vegetable Glycerin), Symphytum Officinale (Comfrey) Extract

Sugg. Use: Soothe dry and needy skin twice daily or whenever needed. Do not use on broken skin. Highly concentrated - a little goes a long way.



2 oz. **H8002 \$16.95**

4 oz. **H8004 \$30.95**



OVP

Revitalizing Leg Lotion

(Formerly Vascular Ease Lotion)

With Horse Chestnut

Originally formulated for difficult skin problems, This cooling lotion reduces appearance of spider veins and the swelling of veins. Fortified with four powerful Organic Herbs: Horse Chestnut, Butcher's Broom, Gotu Kola and Green Tea; and four invigorating Essential Oils: Cypress, Geranium, Lemon and Peppermint. It provides nourishment for the vascular system and brings renewed elasticity to veins. Massage on legs and feet twice a day and whenever swelling occurs.

TIP: Use with Vari-Plex. See page 50.

Contains: Aloe Barbadensis (Aloe Vera) Leaf Juice, Helianthus Annuus (Organic Sunflower) Seed Oil, Vitis Vinifera (Grapeseed) Oil, Carthamus Tinctorius (Organic Montana Safflower) Seed Oil, Cera Alba (Montana Beeswax), Citrus Grandis (Grapefruit) Seed Extract, Glycerin (Vegetable Glycerin), Aesculus Hippocastanum (Horse Chestnut) Seed Extract, Ruscus Aculeatus (Butcher's Broom) Root Extract, Centella Asiatica (Gotu Kola) Leaf Extract, Tocopherol (Vitamin E), Persea Gratissima (Avocado) Oil, Butyrospermum Parkii (Organic Shea) Butter, Cupressus Sempervirens (Cypress) Oil, Pelargonium Graveolens (Geranium) Oil, Citrus Medica Limonum (Lemon) Oil, Mentha Piperita (Peppermint) Oil, Althea Officinalis (Marshmallow) Root Extract, Echinacea Angustifolia (Echinacea) Root Extract, Camellia Sinensis (Green Tea) Leaf Extract, Hamamelis Virginiana (Witch Hazel) Bark Extract, Zinc Oxide, Sodium Alginate, Xanthan Gum

Sugg. Use: Gently massage on legs and feet twice a day.



2 oz. **V8022 \$10.95**

4 oz. **V8024 \$19.95**

8 oz. **V8028 \$35.95**

16 oz. **V8032 \$63**

Ingredients: Purified Water, Safflower Seed Oil, Apricot seed Oil, Evening Primrose Oil, Grape Seed Oil, Hemp Seed Oil, Aloe Barbadensis, Progesterone USP, Lecithin, Tocopherol (Vitamin E Oil), Sepigel, Potassium Sorbate, Sorbic Acid.

Sugg. Use: Apply 2 pumps of cream daily as needed to thin skinned areas of chest, upper arms, stomach or inner thighs. Rotate application areas each use.



4 oz. **PY8001** \$56
1-2 month supply,
depending on usage.

Ingredients: Purified Water, Aloe Barbadensis, Safflower Seed Oil, Evening Primrose Oil, Hemp Seed Oil, Estriol USP, Lecithin, Sepigel, Xanthan Gum, Potassium Sorbate, Sorbic Acid.

Sugg. Use: Apply 1 pump of cream once or twice daily to clean dry skin such as inner arms, behind the legs, upper chest or stomach as needed or as directed by your healthcare provider. Massage in thoroughly.



2 oz. **EC8011** \$57
1-2 month supply,
depending on usage.

Ingredients: Sweet Almond Oil, Beeswax, Oregano Oil, Rosemary Oil, Thyme Oil, Camphor Oil, Eucalyptus Oil, and Menthol Oil.

Sugg. Use: Rub on the throat and chest or soles of the feet. The area of application may be covered with a warm, dry cloth if desired. Applications may be repeated up to three times daily or as directed by a physician. Do not use on irritated or broken skin.



2 oz. **BRE002** \$15

Progesta-Yam Balancing Cream

Formulated by Dr. John R Lee, MD, our progesterone cream is naturally safe and an effective alternative to synthetic hormones. Estrogen dominance is common and the imbalance can cause an alarming array of discomforts.

Dr. Lee writes that a natural USP progesterone cream in applications of 20-30 mg daily can go a long way in bringing balance, improving low libido, reducing weight gain, easing PMS and early onset of menopause.

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



Estriol Cream Balancing Cream (menopause)

Formulated by Dr. John R. Lee, MD, Estriol is considered the safest estrogen to ease the discomforts of menopause. Natural Estriol USP is bio-identical in structure to the estriol your body makes and a much better choice than other types of estrogen available.

TIP: Should be used with a natural progesterone Cream, such as Progesta-Yam



Breathe EZ Rub Petroleum-Free Cough Suppressant

Our all natural vapor rub is made with safe, effective and fast-acting ingredients to ease cough and congestion. Beeswax provides the base (plus skin health benefits!). Essential oils are added to help safely relieve coughs, congestion and stuffy noses. Also, since it is petroleum free and paraben free, there are no worries about putting toxic substances on your skin.

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





Chamomile Flower

Deodorant for Women

Aluminum and Zinc-Free

With aromatic oils and herbal extracts, this deodorant helps eliminate body odor and restricts the production of oil and wetness on the skin's surface. Suitable for every woman. Natural citrus fragrance, non-irritating.

