

FREE shipping
Orders \$99+
*See page 67

NEW YEAR 2026



NUTRI CHOICE

HEALTH THE NATURAL WAY



www.nutrichoicewis.com

OPEN: Mon. - Fri. 8:00 - 5:00 — Sat. 8:00 - 12:00 — CLOSED Sunday

A Letter from Us to You

Welcome to 2026! Hopefully everyone had happy healthy Holidays.

It is a great time of the year to cleanse your systems and reset your metabolism. Focusing on excellent sleep, proper hydration and proper mineral balance. Clean up your diets eating more Ketogenic (High in healthy fats and clean proteins). Add in an excellent Enzyme and a good Protein Supplement if needed. This can go a long way in cleaning up the Metabolic Clutter that to many deal with after the Holidays. Staying healthy is not about quick fixes- it's about creating a lifestyle that supports long term wellness.

Our website is www.nutrichoicewis.com. You can also follow us on Facebook and Instagram to stay updated on new products, days we're closed, and getting to know us!

~

Working together here at Nutri-Choice, it's our mission to serve you well. We put effort towards helping our customers feel at ease, when either shopping in our store or when calling-in their order.

~

Look for  to find new products!



Curtis & Rosetta Troyer Family

Scott Meier

Melody Miller

Denisha Miller

Table of Contents

Letter from Us to You.....3

1- Amino Acids

L-Arginine.....	7
L-Carnitine.....	7
L-Lysine.....	7
Miscellaneous.....	7

2- Antioxidants

Alpha Lipoic Acid.....	8
Co-Enzyme Q-10.....	8
Grape Seed.....	8
Misc. Antioxidants.....	8
Quercetin.....	8

3- Books & Home

Books.....	9
Dish Washing.....	9
Laundry.....	9
Diatomaceous Earth.....	9
Fruit & Veggie Wash.....	9

4- Botanical & Herbs

Aloe Vera.....	10
Bee Products.....	10
Bulk Herbs.....	10
Bulk Herbal Powders.....	12
Empty Capsules.....	12
Liquid Herbal Extracts.....	13
Swedish Bitters.....	14
Herb - Capsules.....	14
Garlic.....	16
Garlic Liquid.....	16
Green Foods.....	16
Teas in Tea Bags.....	17
Tea Bags in Bulk.....	17

5- Children's Health

Bedwetting.....	18
Calcium.....	18
Colic & Teething.....	18
Digestion.....	18
Fish Oils.....	19
Focus.....	19
Immunity.....	19
Mood & Sleep.....	19
Multis.....	19
Probiotics.....	20

6- Foods & Drink Mixes

Apple Cider Vinegar.....	21
Candy.....	21
Coffee.....	21
Cooking.....	21
Drink Mixes.....	22
Protein Powders.....	22

Natural Sweeteners.....	22
Nuts.....	23
Salt.....	23
Seasoning & Spices.....	23
Seeds for Sprouting.....	23
Vegetable Glycerin.....	23
Yogurt Supplies.....	23

8- Men's Health

Hormone Support.....	24
Men's Multi.....	24
Prostrate Support.....	24

9- Minerals & Electrolytes

Calcium.....	25
Calcium Chewable.....	25
Calcium Powder.....	25
Calcium Liquid.....	25
Chromium.....	26
Colloidal Minerals.....	26
Electrolytes.....	26
Iron.....	26
Magnesium.....	26
Miscellaneous Minerals.....	27
M.S.M.....	28
Zinc.....	28

10- Oils

Cod Liver Oil.....	29
Diffusers & Bottles.....	29
Essential Oils Doterra.....	29
Essential Oils NOW.....	29
Essential Oils Young Living.....	30
Fish Oils.....	30
Lecithin.....	31
Multi-Use Oils.....	31
Nutritional Oils.....	31

11- Personal Care

Baby.....	32
Bath Salts.....	32
Body Wash.....	32
Bug Repellent.....	32
Dental Care.....	32
Dental/Oral Health.....	33
Deodorants.....	33
D.M.S.O.....	33
First Aid.....	33
Hand Soap.....	35
Homeopathic.....	35
Lotions.....	35
Skin Care.....	35
Lubricant.....	36
Menstrual Products.....	36
Miracle II.....	36
Shampoo + Conditioner.....	36
Hair Gel & Spray.....	37
Shaving Cream.....	37
Sunscreen.....	37

Pre & Post Natal

Prep for Birth.....	38
Morning Sickness.....	38
Prenatal.....	38
Post Birth Care.....	39
Nursing Support.....	39

13- Probiotics

Best-Seller.....	40
Refrigerated.....	40
Non-Refrigerated.....	40

14- Immunity & Respiratory

Immune Support.....	41
Cough Drops & Syrups.....	42
Lung & Respiratory.....	43

15- System Support

Acid to Alkaline.....	44
Adrenal.....	44
Blood Sugar.....	44
Bone Health.....	44
Candida & Yeast.....	44
Cholesterol.....	45
Colon Care.....	45
Detoxing & Cleansing.....	46
Digestive Aids.....	46
Ear Health.....	47
Eye Health.....	47
Hair Health.....	48
Headache.....	48
Heart Health.....	48
Joint Health.....	49
Kidney & Urinary Health.....	49
Liver Health.....	50
Lymes.....	50
Memory Support.....	50
Mental Health & Mood.....	50
Pain & Inflammation.....	51

Para-Cleanses.....	52
Sleep Aids.....	52
Thyroid	52
Vein Support.....	53
Weight Management.....	53

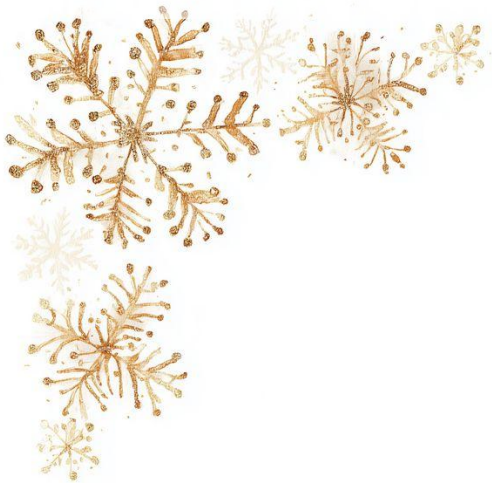
16- Vitamins & Multis

Vitamin A.....	54
B Vitamins.....	54
Folate.....	54
Vitamin B Complex	55
Choline + PABA.....	55
Vitamin C Capsules.....	55
Vitamin C Tablets.....	55
Vitamin C Chewable.....	56
Vitamin C Liquid.....	56
Vitamin C Powder.....	56
Vitamin D.....	57
Vitamin D + K.....	57
Vitamin E.....	57
Liquid Vitamin E.....	57
Vitamin K.....	58
Multi-Vitamin.....	58

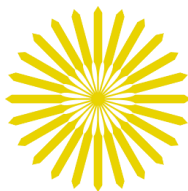
17- Women's Health

Hormone Health.....	59
Menopause Support.....	59
Progesterone Creams.....	60
Women's Multi.....	60
Women's Multi 50+.....	60

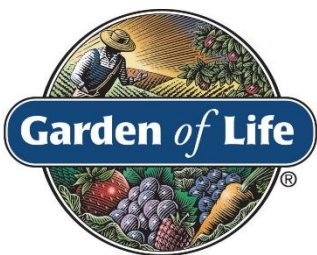
Index.....	61
How to Order & Pay.....	67
Policy, Purpose & Disclaimer.....	68
Order Forms.....	69
Mag07 Article.....	73
Holidays CLOSED.....	75
Map.....	on Back



*“Health the
Natural Way”*



DANDY BLEND



Source Naturals®
for a life well lived.®



1 – Amino Acids

L-ARGININE

Arginine & Ornithine (NOW)
-Protein Metabolism-
-Nitric Oxide Promoter- -Urea Detox -
Item no. **0042** 250 caps.....\$25.95

Cardio Health (Life's Fortune)
Nitric Oxide Booster – designed to support energy, heart health, & circulation – a blend of **L-Arginine & L-Citrulline** - Mixed Berry Flavor
Item no. **40015** 16.8 oz.....\$34.95

L-Arginine 500mg (NOW)
Nitric Oxide Precursor
Item no. **0030** 100 caps.....\$8.95

L-Arginine Powder (NOW)
Item no. **0210** 1 lb.....\$31.95

L-Arginine Complete FNX (Fenix)
Mixed Berry flavor
Item no. **00288** 10.5 oz.....\$35.95

L-CARNITINE

L-Carnitine Liquid (NOW)
1000mg –Non-GMO –
blended with B6 & Pantothenic Acid
Citrus
Item no. **0065** 16 oz.....\$17.95
Tropical Punch
Item no. **0066** 16 oz.....\$17.95

L-Carnitine 500mg (NOW)
Item no. **0073** 180 caps.....\$44.95

L-LYSINE

L-Lysine (NOW) commonly used for the immune system, blood sugar management, skin health, collagen production, mood support & cold sores
Item no. **0100** 100 tabs.....\$ 5.95
Item no. **0102** 250 tabs.....\$13.95

L-Lysine 500mg (NOW)
Item no. **0110** 100 caps.....\$7.95

L-Lysine 450mg (Nature's Sunshine)
Item no. **1631-6** 100 caps.....\$19.95

L-Lysine 500mg (SOLGAR) Free Form
Item no. **S1682** 250 caps.....\$23.95

MISC. AMINO ACIDS

Acetyl-L-Carnitine 500mg (NOW)
transports fatty acids – boosts cellular energy – Brain and Nerve Cell Function
Item no. **0075** 50 caps.....\$11.95
Item no. **0076** 100 caps.....\$19.95

Amino Complete (NOW)
20 Aminos + B6
Item no. **0011** 120 caps.....\$13.95
Item no. **0013** 360 caps.....\$31.95

Perfect Amino (Body Health)
Pure essential amino acids – 99% utilized – fully absorbed within 20-30 minutes
L-Leucine
L-Valine
L-Isoleucine
L-Lysine Hydrochloride
L-Phenylalanine
L-Threonine
L-Methionine
L-Tryptophan

30 Servings – **Strawberry**
Item no. **75650**\$33.95
60 Servings – **Mocha**
Item no. **75654**\$62.95

DLPA 500mg (Carlson)
DL-Phenylalanine – *healthy mood* –
cognitive function - *energy support* – helps supports endorphins
Item no. **7916** 60 caps.....\$12.95

GABA (Source Naturals) see page 51

N-A-C 600mg (NOW)
N-acetyl Cysteine – *free radical protection* – formulated with selenium & molybdenum – *maintains cellular health*
Item no. **0085** 100 caps.....\$14.95

N-A-C 500mg (Montiff)
N-acetyl Cysteine
Item no. **10563** 90 caps.....\$17.95

L-Carnosine 500mg (NOW)
Item no. **0079** 100 caps.....\$40.95

L-Citrulline 750mg (NOW)
Promotes cardiovascular health.
Item no. **0083** 90 caps.....\$18.95

L-Glutamine (NOW) most commonly known for weight loss, building muscles, and supporting digestion – used for IBS
Item no. **0221** 1 lb. pwd.....\$26.95
Item no. **0220** 6 oz. pwd.....\$13.95
1000mg
Item no. **0094** 120 caps.....\$15.95
500mg
Item no. **0092** 120 caps.....\$10.95

L-Glutathione (NOW) *reduced active form* - *detoxification support*-
Item no. **0096** 60 cap.....\$17.95

Clinical Glutathione (Terry. Naturally)
Item no. **23706** 60 tbs..  \$53.95

L-Methionine 500mg (NOW)
known for supporting cell function.
Item no. **0117** 100 caps.....\$14.95

L-Ornithine 500mg (NOW)
Healthy Protein Metabolism
Item no. **0120** 60 caps.....\$ 8.95
Item no. **0122** 120 caps.....\$17.95

L-Phenylalanine 500mg (NOW)
Nervous System Support
Item no. **0132** 120 caps.....\$13.95

Taurine 500mg (NOW)
Item no. **0140** 100 caps.....\$6.95

Taurine 'Double Strength' 1000mg (NOW)
Item no. **0142** 100 caps.....\$ 9.95

L-Theanine 100mg (NOW) commonly used for calming anxiety & restful sleep
Item no. **0145** 90 caps.....\$14.95

L-Theanine 200mg (Superior Source)
instant dissolve tablets
Item no. **90045** 100 tabs.....\$18.95

L-Tyrosine 500mg (NOW)
Item no. **0162** 120caps.....\$10.95

L-Tyrosine 700mg (NOW)
Item no. **0165** 90 caps.....\$13.95

L-Tryptophan see page 51

AminoMind see page 50

Amino Sculpt see page 53

2 – Antioxidants

ALPHA LIPOIC ACID

Alpha Lipoic Acid 100mg (NOW)
with 20mg Vit E, and 250mg Vit C
Item no. **3040** 60 caps.....\$ 8.95
Item no. **3041** 120 caps.....\$15.95

Alpha Lipoic Acid 250mg (NOW)
Item no. **3042** 60 caps.....\$13.95

Alpha Lipoic Acid 600mg (NOW)
with 30mg Grape Seed Extract & 5mg
Black Pepper
Item no. **3045** 120caps.....\$36.95
Item no. **3046** 60caps.....\$18.95

Alpha-Lipoic Acid 600 (Doctor's Best)
Item no. **00133** 60 caps.....\$24.95

CO-ENZYME Q-10

CoQ10 30mg (NOW)
Item no. **3184** 60 caps\$7.95

Co-Q10 50mg (NOW) Vit E + Selenium
Item no. **3193** 100 soft-gels.....\$19.95

CoQ10 60mg with Omega 3 (NOW)
Item no. **3163** 60 soft-gels.....\$13.95
Item no. **3166** 120 soft-gels.....\$23.95

Bio Co-Q10 100mg (Solaray)
Item no. **9012** 60 soft-gels.....\$28.95

CoQ10 100mg + Hawthorn Berry
(NOW)
Item no. **3210** 30 v-caps.....\$10.95
Item no. **3212** 90 v-caps.....\$25.95
Item no. **3213** 180 v-caps.....\$48.95

CoQ10 100mg (Terry Naturally)
Chewable
Item no. **10843** 30 chews.....\$24.95
Capsule
Item no. **24406** 60 caps.....\$39.95

CoQ10 100mg + Vit E (NOW)
Item no. **3208** 50 soft-gels.....\$14.95
Item no. **3209** 150 soft-gels.....\$39.95

CoQ10 150 mg with Soy Lecithin
Item no. **3218** 100 caps..... \$33.95

CoQ10 400mg (NOW)
with Vitamin E & Sunflower Lecithin –
Not made with Soy
Item no. **3198** 60 soft-gels.....\$46.95

Chewable Co-Q10 200mg (NOW)
with Vitamin E
Item no. **3197** 90 lozenges.....\$36.95

CoQ10 600mg (NOW) + 20mg Vit E
Item no. **3182** 60 soft-gels.....\$67.95

Super Ubiquinol CoQ10 100mg
(Life Extension) Mitochondrial Support
Item no. **17333** 30 soft-gels.....\$32.95

GRAPE SEED

Clinical OPC French Grape Seed
(Terry Naturally)
Heart & Arteries – Healthy Blood Sugar
300mg Capsules
Item no. **11486** 60 caps.....\$33.95
400mg Soft-Gels
Item no. **28426** 60 soft-gels.....\$40.95

Clinical OPC Heart See page 48

Grapeseed Antioxidant (NOW)
EXTRA Strength 250 mg
Item no. **3274** 90 caps.....\$19.95
100 mg
Item no. **3249** 200 caps.....\$25.95

MISC. ANTIOXIDANTS

Black Cherry Concentrate
(Natural Sources)
Item no. **24416** 16 oz.....\$16.95

Metabolic Complete (Enriching Gifts)
“Free Radical” protection - Powerful
antioxidants & anti-aging properties
Item no. **5EGI** 60 caps.....\$55.97
1 case (12) per bottle.....\$45.00
4 cases (48) per bottle.....\$40.00

Moringa Capsules (Bio Nutrition) 
potential blood sugar regulation,
and support for heart health.
Item no. **00333** 90 caps.....\$25.95

Natural Beta Carotene (NOW)
Item no. **0322** 180 soft-gels.....\$26.95

Natural Resveratrol 200mg (NOW)
Item no. **3353** 60 caps.....\$19.95

Pycnogenol 30mg (NOW)
a blend of proanthocyanins from French
maritime pine bark. Designed to help
with joint tissues, skin & eye health!
Item no. **3264** 60 caps.....\$21.95
Item no. **3266** 150 caps.....\$47.95

Rutin 500mg (NOW)
Item no. **0735** 100 caps.....\$13.95

Rutin 500mg (Solaray)
Item no. **39812** 90 caps.....\$10.95



QUERCETIN

Activated Quercetin
(Source Naturals)
Serving size of 3 caps contains 788mg
Vitamin C, 50mg of Magnesium Citrate,
1000mg of Quercetin, and 300mg of
Bromelain (2,000CDG)
Item no. **35177** 100 caps.....\$34.95
Item no. **SN1691** 200 caps.....\$66.95

Quercetin with Bromelain (NOW)
Serving size of 2 caps contain 800mg of
Quercetin and 165mg of 2,400 G.D.U.
Bromelain. For those who use vitamin C
separately, we feel this formula is stiff
competition for the Activated Quercetin,
above.
Item no. **3070** 120 v-caps.....\$26.95
Item no. **3071** 240 v-caps.....\$49.95

Quercetin 500mg
(Solaray)
respiratory & immune health!
Item no. **44685** 90 caps.....\$25.95

Liposomal Quercetin
(Life's Fortune)
a high quality & highly absorbable form of
quercetin – 250 mg per capsule
Item no. **00043** 60 caps.....\$29.95

3 – Books & Home

BOOKS

A More Excellent Way

a great read for those researching and looking for emotional root causes. *Using spiritual and scientific observation.*

Written by: Dr. Henry W. Wright

Item no. **741019**\$24.95

Be Your Own Doctor

An informative guide to herbal home health care. 101 stories–

Written by: Rachel Weaver M.H.

Item no. **BYOD**\$23.95

Be Your Own Doctor II

more herbal, home remedies like that in the first *Be Your Own Doctor* -

Written by: Rachel Weaver M.H.

Item no. **26693**\$23.95

Be Your Child's Pediatrician – a great book to resort to when faced with sick little. Written by: Rachel Weaver

Item no. **BED**\$23.95

Back Yard Pharmacy – learn the benefits of the herbs growing in your own yard! Written by: Rachel Weaver

Item no. **26691**\$28.95

Prescription for Nutritional Healing

Item no. **54500**\$54.00

Herbal Recipes for Vibrant Health

175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies.

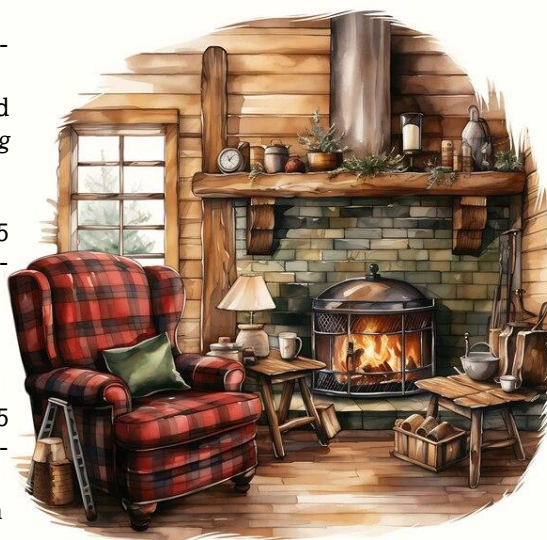
Written by: Rosemary Gladstar

Item no. **420785**\$18.95

If you have an interest for any other health books:

The option for special ordering is available. Just give us the title, author, and *if needed*, the specific edition.

Thank you!



DISH WASHING

ECOS Dish Soap

Free & Clear

Item no. **9721** 25 fl oz.....\$ 6.95

Lavender

Item no. **9727** 25 fl oz.....\$6.95

Lemon

Item no. **9729** 25 fl oz.....\$ 6.95

Grapefruit

Item no. **9722** 25 fl oz.....\$ 6.95

Pear

Item no. **9720** 25 fl oz.....\$6.95

Rebel Green- Super Deluxe Dish Soap

– Sulfate FREE –
scented with essential oils

Pink Lilac

Item no. **06230** 16 fl oz.....\$6.95

Peppermint & Lemon

Item no. **06223** 16 fl oz.....\$6.95

Dish Soap Refill (Seventh Generation)

Fragrance FREE

Tough on Grease

Item no. **4986** 19 fl oz.....\$ 5.95

Item no. **068640** 50 fl oz.....\$12.95

Dishwasher Gel

(7th Generation)

Fragrance FREE

Item no. **019355** 42 fl oz.....\$9.95

Lemon

Item no. **068642** 42 fl oz.....\$9.95

FRUIT & VEGGIE WASH

Fruit & Veggie Clean (Rebel Green)

Rinses clean with water & helps to loosen dirt, surface pesticides and chemicals

Item no. **00220** 17 oz Spray..... \$ 6.95

Item no. **00218** 34 oz.....\$ 9.95

LAUNDRY

Laundry Detergent (Rebel Green)

3x concentrated formula

Unscented

Item no. **196973** 64 oz.....\$20.95

Lavender & Grapefruit

Item no. **06162** 64 oz.....\$20.95

Peppermint & Lemon

Item no. **00614** 64 oz.....\$20.95

Pink Lilac

Item no. **186329** 64 oz.....\$20.95

Laundry Detergent

(Seventh Generation)

Free & Clear Fragrance Free

Item no. **22803** 90 fl oz.....\$24.95

Fresh Citrus

Item no. **45083** 90 fl oz.....\$24.95

Concentrated Laundry Detergent

Seventh Generation – Free & Clear –

made for sensitive skin – 66 loads –

Item no. **07527** 50 fl oz.....\$22.95

Liquid Fabric Softener

- Seventh Generation Free & Clear

(Fragrance Free Formula)

Item no. **10019** 32 fl oz.....\$ 8.95

Fabric Softener Sheets 7th Generation

Free & Clear

Item no. **10036** 80 sheets.....\$ 9.95

Lavender Scented

Item no. **22788** 80 sheets.....\$ 9.95

DIATOMACOUS EARTH

Despite this being known for pest/bug control – it can be taken internally ONLY when advertised as food-grade!!

Diatomaceous Earth – chemical codex food-grade – mined, crushed & bagged in the USA

Item no. **MA593** 12 oz.....\$13.95

Item no. **MA595** 1.5 lb.....\$18.95

4 – Botanicals & Herbs

ALOE VERA

Aloe Ace-Max (Enriching Gifts)

Immune & Anti-Inflammatory

Freeze-dried Aloe blended with
Enriching Gift Enzymes

our most popular aloe product

Item no. **7EGI** 60 caps.....\$50.36
1 case (12) per bottle.....\$40.00
4 cases (48) per bottle.....\$35.00

Aloe Vera (Solaray) Equivalent to 2

grams of fresh aloe vera gel

Item no. **000120** 100 caps.....\$10.95

Aloe Vera 200:1 (NOW)

Item no. **3036** 100 soft-gels.....\$10.95

Aloe Vera (Nature's Way)

99.7% pure whole leaf juice

- from concentrate

Item no. **14280** 1 liter.....\$15.95

Aloe Vera (Nature's Way)

Berry Flavored – 99.7% pure Inner leaf
gel & juice! from concentrate

Item no. **14283** 1 liter.....\$13.95

Aloe Vera Concentrate (NOW)

4 oz equals one gallon regular aloe juice

Item no. **3030** 4 oz.....\$ 7.95

Aloe Vera Leaf Gel (Pharm Aloe)

a soothing, moisturizing and healing Aloe
Vera for topical applications

Item no. **PAG8** 8 oz.....\$11.95

Aloe Vera Gel (Lily of the Desert)

Item no. **10032** 32 oz.....\$ 9.95

Item no. **10128** 1 gal.....\$31.95

Aloe Vera Juice Whole Leaf

(Lily of the Desert)

Item no. **30032** 32 oz.....\$ 9.95

Aloe Vera Juice Whole Leaf -

Preservative Free – Organic –

(Lily of the Desert)

Item no. **83129** 32 oz.....\$ 8.95

Freeze-Dried Aloe Vera (Pharm Aloe)

if for any reason, such as taste, traveling,
convenience; etc. you are unable to use
liquid you now have a product that is
efficacious, palatable and easy to use.

Item no. **PA113** 60 caps.....\$25.95

Pharm Aloe 4X Concentrate

(Pharm Aloe)

Contains maximum polysaccharides -

20,000-36,000 mgs MPS per LITER

Item no. **PAC32** 32 oz.....\$26.95

BEE PRODUCTS

Bee Pollen Granules Bulk

Great for fighting inflammation and
bacteria. Improves nutrient utilization.
And easy to add to your diet! Just
sprinkle a little on your food or stir in a
cold beverage. Do NOT cook it, as
temperatures over 118° F will kill some of
its good properties.