75 ml / 2.6 oz. [SB007](#) \$10



Shampoo

The natural surface acting agents remove the daily dirt and grime from the hair. Use conditioner after washing and rinsing for superb results. No sodium laureth sulfate.

200 ml / 7 oz. [SH001](#)

(Normal Hair - Lime/Rosemary) \$13

200 ml / 7 oz. [SH002](#)

(Dry Hair - Lavender/Rosemary) \$13



Deodorant for Men

Aluminum and Zinc-Free

A sandalwood aroma lends a masculine touch. With aromatic oils and herbal extracts, this deodorant helps eliminate body odor and restricts the production of oil and wetness on the skin's surface. Suitable for every man. Natural myrrh and sandalwood fragrance, non-irritating.

75 ml / 2.6 oz. [SM002](#) \$10



Conditioner

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

200 ml / 7 oz. [SH004](#)

(Normal Hair - Orange/Rosemary) \$13

200 ml / 7 oz. [SH005](#)

(Dry Hair - Lavender/Rosemary) \$13



Men's Face & Body Scrub

100% Naturally Derived

A daily facial and body scrub that will assist in removing dead skin cells, loosen ingrown hairs and provide vitality to the skin. Ideal for all men, especially those who frequently get ingrown hairs. Key ingredients include: Calendula flower extract for natural deodorizing, luffa and rice bran for gentle exfoliating, licorice extract for its healing and anti-inflammatory properties, and black walnut shell extract to sluff away dead skin cells and refine the skin surface.

150 g / 5.3 oz. [SM001](#) \$20





Organic Bar Soaps

Certified Organic 99% and
100% Naturally Derived

- 100 ml / 3.5 oz. [S001](#) (Cedarwood/Olive Leaf) \$5
100 ml / 3.5 oz. [S002](#) (Lavender/Chamomile) \$5
100 ml / 3.5 oz. [S003](#) (Lemongrass/Witch Hazel) \$5
100 ml / 3.5 oz. [S004](#) (Rose/Calendula) \$5



Baby Moisturizer

A light, daily moisturizer to help soothe and protect baby's skin by nourishing and locking in moisture. Use after bath time and whenever the skin appears dry, reddened and irritated. Natural lavender/lemon fragrance.

150 ml / 5.3 oz. [SBY004](#) \$13



Baby Shampoo and Wash

This gentle preservative-free Baby Shampoo & Wash removes impurities from baby's skin and hair while calming and soothing. Natural lavender fragrance.

150 ml / 5.3 oz. [SBY003](#) \$13



Baby Bottom Balm

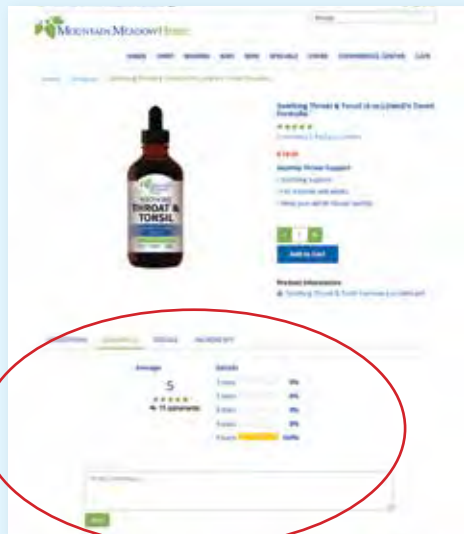
Penetrating organic balm hydrates and soothes, relieving redness and irritation. Creates a barrier to moisture residue which can help prevent diaper rash.

150 ml / 5.3 oz. [SBY005](#) \$20



Help others with your feedback!

Don't forget to post a review of our products and services on our website at www.mmherbs.com! Help others to make the decision that you've already made--to **trust Mountain Meadow Herbs with your natural health solutions!**



"I am very pleased with all the products that I purchased at MMH. The sales person was not only helpful but knowledgeable about all the products that I was interested in."

- Judy H.



"This is a company I actually prefer to call for orders just because the employees are so knowledgeable and helpful about their products. As for the products, they have been the best herbal remedies I have found."

- Sherri G.

MMH PRODUCT DOSAGE GUIDE

Alphabetically listed A - Z

ACTIVE JOINT & MUSCLE

12 years+: Take 2 capsules, twice daily.

ADRENAL AID

3-11 years: 1/8 tsp.
12 years+: 1/4 tsp.
1-3 times a day.

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

ADRENAL AID II

0-2 years: 5 - 10 drops
3-11 years: 1/8 tsp.
12 years+: 1/4 tsp.
1-3 times a day.

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

AFTER-PAIN RELIEF

6-11 years: 1/8 tsp.
12 years+: 1/4 tsp.

As needed. Dosage can be repeated every 15 minutes (within reason) until relief is obtained.

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

ALOE VERA PLUS

Adults: 2 capsules, 3 times daily.

Aloe Vera may stimulate urinary contractions.

ANTI-DIARRHEA

3-11 years: 1/8 tsp.
12 years+: 1/4 tsp.
Repeat within reason 1-4 times daily.

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

ARONIA BERRY EXTRACT

0-2 years: 5 - 10 drops
3-11 years: 1/8 tsp.
12 years+: 1/4 tsp.
1-3 times a day.

ASHWAGANDHA ROOT EXTRACT

12 years+: 1/4 tsp.
1-3 times a day.

Not for use while pregnant.

BED-TIME DROPS

6-11 yrs: 1/8 tsp.
12 yrs+: 1/4 tsp.
Take 10 min before bedtime.

Dose can be repeated after 20 minutes if needed. Can be taken daily for natural sleep support.

BED-TIME DROPS w/MELATONIN

6-11 yrs: 1/8 tsp.
12 yrs+: 1/4 tsp.
Take 10 min before bedtime.

Not intended for long-term use.

BLUE COHOSH EXTRACT

12 years+: 1/4 tsp.
1-3 times a day.

Not for use while pregnant without supervision of your healthcare provider.

BLUES BUSTER

6-11 yrs: 1/8 tsp.
12 yrs+: 1/4 tsp.
3-4 times a day.
May be used with LiverGlow for optimal results. Caution if taking anti-convulsive, anti-platelet and/or anticoagulants. Discontinue 7 days before any surgery.

BLUES BUSTER II

0-2 yrs: 5-10 drops
3-11 yrs: 1/8 tsp.
12+ yrs: 1/4 tsp.
3-4 times a day.

Use with caution if taking anti-convulsive, anti-platelet and/or anticoagulants. Discontinue 7 days before surgery and/or discontinue 5 weeks prior to delivery date. Can be taken with LiverGlow II.

BREATHE EZ RUB

For all ages, use with caution for infants. Rub on the throat and chest or soles of the feet. The area of application may be covered with a warm, dry cloth if desired. However, clothing should be left loose around the throat and chest to help vapors rise to reach the nose and mouth. Applications may be repeated up to three times daily or as directed by a physician.

Do not use on irritated or broken skin. If irritation develops, discontinue use. If cough persists for more than 1 week, consult a physician.

Do not use internally. For external use only. Keep away from eyes.

CANDIDA FLUSH

4 capsules, twice daily or as directed.

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

C&B FORMULA

If cramping and/or spotting: 3/8 tsp every 2-3 hrs, up to 12 hrs, then take 1/4 tsp every 4 hrs once lessened.

For continuous spotting and cramping: take 1/4 tsp 1-3 times daily for 10 days; then slowly decrease the doses and be off of it within a week.

Designed to be used only when cramping or spotting. Remember to discuss with your health care provider prior to use.

CAYENNE POWDER

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

Do not use with anti-coagulants. Considered safe for children over the age of 6.

CHASTE TREE BERRY EXTRACT

12 years+: 1/4 tsp.
1-3 times a day.

CINNAMON BARK EXTRACT

3-11 years: 1/8 tsp.
12 years+: 1/4 tsp.
1-3 times a day.

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

CLARKFX

SEE CHART ON PAGE 15

Start your dosage as stated on chart. If you have no reaction, gradually increase dosage daily by 1-2 drops per dose until you reach the max dose level.

The ClarkFx regimen lasts 11 weeks in a "two-weeks on, one-week off" pattern, repeated four times. Start each "two-weeks on" at the dosage that you were at before your one-week break. If you get a headache, decrease the dosage.

CRANBERRY CAPSULES

Take 2 capsules 1-3 times daily. Dosage can also be safely increased as needed.

Cranberry has no known negative side effects from long term use, making it a great daily support for those who need to take prevention seriously.

Consult your healthcare provider if you have a history of kidney stones or are on blood thinners.

*Due to choking hazard, empty contents of softgel into applesauce, water, etc. for infants/toddlers.

CRANBERRY EXTRACT

0-2 years: 5 - 10 drops
3-11 years: 1/8 tsp.
12 years+: 1/4 tsp.
1-3 times a day.

Consult your healthcare provider if you have a history of kidney stones or are on blood thinners.

COQ10

Take 1 capsule once or twice daily with food.

*Due to choking hazard, empty contents of softgel into applesauce, water, etc. for infants/toddlers.

DANDELION ROOT EXTRACT

3-11 years: 1/8 tsp.
12 years+: 1/4 tsp.
1-3 times a day.

Do not use if you have heart disease, high or low blood pressure, kidney or liver disorder, diabetes or edema (swelling of hands, face and feet) or are taking products containing diuretics.

ECHINACEA XTREME

0-2 years: 5 - 10 drops
3-11 years: 1/8 tsp.
12 years+: 1/4 tsp.
1-3 times a day.

EDEN'S RESPONSE

Women: 1/4 tsp 3-4 times a day. May take up to 2 weeks for full benefit to be realized, change may occur in as little as 3 days.

Use with caution when nursing a baby under 6 months. Discontinue use 3 weeks before surgery. Do not use if taking anti-depressants or anti-coagulants.

ENER-G

6-11 yrs: 1/8 tsp.
Adults: 1/4 tsp.
Take in water 1-3 times daily. Can be repeated within 20 minutes as needed within reason.

Use with caution if you are taking Rx anti-convulsive, anti-platelet and/or anticoagulant drugs (e.g. aspirin and warfarin). Discontinue use 7 days before any surgery.

ESTRIOL CREAM

Apply 1 pump of cream once or twice daily to clean dry skin such as inner arms, behind the legs, or upper chest or stomach as needed or as directed by your healthcare provider. Massage in thoroughly.