Item no. **525** 1 lb.....\$35.95

Propolis 1500 (NOW)

known to be an anti-inflammatory –
supports a healthy immunity - prevents
allergy reactions & encourages
circulation - hair & skin support as well!

Item no. **2540** 100 caps.....\$13.95

Propolis Plus (NOW)

A blend of Licorice, Forsythia, Slippery
Elm, Echinacea & Cloves

Item no. **4920** 2 oz.....\$11.95

Propolis Extract EP300

(Terry Naturally)

amazing support for immunity &
respiratory, including ear health –for kids
& adults!

100mg + Gamma Sorb Chewable

Item no. **24036** 60 chewable.....\$23.95

200mg Capsule

Item no. **24296** 60 caps.....\$23.95

Royal Jelly 1000mg (NOW)

has been used to treat anxiety &
depression – supports the immune
system and can even be beneficial for
those with high cholesterol

Item no. **2560** 60 soft-gels.....\$17.95

Pure Beeswax Block

3oz filtered, local beeswax

Item no. **8472** 3 oz.....\$4.95

Beeswax Beads, Yellow- (Star West)

Filtered

Item no. **14226** 4 oz.....\$ 9.95

BULK HERBS

*There are obviously many more herbs in bulk,
which we do not usually carry. Though upon
request, we can try to special order it.*

Alfalfa Leaf

Item no. **00202** 1 lb.....\$34.95

Black Walnut Hulls

Item no. **50626** 1 lb.....\$37.95

Blessed Thistle

Item no. **50559** 1 lb.....\$29.95

Boneset

Item no. **50648** 1 lb.....\$47.95

Bilberry Leaf

Item no. **500297** 1 lb.....\$24.95

Burdock Root Cut

Item no. **500041** 1 lb.....\$29.95

Catnip Herb

Item no. **500049** 1 lb.....\$47.95

Chamomile Whole flowers –
commonly used for sleep & digestion
support -

Item no. **50565** 1 lb.....\$32.95

Comfrey Leaf



Item no. **5643** 4 oz.....\$11.95

Item no. **4000065** 1 lb.....\$28.95

Comfrey Root

Item no. **500284** 1 lb.....\$25.95

Corn Silk

Item no. **00679** 1 lb.....\$26.95

Chickweed
Item no. **1147** 1 lb.....\$26.95

Calendula Flowers
Item no. **1802** 1 lb.....\$34.95

Dandelion Leaf
Item no. **C596** 1 lb.....\$28.95

Dandelion Root c/t – Raw
Item no. **20925** 4 oz.....\$16.95
Item no. **500077** 1 lb.....\$27.95

Echinacea Root
Item no. **50652** 4 oz.....\$25.95

Echinacea Angustifolia Herb C/S
Item no. **16123** 1 lb.....\$43.95

Echinacea Purpurea Herb C/S
Item no. **02409** 1 lb.....\$34.95

Elderberries- Whole- dried
Item no. **01212** 1lb.....\$32.95

Elderflowers
Item no. **14562** 4 oz.....\$18.95
Item no. **C680** 1 lb.....\$48.95

Fennel Seeds- a great breath freshening snack, acid reflux reducer, and even chemical toxicity - great on cabbage salads or even in scrambled eggs-
Item no. **500089** 1 lb.....\$12.95

Fenugreek Seeds - Whole



Item no. **50645** 1 lb.....\$10.95

Ginger Root ¼” Cuts –
Item no. **209850** 1lb.....\$22.95

Goldenrod Herb



Item no. **321321** 1lb.....\$22.95

Goldenseal Root
Item no. **654987** 4 oz.....\$79.95

Hawthorn Leaf & Flower C/S
Item no. **201590** 1 lb.....\$23.95

Hawthorn Berries
Item no. **02433** 1 lb.....\$22.95

Hibiscus Flower C/S
Item no. **79631** 1 lb.....\$15.95

Hop Flowers
Item no. **L-16011** 1 lb.....\$59.95

Lavender Flowers



Item no. **20939** 1 lb.....\$55.95

Lobelia Leaf C/S
Item no. **201773** 1 lb.....\$20.95

Licorice Root C/S
Item no. **20941** 1 lb.....\$20.95

Kumaon Black Tea – Organic
Item no. **04918** 1 lb.....\$36.95

Lychee Black Tea
Item no. **99402** 1 lb.....\$49.95

Marshmallow Root Cut
Item no. **50573** 1 lb.....\$21.95

Milk Thistle Seeds Whole
Item no. **C1107** 1lb.....\$20.95

Mullein Leaf C/S
Item no. **1236** 1 lb.....\$26.95

Nettle Leaf
Item no. **10581** 4 oz.....\$11.95
Item no. **500153** 1 lb.....\$27.95

Nigella Seeds- Whole-
also known as Kalonji or Black Cumin
Item no. **15912** 1 lb.....\$14.95

Oat Straw Herb
Item no. **15912** 1 lb.....\$20.95

Oregano Herb
Item no. **65421** 1lb.....\$28.95

Passionflower
Item no. **1248** 1 lb.....\$37.95

Papaya Leaf
Item no. **12521** 4 oz.....\$ 8.95
Item no. **L15387** 1 lb.....\$23.95

Parsley Flakes
Item no. **12555** 1 lb.....\$23.95

Pau d’Arco Bark



Item no. **500261** 1 lb.....\$21.95

Pennyroyal Leaf
helps gas, bloating, and even reduces swelling. Not safe for pregnant women
Item no. **50585** 1 lb.....\$24.95

Peppermint Cut & Sifted
Item no. **14178** 4 oz.....\$11.95
Item no. **50581** 1 lb.....\$28.95

Plantain Leaf
Item no. **10496** 1lb.....\$28.95

Pleurisy Root Cut & Sifted
Item no. **11663** 4 oz.....\$34.95



Psyllium Husk WHOLE



Item no. **209509** 1 lb.....\$18.95

Red Clover Blossoms
Item no. **50410** 1/2 lb.....\$30.95
Item no. **50587** 1 lb.....\$42.95

Red Raspberry Leaf Cut & sifted



Item no. **50599** 4 oz.....\$ 9.95
Item no. **50595** 1 lb.....\$28.95

Rosehips WHOLE
Item no. **209540** 1 lb.....\$21.95

Sage
Item no. **500201** 1 lb.....\$20.95

Sassafras Root Bark C/S
Item no. **20209** 4 oz.....\$32.95

Shave Grass
Item no. **500214** 1 lb.....\$21.95

Spearmint Leaf Cut & sifted



Item no. **50596** 1 lb.....\$39.95

Slippery Elm Bark
Item no. **p1036** 1 lb.....\$59.95

Senna
Item no. **C1515** 1 lb.....\$12.95

Thyme
Item no. **T1421** 1 lb.....\$24.95

Valerian Root



Item no. **45A** 1 lb.....\$32.95

Yarrow Fower
Item no. **10604** 4 oz.....\$ 8.95
Item no. **C1755** 1 lb.....\$21.95

Yerba Mate- contains caffeine -
Item no. **C1765** 1 lb.....\$12.95

BULK HERBAL POWDERS

Unless noted otherwise, the package is one pound. Please do not order lesser sizes unless they are listed here.

Activated Charcoal Powder



4 oz. 210058.....\$ 9.95
1 lb. ACCP-33.....\$24.95

Alfalpa Juice 07210.....\$36.95
Alfalpa Leaf 00773.....\$29.95
Arrowroot 19230.....\$ 9.95
Apple Fiber 1188.....\$14.95
Barley Grass A1889.....\$34.95
Barberry Root P195.....\$16.95
Beet Root 50661.....\$ 9.95



Black Walnut Hull 50625.....\$49.95
Blessed Thistle 00902.....\$29.95
Burdock Root 11360.....\$23.95
Cascara Sagraada 50630.....\$29.95
Cayenne



40,000 heat units 50620.....\$22.95
90,000 heat units 50622.....\$23.95
Chaste Tree Berry 11582.....\$15.95
Comfrey Root A9988.....\$35.95
Dandelion Root 02560.....\$27.95
Fennel Seed 03022.....\$15.95
Fenugreek Seed 50321.....\$ 5.95
Garlic Powder 500097.....\$35.95
Ginger Root 50640.....\$27.95
Guar Gum 1899.....\$25.95
Hawthorne Berry 55825.....\$26.95
4 oz - 55826.....\$ 9.95
Hop Flower L-15911.....\$69.95
Horseradish Root 50644.....\$26.95
Kelp 75556.....\$11.95
Licorice Root 500133.....\$20.95
Lobelia Leaf 1565.....\$23.95
Marshmallow Rt p1100.....\$29.95
Milk Thistle Seed 50690.....\$21.95
Myrrh Gum 50643.....\$43.95
Nettle Leaf 51038.....\$33.95



Oat Straw 13843.....\$29.95
Parsley Leaf 12556.....\$19.95
Passion Flower 1583.....\$37.95
Parsley Leaf 12556.....\$26.95
Psyllium Husk 09991.....\$17.95
Psyllium Seed 60420.....\$19.95
Rhubarb Root p1405.....\$26.95
Sage Leaf 500201.....\$23.95
Shave Grass P1530.....\$25.95
Sheep Sorrel 17005.....\$37.95
Slippery Elm Bark 5061.....\$49.95
4 oz - 5060\$13.95
Stevia Leaf 52852.....\$24.95
Turmeric Root 03058.....\$12.95
Valerian Root 500232.....\$41.95
Wild Yam Rt 02352.....\$62.95
White Oak Bark P1700.....\$48.95
4 oz.....\$15.95
White Willow Bark 73532.....\$26.95
4 oz - 13838.....\$14.95
Yellow dock root 41320.....\$28.95



EMPTY CAPSULES

The Capsule Machine "O" or "OO" sizes available- the "OOO" must be special ordered upon request

Easier and faster than filling by hand.

Item no. **5250** for "O" caps\$19.99
Item no. **5230** for "OO" caps.....\$19.99



Empty Gelatin Capsules
-Capsule Connection (brand)
Single "O"

Item no. **00102** 500 caps.....\$ 5.95
Item no. **00005** 1000 caps.....\$ 9.95

Double "OO"

Item no. **00003** 500 caps.....\$ 6.95
Item no. **00004** 1000 caps.....\$12.95

LIQUID HERBAL EXTRACTS

Angelica

Item no. **61805** 1 oz.....\$ 9.95
Item no. **2032** 2 oz.....\$19.95

Barberry Root

Item no. **50010** 1 oz.....\$12.95

Black Cohosh

Item no. **90711** 1 oz.....\$12.95

Black Walnut

Item no. **07133** 1 oz.....\$12.95

Blue Cohosh

Item no. **90331** 1 oz.....\$13.95

Green Black Walnut

Item no. **00013** 2 oz.....\$17.95

Black Walnut (Christopher's)

Item no. **49811** 2 oz.....\$17.95

Bloodroot

Item no. **61833** 1 oz.....\$ 6.95

Blue Vervain

Item no. **00180** 1 oz.....\$ 9.95

Bubble-B-Gone see page 18

Catnip

Item no. **07313** 1 oz.....\$ 9.95

Cat's Claw – UDG

Item no. **00035** 1 oz.....\$16.95

Cayenne

Item no. **00181** 1 oz.....\$ 9.95
Item no. **49812** 2 oz.....\$17.95

Hot Cayenne (Christopher's)

Item no. **49700** 1 oz.....\$17.95

Chaste Tree

Item no. **00196** 1 oz.....\$12.95

Cramp Bark

Item no. **1703** 2 oz.....\$21.95

Echinacea Extract (NOW) a blend of
both *E. angustifolia* & *E. purpurea*

Item no. **4840** 2 oz.....\$11.95

Echinacea (Natural Answers)

Item no. **00613** 2 oz.....\$20.95

Echinacea Glycerite (Christopher's)

Item no. **49827** 2 oz.....\$21.95

Echinacea & Goldenseal Plus (NOW)
with additional red clover, burdock root,
peppermint leaf, bayberry, and cayenne

Item no. **4850** 2 oz.....\$13.95

Echinacea & Goldenseal Glycerite (NOW)

Item no. **4848** 2 oz.....\$13.95

False Unicorn

Item no. **41319** 2 oz.....\$32.95

Fennel Seed

Item no. **9081** 1 oz.....\$ 9.95

Fenugreek

Item no. **22510** 1 oz.....\$10.95

Feverfew

Item no. **00055** 1 oz.....\$10.95

Garlic –

Item no. **225106** 1 oz.....\$ 8.95

Ginger

Item no. **00616** 1 oz.....\$12.95

Goldenrod

Item no. **00066** 1 oz.....\$11.95

Goldenseal

Item no. **00328** 1 oz.....\$15.95

Grapefruit Seed Extract

Item no. **8520** 1 oz.....\$15.95

Item no. **1001** 4 oz.....\$19.95

Licorice

Item no. **22500** 1 oz.....\$11.95

Lobelia Essence (Nature's Sunshine)

Item no. **1765-8** 2 oz.....\$25.95

Lobelia (Nature's Answers)

Item no. **50084** 1 oz.....\$11.95

Lobelia (Christopher's)

Item no. **49702** 1 oz.....\$17.95

Lobelia Vinegar Extract

Item no. **49703** 1 oz.....\$16.95

Lobelia Extract (Honeycomb)

Item no. **HC800** 1oz.....\$10.95

Milk Thistle

Item no. **07943** 1 oz.....\$9.95

Milk Thistle (Mountain Meadow Herbs)

Item no. **ME4334** 4 oz.....\$34.95

Mullein

Item no. **90796** 1 oz.....\$12.95

Myrrh

Item no. **90798** 1 oz.....\$13.95

Nettle Blend - a blend of fresh aerial
parts and dried seed extracted separately

Item no. **00998** 1 oz.....\$12.95

Olive Leaf Glycerite

Alcohol-Free and 18% Oleuropein
Item no. **4898** 2 oz.....\$10.95

Oregon Grape

Item no. **04346** 1 oz.....\$12.95

Oregon Grape (Nature's Sunshine)
supports circulatory, digestion & the
immune system

Item no. **03395** 2 oz.....\$41.95

Partridge Berry

Item no. **09169** 2 oz.....\$24.95

Pau D'Arco

Item no. **4910** 2 oz.....\$12.95

Periwinkle

Item no. **225111** 1 oz.....\$11.95

Purple Pitcher Plant

Item no. **22582** 2 oz.....\$39.95

Rosemary Extract

Item no. **51135** 1 oz.....\$10.95

Shepherd's Purse

Item no. **00074** 1 oz.....\$ 9.95

Slippery Elm (Nature's Answers)

Item no. **00505** 2 oz.....\$16.95

St. Johns Wort Extract

Item no. **04960** 1 oz.....\$10.95

Stone Breaker

Item no. **1533** 1 oz.....\$12.95

Trauma Drops *support for the nervous
system during minor pain from injury*

Item no. **0622** 1 oz.....\$11.95

Uva Ursi

Item no. **000527** 1 oz.....\$10.95

Usnea

Item no. **00037** 1 oz.....\$10.95

Valerian mostly used for insomnia

Item no. **00680** 1 oz.....\$11.95

Valerian Root Extract (NOW)

Item no. **4970** 2 fl oz.....\$11.95

Vitex – Chaste Tree Berry

Item no. **00196** 1 oz.....\$10.95

WALT

SWALT 1 oz.....\$16.95

Wild Yam -

0834 2 oz.....\$16.95

Witch Hazel Extract

90847 1 oz.....\$11.95

Yarrow

90850 1 oz.....\$11.95

SWEDISH BITTERS

Swedish Bitters Liquid (Nature Works)

Ingredients: Proprietary Extract Blend
Manna (*Fraxinus ornus* L) (stem),
Angelica (root), Cape Aloe (leaf),
Chinese Rhubarb (root), Senna (leaf),
Zedoary (root), Myrrh (stem),
Camphor, Carline Thistle (root), Black
Cohosh (root), Cinnamon (bark),
Valerian (root), Cardamom (fruit),
Saffron (pistil) Other ingredients:
water, alcohol (38%)

50880	8.45 oz	\$28.95
50883	16.90 oz	\$47.95
50885	33.80 oz	\$69.95

HERB - CAPSULES

Artichoke Extract 500

(Source Naturals)
Promotes Fat Digestion and Metabolism
Item no. **SN1812** 180 tab.....\$33.95

Ashwagandha see page 50

Astragalus (Solaray)

-acts as an anti-inflammatory
- boosts immunity
Item no. **S3070** 30 caps.....\$10.95

Beet Root (Nature's Way)

Item no. **40020** 100 caps.....\$ 9.95
Item no. **11925** 320 caps.....\$24.95

Berberine (Terry Naturally)

supports a healthy metabolism, blood
sugar, balancing cholesterol, liver,
healthy joints, & cognitive function
-500mg per capsule
- recommended taking 3 per day
Item no. **29746** 60 caps.....\$22.95

Black Cohosh (Nature's Way)

Item no. **15179** 100 caps.....\$11.95

Black Walnut Hulls (Nature's Way)

Item no. **40035** 100 caps.....\$11.95

Blessed Thistle (Horbaach)

-1600mg per serving
Item no. **1718** 150 caps.....\$14.95

Burdock Root (NOW)

Item no. **4608** 100 caps.....\$ 6.95

Butchers Broom (Nature's Way)

Item no. **40050** 100 caps.....\$ 8.95

Cat's Claw (NOW)

Item no. **4618** 100 caps.....\$ 5.95
Item no. **4621** 250 caps.....\$16.95

Cayenne (Nature's Way)

40,000 HU
Item no. **11508** 180 caps.....\$11.95

Cayenne (NOW)

Item no. **4627** 250 caps.....\$14.95

Cayenne 100,000 HU (Solaray)

Item no. **011340** 100 caps.....\$11.95

Cool Cayenne + Butcher's Broom 40,000 HU (Solaray)

Item no. **08103** 90 caps.....\$8.95

Cayenne with Garlic (Solaray)

Item no. **01140** 100 caps.....\$ 8.95

Cool Cayenne 100,000 HU (Solaray)

Item no. **08102** 90 caps.....\$13.95

Cool Cayenne 40,000 HU (Solaray)

Item no. **8100** 90 caps.....\$ 9.95

Celery Seed 505mg (Solaray)

may help support cardiovascular and
liver health as well as a healthy water
balance and joint comfort.
Item no. **01154** 100 caps.....\$ 9.95

Charcoal Activated (Nature's Way)

Item no. **40065** 100 caps.....\$11.95
Item no. **11950** 360 caps.....\$33.95

Ceylon Cinnamon (ZHOU)

Item no. **00604** 60 caps.....\$18.95

Ceylon Cinnamon (Carlson)

Item no. **810206** 90 caps.....16.95-

Cinnamon Bark 600mg (NOW)

Item no. **4636** 120 caps.....\$10.95

Cinnamon 500mg (Solaray)

Item no. **11663** 60 vcaps.....\$ 8.95

Cinnamon Cassia Bark Extract 300mg (Solaray)

8% flavonoids plus 150mg of cinnamon
(verum)
Item no. **11836** 60 vcaps.....\$13.95

Chamomile 350mg (Solaray)

Item no. **01160** 100 caps.....\$ 8.95

Cornsilk (Nature's Way)

Traditional support for the bladder and
urinary tract.
Item no. **14152** 100 caps.....\$ 6.95

Dandelion Root (Nature's Way)

traditional diuretic herb
Item no. **41230** 100 caps.....\$ 7.95

Dandelion Root (NOW)

Item no. **4645** 100 caps.....\$ 5.95

Devil's Claw (NOW)

Item no. **4650** 100 caps.....\$ 6.95

Dong Quai (Nature's Way)

Item no. **40080** 100 caps.....\$12.95

Echinacea (NOW)

Item no. **4660** 100 caps.....\$ 8.95
Item no. **4662** 250 caps.....\$18.95

Echinacea (Nature's Way)

Item no. **12400** 100 caps.....\$11.95
Item no. **12408** 180 caps.....\$15.95

Echinacea & Goldenseal

(Nature's Way) plus Burdock, Gentian,
Cayenne, & Wood Betony
Item no. **00415** 100 caps.....\$16.95

Echinacea & Goldenseal (NOW)

two capsules supply 450 mg echinacea
purpurea root + 450 mg goldenseal root
Item no. **4665** 100 caps.....\$19.95

Eleuthero (NOW)

used traditionally as an adaptogen, which
is a compound that supports the body's
natural ability to adapt to stress of
everyday life
Item no. **4033** 250 caps.....\$15.95

Eyebright (Nature's Way)

Item no. **40096** 100 caps.....\$10.95

Fenu-Thyme (Nature's Way)

blend of fenugreek seed & thyme herb
Item no. **40350** 100 caps.....\$10.95

Fenugreek 500mg (NOW)

Item no. **4677** 100 caps.....\$ 6.95

Fenugreek (Nature's Way)

1220 mg per 2 caps
Item no. **12800** 100 caps.....\$ 9.95
Item no. **146101** 180 caps.....\$13.95

Feverfew (Nature's Way)

Item on. **40100** 100 caps.....\$11.95

Ginger Root (Nature's Way)

Item no. **13100** 100 caps.....\$ 8.95
Item no. **13108** 180 caps.....\$13.95

Ginkgo Biloba 60mg (NOW)

Item no. **4686** 60 caps.....\$ 6.95
Item no. **4687** 120 caps.....\$11.95
Item no. **4684** 240 caps.....\$21.95

Ginkgo Biloba 60mg (Nature's Way)

Premium Extract
Item no. **61600** 60 caps.....\$16.95

Ginseng Panax (NOW)

Item no. **4012** 100 caps.....\$11.95
Item no. **4014** 250 caps.....\$26.95

Goldenseal Root 500mg (NOW)

Item no. **4690** 50 caps.....\$18.95

Goldenseal Root 550mg (Solaray)

Item no. **01320** 50 caps.....\$21.95

Gotu Kola (Nature's Way)

Item no. **40112** 100 caps.....\$ 9.95

Green Tea Extract (NOW)

+ Vit C
Item no. **4705** 100 caps.....\$ 7.95

Gymnema Sylvestre (NOW)
Promotes healthy pancreatic function
Item no. **4707** 90 caps.....\$13.95

Horse Chestnut (NOW)
Item no. **4713** 90 caps.....\$12.95
(Nature's Way)
Item no. **62000** 90 caps.....\$12.95

Horsetail (Nature's Way)
commonly used for water retention &
hair support
Item no. **40115** 100 caps.....\$ 7.95

Licorice Root 450mg (NOW)
Item no. **4718** 100 caps.....\$ 7.95

Lobelia (Nature's Sunshine)
Supports respiratory health
Item no. **00430** 100 caps.....\$35.95

Maca Premium Extract
(Nature's Way)
Standardized extract – 0.6%
glucosinolates (2.1 mg)
Item no. **64200** 60 caps.....\$17.95

Maca (NOW)
Stamina-builder - sometimes for
menopause symptoms, improve your
mood & energy!
Item no. **4721** 100 caps.....\$ 9.95

Marshmallow Root (Nature's Way)
Traditional Digestive Support
Item no. **40150** 100 caps.....\$12.95

Milk Thistle Seed Extract Once Daily
(Solaray) 350 mg
Item no. **10679** 60 caps.....\$31.95

Milk Thistle (Nature's Way)
Item no. **NW62400** 60 caps.....\$18.95

Milk Thistle Silymarin (NOW)
per capsule: 150mg Milk Thistle Extract
(120mg Silymarin)
Plus 350mg Turmeric Root
Item no. **4737** 120 caps.....\$11.95

Milk Thistle-Silymarin
Double Strength (NOW)
per capsule: 300mg Milk Thistle (240mg
of Silymarin) plus 100mg Dandelion and
50mg Artichoke
Item no. **4739** 100 caps.....\$17.95

Mullein Leaf 330mg (Solaray)
traditionally used for respiratory support
Item no. **01390** 100 caps.....\$ 9.95

Myrrh (Nature's Way)
intestinal support and decreasing
inflammation
Item no. **40160** 100 caps.....\$9.95

Nettle Leaf (Nature's Way)
Traditional Urinary Support
870mg per 2 capsules
Item no. **418269** 100 caps.....\$8.95

Oregon Grape Root 475mg
(Nature's Way)
Item no. **14159** 100 caps.....\$10.95

Olive Leaf Extract 400mg (NOW)
plus 100mg Echinacea
Item no. **4746** 100 caps.....\$23.95

Olive Leaf Premium Extract
(Nature's Way)
250mg of Olive Leaf Extract
(standardized to 12% oleuropein (30 mg))
– plus 180mg of Olive Leaf – Non-GMO
Item no. **64000** 60 caps.....\$11.95

Olive Leaf (Nature's Way)
1500mg per 3 capsules
Item no. **01413** 100 caps.....\$12.95