Based on the recommendations of Dr. John R. Lee, Natural Estriol Cream should be used with Natural Progesterone Cream (Progesta-Yam).

*Not suggested for use if you have had a hysterectomy.

1 pump = 1/4 teaspoon, provides approx. 1 mg of Natural Estriol USP.

**If using both Progesta-Yam and Estriol, use 12 hours apart.*

EUROPEAN ELDERBERRY EXTRACT

0-2 years: 5 - 10 drops

3-11 years: 1/8 tsp.

12 years+: 1/4 tsp.

1-3 times a day.

Not suggested for use by those taking immunosuppressant's.

EUROPEAN GOLDENROD EXTRACT

3-11 years: 1/8 tsp.

12 years+: 1/4 tsp.

1-3 times a day.

Goldenrod may cause an allergic reaction in people who are sensitive to the Asteraceae/Compositae family. Members of this family include ragweed, chrysanthemums, marigolds, daisies, and many others.

EVENING PRIMROSE

3 softgels, once or twice daily.

Its use is controversial as it may increase the risk of heavy bleeding when taken in the 3 weeks prior to delivery. Some midwives recommend using the soft gels as suppositories to soften the cervix prior to the onset of labor or to start labor. Consult with your healthcare provider before attempting to use it to start labor or ingesting during late pregnancy.

EVERYDAY JOINT & MUSCLE

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

In water 1-3 times daily.

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

EYE-CAN-C

By Age:

3-4 years: 10-15 drops

5-8 years: 1/8 tsp.

9-12 years: 1/4 tsp.

2-3 times daily.

By Weight:

100-149 lb: 1/4 tsp.

150-174 lb: 3/8 tsp.

175 lb+: 1/2 tsp.

3 times daily.

Use with caution if you are taking Rx anti-platelet, anti-convulsive, and/or anti-coagulant drugs. Discontinue use 7 days before any surgery. **DO NOT PUT IN YOUR EYE.**

FAMILY IMMUNE-BOOSTER

0-2 yrs: 5-10 drops

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-3 times daily.

Can be used with Herbal Respiratory. Not suggested for use by those taking immunosuppressant's. Alcohol free.

FEMME DEFENSE

Women: take 3/4 tsp twice daily or

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

Caution if: renal disease, hyperthyroidism, celiac disease, diabetes, autism, hemophilia, high or low blood pressure, liver or kidney ailments, or have undergone a transplant. Do not use if taking Metronidazole, Digitalis, Bismuth, Estrogen, Contraceptives, anti-convulsive, anti-platelet, Aspirin, Warfarin or other anti-coagulant drugs. Discontinue use 7 days before surgery.

FEMME DEFENSE II

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

Caution if: hyperthyroidism, celiac disease, diabetes, autism, hemophilia, renal disease, high/low blood pressure, liver/kidney ailments, or have undergone a transplant. Do not use if taking Metronidazole, Digitalis, Bismuth, Estrogen, Contraceptives, anti-convulsive, anti-platelet, Aspirin, Warfarin or other anti-coagulant drugs. Discontinue use 7 days before any surgery.

FIRST IMMUNE DEFENSE

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

Take 1-3 times daily.

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

FRUITFUL VINE

Women: 1/4 tsp. 3-4 times before meals with Vitamin C : Days 1-12: 7,000 to 10,000 mgs
Days 13-28: 3,000 to 5,000 mgs

Once pregnant, decrease dosage over a weeks time and then discontinue use completely. DO NOT use with T&C or HB Formulas. Enhance benefits with Vitamin C. Drink plenty of water with the Vitamin C (see page 30).

GARLIC CAPS

Adults and children 12 or more years of age:

1 capsule 2 times daily with a meal or as directed.

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

GENTLE BIRTH

Begin use 5 weeks before due date.

Week 1: 1/4 tsp, before morning and evening meals.

Week 2-5: 1/4 tsp, 3 times daily before meals.

You will need a 4 oz for the suggested five weeks prior to due date. Finishing the bottle is still beneficial to you during the first 2 weeks after delivery. If you tend to deliver early, a 2 oz. bottle will suffice. If taking Herbal Vita-Mom, Use Gentle Birth Without Red Raspberry.

GENTLE BIRTH w/o BLUE COHOSH

Begin use 5 weeks before due date.

Week 1: 1/4 tsp, before morning and evening meals.

Week 2-5: 1/4 tsp, 3 times daily before meals.

This formula is suggested if you have high blood pressure.

GENTLE BIRTH w/o RED RASPBERRY

Begin use 5 weeks before due date.

Week 1: 1/4 tsp, before morning and evening meals.

Week 2-5: 1/4 tsp, 3 times daily before meals.

This formula is suggested if you are taking additional Raspberry supplements such as tea, capsules, or extract.

GENTLE LAX

Take 2 capsules as needed.

May be taken with 8oz of water.

Do not take with anti-coagulants.

Safe for children 6+ provided they can swallow a capsule, use caution.

GINGER ROOT EXTRACT

0-2 yrs: 5 -10 drops

3-11 yrs: 1/8 teaspoon.

12 yrs+: 1/4 teaspoon.

Take in water 1-3 times daily.

GINKGO BILOBA LEAF EXTRACT

3-11 yrs: 1/8 teaspoon.

12 yrs+: 1/4 teaspoon.

Take in water 1-3 times daily.

Not to be used with anticoagulants, MAO inhibitors or SSRI's. Should not be used with St. John's Wort herb.

GRAPE SEED EXTRACT

0-2 yrs: 5 -10 drops

3-11 yrs: 1/8 teaspoon.

12 yrs+: 1/4 teaspoon.

Take in water 1-3 times daily.

Can be taken with almost any supplement as there are no known side effects.

GREEN BLACK WALNUT HULL EXTRACT

12 yrs+: 1/4 tsp.

1-3 times daily.

HB FORMULA

Women: 1/4 tsp in water.

1-3 times daily.

For best results take for 3-6 months.

DO NOT take with Progesta-Yam Cream if taking both HB and T&C: Begin with HB on the first day of your cycle, take for 2 weeks and then change to T&C for 2 weeks and keep alternating. Does **not need** to be taken with T&C. (See page 21).

HEADEASE

3-11: 1/8 tsp.

12 yrs+: 1/4 tsp.

May be repeated every 15 minutes. (within reason)

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

HERBAL AO

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-3 times daily.

Do not take if you are on anti-coagulants, anti-platelets. Caution if you have gallstones or stomach ulcers.

HERBAL CALCIUM

Teething: 5 -10 drops 1-3 times daily, or as needed. Apply directly to the gums for gentle numbing.

0-2 yrs: 5 -10 drops

3-11 yrs: 1/8 teaspoon.

12 yrs+: 1/4 teaspoon.

Take in water 1-3 times daily.

Use with caution during first trimester as excessive use may stimulate uterine contractions due to horsetail. If taking with Herbal Iron, be sure to take the Herbal Iron in the morning and the Herbal Calcium in the evening as they compete for absorption. Alcohol free.

HERBAL CARDIO CARE

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-5 times a day.

Monitor BP 20 min after each dosage. Repeat until desired goal is achieved. Up to 4-6 hrs. Take Blood Pressure Rx at different times than HCC and monitor BP closely.

Do not use with low blood pressure.

Use with caution if taking anti-convulsive, anti-platelet and/or anticoagulant drugs. Discontinue 7 days before surgery. For additional benefit use capsicum capsules or add Green Tea (5 cups a day).

HERBAL FLORA PLUS

Take 2 capsules daily 20-30 minutes before a meal or snack with 6-8 oz. of juice or purified water.

*Considered unsafe for toddlers due to choking hazard of capsule. Contents of capsule is safe for toddlers and can be emptied out and then taken in applesauce, water, etc.

HERBAL FOCUS

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-3 times daily.

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

HERBAL IRON

0-2 yrs: 5-10 drops

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-3 times daily.

If using Herbal Iron and Herbal Calcium, take Herbal Iron in the AM and Herbal Calcium in the PM, as they compete for absorption.

*Non-constipating

HERBAL RESPIRATORY

0-2 yrs: 5-10 drops

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-3 times daily.

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

HERBAL THYROID CARE

6-11 yrs: Take 1 capsule twice daily.

12+ yrs: Take 2 capsules twice daily.

Caution: Please note that Graves' disease is a serious illness and can be life threatening. Herbal Thyroid Care should be used under the supervision of a qualified care giver when the disease is present. Use with caution if taking anti-coagulants.

HERBAL THYROID CARE II

3-11 yrs: Take 1 capsule once daily.

12+ yrs: Take 1 capsule twice daily.

Caution: Please note that Graves' disease is a serious illness and can be life threatening. Herbal Thyroid Care II should be used under the supervision of a qualified care giver when the disease is present. Use with caution if taking anti-coagulants. Discontinue use 2 weeks before delivery date to avoid increased chance of excessive bleeding.

HERBAL VITA-MOM

Take 2 softgels daily, preferably with meals.

It is beneficial to take prenatal vitamins in the months before conception, as well as while expecting and nursing. If taking with Gentle Birth Formula, use Gentle Birth w/o Red Raspberry.

HEMP+

12 yrs+: 2 capsules, twice daily.

Not for use during pregnancy or while nursing. If you have a medical condition or take medications, please consult with your doctor before use.

HEMP CAPS

12 yrs+: 2 capsules daily.

Not for use during pregnancy or while nursing. If you have a medical condition or take medications, please consult with your doctor before use.

HEMP EXTRACT

12 yrs+: 1/4 tsp.

1-3 times daily.

Not for use during pregnancy or while nursing. If you have a medical condition or take medications, please consult with your doctor before use.

KIDS BERRY BEDTIME

0-2 yrs: 5-10 drops

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

Use one half hour before bedtime.

This is an occasional use product. For everyday use, try Berry Calcium.

KIDS BERRY CALCIUM

Teething: 5 -10 drops 1-3 times daily, or as needed. Apply directly to the gums for gentle numbing.

0-2 yrs: 5 -10 drops

3-11 yrs: 1/8 teaspoon.

12 yrs+: 1/4 teaspoon.

Take in water 1-3 times daily.

Use with caution during first trimester as excessive use may stimulate uterine contractions due to horsetail. If taking with Herbal Iron, be sure to take the Herbal Iron in the morning and the Herbal Calcium in the evening as they compete for absorption. Alcohol free.