Olive Leaf 410mg (Solaray)
Item no. **s1413** 100 caps.....\$15.95

Parsley (Nature's Way)
Item no. **40162** 100 caps.....\$10.95

Passionflower 350mg (Solaray)
Item no. **01430** 100 caps.....\$11.95

Passionflower
(Nature's Sunshine)
*supports the nervous system – promotes a
restful night's sleep*
Item no. **500-3** 100 caps.....\$26.95

Pau d'Arco 500mg (NOW)
Item no. **4726** 250 caps.....\$15.95

Pomegranate Fruit Extract
(Life Extension)
-Helps maintain already-healthy blood
pressure levels
-Promotes cardiovascular health
-Supports healthy metabolism
-Helps maintain healthy endothelial
function.
Item no. **00956** 30 caps.....\$15.95

Red Clover (Nature's Way)
Item no. **40169** 100 caps.....\$ 8.95

Red Clover 425mg (NOW)
Item no. **4730** 100 caps.....\$ 7.95

Red Raspberry (Nature's Way)
Item no. **40197** 100 caps.....\$10.95

Rhodiola 250mg (Nature's Way)
promotes energy and mental stamina
Item no. **15321** 60 caps.....\$16.95

Rosemary 800mg (Nature's Way)
Item no. **14162** 100 caps.....\$ 5.95

St. John's Wort 300mg (NOW)
Item no. **4760** 100 caps.....\$10.95

Sarsaparilla 450mg (Solaray)
Item no. **40198** 100 caps.....\$ 9.95

Slippery Elm 400mg (NOW)
Item no. **4750** 100 caps.....\$ 8.95



Slippery Elm (Nature's Way)
Item no. **17100** 100 caps.....\$ 9.95

Turmeric 500mg (Nature's Way)
Item no. **463100** 60 tabs.....\$22.95
Item no. **15356** 120 tabs.....\$39.95

Turmeric Root Extract 300mg
(Solaray)
with 325mg Bromelain + 50mg Boswellia
Item no. **03802** 60 caps.....\$18.95

Turmeric Curcumin 665mg (NOW)
Standardized Extract-95% Curcuminoids
Item no. **4638** 60 vcaps.....\$21.95
Item no. **4639** 120 vcaps.....\$39.95

Turmeric Curcumin
(Life's Fortune)
with ginger and black pepper extract –
immune & digestion, brain health, liver
support, pain relief, & inflammation
Item no. **30435** 180 caps.....\$37.95

Advanced Curcumin Elite™
-See page 51

Uva Ursi (Nature's Way)
Item no. **40182** 100 caps.....\$ 8.95

Valerian Root 500mg (NOW)
Item no. **4770** 100 caps.....\$ 7.95
Item no. **4771** 250 caps.....\$13.95

Vitex Chaste Tree Berry 300mg
(NOW)
+ 150mg Dong Quai
Item no. **4773** 90 caps.....\$14.95

Water Out (NOW)
fluid balance -
Uva Ursi, Dandelion, Potassium, Vitamin
B-6, & Juniper Berry
Item no. **1908** 100 caps.....\$13.95

White Willow (Nature's Way)
Item no. **40193** 100 caps.....\$ 9.95

White Willow APS II
(Nature's Sunshine)
Provides support for occasional minor
aches
Item no. **00780** 100 caps.....\$33.95

Wild Yam (Nature's Way)
Item no. **15350** 180 caps.....\$14.95
Item no. **17870** 100 caps.....\$ 8.95

GARLIC

Full Odor Garlic (NOW)

No odor reduction: It has its full aroma! 3 softgels are *Equivalent to a whole clove of garlic* — recommended to take with food
Item no. **1792** 250 soft-gels.....\$11.95

Garlic 5000 (NOW) *Odor Controlled*

— one tablet contains 5,000mg of Allicin — Enteric Coated Tablet
Item no. **1814** 90 tabs.....\$17.95

Garlic, Echinacea & Elderberry

(Futurebiotics) + other herbs for immune
Item no. **45016** 120 tabs.....\$18.95

Garlic Oil (Nature's Sunshine)

convenient odor-free delivery
Item no. **1694-6** 60 soft-gels.....\$26.95

Garlic (Nature's Sunshine)

Garlic bulb 550mg
Item no. **00290** 100 caps.....\$27.95

KYOLIC Formula 100 Cardiovascular

Item no. **45040** 100 caps.....\$15.95
Item no. **45042** 200 caps.....\$24.95

KYOLIC Formula 103 Immune

Aged Garlic with Vit C, Astragalus and Mushrooms.
Item no. **10341** 100 caps.....\$15.95
Item no. **04049** 200 caps.....\$26.95

KYOLIC Formula 106 Circulation

Aged Garlic with 200 IU d-alpha Vit E, 100mg Hawthorn Berry, & 20mg Cayenne.
Item no. **45043** 200 caps.....\$30.95

Odorless Garlic (NOW)

Concentrate extract from whole clove garlic — 50 mg per 2 softgels
Item no. **1808** 250 soft-gels.....\$15.95
Item no. **1809** 4 bottle pack.....\$49.95

GARLIC LIQUID

Garlic Tincture (Nature's Answer)

Item no. **061945** 1 oz.....\$ 9.95

KYOLIC Liquid Aged Garlic

Item no. **45046** 4 oz.....\$31.95

Oil of Garlic (Christopher's)

in a base of extra virgin olive oil and tea tree oil - used internally and externally
Item no. **101080** 2 oz.....\$18.95

Super Garlic Immune Extract

(Christopher's) Garlic Bulb, Aloe Vera Gel, Wormwood, Lobelia, Marshmallow Root, White Oak Bark, Black Walnut Hull, Uva Ursi, Mullein, Skullcap, ACV & Raw Honey
Item no. **49852** 2 oz.....\$19.95

GREEN FOODS

Alfalfa Leaf Tablets (NOW)

Item no. **2620** 250 tabs.....\$ 9.95
Item no. **2622** 500 tabs.....\$17.95

Alfa Max (Nature's Way)

Item no. **02011** 100 caps.....\$ 9.95

BeetElite replacement: Super Beets

Sport - Beet Root powder (fermented) with Coconut water Powder + electrolytes - improve blood pressure & circulation — endurance & stamina
Item no. **21022** 20 servings.....\$35.95

Chlorella Organic Powder (NOW)

Item no. **2636** 4 oz.....\$13.95

Chlorella (Micro-Algae) 410mg

(Nature's Way)
Item no. **11850** 100 caps.....\$15.95

Chlorella Tablets 1000mg (NOW)

Item no. **2632** 120 tabs.....\$17.95

Sun Chlorella 200mg - wellness &

energy support — contains Active B12 and Chlorophyll
Item no. **01111** 300 tabs.....\$37.95

Chlorofresh (Nature's Way)

Chlorophyll concentrate from alfalfa — internal deodorant — 100mg per 2 softgels
Item no. **03550** 90 soft-gels.....\$16.95

Chlorofresh Liquid (Nature's Way)

132mg chlorophyllin complex per serving
2 Tablespoons.

Unflavored

Item no. **3502** 16oz.....\$12.95

Mint flavored

Item no. **60070** 16 oz.....\$13.95

Chlorophyll Capsules 100mg (NOW)

+ 250mg Alfalfa
Item no. **2645** 90 caps.....\$13.95

Liquid Chlorophyll (NOW)

Super Concentrated — Over 90 Servings!! commonly known for its support to red blood cell production — it also aids as an internal deodorant (so for bad breath, sweat, stool, urine, and even food odors) — also aids in healing and digestion! Mint Flavor —
Item no. **2644** 16 oz.....\$17.95

Chlorophyll (Nature's Sunshine)

Digestive Tract Detoxifier — Mint Flavor — very popular! 90mg per serving:
Approx.: 15 Servings
Item no. **1683-7** 16 oz.....\$24.95
Approx.: 31 Servings
Item no. **1689-6** 32 oz.....\$45.95

Delicious Greens 8000

'A super vegetable powder drink that doesn't taste like vegetables' — Lactose FREE — Vegan — 100% Natural — No MSG — No preservatives and No added sugar

Original

Item no. **00120** 10.6 oz.....\$25.95

Berry

Item no. **05774** 10.6 oz.....\$25.95

Chocolate

Item no. **00077** 10.6 oz.....\$25.95

Mocha

Item no. **13076** 10.6 oz.....\$25.95

Delicious Reds 8000

- Strawberry Kiwi flavored
Item no. **13058** 10.6 oz.....\$25.95

Energizing Morning Greens

(Natural Hope Herbals)
a special energy blend including Apple, Cordyceps Mushroom Extract, Green Tea Extract, and more!
Item no. **01693** 6.98oz.....\$28.95

Midday Focus Greens

(Natural Hope Herbals)
For those mentally demanding days when you need a pick-me-up to get you through that "Midday slump"
-Without added caffeine!
Item no. **01711** 6.98oz.....\$28.95

Everyday Greens Tablets (Banyan)

Natural Source of vitamins, minerals, and antioxidants for health and vitality
Item no. **B12611** 90 tabs.....\$26.95

Kelp Capsules (NOW) 325 mcg Iodine

Item no. **2675** 250 caps.....\$11.95

Kelp Tablets (NOW) 150 mcg Iodine

Item no. **2680** 200 tabs.....\$ 8.95

Kelp (Nature's Way) 270mcg Iodine

Item no. **14500** 100 caps.....\$ 8.95
Item no. **14508** 180 caps.....\$12.95

Kelp, Organic Powder See page 13

Spirulina Tablets 500mg (NOW)

Item no. **2698** 200 tabs.....\$11.95

Spirulina Capsules 500mg (NOW)

Item no. **2702** 120 vcaps.....\$11.95

Spirulina Pure Powder (NOW)

Item no. **2690** 4 oz.....\$ 9.95

Super Greens (Sprig's)

- high quality superfoods, enzymes, probiotics, fiber, trace minerals & tons of phytonutrients— with benefits of cleansing & detoxing additionally!

Berry Blast

Item no. **00325** 9.5 oz.....\$42.95

Chocolate

Item no. **624631** 9.5 oz.....\$42.95

Wheat Grass Powder (NOW)

Item no. **2710** 9 oz.....\$16.95



TEAS IN TEA BAGS

6 Mushroom Defense (Bravo)

Item no. **00575** 20 teabags.....\$ 7.95

Belly Comfort (Traditional Medicinals)

Peppermint, Fennel + Ginger

Item no. **00022** 16 teabags\$ 6.95

Blood Sugar Tea (Prince of Peace)

a blend of Guava Leaf, Melon Fruit, and Licorice Root – ZERO CAFFEINE

Item no. **03053** 18 teabags\$ 6.95

Blood Pressure Tea (Bravo)

Apocynum Venetum Leaf, Solomon's Seal Root, Gambir Stern, Red Peony Root, White Mulberry Leaf, Figwort Root, Red Sage Root, Jasmine Flower

Item no. **00500** 20 teabags.....\$ 6.95

Breathe Easy (Traditional Medicinals)

a blend of supporting herbs: fennel, licorice, eucalyptus, Bi Yan Pian, peppermint, and ginger.

Item no. **50528** 16 teabags.....\$ 6.95

Chamomile (Traditional Medicinals)

Item no. **4211** 16 teabags\$ 6.95

Chamomile with Lavender

(Traditional Medicinals)

Item no. **00054** 16 teabags.....\$ 6.95

Cholesterol Health (Bravo)

- Hawthorn Berry, Ginkgo Biloba Leaf, Astragalus Root, Apocynum Venetum Leaf, Goji Leaf, Rhubarb Root, Monk Fruit, Jasmine Flower

Item no. **00502** 20 teabags\$ 5.95

Cinnamon Apple Spice (Celestial Tea)

Item no. **23254** 20 teabags.....\$ 5.95

Colon Cleansing (Bravo)

Item no. **00504** 20 teabags.....\$ 6.95

EveryDay Detox (Traditional

Medicinals) supports detoxing the liver
Item no. **00089** 16 teabags.....\$6.95

Ginger Mint Comfort (NOW)

a blend of ginger, licorice, peppermint, spearmint & fennel

Item no. **4235** 24 teabags.....\$ 4.95

Green Tea Decaf (NOW)

+ Lemon Myrtle

Item no. **4227** 24 teabags.....\$ 4.95

Green Tea + Peppermint

(Traditional Medicinals)

Item no. **00239** 16 tbags.....\$ 6.95

Heavenly Hip Hibiscus (NOW)

Item no. **4266** 24 teabags.....\$ 4.95

Herbal Tea Sampler (Celestial Tea)

5 Flavors: Chamomile, Lemon Zinger, Peppermint, Honey/Vanilla/Chamomile, Sleepytime - Caffeine Free

Item no. **23325** 18 teabags.....\$ 5.95

Licorice Root Tea Organic

Item no. **918033** 18 teabags.....\$ 6.95

Mandarin Orange Spice Celestial

Item no. **23346** 20 teabags.....\$ 4.95

Matcha Tea Powder (NOW)

Organic, culinary grade

Item no. **4253** 3 oz.....\$16.95

Morning Thunder Black Tea

Item no. **23353** 20 teabags.....\$ 4.95

Mother's Milk (Traditional Medicinals)

supports breastmilk production for nursing mommas

Item no. **50537** 16 teabags.....\$ 7.95

Nettle Leaf (Traditional Medicinals)

Item no. **00474** 16 teabags.....\$ 5.95

Ojibwa Tea (NOW)

Item no. **4232** 24 teabags.....\$ 5.95

Pau D'Arco (NOW) with Ginger Root,

Cinnamon, Cardamon, Clove, Black Pepper), and Natural Chocolate Flavor!

Item no. **4233** 24 teabags.....\$ 5.95

Peppermint (Traditional Medicinals)

Item no. **00052** 16 teabags\$ 6.95

Pregnancy Tea (Traditional Medicinals)

Item no. **50545** 16 teabags.....\$ 6.95

Raspberry Leaf Organic

(Traditional Medicinals)

Item no. **00067** 16 teabags.....\$ 6.95

Raspberry Leaf (Yogi)

Item no. **40911** 16 teabags.....\$ 5.95

Raspberry Leaf Organic (Buddha Teas)

Item no. **1039** 18 teabags.....\$ 7.95

Raspberry (NOW) blended with Rose

Hips, Hibiscus, Fenugreek Seed, Lemon Balm, and natural raspberry flavor

Item no. **4240** 24 teabags.....\$ 4.95

Reishi Liver Health (Bravo)

Item no. **005073** 20 teabags.....\$ 6.95

Sleep & Renew (Bravo)

White Mulberry Leaf, Schisandra Berry, Goji Leaf, Polygala Root, Fo-ti root, Codonopsis Root, Monk Fruit, Jasmine Flower

Item no. **00509** 20 teabags.....\$ 5.95

Sleepytime (Celestial Tea)

Item no. **23329** 20 teabags.....\$ 5.95

Smooth Move (Traditional Medicinals)

generally relieves constipation within 6-12 hours

Item no. **000095** 16 teabags.....\$ 6.95

Sugar Level (Bravo)

Item no. **00501** 20 teabags.....\$ 5.95

Tension Tamer (Celestial Tea)

Item no. **23339** 20 teabags.....\$ 4.95

Throat Coat (Traditional Medicinals)

licorice root & other herbs

Item no. **50557** 16 teabags.....\$ 6.95

Triple Immune Support (Bravo)

Item no. **00508** 20 teabags.....\$ 5.95

Triple Slimming (Bravo)

Item no. **005035** 20 teabags.....\$ 6.95

True Blueberry (Celestial Tea)

Item no. **63113** 20 teabags.....\$ 5.95

TEABAGS IN BULK

Chamomile Teabags

Item no. **17533** 100 teabags.....\$19.95

Green-Tea Teabags

Item no. **17526** 100 teabags.....\$17.95

Peppermint Leaf Teabags

Item no. **17531** 100 teabags.....\$19.95

Raspberry Leaf Teabags

Item no. **17538** 100 teabags.....\$19.95

Spearmint Leaf Teabags

Item no. **17539** 100 teabags\$19.95

TEA INFUSERS

With Handle

1.75" **9962**.....\$ 3.95

2.25" **9963**.....\$ 5.95

Without Handle

1.75" **9959**.....\$ 3.95

2" **9960**.....\$ 3.95

2.5" **9961**.....\$ 3.95

Easy Filter – for pot or bath water –

5" **1089**.....\$ 6.95

Press-N-Brew (Starwest)

Empty Paper Tea Bags – *Compliant for all food standards, including Organic*

Item no. **5071** 40 count.....\$ 4.95

5 – Children's Health

BEDWETTING

Bedwetting Formula (Krause)

Item no. **9009** 4 oz.....\$24.95

Tasty Dry Bed (Natural Hope Herbals) bedwetting formula

Item no. **5003** 4 oz.....\$28.95

Kids Stay Dry (Sprig's)

natural bladder support - bedwetting relief at last!

Item no. **625355** 2 oz.....\$11.95

Kid-E-Dry (Christopher's)

may support the urinary tract

Item no. **44706** 2 oz.....\$17.95



CALCIUM

Kid-E-Calc (Christopher's)

Calcium

Item no. **44702** 2 oz.....\$16.95

Kids Calcium Combo (Sprig's)

Item no. **1409** 2 oz.....\$14.95

Kids Cal 100mg (NOW)

50mg Mag, 100 IU Vit D , & 60mcg Vit A
- Orange flavor

Item no. **1233** 100 wafers.....\$14.95

Growing Bones & Muscles

(Nature's Way)

per 2 gummies: 325mg Calcium, 42mg
Magnesium plus Vit D3 & K1

Item no. **13371** 90 count.....\$14.95

Liquid Calcium (ChildLife)

a great, tasty liquid calcium for kids!
Orange Flavor-

With Magnesium, Vit D and Zinc

6 month-4+ years

Very Popular

Item no. **CD1011** 16 oz.....\$19.95



COLIC & TEETHING

Baby Oral Pain Relief Tabs (Hylands)

Item no. **31518** 125 tabs.....\$9.95

Baby's Gripe Ease (Sprig's)

for infant stomach discomfort, gas, colic,
hiccups, teething & fussiness

Item no. **625350** 2 oz.....\$11.95

Gripe Water (Mommy's Bliss)

blend of Ginger & Fennel to ease the gas
and stomach pain often associated with
colic, hiccups & teething

Item no. **65299** 4 oz.....\$14.95

Gut Restore (Restore Health)

new and improved formula

of the **Digestive Health**

Item no. **3214** 60 caps.....\$25.95

Pain & Fever Oral Liquid

(Kids Relief)

not only for pains and fevers, but also for
sore throat & headaches –

great formula for children 6 month to 12
years –

for children under 6 months, consult your
pediatrician.

Item no. **02078** 25 ml.....\$ 8.95

Soothing Gel Daytime (Hyland's)

Organic – cherry flavored

Item no. **82005** 0.53 oz.....\$ 7.95

DIGESTION

Bubble-B-Gone (Nature's Answer)

a blend of chamomile, fennel, catnip, and
lemon balm. Glycerite.

Used to help get baby's burps up.

Item no. **50014** 1 oz.....\$ 7.95

Chewy Zymes (NOW)

Broad Spectrum Chewable Enzymes -

Berry flavored

Item no. **2957** 90 count.....\$13.95

Kid-E-Reg (Christopher's)

a gentle laxative – slippery elm bark,
licorice, fennel, anise, and fig syrup

Item no. **44709** 2 oz.....\$17.95

Kid's Reg Ease (Christopher's)

constipation relief

Item no. **625365** 2 oz.....\$11.95

Lil' One's Calm Tummy (Sprig's)

peppermint, ginger & chamomile
designed to relieve an upset stomach –
for kids & adults

Item no. **625375** 2 oz.....\$13.95

Licorice Tummy Aid

(Mountain Meadow Herbs)

for kids- digestive aid for *all* ages

Item no. **2012W** 2 oz.....\$22.95

Item no. **2014W** 4 oz.....\$34.95

Smarty Pants Multi & Fiber

with Omega-3 EPA/DHA, prebiotic
fiber, and multi nutrients

– Non-GMO –

Lemon, Orange & Strawberry/Banana
flavored

Item no. **00407** 120 gummies.....\$32.95

FISH OILS

Fish Oil (Carlson)

The very Finest –

Rich source of DHA and EPA – 800mg
omega-3s in one half teaspoon

Item no. **1543** 6.7 oz **lemon**.....\$24.95

Item no. **1443** 6.7 oz **orange**.....\$24.95

Nordic Omega 3

(Nordic Naturals)

82mg per 2 gummy -amazing tangerine
flavor!

Item no. **301315** 120 gummies.....\$35.95

DHA (NOW)

tasty fruit flavor!

Fish shaped chewable softgels

Item no. **1607** 60 soft-gels.....\$11.95

FOCUS

Added Attention (Buried Treasure)
great for helping children calm and focus
with school and learning.
Item no. **545674** 16 oz.....\$31.95

Attention & Focus (Garden of Life)
packed with organic, whole food
ingredients to support school-aged
children.
-watermelon berry flavored
Item no. **12071** 60 chew.....\$37.95

Calm Child (Planetary Herbals)
a special herbal blend, designed to
soothe the minds and bodies of children,
particularly in their moments of
restlessness, anxiety, or stress.
Item no. **10119** 4 oz.....\$23.95

Kids Life Focus (Sprig's)
-Supports healthy attention, focus, and
concentration.
-Made with non stimulating organic herbs
such as ashwagandha and ginseng root.
-Ideal for school and study
Item no. **625370** 2 oz.....\$11.95

Attention (Liquid Health)
2x Concentrate – 32 servings
– Mango Tangerine flavor –
works great for everyday focus!
Item no. **33030** 16 oz.....\$30.95

Natural Attention Aid
(Mountain Meadow Herbs)
focus & concentrate – support learning –
reduce aggression
– formulated for kids
Item no. **2214W** 4 oz.....\$34.95

IMMUNITY

Baby Tiny Cold (Hyland's) 6+ months
may temporarily relieve runny nose,, nasal
congestion, headache, sneezing & cough
related to the common cold
Item no. **31581** 125 tabs.....\$14.95

Dr. Tierra's see page 42

Tasty Echinacea
(Natural Hope Herbals)
a simple combination of echinacea
flower, root, and leaf and peppermint leaf.
Item no. **5002** 2 oz.....\$13.95

Kids Cough & Cold
(Hyland's)
great for congestion, runny nose, sore
throat, cough, and post nasal drip –
Ages 2-12
Item no. **30751** 4 oz.....\$10.95

Kids Cough & Mucus Daytime
(Hyland's)
Effective Mucus Relief – great for cough,
mucus, congestion, runny nose – Grape
Flavored - ages 2-12 years
Item no. **40561** 4 oz.....\$10.95

Kids Immuno-X (Sprig's) 
Item no. **00337** 2 oz.....\$11.95

Kids Immune Gummy
(Garden of Life)
Vit C, D, & Zinc – cherry flavored –
Sugar FREE!
Item no. **12518** 60 v-gummies.....\$25.95

For more Immunity see page 41

Kid-E-Mune (Christopher's)
Echinacea Angustifolia Root in a base of
vegetable glycerin & water
Item no. **44700** 2 fl oz.....\$21.95

Kid-E-Well (Christopher's)
fight colds, flu & fever – a blend of yarrow,
elder flowers, peppermint & echinacea
Item no. **44704** 2 oz.....\$18.95

Kids Vitamin D (Garden of Life)
800IU per serving – orange flavor –
Sugar FREE!
Item no. **12517** 60 gummies.....\$15.95

Allergy Oral Drops (Kid's Relief)
Banana Flavored – Homeopathic
Item no. **67639** 0.85 oz.....\$ 8.95

More allergy relief see page 35, 43

Well Child (Planetary Herbals)
herbal blend:
Honeysuckle Flower
Elderberry
Lemon Balm
Chamomile
Catnip
Echinacea
Cassia Bark & Licorice Root
Item no. **PF0323** 8 oz.....\$31.95
Item no. **PF0322** 4 oz.....\$16.95



MOOD & SLEEP

Kid-e-Trac (Christopher's)
Emotional Clarity – the kid's formula of
MindTrac (see page 51 for adult's) – an
gentle blend of herbs designed for the
blues & mild depression in little people
Item no. **44710** 2 oz.....\$14.95

Lil' One's Sleepy Time (Sprig's)
blend of Passionflower, Catnip, Lemon
Balm, Oatstraw in milky stage,
Chamomile & Hops flower
– Melatonin FREE - *popular*
Item no. **00536** 2 oz.....\$14.95

Valerian Super Calm
(Herbs for Kids)
nerve support for children over 1 year of
age.
Item no. **0017** 2 oz.....\$18.95

Chamomile Calm
(Herbs for Kids)
A calming formula that nourishes the
nervous system and promotes peaceful
activity levels.
For children over 1 year of age.
Item no. **0015** 2 oz.....\$22.95

AnxioCalm see page 50

Cool, Calm & Collected
(Nature's Way)
a blend of lemon balm, passionflower,
magnesium & L-Theanine.
for kids ages 8+
Item no. **13369** 40 gummies.....\$14.95

Calm Kids 
(Terry Naturally)
-Calm your child's mind
-Help maintain healthy focus and brain
function
-Support learning and social engagement
-Enhance emotional tranquility*
Safe for children ages 4+
Item no. **20116** 60 caps.....\$28.95



MUTLIS

Alive Children's Multi

(Nature's Way)

Make sure your kids are getting nutrients they need and filling gaps with 21 vitamins and minerals, including vitamins C and D3 and the full B-vitamin complex to support cellular energy.

Item no. **15786** 120 chews.....\$14.95

Children's Complete Multiple

(Liquid Health)

Full Spectrum Vitamin / Mineral

- Citrus & Mango Flavor -

High Quality!

Item no. **70116** 16 oz.....\$28.95

Liquid Vitamin & Mineral

(Child Life)

high quality multivitamin with a great taste.

Orange & Mango Flavor

Item no. **10300** 8 oz.....\$14.95

Children's Multi Vitamin

(Solaray)

Choline, inositol, and PABA

-Black Cherry flavor

Item no. **04797** 120 chewables....\$14.95

Kid-E-Mins (Christopher's)

Natural Whole Food Vitamin, Mineral,

Active Enzyme, Chlorophyll, Amino

Acid, & Phyto-Nutrient formula

-orange flavored-

Item no. **44701** 2 oz.....\$17.95

Kid Vits (NOW)

vitamins and minerals plus inositol,

PABA, lutein, and lycopene

- Berry Lemonade flavor

Item no. **3882** 120 chewables...\$11.95

Children's Multivitamin & Mineral

(Nature's Sunshine)

Item no. **23589** 90 gummies.....\$25.95

Multi Vitamin Gummies

(ChildLife)

highly bioavailable forms of vitamins, minerals, essential fatty acid DHA, and carotenoid lutein for optimal nutritional health for children.

delicious natural strawberry lemon flavor

Item no. **14550** 90 gummies.....\$21.95

Nordic Berries Multivitamin

(Nordic Naturals)

-Chewable, pectin-based multivitamin for ages 3+

-Provides essential nutrients-including zinc and vitamins A, B, C, D3, & E

-No artificial coloring, flavoring, or preservatives

-Dairy-free, gluten-free, and gelatin-free

Orange Lemon Flavor

Item no. **30124** 200 ct.....\$35.95

Vitamin Code Gummies Kids Multi with Iron

(Garden of Life)

- Immune Support -

Supports Digestive Health -

Mental & Physical Energy -

Support for Growing Bones -

2mg Iron in 3 gummies - Probiotics - whole food fermented nutrients for better absorption

- orange flavored

Item no. **10439** 90 gummies.....\$21.95

Kids ORGANIC Multi & Omegas

(Smarty Pants)

Premium all-in-one multi for children's development years.

Item no. **02079** 120 gummies.....\$28.95

Kids Multi & Omegas (Smarty Pants)

a great multi blend for Ages 4+

Berry Flavored

Item no. **02056** 120 gummies.....\$25.95

Original Fruit Flavor

(Lemon, Orange, Strawberry/Banana)

Item no. **00401** 120 gummies.....\$25.95

Vitamin Code Kids

(Garden of Life)

-Immune system support

-Mental & physical energy

-Support for growing bones

-Probiotics support healthy digestion

-Yummy, cherry berry chewable tablet

-Clean whole food multi

- Non GMO -

Item no. **11440** 60 chewables....\$29.95

PROBIOTICS

Always refrigerate!

Baby Probiotic Drops

(Mommy's Bliss)

flavorless

- 30 servings - 1 Billion per serving -

Lactobacillus rhamnosus GG

100% Vegan

Item no. **05551** 0.34 fl oz.....\$29.95

BerryDophilus (NOW)

Chewable Probiotic

Original - 2 Billion CFU

Item no. **2936** 60 count.....\$10.95

Extra Strength - 10 Billion CFU

Item no. **2923** 50 count.....\$16.95

Florajen4Kids

-over 6 billion live cultures per capsule-

-Helps restore & maintain the natural balance in the digestive system.

-Maintains gut health in children.

Item no. **88048** 30 caps.....\$20.95

Primadophilus (Nature's Way)

3 billion CFU

-Orange Flavor

-Ages 2-12

Item no. **14243** 30 chewables....\$10.95

Refrigeration Optional

Baby Probiotic Drops (Garden of Life)

4 billions CFU

Item no. **12523** 1.9 fl oz.....\$21.95

Baby Probiotic Drops (LoveBug)

with 400 IU Vitamin D

- 30 day supply -

6 probiotic strains including L.GG and B. Infantis

- unflavored and **Organic**

Item no. **71641** 0.34 fl oz.....\$24.95

Three Lac: 60 pk

High quality lemon-flavored probiotic powder

Item no. **104100** 60 pkts.....\$49.95

Children's Probiotic Gummies

(Mountain Meadow Herbs)

These probiotics aid in digestion, soothe occasional belly discomfort, and ensure your child absorbs all the essential nutrients they need.

Item no. **01715** 60 gummies.....\$22.95

6 – Foods & Drink Mixes

APPLE CIDER VINEGAR

Apple Cider Vinegar

Organic + *unfiltered* with the “Mother”

Item no. **102284** 16 oz.....\$ 7.95

Item no. **00132** 32 oz.....\$11.95

Item no. **743128** 1 gallon.....\$29.95

ACV Capsules see page 53

CANDY

Chewing Gum (Spry) Xylitol Gum

Aspartame Free + Sugar Free

Tastes Great + Improves Oral Health

Peppermint

Item no. **00062** 10 ct\$ 1.50

Item no. **GPP100** 100 ct.....\$ 9.95

Spearmint

Item no. **00061** 10 ct\$ 1.50

Item no. **GSP100** 100 ct.....\$ 9.95

Cinnamon

Item no. **00064** 10 ct.\$ 1.50

Item no. **GC100** 100 ct.....\$ 9.95

Fresh Fruit

Item no. **00063** 10 ct.....\$ 1.50

Item no. **GFF100** 100 ct.....\$ 9.95

Xylitol Mints (Spry) Similar to above -

Berry Blast

Item no. **00988** 45 ct.....\$ 1.95

Item no. **00008** 240 ct.....\$10.95

Cinnamon

Item no. **00095** 45ct.....\$ 1.95

Item no. **00011** 240ct.....\$10.95

Peppermint

Item no. **00971** 45ct.....\$ 1.95

Item no. **00007** 240ct.....\$10.95

Crystalized Ginger (NOW)

may support soothing an upset tummy

Slices

Item no. **5695** 12 oz.....\$ 8.95

Dices (little cubes)

Item no. **5696** 16 oz.....\$10.95

Lollipops (Yum Earth)

Organic -GF-Soy free- No artificial dyes- multiple fruit flavors

Item no. **115666** 8.7 oz.....\$11.95

Giggles (Yum Earth) free of artificial dyes

Organic Chewy Candy Bites

individual packets for convenience

Item no. **1947** 10 pkts.....\$11.95

COFFEE

Café Mam - 100% Organic, Fair-Trade,

Shade-Grown by native Mayan farmers

LIGHT – Breakfast Blend

Ground

Item no. **10116** 1 lb.....\$14.95

Whole Bean

Item no. **31116** 1 lb.....\$13.95

MEDIUM – Mocho Blend

Ground

Item no. **10716** 1 lb.....\$14.95

Whole Bean

Item no. **30716** 1 lb.....\$13.95

DARK -French Roast

Ground

Item no. **30116** 1 lb.....\$14.95

Whole Bean

Item no. **30166** 1 lb.....\$13.95

5LB Trinity Blend (Café Mam)

Ground

Item no. **65498** 5lb.....\$65.95



All Decaffeinated using the Swiss Water Process.

Decaf Royal Espresso Blend

(Café Mam) A dark roast blend with rich crema and bold flavor.

Whole bean

Item no. **97755** 1 lb.....\$19.95

Decaf Italian Roast (Café Mam)

Robust and full-bodied.

Ground

Item no. **20216** 1 lb.....\$18.95

COOKING

Agar Powder (NOW)

the perfect vegetarian substitute for beef gelatin in any food application, and makes an excellent thickener.

Item no. **6410** 2 oz.....\$ 6.95

Almond Flour (NOW)

pure, unblanched, and gluten free.

Item no. **6006** 22 oz.....\$11.95

Baking Flour 1-to-1 GLUTEN FREE-

(Bob's Red Mill)

A blend of Sweet White Rice Flour, Whole Grain Brown Rice Flower, Potato Starch, Whole Grain Sorghum Flour, Tapioca Flour, and Xanthan Gum

Item no. **03453** 22 oz.....\$ 6.95

Item no. **04453** 44 oz.....\$12.95

Baking Powder

(Bob's Red Mill)

Aluminum-free, Gluten free &

Double-acting

Item no. **50900** 14 oz.....\$ 5.95

Baking Soda

(Bob's Red Mill)

Item no. **77855** 1 lb.....\$ 4.95

Brewer's Yeast (NOW)

Item no. **2420** 1 lb.....\$10.95

Item no. **2410** 200 tabs.....\$10.95

Baking Cocoa Powder

(Equal Exchange) Organic

Item no. **90101** 8oz.....\$10.95



Cocoa Powder (NOW)

Organic –NO SUGAR – non-alkalized

Item no. **6672** 12 oz.....\$10.95

Chia Seeds Whole (Startwest)

Item no. **10369** 1 lb.....\$12.95

Egg Replacer (Bob's Red Mill)

Equivalent to **34 Eggs**

–Non GMO & Gluten FREE

Item no. **00620** 12 oz.....\$ 6.95

Flax Seeds (NOW)

Known to support regularity. Simply add to yogurt, cereals, salads, soups, muffins, etc....

Item no. **6260** 1 lb.....\$ 5.95

Item no. **6258** 2 lb.....\$ 8.95

Flax Seeds Organic (Frontier)

Item no. **56333** 1 lb.....\$ 6.95

Golden Flax Seeds (NOW)

Item no. **6268** 1 lb.....\$ 5.95

Golden Flax Meal (NOW)

Item no. **6274** 12 oz.....\$ 4.95

Item no. **6257** 22 oz.....\$ 7.95

Guar Gum (NOW)

Item no. **5040** 8 oz.....\$ 7.95

Hemp Seed Hearts (NOW)

Item no. **6281** 8 oz.....\$ 9.95

Nutritional Yeast Flakes (NOW)

Item no. **2455** 10 oz.....\$13.95

Powder

Item no. **2460** 10 oz.....\$13.95

Tapioca Flour (NOW)

Item no. **6181** 12 oz.....\$ 3.95

Xanthan Gum (NOW)

Item no. **6199** 6 oz.....\$ 6.95

DRINK MIXES

Instant Hot Cocoa (NOW) Organic – add 1½ tablespoons of hot cocoa to 6 oz. of hot water or milk and mix completely.
Item no. **6671** 14 oz.....\$10.95

Dark Hot Chocolate Mix 
(Equal Exchange)
This is a rich and extra decadent treat made with ground dark chocolate. Smoother and richer than hot cocoa, it's a real treat for the chocolate lover.
Item no. **99009** 12 oz.....\$11.98

Dandy Blend A coffee substitute of dandelion and other herbs. Instant! **100% caffeine FREE.** No acidity, no bitterness. Perfect HOT or COLD
Item no. **15014** 25 packets.....11.95
Item no. **15023** 7.05 oz.....\$14.95
Item no. **15022** 14.1 oz.....\$25.95
Item no. **15017** 2 lbs.....\$39.95
Organic – same as above, just gone through an organic verification process.
Item no. **15031** 11 oz.....\$27.95

Collagen Peptides (NuNaturals)
Item no. **00740** 14 oz.....\$19.95

Collagen Peptides Types I & III
(Superior Source)
Unflavored Hydrolyzed Collagen –from Grass-Fed Cows
Item no. **40060** 12.7 oz.....\$19.95

Keto Collagen Formula with MCTs
(Superior Source) Chocolate flavored
Item no. **400508** 14 oz.....\$22.95

Multi Collagen + Protein Unflavored
(Life's Fortune)
-our Best Seller collagen-
Collagen Peptides I, II, III, V, & X + digestive enzymes – 30 servings
Item no. **000038** 10.6 oz.....\$35.95

Mushroom Coffee 
(OM Mushrooms)
Coffee 10 packets
Item no. **00891**\$18.95
Coffee – 30 servings
Item no. **99691**\$34.95
Latte – 10 packets
Item no. **00892**\$18.95
Latte – 30 servings
Item no. **99692**\$34.95

Beef Gelatin (NOW)
Item no. **6505** 200 caps.....\$12.95

Gelicious (NuNaturals)
Unflavored Gelatin Powder
Item no. **00730** 1 lb.....\$19.95

Electrolyte Stamina see page 26

Power Pak & Emergen C see page 56

Natural Vitality Calm see page 27

Organic Soy Milk Powder (NOW)
Item no. **5837** 20 oz.....\$10.95

PROTEIN POWDERS

Egg White Pure Powder (NOW)
unflavored- 16g Protein
can also be used in cooking recipes by mixing two Tbsps. of powder with six Tbsps. of water to equal two egg whites.
Item no. **2040** 1.2 lb.....\$35.95

Chicken Bone Broth Protein
(Ancient Nutrition)
20g protein - superfood protein powder with collagen peptides and co-factors
Vanilla
Item no. **DA1700** 17.4 oz.....\$47.95
Item no. **02026** 34.7 oz.....\$79.95
Chocolate 
Item no. **02002** 17.4 oz.....\$47.95

Pea Protein
(NutriBiotics)
Gluten free, GMO free + 80% protein
Pure & Plain
Item no. **2135** 1 lb 5 oz.....\$22.95
Vanilla Flavored
Item no. **3205** 1 lb 5 oz.....\$22.95

Raw Protein
(Garden of Life)
plant-based + 22g Protein + 0g Sugar – Gluten-FREE – *Clean & Complete Protein* –
Chocolate
Item no. **11594** 20 oz\$44.95
Vanilla
Item no. **11603** 20 oz.....\$44.95
Vanilla-Chai
Item no. **11606** 20 oz.....\$44.95

Raw Protein & Greens
(Garden of Life)
6 Organic greens & veggies – plus 1.5 billion CFU probiotics and 13 non-GMO enzymes - 20g Protein – 0g Sugar –
Vanilla 20 servings
Item no. **11870** 22 oz.....\$43.95

Sustain (Sprig's) **DISCONTINUED.**

Steak Shake Total Carnivore 
-Dairy-Free- Animal-based, high-quality blend of beef isolate, beef tallow, collagen, and 5 Beef organs.
Chocolate
Item no. **75515**\$69.95
Mocha
Item no. **75516**\$69.95

Steak Shake Protein Powder 
(Within You) *The first COMPLETE Animal Protein Complex* –30 servings
Chocolate
Item no. **75383**\$59.95
Chocolate Coconut
Item no. **75493**\$59.95
Cinnamon Roll
Item no. **75495**\$59.95
Salted Caramel
Item no. **75437**\$59.95
Vanilla
Item no. **75384**\$59.95

Carnivora Protein (Within You) 
the first ever animal based protein shake made for women. Containing no whey protein, and the ultimate combo of grass fed Beef Isolate, Beef Tallow, Beef collagen, MCT, colostrum and beef organs with added magnesium and iron.
Chocolate Milkshake
Item no. **75532**\$69.95

Whey Protein Isolate (NOW)
Unflavored Plain – 100% Pure
Item no. **2172** 1 lb.....\$35.95
Vanilla
Item no. **2160** 2 lb.....\$49.95
Dutch Chocolate
Item no. **2162** 2 lb.....\$49.95

Chocolate Whey Protein (NOW)
Item no. **2180** 2 lb.....\$38.95
Vanilla Whey Protein (NOW)
Item no. **2185** 2 lb.....\$38.95

NATURAL SWEETENERS

Erythritol (NOW)
-ZERO calories- 70% as sweet as sugar!
Keto friendly
Item no. **6927** 1 lb.....\$ 7.95
Item no. **6923** 2.5 lb.....\$13.95

Pure Stevia Powder (KAL)
Item no. **10412** 3.5 oz.....\$35.95

Pure Stevia Extract Liquis (KAL)
Item no. **37497** 8 oz.....\$38.95

French Vanilla Stevia (NOW)
Item no. **6979** 2 oz.....\$ 9.95

Better Stevia Powder (NOW)
¼ to ½ teaspoon of powder gives the sweetness of 1 cup of sugar
Item no. **6943** 4 oz.....\$23.95
Item no. **6960** 1 oz.....\$ 7.95
Item no. **6957** 100 packets.....\$ 7.95
Item no. **6961** 1 lb.....\$64.95

Better Stevia Glycerite (NOW)		
Item no. 6952	2 oz.....	\$ 7.95
Item no. 6953	8 oz.....	\$20.95-

Monk Fruit Sweetener (NOW) New		
Organic + zero-calorie		
Liquid		
Item no. 6916	2 fl oz.....	\$10.95
Item no. 7116	8 fl oz.....	\$33.95
Powder		
Item no. 7120	0.7 oz.....	\$24.95

Lactose (NOW)		
Item no. 6940	1 lb.....	\$ 6.95

Xylitol Powder (NOW)		
Item no. 6983	1 lb.....	\$ 6.95
Item no. 6986	2½ lb.....	\$15.95

NUTS

Almonds Raw (NOW)		
Item no. 7005	1 lb.....	\$ 8.95

Cashews (NOW)		
<i>Raw & Unsalted</i>		
Item no. 7065	10 oz.....	\$ 7.95

Macadamia Nuts (NOW)		
<i>Dry Roasted. + Sea Salt</i>		
Item no. 7019	16 oz.....	\$11.95

Honey Roasted Pecans (NOW)		
Item no. 7020	8 oz.....	\$10.95

Pecans (NOW)		
Item no. 7001	12 oz.....	\$10.95

Pumpkin Seeds (NOW)		
Item no. 7025	1 lb.....	\$ 6.95

Walnuts (NOW)		
Item no. 7074	10 oz.....	\$10.95

Unsalted Raw Energy Mix (NOW)		
Nuts, raisins, & seeds. Delicious!		
Item no. 7030	1 lb.....	\$ 8.95

SALT

Celtic Sea Salt A truly whole sea salt!		
Coarse – Whole Crystal		
Item no. 607	1 lb.....	\$10.95
Fine Ground		
Item no. 6062	8 oz Shaker.....	\$13.95
Item no. 10011	1 lb.....	\$15.95
Item no. 45280	5 lb.....	\$59.95

Himalayan Pink Mineral Salt		
(Starwest) Fine Ground		
Item no. 210355	1 lb.....	\$12.95

Sea Salt		
(Starwest) Table Grind		
Item no. 27276	1 lb.....	\$ 5.95

Real Salt® (Redmond Life)		
this salt carries a full spectrum of minerals. Real Salt is mined in Utah – no anti-caking agents or additives		
Item no. 50906	9 oz shaker.....	\$ 5.95
Item no. 50907	16 oz	\$ 9.95
Item no. 10250	26 oz.....	\$11.95

SEASONINGS & SPICES

Liquid Aminos (BRAGG)		
000102	10 oz.....	\$ 5.95
00066	16 oz.....	\$ 6.95
Coconut Aminos (BRAGG) <i>Soy-FREE</i>		
00610	10 oz.....	\$ 8.95

Simply Organic Spices –
Comes in a small jar – easy to shake/sprinkle into dishes - Organic

Basil	18512	\$4.95
Bay Leaf	18764.....	\$8.95
Black Pepper Fine	18523.....	\$7.95
Black Peppercorns	18524.....	\$6.95
Coarse Black Pepper	19518.....	\$5.95
Cayenne	18761.....	\$5.95
Cilantro	18601.....	\$5.95
Cinnamon Pwd	18513.....	\$6.95
Chili Pwd	18760.....	\$6.95
Crushed Red Pepper	18603.....	\$5.95
Cumin Ground	18514.....	\$6.95
Curry Pwd	18763.....	\$6.95
Dill Weed	18604.....	\$6.95
Garlic Pwd	18516.....	\$8.95
Garlic Salt	18517.....	\$6.95
Ginger Ground	18518.....	\$6.95
Lemon Pepper	18519.....	\$7.95
Nutmeg	18766.....	\$8.95
Minced Onion	18520.....	\$5.95
Onion Pwd	18608.....	\$6.95
Oregano Flakes	18521.....	\$5.95
Paprika	18765.....	\$6.95
Paprika (smoked)	19517.. New	\$8.95
Parsley Flakes	18522.....	\$5.95
Poppy Seeds	18045.....	\$5.95
Rosemary	18610.....	\$5.95
Sage Pwd	18611.....	\$5.95
Thyme	18613.....	\$5.95
Turmeric	18525.....	\$5.95

Vanilla Extract– Pure Madagascar		
Item no. 18531	2 fl oz.....	\$12.95
Item no. 18532	4 fl oz.....	\$16.95

SEEDS FOR SPROUTING

Organic Alfalfa Seeds (NOW)		
- sweet, nut-like flavor		
Item no. 7212	12 oz.....	\$ 8.95

Broccoli Seeds (NOW)		
Sprout just like alfalfa seeds. Mild tasting.		
Item no. 7215	4 oz.....	\$ 4.95

Mung Beans (NOW)		
Item no. 7250	1 lb.....	\$ 6.95

Radish Seeds (Starwest)		
Item no. 130011	1 lb.....	\$29.95

Zesty Sprouting Mix (NOW)		
Mix of clover, alfalfa, fenugreek, and radish seeds. Tasty and good.		
Item no. 7271	1 lb.....	\$ 7.95

Citric Acid (NOW)		
Item no. 7320	4 oz.....	\$ 4.95

Sprouting Glass Jar with Lid (NOW)		
2 quart size		
Item no. 7350	1 jar.....	\$ 7.95

VEGETABLE GLYCERIN

Vegetable Glycerin		
Item no. 7695	4 oz.....	\$ 3.95
Item no. 7700	16 oz.....	\$ 9.95
Item no. 7711	1 gallon.....	\$42.95

YOGURT SUPPLIES

Yogurt Starter (Cultures for Health)
heirloom culture – with proper use, one starter can make an endless supply of yogurt. *Instructions included.*

Bulgarian		
Item no. 02029	2 pkts.....	\$12.95
Greek		
Item no. 02028	2 pkts.....	\$11.95
Traditional		
Item no. 02040	4 pkts.....	\$13.95

Yogurt Thermometer		
Item no. 50934	1 count.....	\$ 8.95

Kefir Starter (Cultures for Health)
No electrical appliance needed
Item no. **02035** 4 pkts.....\$13.95

Sourdough Starter (Cultures for Health)		
Item no. 2306	1 pkt.....	\$12.95



8 – Men's Health

HORMONE SUPPORT

Complete Testosterone Support- (Terry Naturally) – a blend of Ashwagandha, B6, Boron, DHEA, DIM, and Zinc – Designed to support:

-Lean muscle mass -Healthy sex drive-Daily energy & stamina-Longevity and healthy aging-Resilience during stress-Healthy weight management

Item no. **44013** 30 caps.....\$29.95

Healthy PSA Levels

New

(Terry Naturally) BCM-95 Curcumin, French Grape Seed Extract VX1, Pomegranate Seed Oil, Silybin + Vit D3

Item no. **39456** 60 soft-gels.....\$39.95

Horny Goat Weed (ZHOU)

New

Item no. **00616** 60 caps.....\$22.95

Red Ginseng for Men

(Terry Naturally) *sexual enhancement* a blend of zinc, grape skin & seed extract, apple skin extract, saffron stigma, and red ginseng – it's best paired with a healthy diet and regular activity

Item no. **22224** 48 cap.....\$45.95

Legacy Herbs (Mountain Meadow Herbs) *Men's Fertility Enhancement*

Item no. **L324** 4 oz.....\$34.95

Sex Drive Men Only (Superior Source) dissolvable tablets for under the tongue

Item no. **90990** 60 loz.....\$18.95

Shilajit Fulvic Acid Complex

(Jarrow Formulas) suggested: 1 capsule 1-2 times a day with a meal –may help boost testosterone & energy

Item no. **29060** 60 caps.....\$20.95

TestoJack 100™ - testosterone health –

Item no. **2168** 60 V-caps.....\$17.95

Testo Strong XY (Sprig's)

designed to help with the production of testosterone

Item no. **00393** 120 caps.....\$36.95

Testeral (Source Naturals)

New

-supports healthy testosterone level

Item no. **91060** 60 loz.....\$21.95

MEN'S MULTI

Adam Softgels (NOW) Superior men's multi with saw palmetto, lycopene, lutein, CQ10, ZMA, and ginkgo biloba- gentler and easier to swallow & absorb

Item no. **3881** 180 soft-gels.....\$51.95

Adam Capsules (NOW)

Item no. **3878** 90 caps.....\$19.95

Alive! Men's Max3 Multivitamin

(Nature's Way) supports Energy, Metabolism, Heart & Muscle function – *Ultra Potent B-Vitamins & 7 Plant-Based Blends*

Item no. **15542** 90 tabs.....\$26.95

Alive! Men's 50+ Multivitamin

(Nature's Way)

This complete multivitamin is formulated for men+

Item no. **4283** 130 caps.....\$22.95

Vitamin Code Men (Garden of Life)

prostate & heart health – general energy support

Item no. **11368** 120 caps.....\$43.95

Item no. **11419** 240 caps.....\$74.95

Vitamin Code Men RAW ONE

New

(Garden of Life) one daily – designed to support energy, heart, prostate, stress - probiotics & enzymes

Item no. **11402** 75 caps.....\$39.95

Vitamin Code Men 50 & Wiser

(Garden of Life) helps with memory, heart health, and blood pressure – supports digestion!