KIDS BERRY IMMUNE-BOOSTER

0-2 yrs: 5-10 drops

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-3 times daily.

Can be used with Herbal Respiratory. Not suggested for use by those taking immunosuppressant's. Alcohol free.

KIDS HERBAL VITA-MINI

0-2 yrs: 5-10 drops

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-3 times daily.

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

KIDS LICORICE TUMMY-AID

0-2 yrs: 5-10 drops

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-3 times daily.

Use as needed up to three times daily.

Alcohol free.

KIDS NATURAL ATTENTION-AID

6-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-4 times a day.

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

KIDNEY SUPPORT

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-3 times daily.

Can be used with Ur-Release Tea Extract for 10 days, off 1-3 days and repeat. Can be taken with Cranberry, European Goldenrod or Grape Seed Extract. May help with urinary tract.

KIDNEY TONER

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

Take in warm water 1-3 times daily.

If dealing with a chronic long-term situation, it is helpful to alternate the Kidney Support with the Kidney Toning Formula. May help with urinary tract.

KRILL OIL

Take 1 capsule daily with food, unless otherwise directed.

*Due to choking hazard, empty contents of softgel into applesauce, water, etc. and give to infants/toddlers.

LEGACY HERBS

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

Take in warm water 1-3 times daily.

If dealing with a chronic long-term situation, it is helpful to alternate the Kidney Support with the Kidney Toning Formula. May help with urinary tract.

LIVER DECONGESTANT

Adult: 1/2 tsp.

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

LIVERGLOW

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

In water 1-3 times daily.

To enhance results, combine this product with Blues Buster, Liver Decongestant, Garlic Tablets and/or Co-enzyme Q10.

LIVERGLOW II

0-2 yrs: 5-10 drops

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

In water 1-3 times daily.

To enhance results, combine this product with Blues Buster II, Garlic Extract Capsules and/or Co-enzyme Q10.

MAXI-MILK

Women:

1/4 to 1/2 tsp in water.

1-4 times daily.

Taking with calcium may make the difference from success and failure in nursing, take Herbal Calcium with meals for best absorption.

MILK THISTLE CAPSULES

Take 1 capsule daily.

For prenatal purposes. To avoid common early pregnancy discomforts, start using at least 2 months prior to conceiving and once pregnancy is confirmed increase dosage up to 2 capsules 3 times daily if needed.

MILK THISTLE EXTRACT

0-2 yrs: 5-10 drops

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-3 times daily.

Not to be taken with Yohimbe.

NO-MO-SQUITO

6-11 yrs: 1/8 to 1/4 tsp.

12 yrs+: 1/4 to 1/2 tsp.

2 times daily.

Use daily while the threat exists.

OLIVE LEAF EXTRACT

0-2 yrs: 5-10 drops

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

1-3 times daily.

In place of ClarkFX or Para-Rid: 3 times daily before meals for 2 weeks. Begin 2 days before full moon. Repeat the next moon cycle (total of 4 weeks).
In place of Yeast X: 1-3 times daily for 3-6 months.

ORAL CARE SOLUTION

1/4 tsp in 1/4 cup water & rinse mouth.

DO NOT SWALLOW

For intensive care rinse every 3 hours.

Include 2,000 mgs of Vitamin C to increase effects. (Okay for Children as long as they know how to rinse).

PARA-RID

SEE CHART ON PAGE 6

Begin 2 days before the full moon and continue for 6 days. Repeat the next month. Any acidic juice will help cut the bitter taste (ie. Orange juice).

PROGENTOR VI

Adult Men: 1/4 tsp, 1-3 times daily.
Use for 3-6 months for best results.

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

PROGESTA-YAM CREAM

Apply 1 pump of cream once or twice daily to clean dry skin such as inner arms, behind the legs, or upper chest or stomach as needed or as directed by your healthcare provider. Massage in thoroughly.

Based on the recommendations of Dr. John R. Lee, Natural Estriol Cream should be used with Natural Progesterone Cream (Progesta-Yam).
*Not suggested for use if you have had a hysterectomy.

1 pump = 1/4 teaspoon, provides approx. 1 mg of Natural Estriol USP.

**If using both Progesta-Yam and Estriol, use 12 hours apart.*

PROTEIN SHAKES

Blend 1 scoop with 8 oz. water or milk of your choice.

Drink 1 shake per day to replace either 1 meal or 2 snacks. Use with the Weight Control Caps for best results or follow the New You Plan on page 82. The Protein Shakes provide essential protein and hunger satisfaction, while the Weight Control Caps provides essential vitamins and nutrients.

* We do not suggest weight control supplements for children or expecting moms, but they can be used as a meal replacement or a snack.

PROSTRACT 10

Adult Men: 1/4 tsp.
1-3 times daily.
Use for 3-6 months for best results.

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

PUMPKIN SEED EXTRACT

0-2 yrs: 5-10 drops
3-11 yrs: 1/8 tsp.
12 yrs+: 1/4 tsp.
1-3 times daily.

RED RASPBERRY LEAF EXTRACT

0-2 yrs: 5-10 drops
3-11 yrs: 1/8 tsp.
12 yrs+: 1/4 tsp.
1-3 times daily.

There are no known side effects from the use of red raspberry.