Item no. **11369** 120 caps.....\$43.95

Item no. **11420** 240 caps.....\$74.95

Liposomal Multivitamin Men's

(Solaray) 34 nutrients blended with branched-chain amino acids (BCAAs) – only methylated B vitamins

Item no. **88289** 60 caps.....\$33.95

Life Essence Mater Multiple Men's (Pure Essence)

Super energizing with a vast whole food base over 26,000 MG

Item no. **01005** 120 tabs.....\$49.95

One 'n' Only Men (Pure Essence)

great multi with addition support for stress response

Item no. **01705** 90 tabs.....\$58.95

Smarty Pants Men's Multiple -

over 15 premium nutrients including omega-3, EPA, and DHA – plus CoQ10, lycopene, Vitamin D3, B12 and more!

Item no. **82278** 180 gummies.....\$35.95

PROSTATE SUPPORT

Clinical Strength Prostate Health

(NOW)

Saw Palmetto, Beta-Siosterol & Lycopene – *Targeted Prostate Supportive Nutrients* -

Item no. **3349** 180 soft-gels.....\$56.95

Male Urinary Tract Formula

(Christopher's) may help dissolve kidney stones, and fight off infection

Item no. **89122** 100 caps.....\$23.95

Prostate Support (NOW) 10mg B-6, 30mg Zinc, 160mg Saw Palmetto Extract, 10mg Pygeum Extract, 250mg Stinging Nettle Root Extract, 950 Mg Pumpkin Seed Oil, and 3mg Lycopene.

Item no. **3341** 180 soft-gels.....\$38.95

Saw Palmetto 80mg (NOW) plus 1,000mg Pumpkin Seed Oil, 15mg Zinc Gluconate – Recommended: 1 to 3x daily

Item no. **4734** 90 soft-gels.....\$12.95

Saw Palmetto Berries (Nature's Way)

Recommended: 1 cap, 3x daily

Item no. **16750** 100 caps.....\$12.95

Adam Prostate Care Cream

– *Unique Herbal Blend for Men*

Item no. **19952** 2 oz pump.....\$21.95



9 – Minerals & Electrolytes

CALCIUM

Calcium & Magnesium Soft-gels

(NOW) 400IU Vit D, 667mg Calcium, 333mg Magnesium, 25mg Zinc

Item no. **1251** 120 soft-gels.....\$11.95

Item no. **1252** 240 soft-gels.....\$21.95

Cal-Mag Stress Formula (NOW) with Vit C, Inositol, PABA, & B Vitamins

Item no. **1275** 100 tab.....\$12.95

Calcium Citrate Tablets (NOW)

600mg Calcium Citrate, 300mg Magnesium, 15mg Zinc, 1mg copper, 400IU Vit D, and 5mg Manganese

Item no. **1230** 100 tablets.....\$12.95

Item no. **1232** 250 tablets.....\$26.95

Calcium Citrate Capsules (NOW)

with Vitamin D2, Magnesium, Zinc, Copper, & Manganese – very popular!

Item no. **1237** 240 caps.....\$23.95

Calcium Citrate 1000mg (Solaray)

Item no. **48552** 240 caps.....\$19.95

Calcium Lactate (NOW)

Item no. **1260** 250 tablets.....\$14.95

Calcium Lactate (Krausse)

Item no. **9013** 100 tabs.....\$14.95

Cal-Mag Citrate 1:1 (Solaray)

6 capsules provide 1,000mg of each

Item no. **4525** 180 caps.....\$21.95

Calcium, Mag & D (Nature's Way)

500mg Calcium, 250mg Magnesium & 5mcg Vit D

Item no. **41421** 250 caps.....\$19.95

Cal-Mag Caps (NOW) 2 capsules provide: 1000IU Vit D, 500mg Calcium, 250mg Magnesium, 7.5mg Zinc, 0.5mg Copper, 2.5 mg Manganese, 25mg Kelp, and 4mcg Vit K

Item no. **1265** 120 caps.....\$13.95

Item no. **1266** 240 caps.....\$23.95

Calcium Plus Vit D (Nature's Sunshine)

Item no. **1675-0** 150 tabs.....\$24.95

Complete Calcium & Magnesium 1:1

(Trace Minerals) support your bones, energy, heart, muscles, & mood!

Item no. **87894** 120 tablets.....\$18.95

Coral Calcium Plus (NOW) Coral Calcium plus Magnesium & Vitamin D

Item no. **1276** 100 caps.....\$13.95

Item no. **1281** 250 caps.....\$26.95

Calcium Combo (Sprigs)

-Replaces the liquid Calcium Combo- 250 mg of Calcium (as Citrate), Alfalfa, Nettle, Oatstraw, Horsetail, Plantain Leaf, and Peppermint Leaf.

Item no. **00385** 120caps.....\$21.95

Coral Life (Enriching Gifts) Coral

Calcium (325 mg), Citric Acid (necessary for calcium ionization), Vitamin D3 (400 IU), Calcium Ascorbate- 40% Calcium (175 mg) **extremely bio-available!**

Item no. **9EGI** 90 caps.....\$41.97

1 case (12 ct) per bottle.....\$35.00

4 cases (48 ct) per bottle.....\$30.00

Calcium & Magnesium 2:1 Ratio (Source Naturals)

Item no. **SN0304** 250 tabs.....\$24.95

Herbal Calcium (Christopher's)

Item no. **40215** 100 caps.....\$19.95

Liquid Cal-600 (Carlson)

Item no. **5152** 250 soft-gels.....\$34.95

Mykind Organic Plant Calcium

(Garden of Life) 800mg Calcium – Plus Magnesium, Vitamin D, and Vitamin K2 as MK-7 – Non GMO, organic & vegan

Item no. **10228** 180 tabs.....\$47.95

Raw Calcium (Garden of Life) whole food, vit D3, K2 and MK 7, magnesium, Vegetarian Non GMO, and GF

Item no. **11390** 120 v-caps.....\$48.95

CALCIUM CHEWABLE

Alive! Cal-D3 (Nature's Way)

520mg Calcium + 50mcg Vitamin D3

Item no. **10255** 60 gummies.....\$12.95

Chewable Calcium (Carlson)

250mg – Vanilla flavored

Item no. **5084** 120 chewables.....\$29.95

Kid Cal (NOW) 200mg per 2

Item no. **1233** 100 chewable.....\$12.95

Growing Bones & Muscles

(Nature's Way) calcium formula for kids

Item no. **13371** 90 gummies.....\$13.95

CALCIUM POWDER

Bone Meal (NOW) Bioavailable Calcium 750mg of Calcium per tsp – 162 servings

Item no. **1220** 1 lb.....\$17.95

Calcium Citrate Powder (NOW)

1 teaspoon provides 730 mg calcium.

Item no. **1240** 8 oz.....\$10.95

Cal-Mag Citrate Powder (NOW)

1:1 ratio with Vitamin D3

Item no. **1243** 8 oz.....\$12.95

CALCIUM- LIQUID

1:1 Ratio Cal-Mag Liquid

-Berry Flavor- 500mg of each; per Tablespoon *High Quality!*

Item no. **It8813** 16 oz.....\$19.95

2:1 Ratio Cal-Mag Liquid

-Orange Vanilla Flavor

Item no. **10020** 16 oz.....\$19.95

Lil' Ones Calcium Combo, page 18

Calcium Magnesium Citrate with D3 (Solgar)

- Strawberry Flavored – delicious & easy to take – with great adsorption as well!

Item no. **35833** 16 oz.....\$11.95

Herbal Calcium

(Mountain Meadow Herbs)

Teeth and bone support, calming support for restlessness, and muscle & nervous system support - Great absorption! Popular

Item no. **2032W** 2 oz.....\$22.95

Item no. **2034W** 4 oz.....\$34.95

Herbal Cal-Mag Syrup

(Natural Hope Herbs)

Item no. **NA1691** 4 oz.....\$22.95

Cal/Mag/Zinc (Trace Minerals)

Strawberry Flavor - 1-2 tbsp. daily. – blended with Ionic Trace Minerals Complex – 1200mg Calcium, 600mg Magnesium, 15mg Zinc, 1mg Iron, and 425IU Vitamin D (32 servings)

Item no. **00230** 32 oz.....\$39.95

Calcium & Magnesium (Liquid Health)

One ounce provides 500 mg calcium (chelate, citrate, gluconate, malate), 250 mg magnesium (chelate & gluconate), plus manganese, boron, lysine, horsetail, & Vitamin D - Orange Vanilla Flavor.

Item no. **20232** 32 oz.....\$28.95

ReCalcia (RnA ReSet)

Calcium Chloride – 300mg – 48 servings – Highly Concentrated! - Unflavored

Item no. **304** 8 oz.....\$28.95

ReMag & ReMyte see page 27, 28

CHROMIUM

Chromium Picolinate 200mcg (NOW)

– Insulin Co-Factor –

Item no. 1420	100 caps.....	\$ 5.95
Item no. 1422	250 caps.....	\$12.95

Chromium Picolinate 200mcg

(Source Naturals)

Item no. 00774	120 tabs.....	\$ 9.95
Item no. 00108	240 tabs.....	\$18.95

Chromium Picolinate 500mcg (Solgar)

This product may help maintain healthy blood sugar levels already within a normal range.

Item no. 00872	120 caps.....	\$10.95
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Tri Chromium (NOW)

500mcg blend of chromium picolinate, Chelavite®, and ChromaMate® -and a 250mg of cinnamon bark

Item no. 1428	90 caps.....	\$ 8.95
Item no. 1426	180 caps.....	\$14.95

Chromium 200mcg (Source Naturals)

as amino acid chelate – yeast-free

Item no. 00336	250 tabs.....	\$12.95
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G.T.F. Glucose Tolerance Factor Chromium (NOW)

some find this one to be easier absorbed and more effective

Item no. 1430	100 tabs.....	\$ 5.95
Item no. 1432	250 tabs.....	\$13.95

COLLOIDAL MINERALS

Colloidal Minerals (NOW)

Fulvic Acid Trace Minerals

Unflavored

Item no. 1405	1 quart.....	\$17.95
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Raspberry Flavored

Item no. 1406	1 quart.....	\$17.95
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For Colloidal Silvers see page 42

ELECTROLYTES

Electrolyte Stamina (Trace Mineral)

great for muscle cramps, endurance, hydration & energy

Item no. 00059	300 tablets.....	\$48.95
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NO! Muscle Cramps

(Trace Minerals)

– supports electrolyte balance –

Item no. 0343	4 fl oz.....	\$18.95
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ZEROlyte (Trace Minerals)

electrolyte packets – a combination of sea salt, ConcenTrace® Trace Mineral Complex + Coconut Water Pwd

Salty Berry Lemonade

Item no. 00878	30 pkts.....	\$33.95
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Salty Citrus

Item no. 00784	30 pkts.....	\$33.95
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Salty Orange

Item no. 00786	30 pkts.....	\$33.95
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Salty Watermelon

Item no. 00788	30 pkts.....	\$33.95
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RE-LYTE Electrolyte Mix (Redmond)

with Redmond Real Salt® & Coconut Water Powder – *Promotes Hydration*

Variety Pack! 30ct mix of flavors

Item no. 11702	30 pkts. 	\$34.95
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Lemon Lime

Item no. 10877	6.88 oz.....	\$27.95
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Item no. 10631	13.76 oz.....	\$39.95
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Mango

Item no. 10624	13.76 oz.....	\$39.95
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Mixed Berry

Item no. 10872	6.88 oz.....	\$27.95
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Item no. 10011	13.76 oz.....	\$39.95
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Strawberry Lemonade

Item no. 10869	6.88 oz.....	\$27.95
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Item no. 10621	13.76 oz.....	\$39.95
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Watermelon Lime

Item no. 10632	13.76 oz.....	\$39.95
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Re-Lyte ENERGY BOOST

Electrolyte Mix plus Beetroot, Ginseng, Maca, Rhodiola Rosea, Ashwagandha, and 120mg caffeine from Green Tea

– Limeade –

Item no. 10481	45 servings.....	\$39.95
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– Raspberry Mango –

Item no. 10480	45 servings.....	\$39.95
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Re-Lyte Pre-Workout (Redmond)

Real Salt®, electrolytes, Vegan BCAAs, Beta-Alanine, Taurine, Ginseng, Maca, and 150mg caffeine derived from Green Tea Extract – 30 servings 

Blueberry Lemonade

Item no. 10390	15.87 oz.....	\$48.95
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Peach Mango

Item no. 10393	15.87 oz.....	\$48.95
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IRON

Chewable Iron 30mg (Carlson)

Item no. 55920	120 tabs.....	\$18.95
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Floradix Iron & Herbs (Floradix)

10mg Iron per serving – and herbal blend with B vitamins and Vit C – ‘easily absorbed’ - 50 servings – Non-GMO, free of artificial additives and preservatives

Item no. 64777	17 fl oz.....	\$46.95
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Item no. 00018	23 fl oz.....	\$56.95
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Flora Iron Liquid (Flora) With B-Vitamin Complex - Non-constipating

Item no. 64741	7.7 oz.....	\$20.95
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Gentle Iron 25mg (Solgar)

gentle on stomach – non-constipating

Item no. 1249	90 caps.....	\$ 9.95
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Item no. sg1250	180 caps.....	\$16.95
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Healthy Blood (Garden of Life) 28mg of

non-binding Iron with Vitamins B & C

Item no. 11654	60 caps.....	\$16.95
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Herbal Iron (Mountain Meadow Herbs)

Item no. H2064	4 oz.....	\$34.95
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Item no. H2062	2 oz.....	\$22.95
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Iron Complex (NOW) 27 mg Iron

Item no. 1440	100 tabs.....	\$ 9.95
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Iron Response (INNATE) 27mg Iron, 30mcg B-12 and 400mcg Folic Acid

Item no. 40010	90 tabs.....	\$28.95
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Liver Fractions Heme Iron

(Terry Naturally) a blend of Folate,

B12, Iron, and Liver Fractions (from liver concentrate, containing natural heme iron) - *gentle on the stomach*

Item no. 20089	90 caps.....	\$33.95
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For Beef Liver see page 50

Raw Iron 22mg (Garden of Life) –

NON constipating

Item no. 11376	30 v-caps.....	\$16.95
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Vegan Iron (Liquid Health)

supports *All Day Energy*, metabolism, iron levels, red blood cells, easy on the stomach, non-constipating, used for both prenatal & postnatal iron support. A blend of Ferrochel and Sunactive Iron

Item no. 00378	16 oz.....	\$27.95
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MAGNESIUM

Calcium, Magnesium, & Potassium (MegaFood)

Item no. 10232	90 tabs.....	\$34.95
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Bio Active Magnesium

(Terry Naturally) with P-5-P and Zinc - supports heart function, the nervous system, managing muscle cramps, tendons, ligaments & cartilage function, also moods and emotional aid

Item no. 26102	120 cap.....	\$19.95
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Liquid Magnesium 300mg Tangerine

(Trace Minerals) with 100mg Ionic Trace Minerals Complex

Item no. 00277	16 oz.....	\$21.95
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Magnesium Calcium 2:1 Reverse Ratio (NOW) per 3 tabs: 1000IU Vit D, 400mg Calcium, 800mg Mag, and 15mg Zinc

Item no. 1277	100 tabs.....	\$13.95
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Item no. 1278	250 tabs.....	\$26.95
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Magnesium Citrate Powder (NOW)

Item no. 1295	8 oz.....	\$13.95
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Magnesium Citrate 200mg (NOW)

Item no. 1290	100 tabs.....	\$13.95
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Item no. 1292	250 tabs.....	\$26.95
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Magnesium Citrate Caps (NOW)

Item no. 1294	120 caps.....	\$13.95
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Magnesium Citrate (Nutricology)

170 mg of magnesium

Item no. 20293	90 caps.....	\$14.95
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Magnesium Capsules (NOW) 400 mg a blend of oxide, citrate & aspartate
Item no. **1283** 180 caps.....\$14.95

Magnesium Complex (Nature's Sunshine) *energy production support*
Item no. **1859** 100 caps.....\$18.95

Magnesium Glycinate
(Trace Minerals) highly absorbable, without the laxative effects

Capsules
Item no. **0815** 180 caps.....\$34.95
Item no. **00814** 90 caps.....\$26.95
Liquid Lemon Lime
Item no. **00840** 8 fl oz.....\$19.95
Powder Grape
Item no. **00848** 60 servings.....\$17.95

Magnesium Gummies (Trace Minerals) – 84mg each gummy
Peach
Item no. **00689** 120 gummies...\$24.95
Tangerine
Item no. **00503** 120 gummies...\$24.95
Watermelon
Item no. **00488** 120 gummies...\$24.95

Magnesium Malate (NOW)
Item no. **1300** 180 tablets.....\$15.95

Malic Acid with Magnesium (Solaray) designed for *Energy & Muscle Recovery*
Item no. **74590** 90 caps.....\$14.95

Magnesium Oxide Powder (NOW)
Item no. **1310** 8 oz.....\$ 9.95

Magnesium Potassium Aspartate (NOW) 300mg Magnesium Aspartate, 66mg Potassium Aspartate, and 100mg Taurine.
Item no. **1320** 120 caps.....\$13.95

Magnesium Plus Ionic Fizz Powder (Pure Essence) high absorption
Orange Cream
Item no. **03107** 12.06 oz.....\$34.95
Mixed Berry
Item no. **03109** 12.06 oz.....\$34.95

Magnesium (Trace Minerals) 
Promotes relaxation and a calm mood, supports nerves, bones, and muscles, +promotes a healthy immune system.
Item no. **00498** 120 caps.....\$32.95

Mama Bear Magnesium Complex
(Sprig's) *for calming & vitality – four forms of magnesium – skeletal & brain health*
Item no. **626217** 120 caps.....\$21.95

Magnesium Soft-gels (NOW)
Item no. **1298** 180 soft-gels.....\$23.95

ReMag (RnA Reset)
Magnesium Chloride 150mg per serving – very concentrated! — Make sure to follow directions on bottle.
Item no. **300** 8 oz.....\$25.95
Item no. **306** 16 oz.....\$45.95

ReMyte under Misc. Minerals

Magnesium Soft-gels (Carlson)
Item no. **05201** 100 soft-gels.....\$12.95
Item no. **05202** 250 soft-gels.....\$25.95

Ultra Mag (Source Naturals)
a blend of citrate, succinic, glycinate, malate & taurine complex with additional 30mg of B6
Now available in capsules!!
Item no. **2952** 180 caps.....\$18.95

Tablets
Item no. **800802** 60 tabs.....\$ 9.95
Item no. **20294** 120 tabs.....\$17.95
Item no. **20295** 240 tabs.....\$33.95

NATURAL CALM Magnesium
(Natural Vitality) to support a calm mind and relieve tension – can be made hot or cold – whichever is preferred- Fizzy!

Plain Unflavored
Item no. **544** 8 oz.....\$22.95
Item no. **545** 16 oz.....\$36.95

Orange
Item no. **02725** 8 oz.....\$22.95
Item no. **02743** 16 oz.....\$36.95

Raspberry Lemon
Item no. **00010** 8 oz.....\$22.95
Item no. **02739** 16 oz.....\$36.95

CALM + CALCIUM
Raspberry/Lemon
Item no. **00970** 8 oz.....\$24.95
Item no. **00098** 16 oz.....\$40.95
Plain Unflavored
Item no. **04354** 8 oz.....\$24.95
Item no. **00088** 16 oz.....\$41.95

Natural CALM Capsules
(Natural Vitality) Magnesium Glycinate
Item no. **04399** 120 caps.....\$26.95

Natural CALM Gummies
(Natural Vitality) Magnesium Citrate
Original – Raspberry Lemonade
Item no. **NV4165** 120 gummies...\$28.95
Original – Orange
Item no. **04308** 120 gummies...\$28.95

Natural CALM Sleep (Natural Vitality)
Blueberry Pomegranate - with melatonin and L-Theanine
Item no. **NV4209** 120 gummies...\$28.95

MISC. MINERALS

Balanced Minerals (MegaFood)
Item no. **20030** 90 tablets.....\$35.95

Boron (NOW)
Item no. **1410** 100 caps.....\$ 5.95
Item no. **1412** 250 caps.....\$13.95

ConcenTrace Drops (Trace Minerals)
Item no. **TRMD** 8 oz.....\$38.95

ConcenTrace Tablets (Trace Minerals)
Item no. **00106** 300 tabs.....\$52.95

Chelated Copper 2.5mg (Solgar)
Item no. **00640** 100 tabs.....\$ 7.95

Copper 5mg (Carlson)
Item no. **20225** 100 tablets.....\$12.95

Sovereign Copper – may help with joint & bone health – hair, skin, and nails collagen building support – cardiovascular – energy 
Item no. **23241** 8 oz.....\$26.95
Item no. **23242** 16 oz.....\$40.95

Manganese 10mg (Carlson)
Item no. **20035** 100 tablets.....\$10.95

Full Spectrum Minerals (NOW)
Iron free – a blend of Vitamin D, Calcium, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, and Potassium Chloride
Item no. **1545** 240 caps.....\$26.95

Mega Multi Mineral (Solaray)
Iron FREE
with Calcium, Phosphorus, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, Potassium, Boron, Vanadium, and Glutamic Acid HCl with additional herbs
Item no. **4514** 200 caps.....\$18.95

Whole Food Daily Multi Mineral Sea Vegetable (Liquid Health) Wild cherry
Item no. **30002** 32 oz.....\$26.95

Mineral Complex (Honeycomb)
Item no. **00565** 16 oz.....\$24.95

Potassium Gluconate 99mg (NOW)
Item no. **1462** 250 tabs.....\$13.95

Potassium Citrate (NOW)
Item no. **1448** 180 caps.....\$ 9.95

Potassium Chloride Powder (NOW)
Item no. **1450** 8 oz.....\$ 5.95

Potassium Chelated
Item no. **00458** 100 caps.....\$11.95

Potassium Citrate 99mg (Nature's Way)
Item no. **41071** 100 caps.....\$ 6.95

Iosol Iodine (Wellness Resources)
1830mcg
Item no. **00112** 1 oz.....\$16.95

Iodine 500mcg (Solaray) 
Item no. **14260** 30 caps.....\$ 8.95

Potassium Plus Iodine (NOW)
Item no. **1452** 180 tabs.....\$12.95

ReMyte (RnA Reset)

Mineral Solution – Calcium, Iodine, Magnesium, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, Sodium, Potassium & Boron – read bottle instructions!

Item no. **310** 16 oz.....\$59.95

Selenium (NOW) Yeast Free 100mcg

Item no. **1480** 100 tabs.....\$ 5.95

Item no. **1482** 250 tabs.....\$11.95

200 mcg

Item no. **1486** 180 caps.....\$13.95

Selenium (INNATE)

Item no. **40027** 90 tabs.....\$22.95

Silica-20 (Terry Naturally)

- Boosts collagen production up to 50%

- Supports bone absorption of calcium up to 50%

- Maintains strong bones and healthy bone density

- Supports healthy hair, skin, and nails

Item no. **21506** 60 tabs.....\$29.95

Silica Complex (NOW)

known as the “beauty mineral” for due to its support for strong hair, Skin & Nails support – but also known for supporting joint structure – with Horsetail Extract

Item no. **1492** 180 tabs.....\$21.95

Tri-Iodine (Terry Naturally)

- Metabolism & energy

- Defend against iodine competitors

- Weight management

- Menopause Relief

- Detox from environmental stress

- Prostate & Colon Health

- Cellular defense throughout the body

Item no. **82908** 180 caps.....\$48.95

Wholefood Minerals (Trace Minerals)

642 mg – a blend of magnesium, chloride, sodium, potassium, wildflower bee pollen, ConcenTrace® Trace Mineral Complex & Atlantic Kelp – great for hydration, athletic performance and brain & nerve function

Item no. **00777** 180 caps.....\$23.95

M.S.M.

(methylsulfonylmethane)

M.S.M. Tablets 1,500 mg per tablet —

Joint Sulfur for Connective Tissue – Supports Healthy Cartilage

Item no. **2131** 200 tabs.....\$21.95

M.S.M. 1000mg Capsules (NOW)

Suggested Use: 2 caps, 1 to 2x daily.

Item no. **2120** 120 caps.....\$10.95

M.S.M. 1000mg (Nature’s Way)

Item no. **15133** 200 tabs.....\$17.95

M.S.M. Powder (NOW)

Item no. **2125** ½ lb.....\$ 9.95

Item no. **2126** 1 lb.....\$17.95

ZINC**Zinc Gluconate 50mg (NOW)**

Supports Enzyme Functions – Immune Support – Promotes healthy skin

Item no. **1522** 250 tabs.....\$10.95

Zinc Picolinate 22mg (Solgar)

Item no. **3725** 100 tabs.....\$8.95

Zinc Picolinate 50mg (NOW)

Item no. **1552** 120 caps.....\$11.95

Raw Zinc (Garden of Life)

- Immune system support†

- Skin and eye health support†

- Prostate health support†

- Live probiotics and enzymes to support healthy digestion†

- 30mg of raw whole food zinc with 60mg vitamin C

Item no. **11652** 60 caps.....\$13.95

Zinc Picolinate Plus (Karuna)

Highly absorbable zinc with Copper for safe long-term use – per capsule: 25mg Zinc Picolinate to 2.5mg Copper

Item no. **zin27** 60 caps.....\$19.95

Zinc + Vitamin C- Chewables- (Trace Minerals)

Raspberry Flavor

Item no. **00497** 60 tabs.....\$16.95

Zinc Lozenges (Nature’s Way)

berry flavored – 23mg Zinc + 100mg Vit C + 20mg Echinacea Purpurea each – Directions: *do NOT chew – gently let dissolve in mouth - take 1 every two hours* (adults can take up to 6 in one day –NOT designed for kids)

Item no. **41092** 90 loz.....\$ 5.95

Wellness Zinc 23mg Lozenges

(Source Naturals)

Peach & Raspberry Flavored –For optimal results, dissolve completely in mouth, allowing prolonged contact in throat area. Avoid taking on an empty stomach or with citrus juices. Do not exceed 6 servings in a 24-hour period. Do not use for more than 3 days at a time.

Item no. **00916** 120 chewables...\$19.95

Pico Zinc Plus (RnA Reset)

Item no. **324** 8 oz.....\$21.95



10 – Oils

COD LIVER OIL

Fermented Cod Liver Oil

(Green Pasture) *Nutrient -rich source of vitamins A & D, omega fatty acids, and antioxidants – sourced from wild-caught Alaska Cod – Fermentation helps preserve the nutritional content of cod liver oil*

Item no. **FOG-A 4524** 120 caps...\$35.95

Liquid – Unflavored

Item no. **29750** 6.1 oz.....\$35.95

Liquid - Orange

Item no. **29710** 6.1 oz.....\$35.95

Concentrate Butter Oil/Fermented Cod Liver Oil Blend (Green Pasture)

Loaded with vitamins, omega fatty acids, and antioxidants – sourced from wild-caught Alaska Cod

Item no. **FOG-A 4673** 120 caps....\$42.95

Gel – Cinnamon

Item no. **29840** 6.4 oz.....\$44.95

Gel – Chocolate

Item no. **29888** 6.4 oz.....\$44.95

Cod Liver Oil 1000mg (NOW)

300mcg Vitamin A, 400IU D3, 70mg EPA & 100mg DHA

Item no. **1742** 250 soft-gels....\$14.95

Item no. **1743** 4 bottles.....\$50.95

Cod Liver Oil Gems (Carlson) 1000mg with 400 IU D3 – *Heart Health, Brain Function and Immune Function – Wild caught, sustainably sourced Norwegian Arctic cod –*

Item no. **01301** 100 soft-gels....\$17.95

Item no. **1302** 250 soft-gels....\$38.95

Liquid Cod Liver Oil (Carlson)

Unflavored

Item no. **1322** 16.9 oz.....\$45.95

Item no. **1321** 8.4 oz.....\$29.95

Fruit Splash

Item no. **1361** 8.4 oz.....\$29.95

Icelandic Cod Liver Oil (Garden of Life) – Lemon & Peppermint flavored

Item no. **11136** 8 oz.....\$18.95

Icelandic Cod Liver Oil

(Life's Fortune)– Lemon Flavored – plus Vitamin E – Non GMO – Made in the USA

Item no. **00024** 8 oz.....\$19.95

CARRIER + COOKING OILS

Avocado Oil (NOW)

Item no. **7678** 16 oz.....\$15.95

Item no. **7670** 4 oz.....\$ 5.95

Almond Oil see page 31

Apricot Oil see page 31

Virgin Coconut Oil (NOW)

Item no. **1725** 12 oz.....\$ 7.95

Item no. **1726** 20 oz.....\$10.95

Item no. **1735** 54 oz.....\$25.95

Liquid Coconut Oil (Nature's Way)

Item no. **15857** 10 oz.....\$14.95

Organic Coconut Oil (Soaper's Choice)

Item no. **007016** 1 Gallon.....\$39.95

Organic Olive Oil (NOW)

Item no. **E0502** 16 oz.....\$10.95

Organic Extra Virgin Olive Oil

(Soaper's Choice)

Item no. **6400SC** 1 Gallon.....\$59.95

Castor Oil see page 31

Grapeseed Oil (NOW)

Item no. **7707** 16 oz.....\$10.95

Grapeseed Oil (Soaper's Choice)

Item no. **91107** 1 Gallon.....\$35.95

Safflower Oil (Spectrum Culinary)

Item no. **92557** 32 oz.....\$16.95

DIFFUSERS & BOTTLES

Pebble Diffuser (Doterra)

Item no. **60213** 1 unit...\$32.95

Diffuser Faux Wood (NOW)

Item no. **7519** 1 unit.....\$39.95

Amber Glass Dropper Bottles

Item no. **800156** 4 oz.....\$ 2.95

Item no. **800147** 2 oz.....\$ 2.50

Item no. **800150** 1oz.....\$ 1.95

Single Dropper Top.....\$0.95

Single Fine Mist Spray Top.....\$0.75

Empty Roller Bottle.....\$ 1.95

ESSENTIAL OILS - DOTERRA

Breathe - Respiratory Blend -

15ml.....\$37.95

Hard Lozenges.....\$18.95

Deep Blue Rub see page 34

Eucalyptus

15ml.....\$29.95

Frankincense – Boswellia Oil

15ml.....\$104.95

Lavender

15ml.....\$37.95

Lemon

15ml.....\$19.95

On Guard - blend of Wild Orange, Clove, Cinnamon Bark, Eucalyptus, and Rosemary

Oil 15ml.....\$49.95

Hard Lozenges.....\$18.95

Peppermint

15ml.....\$33.95

If you want something else from Doterra, and don't see it here - we can most likely special order it.

Just have it's name, size, and form.

ESSENTIAL OILS - NOW

Anise Oil

Item no. **7515** 1 oz.....\$ 5.95

Atlas Cedar Oil

Item no. **7526** 1 oz.....\$ 5.95

Balsam Fir Needle Oil

Item no. **7513** 1 oz.....\$10.95

Basil Oil

Item no. **7516** 1 oz.....\$ 9.95

Bergamot Oil

Item no. **7518** 1 oz.....\$13.95

Camphor Oil

Item no. **7520** 1 oz.....\$ 4.95

Cedarwood Oil

Item no. **7525** 1 oz.....\$ 5.95

Cinnamon Cassia Oil

Item no. **7530** 1 oz.....\$ 7.95

Citronella Oil

Item no. **7535** 1 oz.....\$ 4.95

Clary Sage Oil- commonly used for period cramps & pain – also bloating!

Item no. **7538** 1 oz.....\$17.95

Clove Oil

Item no. **7540** 1 oz.....\$ 5.95

Coffee Oil 100%

Item no. **7950** 1 oz.....\$19.95

Cypress Oil

Item no. **7652** 1 oz.....\$ 7.95

Eucalyptus Oil

Used as a chest rub -

Item no. **7545** 1 oz.....\$ 4.95

Item no. **7546** 4 oz.....\$13.95

Frankincense Oil

Item no. **7548** 1 oz 20%.....\$10.95

Item no. **7542** 1 oz 100%.....\$22.95

Geranium Oil	
Item no. 7552	1 oz.....\$15.95
Ginger Oil	
Item no. 7550	1 oz.....\$10.95
Grapefruit Oil	
Item no. 7553	1 oz.....\$ 8.95
Helichrysum (Aura Cacia)	
Item no. 195235	0.5 oz.....\$13.95
Jasmine Fragrance Oil	
Item no. 7555	1 oz.....\$ 7.95
Lavender Oil	
Item no. 7560	1 oz.....\$10.95
Item no. 7561	4 oz.....\$31.95
Lemongrass Oil 100% pure.	
Item no. 7582	1 oz.....\$ 6.95
Lemon Oil	
Item no. 7565	1 oz.....\$ 5.95
Item no. 7569	4 oz.....\$15.95
Lime Oil	
Item no. 7567	1 oz.....\$ 5.95
Myrrh Oil	
Item no. 7568	1 oz.....\$34.95
Neem Oil – used as anti-fungal	
Item no. 7733	1 oz.....\$ 7.95
Neroli Oil 7.5%	
Item no. 7576	1 oz.....\$27.95
Orange Oil	
Item no. 7570	1 oz.....\$ 3.95
Item no. 7578	4 oz.....\$ 9.95
Oregano Oil	
Item no. 7573	1 oz.....\$13.95
Oil of Oregano	
Item no. 7577	1 oz.....\$10.95
Patchouli Oil	
Item no. 7575	1 oz.....\$14.95
Peace, Love, and Flowers	
Item no. 7634	1 oz.....\$14.95
Peppermint Oil	
Item no. 7585	1 oz.....\$ 6.95
Item no. 7495	2 oz.....\$11.95
Item no. 7586	4 oz.....\$19.95
Pine Needle Oil 100% Pure	
Item no. 7590	1 oz.....\$ 7.95
Rose Absolute 5%	
Item no. 7597	1 oz.....\$14.95
Rosemary Oil	
Item no. 7600	1 oz.....\$ 7.95
Sage Oil	
Item no. 7610	1 oz.....\$ 9.95
Sandalwood Oil 14%	
Item no. 7668	1 oz.....\$27.95

Spearmint Oil	
Item no. 7620	1 oz.....\$ 6.95
Tangerine Oil	
Item no. 7623	1 oz.....\$ 3.95
Tea Tree Oil 100% pure.	
Item no. 7625	1 oz.....\$ 6.95
Item no. 7626	4 oz.....\$21.95
Thyme Oil Good for cystic fibrosis.	
Item no. 7635	1 oz.....\$13.95
Vanilla Oil Blend	
Item no. 7596	1 oz.....\$23.95
Wintergreen Oil Very lovely aroma. Used in chest rubs and in vaporizer.	
Item no. 7640	1 oz.....\$10.95
Woodland Walk	
Item no. 7648	1 oz.....\$11.95
Ylang-Ylang Oil	
Item no. 7650	1 oz.....\$31.55

YOUNG LIVING

Frankincense Oil	
Item no. 3548	15ml.....\$110.95
Lavender Oil	
Item no. 3575	15ml.....\$35.95
Peppermint Oil	
Item no. 3614	15ml.....\$29.95
Peace & Calming Oil Blend	
Item no. 3398	0.17 oz.....\$49.95
Thieves Oil Blend – Clove bud oil, Lemon peel oil, Eucalyptus leaf oil, and Rosemary leaf oil	

Thieves.

Item no. 3423	15ml.....\$49.95
Thieves Mints	
Item no. 5140	30 mints.....\$18.95
Thieves Aromabright	
-toothpaste	
Item no. 3039	4 oz.....\$15.95
Thieves Whitening	
-toothpaste	
Item no. 26668	4 oz.....\$16.95
Thieves Throat Lozenges	
Item no. y13282	30 count.....\$27.95
Thieves Cough Lozenges	
Item no. 5760	30 count.....\$29.95
Thieves Spray-	
Item no. 3265	1 oz.....\$12.95
Thieves Household Cleaner	
Item no. 46519	14.4 oz\$32.95

Thieves Hand Sanitizer	
Item no. 3621	1 oz.....\$ 7.95
Foaming Hand Soap	
Thieves	
8 oz.....\$20.95	
Winter Nights	
8 oz.....\$20.95	

Thieves Dish Soap	
Item no. 5350	12 oz.....\$19.95

FISH OILS

Omega Swirl (Barlean's)	
Fish oil that tastes like a fruit smoothie!	
The no burp solution of some of the finest fish oils.	
1,080 mg of Omega 3 per serving	
Lemon Crème	
Item no. BE17	16 fl oz.....\$34.95
Omega 1500mg (Barlean's)	
Citrus Sorbet – Extra Strength	
Item no. BE10	16 fl oz.....\$39.95
Cod Liver Oil see page 29	
Krill Oil 1000mg (NOW)	
Item no. 1627	60 soft-gels.....\$38.95
Krill Oil (Nature's Way) 500 mg.	
-Super antioxidant.	
-Cardiovascular joint health	
-PMS relief.	
Item no. 15432	60 soft-gels.....\$39.95
Omega 3 950mg (Solgar)	
Item no. 02057	50 soft-gels.....\$18.95
Item no. 02058	100 soft-gels.....\$32.95

Fish Oil (Carlson)	
Citrus flavored –	
700mg Omega-3s	
Item no. C1642	240 soft-gels.....\$49.95

Fish Oil <i>The very finest</i> (Carlson)	
Orange flavored	
Item no. 01545	16.9 oz.....\$48.95
Lemon	
Item no. 01655	16.9 oz.....\$48.95

Ultra Omega 3 Fish Oil (NOW)	
500 EPA/250 DHA	
Item no. 1661	90 soft-gels.....\$18.95

Salmon Oil Complete (Carlson)	
700mg Omega-3s + Astaxanthin	
Item no. 18340	120+60 soft-gels...\$39.95

Super EPA (NOW)	
36 mg EPA/240 mgDHA	
Item no. 1682	120 soft-gels.....\$16.95
Item no. 1683	240 soft-gels.....\$29.95

Super Omega 3 EPA 1000mg
(Nature's Sunshine)
Item no. **1515-7** 60 soft-gels.....\$36.95

Omega-3 Fish Oil (NOW)
Molecularly Distilled – 1,000 mg Fish Oil
per softgel - 180 EPA / 120 DHA
Item no. **1652** 200 soft-gels.....\$15.95

Triple Strength Omega 3 Fish Oil
(Life's Fortune)
2,500mg EPA 800mg & DHA 600mg –
purity - potency –
Item no. **30435** 120 soft-gels.....\$35.95

VectoMega (Terry Naturally)
Salmon Oil EPA/DHA – One Daily
Item no. **36716** 60 caps.....\$39.95

LECITHIN

Lecithin (Nature's Sunshine)
1060 mg – derived from soy
Item no. **1660-5** 180 soft-gels.....\$30.95

Sunflower Liquid Lecithin (NOW)
may help support the nervous system,
brain health, heart, liver, blood pressure –
Soy-FREE
Item no. **2372** 16 fl oz.....\$15.95

Sunflower Lecithin (NOW)
Nervous System Support – Soy-FREE –
Soft-gels
Item no. **2313** 200 soft-gels.....\$19.95
Powder
Item no. **2314** 1 lb.....\$21.95

Soy Lecithin 1200mg (NOW)
Item no. **2212** 200 soft-gels.....\$15.95

Soy Lecithin 1300mg
(Source Naturals)
Item no. **SN0617** 200 soft-gels....\$29.95

MULTIUSE OILS

Almond Oil (NOW)
Item no. **7660** 4 fl oz.....\$ 4.95

Apricot Kernel Oil (NOW)
Item no. **7665** 4 oz.....\$ 5.95
Item no. **7666** 16 oz.....\$11.95

Avocado Oil (NOW)
Item no. **7670** 4 oz.....\$ 5.95
Item no. **7678** 16 oz.....\$14.95

Castor Oil (NOW)
Item no. **7675** 16 oz.....\$ 7.95

Castor Oil (Heritage Store)
Cold-pressed – 100% solvent free – vegan
– pure & natural
Item no. **50105** 8 oz.....\$ 9.95
Item no. **50107** 16 oz.....\$13.95
Item no. **880132** 32 oz.....\$21.95

Organic Castor Oil (Heritage Store)
Cold-pressed – 100% solvent free – pure
Item no. **22121** 16 oz.....\$21.95

Castor Oil (Christopher's)
Item no. **31810** 32 oz.....\$24.95

Coconut Oil Softgels (NOW)
Item no. **1718** 120 soft-gels.....\$12.95

Coconut Oil See page 29

Evening Primrose Oil (NOW)
Item no. **7690** 4 oz.....\$15.95

Joboba Oil (NOW)
Item no. **7717** 4 oz.....\$10.95

NUTRITIONAL OILS

Barlean's Fresh Flax Oil
Item no. **B16C** 16 oz.....\$24.95
Item no. **B32C** 32 oz.....\$46.95

Barlean's Flax Oil Softgels
Item no. **10080** 250 soft-gels.....\$34.95

Barlean's High Lignan Flax Oil-
Item no. **B16** 16 oz.....\$24.95
Item no. **B32HL** 32 oz.....\$47.95

Barlean's Total Omega – Blueberry Pomegranate -Vegan Formula. Omega 3-6-9 from fresh pressed flaxseed oil, pure borage oil, and plant-based DHA
Item no. **50027** 16 fl oz.\$35.95

Flax Seed Oil 1000mg (NOW)
Item no. **1770** 100 soft-gels.....\$ 8.95
Item no. **1772** 250 soft-gels.....\$18.95

Black Currant Oil 500mg (NOW)
with 70 mg G.L.A.
Item no. **1715** 100 soft-gels.....\$11.95

Black Seed Oil Capsules + Cumin
Item no. **91120** 90 caps.....\$25.95

Black Seed Oil (BioNutrition) - plain
Item no. **00377** 8 fl oz.....\$21.95

Black Seed Oil Cardio Plus
(North American Herb & Spice)
with real muscadine & pomegranate –
with the benefits of Black Seed Oil (blood sugar, circulation, digestion, hair, skin, nails, heart, stress mood & sleep) plus the pomegranate for extra heart support!
Item no. **12008** 8 oz.....\$35.95

Borage Oil (NOW)
Item no. **1720** 60 soft-gels.....\$12.95
Item no. **1722** 120 soft-gels.....\$25.95

Castor Oil Soft-gels (NOW)
Supports intestinal health
650 mg - natural laxative
Item no. **1723** 120 soft-gels.....\$11.95

Evening Primrose Oil 1300mg
(Source Naturals)
Item no. **03039** 120 soft-gels.....\$31.95

Evening Primrose Oil (NOW)
Item no. **1750** 100 soft-gels.....\$ 8.95
Item no. **1752** 250 soft-gels.....\$21.95

Super Primrose 1300mg (NOW)
Item no. **1755** 60 soft-gels.....\$11.95
Item no. **1757** 120 soft-gels.....\$21.95

Omega 3-6-9 1000mg (NOW)
Blend of Flax, Evening Primrose, Canola, Black Currant, and Pumpkin See Oils.
Item no. **1837** 250 soft-gels.....\$22.95

Super Omega 3-6-9 1200mg (NOW)
Borage Oil, Flax Seed Oil, and Fish Oil
Item no. **1841** 180 soft-gels.....\$23.95

Oregano Oil Enteric-coated (NOW)
181 mg of 55% carvacrol oregano oil plus some ginger and fennel oils in each
Item no. **4732** 90 soft-gels.....\$13.95

Oreganol
(North American Herb & Spice)
Oil of wild oregano. Non-GMO.
Item no. **00050** 60 soft-gels.....\$25.95

Oreganol Super strength
(North American Herb & Spice)
Item no. **00234** 60 soft-gels.....\$37.95

Oreganol - Super Strength Oil
(North American Herb & Spice)
Item no. **33583** 1 oz.....\$48.95

OregaMax
(North American Herb & Spice)
a unique blend of Garlic, Rhus Coriaria, and Wild & Raw Oregano Powder
Item no. **10004** 90 V-caps.....\$28.95

Peppermint Oil Gels (NOW) Designed for intestinal comfort – blended with Ginger & Fennel Oils – Enteric Coated
Item no. **4727** 90 soft-gels.....\$11.95

Pumpkin Seed Oil 1000mg (NOW)
Item no. **1840** 100 soft-gels.....\$11.95

Super DHA Gems (Carlson)
Item no. **1554** 60+20 soft-gels....\$29.95

Wheat Germ Oil (NOW)
Softgels - 1130 mg each
Item no. **1870** 100 soft-gels.....\$13.95
Liquid
Item no. **1880** 16 oz.....\$14.95



11 – Personal Care

BABY

Baby Castile Soap 18-in-1
(Dr. Bronner's) Unscented
Item no. **77232** 32 oz.....\$18.95

Baby Shampoo & Wash (Mill Creek)
Item no. **702100** 8.5 oz.....\$11.95

Organic Baby Shampoo & Wash
(Lafe's) foaming - Jasmine & Grapefruit
Item no. **3005** 8 oz.....\$ 8.95

Diaper Balm Organic (Lafe's)
Item no. **33454** 2.9 oz.....\$10.95

Diaper Rash Cream (Babo)
gentle on Sensitive Skin –
zinc oxide protectant – helps seal out wetness
– pediatrician tested
Item no. **00254** 3 oz.....\$12.95

Baby Wipes (Seventh Generation)
designed for sensitive skin
Item no. **115231** 64 wipes.....\$ 4.95

Gentle Baby Shampoo & Wash
(NOW) *nutrient-rich, high-quality, plant-based ingredients*
Calming Lavender
Item no. **8236** 8 fl oz.....\$ 8.95
Fragrance Free
Item no. **8233** 8 fl oz.....\$ 8.95

Nourishing Baby Lotion (NOW)
Fragrance-Free – blend of calendula extract, shea butter, cocoa butter, coconut oil and jojoba oil – free of artificial fragrance, parabens, phthalates, petrolatum or sulfates
Item no. **8232** 8 fl oz.....\$ 9.95

Soothing Baby Oil (NOW)
Fragrance-Free – blend of olive oil, jojoba oil, coconut oil, argan oil, and calendula flower extract
Item no. **8230** 8 fl oz.....\$ 9.95

BATH SALTS

Epsom Salts – Unscented –
Brighten & soften skin
Item no. **16204** 5 lb.....\$15.95

Magnesium Flakes (Life Flo)
100% pure magnesium chloride
Item no. **50618** 1.65 lb.....\$13.95

Hemma Sitz Bath (Sprig's) great for the postnatal period –Blend of Sea Salt, Aloe Vera, Comfrey, White Oak Bark, Yarrow Flower, Witch Hazel & Calendula
Item no. **626230** 5 oz.....\$18.95

BODY WASH

Dr. Squatch
Body Bar Soap.....\$ 5.95

Alpine Sage
Bay Rum
Birchwood Breeze
Coconut Castaway
Cold Brew Cleanse
Cool Fresh Aloe
Deep Sea Goat's Milk
Fresh Falls
Maverick Musk
Pine Tar
Rainforest Rapids
Summer Citrus
Spearmint Basil
Wood Barrel Bourbon
Liquid Body Wash.....\$ 9.95
Coconut Castaway
Pine Tar
Wood Barrel Bourbon

JASON Body Wash
Aloe Vera
Item no. **75142** 30 oz.....\$15.95
Chamomile & Lotus Blossom
Item no. **02109** 30 oz.....\$15.95
Citrus
Item no. **02116** 30 oz.....\$15.95
Coconut
Item no. **02126** 30 oz.....\$15.95
Herbs & Shea
Item no. **02111** 30 oz.....\$15.95
Lavender
Item no. **02113** 30 oz.....\$15.95
Rose Water
Item no. **802123** 30 oz.....\$15.95
Tea Tree
Item no. **27588** 30 oz.....\$15.95

Honey & Black Seed Body Wash
(Nubian) black seed oil, honey, natural enzymes, amino acids, & apricot oil!
Item no. **11907** 13 oz.....\$13.95

African Black Soap Body Wash
(Nubian) *Detoxifying & Balancing* -
Formulated for acne-prone skin.
Item no. **10603** 13 oz.....\$13.95

Indian Hemp & Vetiver Body Wash
(Nubian) *Softening & Moisturizing*
Item no. **11129** 13 oz.....\$13.95

Every Man Jack Body Wash
Cedarwood
Item no. **00087** 16.9 fl oz.....\$ 8.95
Item no. **00625** 33.8 fl oz.....\$12.95
Sandalwood
Item no. **77441** 16.9 fl oz.....\$ 8.95
Item no. **00623** 33.8 fl oz.....\$12.95