*Should not be used in 1st and 2nd trimesters as it may cause uterine contractions.

RELAXING FORMULA

1/2 tsp. In the evening. Can be added to 8 oz. of water.

RHODIOLA ROOT EXTRACT

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

Do not use if you have bipolar disorder or bipolar spectrum disorder. Not to be taken with anti-depressants, Hormone Replacement Therapy or Birth Control Pills.

SARSAPARILLA ROOT EXTRACT

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

SOOTHING THROAT & TONSIL

3-5 yrs: 1/16 to 1/8 tsp.
6-11 yrs: 1/8 to 1/4 tsp.
12 yrs+ : 1/4 to 3/8 tsp.

Can be taken every 2 hours initially, dropping to 3 times daily within 24 hours. For optimal support, add Family Immune-Booster, First Immune Defense or Herbal Respiratory.

SLIPPERY ELM BARK EXTRACT

3-11 yrs: 1/8 tsp.
12 yrs+: 1/4 tsp.
1-3 times daily.

Take at least 2 hours away from iron supplement or other supplements and medications.

SPIRULINA

Take 4 capsules daily.

Avoid using if you have an auto-immune condition.

Safe for children 6+ provided they can swallow a capsule, use caution.

ST. JOHN'S WORT HERB EXTRACT

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

Not to be taken with Ginkgo biloba. Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy.

Do not use this product if you are taking anti-cancer, antidepressant [e.g. selective serotonin reuptake inhibitors (SSRI)], cardiovascular, contraceptive medications, blood thinners, anti-HIV agents and/or medications to suppress the immune system (immunosuppressive medications). Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking anti-anxiety or seizure medications, antihistamines, bronchodilators, muscle relaxants and/or opiates

STOMACH AID

0-2 yrs: 5-10 drops

3-11 yrs: 1/8 tsp.

12+ yrs: 1/4 tsp.

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

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

STRESS & SLEEP

6-11: 1/8 tsp. 1-3 times daily.

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

For restful sleep: 1/4 tsp before bed.

If still awake within 15-30 minutes, retake the dose. Can be repeated up to 4 times.

Caution if you are taking prescription anti-convulsive, anti-coagulant and/or anti-platelet drugs. Discontinue use 7 days before surgery. Herbal Calcium can be taken also to provide even more relief.

SUNSHINE DROPS

0-2 yrs: 5-10 drops

3-11 yrs: .5 ml.

12 yrs+: 1 ml.

In water once daily.

Vitamin D3 is safe for all ages and nursing or expecting mothers. We suggest consulting your health care provider for dosing information.

T&C FORMULA

Women (12 and over): 1/4 tsp.

1-3 times a day.

Does not need to be taken with HB. If taking both: Begin with HB on first day of your cycle, take for 2 weeks, then change to T&C for 2 weeks and keep alternating. Can be taken with Progesta-Yam Cream.

TURMERIC ROOT EXTRACT

3-11 yrs: 1/8 tsp.

12 yrs+: 1/4 tsp.

In water 1-3 times daily.

UR-RELEASE

0-2 years: 1/8 tsp.

3-11 years: 1/4 tsp.

12+ years: 1/2 tsp.

Adults: 1 tsp.

2-3 times daily, either in 8 oz. of cold water or followed by a cup of water.

VARI-PLEX

Adults: 1/4 tsp.

In water 1-3 times daily.

If you are taking Gentle Birth Formula reduce Vari-Plex dosage to 1/8 tsp in water 1-3 times daily. Discontinue use if surgery needed (C-Section, etc.)

VITAMIN C

0-8 yrs: 1 capsule daily (capsule emptied and powder consumed in juice, apple sauce, etc.)

9-11 yrs: 2 capsules daily.

12 yrs+: 3 capsules 2 times daily.

Use with caution with Kidney Stones. Should accompany Fruitful Vine if trying to conceive.

WEIGHT CONTROL CAPS

Take 8 capsules daily. We suggest dividing it up, taking 4 in the morning, and 4 in the evening.

Use with the Protein Shake for best results or follow the New You Plan on page 82.

*The Protein Shake provides essential protein and hunger satisfaction, while the Weight Control Caps provides essential vitamins and nutrients, not for weight loss.

WEIGHT CONTROL FORMULA

SEE CHART ON PAGE 10

Use 30 minutes before meals, 3 times daily. Or, follow the New You Plan on page 82.

DO NOT use if: overactive thyroid.

Use with caution for those who have high blood pressure (Hypertension).

WEIGHT CONTROL FORMULA II

SEE CHART ON PAGE 45

Use 30 minutes before meals, 3 times daily. Or, follow the New You Plan on page 82.

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

WILD YAM ROOT EXTRACT

12+ yrs: 1/4 tsp.

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

YEAST X STEP 1

Adults: 1/4 tsp.

3 times daily before or with meals.

For best results, alternate Yeast X Step 1 and Yeast X Step 2 every two weeks and continue for 3-6 months. Use the Total Yeast Detox package for even greater results. See page 17.

YEAST X STEP 2

Adults: 1/4 tsp.

3 times daily before or with meals.

For best results, alternate Yeast X Step 1 and Yeast X Step 2 every two weeks and continue for 3-6 months. Use the Total Yeast Detox package for even greater results. See page 17.