Herban Cowboy Men's Body Wash
Forest- 18 oz.....\$12.95
Sport- 18 oz.....\$12.95

BUG REPELLANT

Bug Ban Oil Blend (NOW)
Item no. **7804** 1 oz.....\$11.95

Buzz-Away Spray (Quantum)
Non-toxic insect repellent + DEET FREE
Item no. **01621** 2 oz.....\$ 5.95
Item no. **01810** 4 oz.....\$11.95
Item no. **01690** 8 oz.....\$16.95

Herbal Armor DEET-Free Natural
Insect Repellent Pump Spray
Item no. **54871** 4 oz.....\$10.95

Terra Shield Bug Repel (Doterra)
15mL Oil.....\$19.95
1 oz Spray.....\$28.95

DENTAL CARE

Dental Floss -Mint-(EcoDent)
Item no. **00003** 100 yds.....\$4.95

SoFresh Adult Flossing Toothbrush
Item no. **31721**.....\$ 3.95
SoFresh Kid's Flossing Toothbrush
Item no. **31755**.....\$ 3.95

EarthPaste - with Redmond Clay
Cinnamon + Nano Silver
Lemon Twist + Nano Silver
Peppermint + Nano Silver
Peppermint/Charcoal + Nano Silver
Spearmint + Nano Silver
Wintergreen + Nano Silver
4 oz.....\$ 9.95

Earth Powder Peppermint (Redmond)
Item no. **20726** 1.8 oz.....\$13.95

Fresh Breath Spray
(Natural Hope Herbals)
Item no. **NA1053** 2 oz.....\$10.95

Prebiotic Plant-Based Toothpaste
(Dessert Essence) -carrageenan-free-
With Perilla Seed and pure Australian Tea Tree Oil to neutralize bacteria -Mint-
Item no. **33446** 6.25 oz.....\$6.95

Tea Tree Oil & Fennel Toothpaste
(Desert Essence) Fluoride Free
Item no. **22081** 6.25 oz.....\$6.95

Kids Only Toothpaste (JASON)
Fluoride-Free – Strawberry
Item no. **800729** 4.2 oz.....\$ 7.95

Kids Tutti Frutti Toothpaste Gel
(Desert Essence)
carrageenan and fluoride-free
Item no. **33448** 4.7 oz.....\$4.95

Neem & Tea Tree Toothpaste
Wintergreen (Desert Essence)
Item no. **22053** 6.25 oz.....\$6.95

Healthy Mouth Oil (Ora Wellness)
designed to *Restore microbial balance in the mouth – safe for long term, daily use*
Item no. **70199** 0.5 oz.....\$19.95

Toothpaste Chews (Primal Life) 
simply chew and brush like normal
Spearmint
Item no. **2355** 60 tabs.....\$19.95
Peppermint
Item no. **2352** 60 tabs.....\$19.95

Powdered Mineral Toothpaste 
(Primal Life)
*Clean, whiten, and
Remineralize your teeth*
Spearmint
Item no. **2037** 1 oz.....\$14.95
Peppermint
Item no. **2036** 1 oz.....\$14.95

Shine Mint Powder (Ora Wellness)
Remineralize & whiten your teeth without
harsh treatments - this unique product is
a base of hydroxyapatite from bone meal
Item no. **48871**.....\$22.95

XyliWhite Tooth Paste (NOW)
Fluoride-free, xylitol based! *Popular*
8091 Platinum Mint 6.4 oz.....\$ 5.95
8090 ReFreshmint 6.4 oz.....\$ 5.95
8092 CinnaFresh 6.4 oz.....\$ 5.95
8102 Coconut Mint 6.4 oz.....\$ 5.95
8105 Charcoal Refresh 6.4.....\$ 5.95
8089 Kid's Orange 3 oz.....\$ 3.95

Xyliwhite Mouthwash 16 fl oz
Item no. **8095** Refreshment.....\$ 9.95
Item no. **8096** CinnaFresh.....\$ 9.95

Whitening Strips (Primal Life) 
Peroxide-Free, gentle on enamel,
effective without causing sensitivity
Item no. **2372** 14 treatments.....\$14.95

DENTAL/ORAL HEALTH

Dental Formula (Natural Hope Herbals)
recommended to be taken with Herb Calc
(see page 25)
Item no. **NA1001** 4 oz.....\$23.95

Dental Health (Sprig's)
-flavored with peppermint leaf-
Swish around your mouth and swallow.
Perform daily.
Item no. **625021** 4 oz.....\$21.95
Item no. **00316** 8 oz.....\$36.95

Herbal Tooth & Gum Powder
(Christopher's)
Wet toothbrush, dip toothbrush in Herbal
Tooth powder, then use in place of
toothpaste.
Item no. **89318** 2 oz.....\$20.95

Oral Care Solution
(Mountain Meadow Herbs)
Herbal Mouth Rinse to promote gum &
teeth health – Do NOT swallow –
Item no. **O2694** 4 oz.....\$34.95

DEODORANTS + FRAGRANCES

Dr. Squatch Deodorant
Deodorant – Birchwood Breeze
Item no. **00783** 2.65 oz.....\$ 9.95
Deodorant – Fresh Falls
Item no. **00764** 2.65 oz.....\$ 9.95
Deodorant – Maverick Musk
Item no. **59565** 2.65 oz.....\$ 9.95
Deodorant – Wood Barrel Bourbon
Item no. **79600** 2.65 oz.....\$ 9.95

Dr. Squatch COLOGNE 
Fireside Bourbon
Item no. **59193** 1.7 fl oz.....\$35.95
Glacial Falls
Item no. **59194** 1.7 fl oz.....\$35.95

Every Man Jack
78639 Cedarwood 3 oz.....\$ 7.95
00023 Sandalwood 3 oz.....\$ 7.95

FOREST - Stick (Herban Cowboy)
Cedarwood, Cedar Leaf & Black Pepper
Item no. **00330** 2.8 oz.....\$ 8.95
Forest Dry Spray
Item no. **00048** 2.8 oz.....\$12.95

SPORT – Stick (Herban Cowboy)
Lemon, Lavender & Patchouli
Item no. **00863** 2.8 oz.....\$ 8.95
Sport Dry Spray
Item no. **00467** 2.8 oz.....\$12.95

DUSK – Stick (Herban Cowboy)
Sandalwood, Sage & Cedar Leaf
Item no. **02862** 2.8 oz.....\$ 8.95
Dusk Cologne
Item no. **02888** 1.7 fl oz.....\$26.95
Dusk Shave Cream
Item no. **02899** 6.7 fl oz.....\$ 9.95

Mineral Crystal Stone (NOW)
Item no. **8077** 3.5 oz.....\$ 6.95

Lavilin 72 hour – roll on-
Hypo-allergenic – gentle on sensitive skin
– Aluminum Free – Does not clog pores
Item no. **000105** 60 ml.....\$17.95

Lavilin 48 hour Unscented – roll on-
This product is vegan, as well as
aluminum, alcohol, paraben, phthalate
and BHT free!
Item no. **0112** 80 ml.....\$18.95

Lavilin Arm Deodorant Cream
Aluminum Free
Item no. **8012** 6 mo supply.....\$18.95

Lavilin Foot a natural way to fight foot
odors. Gentle on skin – Aluminum Free
Item no. **8017** 6 mo supply.....\$18.95

Tom's of Maine
Mountain Spring Scent
Item no. **683528** 3.25 oz\$ 8.95

NOW Deodorant Stick
– Long-Lasting –
Paraben & Aluminum Free
Lavender
Item no. **8067** 2.2 oz.....\$ 8.95
Rose & Ylang Ylang
Item no. **8069** 2.2 oz.....\$ 8.95

Schmidt's Deodorant Stick
00809 Fresh Fir & Spice.....\$11.95
03207 Hemp & Rose.....\$11.95
00603 Bergamot /Lime.....\$11.95
00612 Rose & Vanilla.....\$11.95

Tom's of Maine Mountain Spring
Item no. **683528** 3.25 oz\$ 8.95

**CRYSTAL Magnesium Enriched
Deodorant Stick** –
Charcoal & Tea Tree
Item no. **08500** 2.5 oz.....\$11.95
Coconut + Vanilla
Item no. **08100** 2.5 oz.....\$11.95
Cucumber + Mint
Item no. **08400** 2.5 oz.....\$11.95
Lavender + Rosemary
Item no. **08000** 2.5 oz.....\$11.95

CRYSTAL Spray Mist
-No aluminum
-Paraben FREE
- No white marks
-24HR protection.
4 fl oz.....\$ 4.95

Unscented.....Item no. **684980**
Chamomile/Green Tea.....Item no. **221310**
Pomegranate.....Item no. **11991**
Vanilla & Jasmine.....Item no. **221317**
Lavender/White Tea.....Item no. **21991**

WILD – Stick (Herban Cowboy)
Rosemary, Parsley & Sage
Item no. **36368** 2.8 oz.....\$ 8.95

Thai Deodorant Spray (Thai) 
-Unscented, non-staining
-24-Hour Protection
-100% Natural
Item no. **13157** 8 fl oz.....\$ 5.95

DMSO

99% DMSO
Item no. **50715** 4 oz.....\$20.95
Item no. **50716** 8 oz.....\$27.95
70% DMSO with 30% Aloe Vera
Item no. **11177** 4 oz.....\$20.95
70% DMSO with 30% Distilled Water
Item no. **14231** 8 oz.....\$19.95

Gel 70% DMSO + 30% Distilled Water
Item no. **11142** 4 oz.....\$23.95
Rose Scented Cream
70% DMSO in a cream base
Item no. **11147** 4 oz.....\$29.95

FIRST AID

Arniflora Arnica Gel

(Boericke & Tafel)

sprains, strains, and muscle tears.

Item no. **50704** 2.75 oz.....\$15.95

Arnicare Cream (Boiron)

Relieves stiffness and swelling

- unscented cream great for massage

- homeopathic

Item no. **12177** 4.2 oz.....\$18.95

Arnicare Meltaway Tablets (Boiron)

easy to dissolve in water or under tongue

Item no. **05904** 60 tabs.....\$11.95

Arnica & St. John's Wort Salve

(Natural Hope Herbals)

Item no. **1125** 1 oz.....\$ 8.95

Arnica 30X (Hyland's)

Item no. **32661** 50 tabs.....\$11.95

Bandages (All Terrain)

Fabric Bandages – Non-stick pad

Item no. **05003** 30 count.....\$ 4.95

Sheer Bandages- Latex FREE

Item no. **05004** 40 count.....\$ 4.95

Elastic Strips Fabric Bandages

Item no. **60314** 50 ct.....\$ 6.95

Bio Care (Nature's Trail Products)

Item no. **70741** 4 oz.....\$22.95

Bio Comfort

Item no. **70731** 4 oz.....\$24.95

Black Ointment (Christopher's)

drawing ointment

Item no. **34002** 2 oz.....\$26.95

Black Salve Request the Information Sheet if this is your first time!!

Item no. **27999** 1 oz.....\$39.95

Item no. **38331** 2 oz.....\$59.95

Item no. **28060** 60 tablets.....\$39.9

B & W Salve - Burn and Wound -

Item no. **90085** 2 oz.....\$ 6.95

Item no. **90024** 4 oz.....\$12.95

Item no. **90023** 8 oz.....\$25.95

Item no. **90019** 12 oz.....\$29.95

Item no. **20018** 16 oz.....\$33.95

Item no. **90022** 32 oz.....\$87.95

Item no. **90027** 64 oz.....\$159.95

Calendula Cream 10% (Boiron)

Item no. **4356** 2.5 oz.....\$11.95

Calendula Ointment 4% (Boiron)

Item no. **5250** 1 oz.....\$ 7.95

Chickweed Plantain Healing Salve

(Natural Hope Herbals)

great for rough hands

Item no. **NA2006** 4 oz.....\$19.95

Chickweed Ointment formerly: *Itch Ointment* (Christopher's)

Item no. **34007** 2 oz.....\$19.95

Chickweed Healing Salve –chickweed, comfrey, mint, olive oil, beeswax, lavender, rosemary & eucalyptus

Item no. **10023** 4 oz.....\$ 9.95

Comfrey Cream Traumaplant

(Terry Naturally) used for achy muscles, sprains, gout, bruises, cuts & wounds

Item no. **01385** 1.76 oz.....\$19.95

Comfrey Ointment (Christopher's)

Item no. **89660** 2 oz.....\$18.95

Comfrey Salve (Natural Hope Herbals)

Item no. **NA1116** 4 oz.....\$19.95

Cayenne Heat Ointment

(Christopher's)

Item no. **34644** 2 oz.....\$25.95

Item no. **34744** 4 oz.....\$36.95

Deep Blue Rub (Doterra)

non-greasy – *soothing and cooling*

Item no. **38900** 4 oz.....\$49.95

Deep Blue Stick

Item no. **3456** 1.69oz.....\$37.95

Deep Tissue Oil (Natural Hope Herbals)

Item no. **NA1024** 1 oz.....\$14.95

Item no. **NA6002** 2 oz.....\$25.95

Salve

Item no. **NA2003** 4oz.....\$21.95

Derma Soothe

(Nature's Trail Products)

to be used on skin *affected by Dermatitis, Eczema, Psoriasis, or other skin issues.*

Item no. **70711** 2 oz.....\$16.95

First Aid Gel – Pump Gel

(Sovereign Silver) *non-greasy, non-toxic, transparent, and safe for all skin types*

Item no. **60HG10** 1 oz.....\$13.95

Garlic Salve (Natural Hope Herbals) a blend of Garlic bulb & Rosemary leaf.

Item no. **2011-004** 4 oz.....\$17.95

Gentian Violet - topical antiseptic – used to help prevent infection from minor wounds & burns – antibacterial & antiviral – also used against thrush

Item no. **15361** 1 oz.....\$ 7.95

Herbal Savvy – Goldenseal & Myrrh – used as a *disinfecting ointment for psoriasis, eczema, hemorrhoids, burns, infections, cuts, wounds, scrapes, dry skin, etc.*

Item no. **7776** 2 oz.....\$ 8.95

3% Hydrogen Peroxide

Item no. **23280** 8 oz.....\$ 8.95

Item no. **52750** 16 oz.....\$10.95

12% Hydrogen Peroxide Food Grade

Item no. **12160** 16 oz.....\$16.95

35 % Hydrogen Peroxide

Item no. **H202** 32 oz.....\$29.95

Itch-X (Nature's Trail Products)

a mild herbal salve designed to soothe itchy new skin in healing

Item no. **70721** 2 oz.....\$14.95

Olbas Analgesic Salve

great for muscle aches, arthritis, coughs, and sunburn pain.

Item no. **50211** 1 oz.....\$ 8.95

Olbas Massage Oil

aromatherapy & massage oil

Item no. **50031** 1 oz.....\$17.95

People's Paste POWDER

(Natural Hope Herbals)

Slippery Elm, Comfrey Root, Oregon Grape, Bayberry, Garlic, and Myrrh

Item no. **1120** 4 oz.....\$11.95

Poison Oak & Ivy Spray (All Terrain)

Homeopathic

Item no. **60502** 2 oz.....\$11.95

Poison Ivy/Oak Bar Soap (All Terrain)

Item no. **05071** 4 oz.....\$ 8.95

Itch NIX Gel (Quantum)

Active ingredient: 2% Sodium

Bicarbonate

Item no. **50994** 4 oz.....\$ 8.95

Poison Oak & Ivy Ointment

(Puremedy) Homeopathic

Item no. **47503** 1 oz.....\$15.95

Scar Reducing Cream (Quantum)

Item no. **01801** 0.75 oz.....\$11.95

Sen Sei Menthol Rub (Christopher's)

Great for tension headaches, sinus pressure, and sore muscles

Item no. **34010** 2 oz.....\$23.95

Skin Tag Removal Thuja Oil

Item no. **05765** 0.5 oz.....\$14.95

Super L-Lysine Ointment (Quantum)

Item no. **31300** 0.75 oz.....\$25.95

Tiger Balm Ultra Strength

for muscle pains, strains, and sprains

Item no. **31541** 1.7 oz.....\$18.95

Tiger Balm Active -Muscle rub

perfect for relieving sore muscles, back pain, sprains, and strains, while also helping with pre-exercise warm-up.

Item no. **44020** 2oz.....\$6.95

Wound Relief Skin Repair Gel

(Nature's Rite) silver colloid gel -

Item no. **89829** 4 oz.....\$14.95

X-Ceptic (Christopher's)

Used to fight infection - *external use only*.

Contains comfrey.

Item no. **49706** 1 oz.....\$19.95

HAND SOAP**Thieves Foaming Hand Soap** page 30**Glycerin Bar Soap** (Pure and Natural)

Aloe Vera - Cucumber

Honeysuckle - Tea Tree

Unscented - Vitamin E

Item no. **01200** 4 oz.....\$ 2.95

Foaming Hand Soap (South Of France)

. Orange Blossom & Honey

. Rose Gardenia

. Lavender Fields

8 fl oz.....\$ 3.95

South Of France Bar Soap

plant-based, triple milled + organic shea butter

6 oz bar.....\$ 3.95

Item no. **20010**.....Orange Blossom & Honey

Item no. **128252**.....Lush Gardenia

Item no. **20015**.....Blooming Jasmine

Item no. **20014**.....Wild Rose

Item no. **20025**.....Shea Butter

Tea Tree Hand Soap - Liquid

Item no. **73149** 12 oz.....\$ 5.95

HOMEOPATHIC**#2 Cell Salt Calc Phos 6X** (Hyland's)

Gum & tooth sensitivity - Teething Pain

Item no. **18388** 100 tabs.....\$14.95

#6 Cell Salt Kali Phos 6X (Hyland's)

Stress- Nervous Tension - Headaches-

Item no. **40921** 100 tabs.....\$16.95

Aconitum Napellus 30c (Ollois)

Used for temporarily reducing sudden fever & cough associated with cold or flu

Item no. **00324** 80 pellets.....\$ 6.95

AllergyCalm for Kids (Boiron)

non-drowsy remedy - ages 2+

Item no. **30704** 60 tabs.....\$11.95

Allergy Oral Liquid - see page 19**Apis Mellifica-** Bites, stings or swellings

Item no. **00327** 80 tabs.....\$ 6.95

Arsenicum Album 30c (Ollois)

used for: *Diarrhea with vomiting*

Item no. **00320** 80 pellets.....\$ 6.95

Belladonna 30c

Item no. **778215** 80 tabs.....\$ 7.95

Hepar Sulphuris Calcareum 30c -

Ollois *To help clear acne, abscesses -*

dry, harsh cough -

Item no. **00339** 80 pellets.....\$ 6.95

Mercurius Solubilis 30c -

Ollois - Traditionally used for: *Sore throat*

with bad breath -

Item no. **00341** 80 pellets.....\$ 8.95

Clear Motion & Digestive Aid

(Clear Products Wellness)

May relieve bloating, gas, nausea, abdominal distress and motion sickness.

Item no. **CX0003** 60 caps.....\$13.95

MotionCalm (Boiron) fights nausea,

vomiting, and dizziness - meltaway

tablets

Item no. **3404** 50 tabs.....\$11.95

Nerve Tonic (Hyland's) Stress Relief -

Designed to help settle nervousness & anxiety - Non-Habit Forming

Item no. **61129** 50 tabs.....\$ 10.95

Pulsatilla 30c (Ollois)

Traditionally used for: *Ocular or nasal yellow discharge associated with a cold -*

(replacing Hylands)

Item no. **00399** 80 pellets.....\$ 6.95

Clear Restless Leg Relief

(Clear Products Wellness)

Designed for cramps & spasms

Item no. **22581** 60 caps.....\$14.95

Restful Legs (Hyland's) *Fast & Effective -*

Item no. **71898** 50 tabs.....\$11.95

Restful Legs PM (Hyland's)

Item no. **33521** 50 tabs.....\$12.95

Seasonal Allergy Relief (Hyland's)

runny nose, sneezing, itchy & watery eyes, nose or throat due to seasonal allergies

Item no. **30122** 60 tabs.....\$ 9.95

LOTIONS**Andalou Body Lotion**

1000 Roses

Item no. **02019** 8 oz.....\$ 9.95

Citrus Sunflower

Item no. **02015** 8 oz.....\$ 9.95

Mandarin Vanilla

Item no. **02016** 8 oz.....\$ 9.95

Coconut & Papaya Body Lotion

(Nubian) *Polishing & Renewing*

Item no. **11107** 13 oz.....\$13.95

Glucosamine, MSM & Arnica

Liposome Lotion (NOW)

for joint areas - paraben FREE -

Item no. **3283** 8 oz.....\$13.95

Goat's Milk & Chai Body Lotion

(Nubian)

with nourishing goat's milk and aromatic chai spices to leave your skin feeling soft, smooth, and beautifully scented.

Item no. **13048** 13 oz.....\$13.95

Jersey Girls Artisan Lotion

made locally in Unity, WI from the milk of Jersey cows!

Scented with Essential Oils - Made with care by Michelle Popp

8 oz.....\$14.95

4 oz.....\$ 7.95

2 oz.....\$ 3.95

Unscented

Geranium

Orange Patchouli

Orange Peppermint

Peppermint

Peppermint Lavender

Spearmint Eucalyptus

With Magnesium

Unscented 8 oz.....\$19.95

Lavender 8 oz.....\$19.95

Item no. **3293** 4 oz.....\$11.95

Joint & Muscle Cream (NOW)

capsaicin and Boswellia - paraben FREE - great for after exercise or overexertion

Item no. **3293** 4 oz.....\$11.95

Miracle Lotion (H.E.A.L. Quick)

great for dry, itchy, & problem skin- non-greasy formula, lasts all day!

Item no. **782** 8 oz.....\$ 9.95

M.S.M. Healthy Skin Lotion (NOW)

15% MSM - Rub into the skin on the area of discomfort.- Maintains youthful skin texture

Item no. **2123** 8 oz.....\$11.95

ReMag Balm 2.0 (RnaRest)

200mg of liquid magnesium per teaspoon, coconut oil and shea butter for softness, evening primrose and rose hip seed oil for soothing, and vitamin E for skin protection

Item no. **445** 8.1 oz.....\$28.95

ReMag Lotion Plus (RnaRest)

130mg magnesium - plus shea butter, coconut oil, oatmeal colloids, evening primrose oil, rose hip seed oil, Vit E & B5

Item no. **311** 7.5 oz.....\$26.95

Vitamin E Cream (NOW)

Intense moisture!

28,000 IU

Item no. **8199** 4 oz.....\$12.95

Vitamin E Cream (JASON)

25,000 IU

Item no. **040124** oz.....\$17.95

Jersey Girls

New

O' KEEFE'S Healthy Feet

Whether you're on your feet all day or battling harsh weather conditions, this product is formulated to make a visible difference in your dry, cracked feet.

Item no. **03200** 3.2 oz jar.....\$ 6.95

O' KEEFE'S Working Hands

fast-acting hand cream designed to provide relief for even the driest, most cracked hands. Whether you're in a tough work environment or battling harsh weather conditions, this formula is engineered to make a visible difference in your hand health and comfort.

Item no. **22005** 3 oz jar.....\$ 6.95

Item no. **0003** 2.7 oz tube.....\$ 6.95

SKIN CARE

Acne Relief (Pure Remedy)

Night Balm

Item no. **26350** 1 oz.....\$21.95

Acne Essentials (Terry Naturally)

blend of Sulfur, Potassium, Vitamin A, Boswellia, Zinc, Burdock, Chromium, B6 and Pantothenic Acid

Item no. **29906** 60 caps.....\$19.95

Beauty Facial Cream (Christopher's)

Extra virgin olive oil, wheat germ oil, vitamin E, aloe vera, etc.

Item no. **34001** 2 oz.....\$20.95

Bentonite Clay Powder (Redmond)

Item no. **RC10cs6** 10 oz.....\$14.95

Item no. **10129** 20 oz.....\$19.95

Item no. **RC6lb** 6 lb.....\$59.95

Bentonite Clay Powder

(Trace Mineral Research)

Item no. **00496** 16 oz.....\$13.95

Blemish Touch Stick (Desert Essence)

used as a spot treatment for irritated acne and insect bites

Item no. **22069** 0.31 oz.....\$ 9.95

Cocoa Butter 100% Organic

(Aura Cacia) unrefined

Item no. **84627** 4 oz.....\$15.95

D:TOX Purifying Products (Giovanni)

Facial Cleanse

Item no. **716281** 4 oz.....\$ 9.95

Facial Scrub

Item no. **716280** 4 oz.....\$ 9.95

Facial Moisturizer

Item no. **716279** 4 oz.....\$ 9.95

Facial Mask

Item no. **18281** 4 oz.....\$ 9.95

Lanolin (NOW)

100% Pure

Item no. **7725** 7 oz.....\$10.95

Liquid Lanolin (NOW)

a "heavy duty" moisturizer

remarkably close to our own natural skin oils. - 100% Pure -

Item no. **7730** 4 fl oz.....\$ 8.95

Magnesium Topical Spray (NOW)

4 sprays equal approximately 66mg of elemental magnesium.