PACKAGES

COMPLETE METAL DETOX

12+ yrs (6-12 yrs 1/2 dose)

This is a 2 week program

Detox Fiber Blend - Take 4 capsules in the morning and 4 capsules in the evening.

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

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

Citrus Pectin - Take 2 level scoop, mixed with liquid, in the morning. (1 level scoop is equivalent to 1 rounded Tablespoon).

Take all four products, as indicated above, daily for 14 days and drink plenty of water.

LIVER FLUSH PACKAGE

12+ yrs

Directions: Choose a day like Saturday for the cleanse, provided you will be able to rest the next day. Take no supplements that you can do without. If you are taking the Para-Cleanse or Kidney Cleanse, stop

these programs the day before your cleanse. High carbs convert to fat in a stressed liver, eat a no-fat breakfast and lunch, such as fruit, greens, fruit juice, and preserves or honey (no butter or milk).

What you need for the flush:

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

Instructions will come with the package, or call or go on-line to get a copy in advance. There are multiple steps and timing is important to get good results. The cleanse takes just under 24 hours to complete.

TOTAL YEAST DETOX

This is a 3-month detox program

Month 1

- Take Yeast X Step 1 every day during weeks 1 and 2 (1/4 tsp. in water 3 times daily.)
- Take Yeast X Step 2 every day during weeks 3 and 4. (1/4 tsp. in water 3 times daily.)
- Take Candida Flush every day

during first month. (Take 4 capsules, twice daily at least 2 hours

- before or after any other medication or supplement.)

Month 2

- Take Herbal Flora Plus every day (Take 2 capsules daily, 20-30 minutes before a meal or snack with 6-8 oz. of juice or purified water.)

Month 3 (same as month 2)

- Take Herbal Flora Plus every day (Take 2 capsules daily, 20-30 minutes before a meal or snack with 6-8 oz. of juice or purified water.)

WEIGHT CONTROL PACKAGE

Weight Control Formula or Weight Control Formula II

- Take a dose (determined by weight, see chart on page 10 or 45) 30 minutes before breakfast, lunch, and dinner.

Protein Shake

- Blend one scoop with 8 oz. of water or milk of your choice. Drink 1 shake per day to replace either one meal or two snacks.

Weight Control Caps

- Take 8 capsules daily. We suggest dividing it up, taking 4 in the morning and 4 in the evening

"NEW YOU" PLAN

WEEK 1:

- Take **Weight Control Formula** (or **Weight Control Formula II**) twice daily, half an hour before meals. If you forget, take it even if you have already eaten.
- Substitute the **Protein Shake** for one meal or two snacks daily. Take **8 Weight Control Caps** daily.
- Add 3 servings each of fruit and vegetables to your daily diet.
- Take a brisk, 20 minute walk or a bike ride three times this week. If you love dessert, have a serving with only 2 meals each day.

WEEK 2 AND 3:

- Take **Weight Control Formula** (or **Weight Control Formula II**) three

times daily, half an hour before meals.

- Substitute the **Protein Shake** for one meal or two snacks daily. Take **8 Weight Control Caps** daily.
- Add 4 servings each of fruit and vegetables to your daily diet.
- Take a brisk, 30 minute walk or a bike ride four times each of these weeks. If you love dessert, have a half of a serving with only 2 meals each day.

WEEK 4:

- Take **Weight Control Formula** (or **Weight Control Formula II**) three times daily, half an hour before meals.
- Substitute the **Protein Shake** for

one meal or two snacks daily. Take **8 Weight Control Caps** daily.

- Add 5 servings each of fruit and vegetables to your daily diet.
- Take a brisk, 30 minute walk or a bike ride five times each of these weeks. If you love dessert, have a half of a serving with only 1 meal each day.

MAINTENANCE:

- Take **Weight Control Formula** (or **Weight Control Formula II**) one to three times weekly, or as needed.

8 NEW PRODUCTS for 2020

GREEN LINE

Hemp Caps
[PAGE 38](#)

Hemp+
[PAGE 38](#)

Full-Spectrum
Hemp Extract
[PAGE 39](#)

SINGLE EXTRACTS

Aronia Berry
[PAGE 58](#)

Echinacea Xtreme
[PAGE 59](#)

Pumpkin Seed
[PAGE 62](#)

PROTEIN SHAKES

Vegan Protein
(2 flavors)
[PAGE 37](#)

Whey Protein
(2 flavors)
[PAGE 36](#)



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MOUNTAIN MEADOW HERBS®



NEW Aronia Berry Extract

Nutrient-dense super-fruit

- Strong antioxidant and anthocyanin properties
- Powerful immune-booster
- Support cellular health

The aronia berry (also known as a chokeberry) has proven to be one of nature's most powerful antioxidants

ALSO AVAILABLE

NEW Echinacea Xtreme and Pumpkin Seed Extract

SEE PAGE 59 AND 62 FOR FULL LISTINGS

SAVE 5%

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

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On all orders over \$125



"Mountain Meadow Herbs is now our first stop when medicine is needed. Amazing people who really know what they're doing. We're lucky to have them in Montana!"

- Sarah A.

NEW Hemp Capsules

Contains Natural Cannabinoids

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

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

ALSO AVAILABLE

Hemp+ with Multi-Vitamins and Full-Spectrum Hemp Extract

SEE PAGE 38 FOR FULL LISTINGS



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