Item no. **7737** 8 oz.....\$ 9.95

Vitamin E Cream See page 35

LUBRICANT

Personal Moisturizer (Emerita)

designed to soothe vaginal dryness

Item no. **30520** 4 oz.....\$23.95

Lubricant Water-Based

(Good Clean Love)

BIO-MATCH Technology



Item no. **00025** 3 oz.....\$16.95

MENTSRUAL PRODUCTS

NatraCare Menstrual Pads

Organic Cotton- Plastic FREE- Chlorine FREE- Perfume FREE - No dyes

Liners

Item no. **00312** 22 liners.....\$ 5.95

Regular with Wings

Item no. **03256** 14 pads.....\$ 6.95

Super with Wings

Item no. **03089** 12 pads.....\$ 6.95

LONG Super with Wings

Item no. **03089** 10 pads.....\$ 6.95

Super Ultra EXTRA Pads with Wings

Item no. **82126** 10 pads.....\$ 7.95

Maxi Regular -no wings-

Item no. **03027** 14 pads.....\$ 8.95

Maxi Super -no wings-

Item no. **03034** 12 pads.....\$ 7.95

Maternity Pads - no wings - extra-long & extra-wide – comfort padding

Item no. **00340** 10 pads.....\$ 7.95

Menstrual Cramps (Boiron)

homeopathic tablets - non-drowsy and FREE of NSAIDs, diuretics, and sedatives –

Ages 12 +

Item no. **07804** 60 tabs.....\$11.95

MIRACLE II

Miracle II Soap

often used for spot/stain remover in clothing & carpeting.

Item no. **02308** 22 oz.....\$18.95

Item no. **00231** Gallon.....\$89.95

Miracle II Soap Moisturizing

Best to use for hand, body, shaving, and other irritated skin areas -Can also be used as a shampoo and facial cleanser!

Item no. **00232** 22 oz.....\$18.95

Item no. **6007** Gallon.....\$89.95

Miracle II Neutralizer Gel

great for putting in cat litter to remove unpleasant odors — even as a medical gel for bruises and sunburn! Even age spots (washed first with the Miracle II soap)

Item no. **00240** 8 oz.....\$18.95

Miracle II Neutralizer Liquid

can also be used for sunburn, used to heal cuts on cats, dogs, & horses

Item no. **00238** 22 oz.....\$18.95

Miracle II Skin Moisturizer

a very excellent product to soothe irritated skins or just keep skin healthy & nourished – non-greasy

Item no. **02346** 8 oz.....\$18.95

Item no. **00235** 22 oz.....\$43.95

SHAMPOO + CONDITIONER

2-in-1 Shampoo + Conditioner Tea

Tree Thickening (Every Man Jack)

Item no. **01107** 13.5 oz.....\$10.95

2chic Ultra Moist (Giovanni) Avocado

& Olive Oil - dry, damaged hair –

Shampoo

Item no. **18431** 24 oz.....\$18.95

Conditioner

Item no. **18432** 24 oz.....\$15.95

2chic Ultra Sleek (Giovanni)

Brazilian Keratin & Moroccan Argan Oil – designed for all hair types

Shampoo

Item no. **18411** 24 oz.....\$15.95

Conditioner

Item no. **18412** 24 oz.....\$15.95

2chic Ultra Volume (Giovanni)

Papaya & Tangerine Butter

fine, limp hair

Shampoo

Item no. **18459** 24 oz.....\$18.95

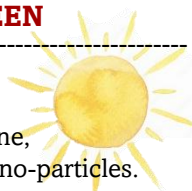
Conditioner

Item no. **18460** 24 oz.....\$15.95

Aloe Vera (Mill Creek) <i>Mild Formula</i> – moisturizing	
Shampoo	
Item no. 87001	14 oz.....\$10.95
Conditioner	
Item no. 87002	14 oz.....\$10.95
Berry Full (NOW) -volume boost for fine hair	
Shampoo	
Item no. 8214	16 oz.....\$ 7.95
Conditioner	
Item no. 8216	16 oz.....\$ 7.95
Sunflower & Citrus Shampoo To tame the look of split ends and frizz	
Item no. 00202	11.5 oz.....\$ 8.95
Citrus Shampoo & Conditioner (Earth Science)	
Shampoo	
Item no. 17430	12 oz.....\$ 9.95
Conditioner	
Item no. 17470	12 oz.....\$ 9.95
Dr. Squatch Featuring: Oat Protein, Jojoba Oil & Honey	
Cypress Coast <i>Ocean Breeze</i>	
Shampoo	
Item no. 00008	8 oz.....\$ 9.95
Fresh Falls <i>Forest Waterfall</i>	
Shampoo	
Item no. 00871	8 oz.....\$ 9.95
Conditioner	
Item no. 00782	8 oz.....\$ 9.95
Summer Citrus <i>Bright Citrus Grove</i>	
Shampoo	
Item no. 59196	11.5 oz.....\$ 9.95
Conditioner	
Item no. 59197	11.5 oz.....\$ 9.95
Fragrance-Free (Earth Science) designed for a sensitive hair & scalp – EXTRA GENTLE	
Shampoo	
Item no. 70310	12 oz.....\$10.95
Conditioner	
Item no. 70311	12 oz.....\$ 9.95
Biotene H-24 Shampoo (Mill Creek) replacing JASON's <i>Thin to Thick</i>	
Item no. 00301	8.5 oz.....\$10.95
Keratin Shampoo (Mill Creek) <i>improves elasticity and renews inner strength</i>	
Item no. 70312	16 oz.....\$11.95
Keratin Conditioner	
Item no. 70313	16 oz.....\$10.95

Lemon & Tea Tree Shampoo (Desert Essence)		
Item no. 33709	8 oz.....	
Tea Tree Shampoo (Mill Creek) <i>Calming Formula</i> – extract of tea tree plus aloe vera, witch hazel & argan oil		
Item no. 70312	16 oz.....\$10.95	
Tea Tree Conditioner		
Item no. 70313	16 oz.....\$10.95	
Tea Tree Oil Replenishing (Desert Essence)		
Shampoo		
Item no. 70314	14 oz.....\$ 8.95	
Conditioner		
Item no. 70315	14 oz.....\$ 8.95	
JASON Anti-Dandruff - Active Ingredient: Zinc Pyrithione (1.1%)		
2-in-1 Shampoo + Conditioner		
Item no. 809029	12 oz.....\$14.95	
Shampoo		
Item no. 810030	12 oz.....\$13.95	
Jojoba (Mill Creek) <i>Balancing Formula</i>		
Shampoo		
Item no. 702705	14 oz.....\$10.95	
Conditioner		
Item no. 702703	14 oz.....\$10.95	
Pharm Aloe High quality, non-toxic, moisturizing. -supports softer, bouncier hair & a healthy scalp		
Shampoo		
Item no. PASH8	8 oz.....\$16.95	
Conditioner		
Item no. PACN8	8 oz.....\$16.95	
HAIR GEL & SPRAY		
Hair Thickener Gel (Giovanni) help thicken, add volume & seal the split ends to prevent frizz!		
Item no. 05008	6.8 oz.....\$ 9.95	
L.A. Hold (Giovanni)		
Item no. 11008	5 oz.....\$ 9.95	
Styling Spray (Lily of the Desert) -with quality ingredients like Organic Aloe, Vitamin B5 and Quinoa protein		
Item no. 5775	8 oz.....\$ 8.95	
Biotene H-24 (Mill Creek) Replacing JASON's <i>Thin to Thick</i>		
Item no. 00309	8.5 oz.....\$10.95	
Hair Spray EXTRA HOLD (Mill Creek) non-drying formula		
Item no. 66100	8 oz.....\$11.95	

Sunflower & Citrus Hair Spray (ANDALOU) -medium hold	
Item no. 00208	8.2 oz.....\$ 8.95-
Ultra Volume Hair Spray – 2chic (Giovanni) Medium hold -for fine, limp hair	
Item no. 716449	5 oz.....\$ 9.95
SHAVING CREAM	
Shaving Cream Men (Andalou)	
Item no. 00736	6 oz.....\$ 8.95
Cedarwood Shave Cream (Giovanni) with aloe vera & eucalyptus	
Item no. 18772	7 oz.....\$ 7.95
Coconut Lime Shaving Cream (Alba Botanica) <i>hypo-allergenic</i>	
Item no. 003425	8 oz.....\$ 7.95
Mango Vanilla Shaing Cream (Alba Botanica)	
Item no. 00345	8 oz.\$ 7.95
Nutri-Shave (NOW)	
Item no. 8204	8 oz.\$ 7.95
Tea Tree & Mint Shaving Cream (Giovanni) <i>hypoallergenic & moisturizing</i>	
Item no. 18322	7 oz.....\$ 5.95
Unscented Shaving Cream (Alba Botanica) <i>hypo-allergenic</i>	
Item no. 00346	8 oz.....\$ 7.95
SUNSCREEN	
Sheer Sunscreen Kids 50 SPF (babyanics)	
Made without oxybenzone, octinoxate, parabens, nano-particles.	
Fragrance Free	
Item no. 92135	3 oz.....\$13.95
Tropical	
Item no. 92132	3 oz.....\$13.95
JASON Sunscreen For Family SPF 45 – water resistant up to 80 minutes -with Aloe Vera	
Item no. 08300	4 oz.....\$12.95
Hawaiian 30 SPF (Alba Botanica) water resistant (up to 80 minutes)	
Item no. 00825	3 oz.....\$13.95
Sunscreen Kids 50 SPF (Alba Botanica)	
Item no. 00399	3 oz.....\$13.95
MyChelle Sun Sheild – Water Resistant Clear Spray SPF 30 –	
Item no. 00527	6 oz.....\$18.95



12 – Pre & Post Natal

MORNING SICKNESS

Note: some have found that taking the Enriching Gift's Plant Enzymes and Probiotic with FOS (as directed on bottle or as needed) has helped greatly to reduce morning sickness & nausea. **As always, first, consult your physician.**

Morning Joy (Sprig's)

A naturally sweet, alcohol-free herbal tincture for morning sickness

Item no. **00327** 2 oz.....\$14.95

P-9 Formula (CHUPP's)

Can be taken the whole way through pregnancy – commonly taken for morning sickness

Item no. **20420** 180 caps.....\$21.95

Stomach Aid for Mom

(Mountain Meadow Herbs)

designed especially for pregnant women struggling with morning sickness– but may also be used for kids and men of all ages –

Item no. **1304W** 4 oz.....\$34.95

PREP for BIRTH

5-W (Nature's Sunshine)

-supports female glandular and reproductive systems.

-supports circulation and may help tone & strengthen the uterus – meant to be taken the last 5 weeks of pregnancy

Item no. **1120-5** 100 caps.....\$41.95

Birth Prep (Christopher's)

birthing formula for the LAST 6 weeks of pregnancy. Ingredients: *Squawvine herb, blessed thistle herb, black cohosh root, pennyroyal herb, false unicorn root, red raspberry leaf & lobelia herb*

Item no. **89127** 100 V-caps.....\$29.95

Calming & Balancing Formula

formerly: **C & B Formula**

(Mountain Meadow Herbs)

used to prevent spotting, cramping and/or premature labor – can be taken any stages of pregnancy

Item no. **1314W** 4oz.....\$34.95

Gentle Birth Formula

(Mountain Meadow Herbs)

may help birth be more comfortable labor & delivery - take 5 weeks prior to due date

Item no. **1032W** 2 oz.....\$22.95

Item no. **1034W** 4 oz.....\$34.95

P-6 Formula (CHUPP's)

supports toning the female organs in preparation for birth - 535 mg.

Item no. **CHU-6** 200 V-caps.....\$26.95

Pregnancy Tea (Traditional Medicinal)

taste is a minty touch with a gentle sweetness, made mostly from raspberry leaves (known to help with uterus toning and preparing your womb for birth) blended along with other herbs – this is a perfect tea for these 9 months of waiting for your special little person!

Item no. **50545** 16 teabags.....\$ 6.95

Belly Balm – see next page

PRENATALS

ALIVE Premium Prenatal Gummies (Nature's Way)

75 mg plant DHA – *high potency folate* – 15 vitamins & minerals – Orchard Fruits & Garden Veggies Powder Blend

Item no. **10482** 75 gummies.....\$19.95

ALIVE Prenatal (Nature's Way)

200mg DHA sourced from plants – high quality B Vitamins – vegetarian softgels

Item no. **11209** 60 soft-gels.....\$29.95

Baby & Me Multivitamin Pre & Post Natal

(INNATE) contains folate, B12 & iron in methylated form

Item no. **40156** 120 tablets.....\$55.95

Herbal Vita Mom Prenatal Vitamin (Mountain Meadow Herbs)

a blend of vitamins, minerals, and *digestive-friendly herbs* to support a healthy pregnancy – 60 servings

Item no. **VM9060** 120 soft-gels.....\$39.95

Heritage Prenatal (CHUPP's)

- high-quality ingredients – multivitamin & mineral + herbs, fruits, and enzymes – 30 day

Item no. **2309** 120 caps.....\$38.95

Liquid Health Prenatal (Liquid Health)

Meyer Lemon & Elderberry Blast Flavor – high quality ingredients – great absorption – FREE of GMOs, Gluten,

Dairy, Sugar & Soy – *Pre & Post Pregnancy*

Item no. **70117** 32 oz.....\$31.95

Mama Bear Prenatal (Sprig's)

a very popular supplement among our prenatal section. Formulated from whole foods – it even targets morning sickness with ginger

there is also: Red Raspberry, Chamomile, Dandelion, folate, even a trademarked ingredient called ConcenTrace Alfalfa & more!

Item no. **00373** 120 caps.....\$29.95

Mama Bear Magnesium Complex

(Sprig's) see page 27



Prenatal Advantage (Life Extension)
Easy-to-Swallow – 1 month supply –
Gluten Free – Non-GMO – Vitamins A, B,
C, D3 & K – Iron, Zinc, Copper,
Potassium, Choline, Lutein, Zeaxanthin &
DHA - Plus bioactive forms – 5-MTHF
folate, B12 methylcobalamin & more -
Item no. **23191** 120 soft-gels.....\$19.95

Prenatal Multi with Buffered C
(Nature's Way)
with Folate and Kelp!
2 caps a day – two-month supply!
Item no. **45130** 180 caps.....\$22.95

Prenatal Multi-Nutrients
(Vital Nutrients)
Gentle on Stomach - Free of Gluten, Dairy,
Nuts, Soy, Egg, artificial flavors and
sweeteners, artificial colors, coatings &
binders, and sugar – *high-quality!* 2-month
supply
Item no. **PREN7** 180 caps.....\$33.95

Prenatal Nutrients (Solgar)
a well-balanced formula of Calcium, Iron,
Folate, Antioxidants, Beta Carotene, B
Vitamins, Vit C, D, & E
Item no. **2272** 120 tabs.....\$12.95

Prenatal Gels + DHA (NOW)
Contains DHA & GLA and more!
Designed to promote healthy eye and
brain development.
Item no. **3811** 180 soft-gels.....\$39.95

Prenatal Plus (CHUPP's)
with DHA, Ginger, and 1,000 mcg DFE of
Folate – 30 servings
Item no. **01182** 120 tabs.....\$20.95

Raw Prenatal (Garden of Life)
whole food prenatal — gentle for your
stomach – can be used before
conception, during pregnancy, and later
while breastfeeding
Item no. **101811** 180 caps.....\$64.95
Item no. **11392** 90 caps.....\$42.95

Nature's Prenatal
(Nature's Sunshine)
*100% Daily Value of 8 Nutrients + 800mcg
folic acid* - can be used as a prenatal,
postnatal and/or for lactating moms
Item no. **3242-2** 120 tabs.....\$34.95

Prenatal Supplement (Krause)
Item no. **9025** 120 ct\$16.95

Moms Prenatal DHA+
(Mountain Meadow Herbs)
Not a standalone prenatal vitamin.
-Promote DHA levels in breast milk
-Support healthy memory and mood
-Aid fetal brain and nervous system
development
Item no **01719** 60 sgels.....\$30.95

POST BIRTH CARE

After Pain Relief
(Mountain Meadow Herbs)
Relaxes muscle tension, relieves spasms
& cramps – specifically for postpartum &
can even menstrual cramps – *Fast Acting!*
-
Item no. **1012W** 2 oz.....\$22.95

Belly Balm
(Sprig's)
this soothing blend of Rose Petals,
Myrrh Gum, Frankincense Resin,
Avocado Oil, Coconut Oil, Distilled
Water, Aloe Vera Gel, Cocoa Butter,
Beeswax, Wheat Germ Oil, Lavender
Essential Oil, Geranium Essential Oil,
Rosemary Essential Oil, and Vitamin E
Oil-
May be used before, during, and after
pregnancy.
- 100% free of phthalates, parabens,
petroleum, and
artificial fragrances.
Item no. **00375** 4 oz.....\$17.95

Cramp Bark Compound
(Natural Hope Herbals)
used for post-birth menses and a healthy
menstrual flow
Item no. **NA1003** 4 oz.....\$27.95

Hemma Sitz Bath (Sprig's)
great for the postnatal period
-Blend of Sea Salt, Aloe Vera, Comfrey,
White Oak Bark, Yarrow Flower, Witch
Hazel & Calendula
Item no. **626230** 5 oz.....\$18.95

Mommy Blues Buster
(Mountain Meadow Herbs)
-Mood Enhancer for mom
-Help support a positive outlook
-Balance hormones
-Natural & non-addictive
a Blend of Rhodiola, Eleuthero, Lemon
Balm, Ginkgo Biloba, and Passionflower
Item no. **1091** 4 oz.....\$34.95

NURSING SUPPORT

Lactation Formula (Christopher's)
Fenugreek, Fennel, Anise, Blessed
Thistle, Marshmallow, Dandelion, Nettle,
Hops Flower, Chaste Tree, Mullein Leaf
& Jurassic Green (Organic Alfalfa, Barley
& Non-hybrid
Wheat Grass)– 2 caps 3x a day
Item no. **89144** 100 caps.....\$19.95

Lactation Support (Sprig's)
great for those struggling with milk
production – a blend of Fenugreek, Milk
Thistle, Fennel, Red Raspberry, Nettle,
and Marshmallow Herb
Item no. **626105** 120 caps.....\$17.95

Lacti-Milk (Sprig's)
aids greatly with milk production - with
additional herbs to ease anxiety & stress
– 65 servings
Item no. **6504** 4 oz.....\$21.95

Maxi-Milk
(Mountain Meadow Herbs)
Lactation Support
– increase breastmilk quality & supply!
Item no. **1204W** 4 oz.....\$34.95

Milk Plus (Natural Hope Herbals)
Supports Healthy Milk Supply
– *Nutrient Rich Herbs*
Item no. **NA1004** 4 oz.....\$27.95

Mother's Milk (Traditional Medicinal)
supports breast milk production for
nursing mommas -*Very popular-*
Item no. **50537** 16 teabags.....\$ 7.95

Liquid Gold (Sprigs)
Nipple oil in a roll-on bottle made with
calendula flower, olive oil, coconut oil,
jojoba oil, vitamin e oil, frankincense oil,
rose oil, lavender oil, and peppermint oil
Item no. **626112** 10 ml.....\$9.95



13 – Probiotics

BEST-SELLER

Probiotic Flora with FOS

(Enriching Gifts)

Intestinal Flora Support – Balance a healthy bacteria in your gut, reduce the harmful bacteria, & help eliminate toxins no need to refrigerate. Per capsule: 200mg of this proprietary blend:

L. Acidophilus DDS-1™

L. Bifidum

L. Bulgaricus

L. Plantarum

L. Rueteri (Rhamnosus)

L. Salivarius (Strongest Pro-Biotic known)

E. Faecium

S. Thermophilus

Fructooligosacharrides (FOS: Food source for colonizing Pro-Biotics)

Calcium (AAC)

Magnesium (AAC)

Zinc (AAC)

Manganese (AAC)

GR8CF-77™ Enzyme Blend

Item no. **4EGI**

90 caps.....\$54.95

1 case (12 bottles) per bottle.....\$45.00

4 cases (48 bottles) per bottle.....\$40.00

**Refrigerate at ALL times
For those following!**

See page **20** for children's probiotics

8 Billion Acidophilus & Bifidus

(NOW) - dairy, soy & gluten FREE

– per capsule: (**8 Billion CFU**):

Lactobacillus acidophilus (La-14),

Bifidobacterium lactis (BI-04),

Bifidobacterium longum (BI-05)

Item no. **2930** 60 caps.....\$10.95

Item no. **2932** 120 caps.....\$21.95

Florajen Digestion Formerly Florajen3

-15 billion cells per capsule-

-Helps restore & maintain the natural balance in the digestive system

- relieve occasional gas, bloating, constipation & diarrhea

Item no. **70013** 60caps.....\$35.95

Florajen Acidophilus

-20 billion live cultures per capsule

Item no. **22048** 60 caps.....\$31.95

Raw Probiotic Men's (Garden of Life) Multidophilus 12 (Solaray)

supplying 20 billion living organisms, 12 probiotic strains including: B. lactis, B. bifidum, B. infantis, B. longum, L. acidophilus, L. brevis, L. bulgaricus, L. casei, L. plantarum, L. rhamnosus, L. salivarius, and S. thermophilus + prebiotic Inulin

Item no. **49300** 100 caps.....\$28.95

Multi Dophilus 24 (Solaray)

Over 30 Billion living organisms: L. plantarum VPro10, L. paracasei VK4, B. lactis VK2, L. lactis VPro17, B. infantis VPro53, B. breve VPro52, B. bifidum VPro51, B. longum VPro54, L. bukgaricus VPro12, L. casei VPro30, L. delbrueckii VPro315, L. rhamnosus VPro11, L. brevis VPro18, E. faecium VPro21, L. salivarius VPro15, L. gasseri VPro16, L. helveticus VPro23, L. fermentum VPro14, L. kefir VPro19, P. acidilacti VPro29, S. Thermophilus VPro23, L. acidophilus VK3, Lc. Lactis VPro17, Lc. Cremoris VPro41 + Prebiotic Inulin

Item no. **90578** 60 caps.....\$22.95

Raw Probiotic Men's (Garden of Life)

high-potency! with whole food vitamins & minerals plus dairy-digesting enzymes

-supports nutrient absorption, immune system, regularity, colon health, balancing healthy gut bacteria, stress levels, prostate and heart health. Item no. **101763** 90 caps.....\$52.95

Raw Probiotic Women's

(Garden of Life)

promotes vaginal, digestive & immune

health - high-potency – 85 Billion

Guaranteed! - 31 Probiotic Strains –

with whole food vitamins & minerals

plus dairy-digesting enzymes

Item no. **101765** 90 caps.....\$52.95

PB 8 Probiotic (Nutrition Now)

14 billion active cultures – 8 strains – 60 servings

Item no. **00112** 120 caps.....\$23.95

NO refrigeration required for those following:

Gr 8-Dophilus (NOW)

8 strains and 4 billion -

– dairy & gluten FREE – with FOS

Item no. **2912** 60 V-caps.....\$11.95

Herbal Flora Probiotic

(Mountain Meadow Herbs)

– Soil Based Organisms -

stabilize colonic pH, restore proper

bacterial balance, may help avoid

reactions to certain foods

Item no. **01591** 120 cap.....\$44.95

Probiotic Defense (NOW)

Probiotic blend in whole food base. 1

billion organisms, includes soil

organisms

Item no. **2918** 90 v-caps.....\$21.95

Primal Defense Ultra (Garden of Life)

Probiotic formula - including soil-based

probiotics

Item no. **11235** 90 v-caps.....\$55.95

Probiotic Pearls Acidophilus

(Nature's Way) Active Cultures

NO refrigeration needed!

Item no. **136002** 90 pearls.....\$31.95

Probiotic Pearls Complete

(Nature's Way)

6 Probiotic Strains – 1 Billion Cultures –

Designed to Survive Stomach Acid

Item no. **04369** 90 soft-gels.....\$39.95

For **FOS powder** see page 45

Three Lac (Global Health Trax)

lemon-flavored probiotic - great for kids!

Comes in individual serving size

packets—very convenient for traveling

Item no. **104100** 60 packet.....\$49.95

Ultimate Care RAW Probiotics

(Garden of Life)

100 Billion – Once Daily – 34 Probiotic

Strains – 30 servings – Free of Soy

Item no. **11664** 30 caps.....\$52.95

14 – Immunity/Respiratory



IMMUNE SUPPORT

ACF (Buried Treasure)

Advanced Immune support – a blend of vitamins, minerals, herbs & silver to boost the immune system – 0g Sugar

ACF 14-in-1

Item no. **34574** 16 oz.....\$29.95

ACF 19-in-1 Extra-Strength

Item no. **50012** 16 oz.....\$31.95

Children's ACF 14-in-1 –

Item no. **45682** 16 oz.....\$26.95

Advantage (Wisdom of the Ages)

Anti-bacterial, anti-viral, anti-fungal, anti-parasitic – Grapefruit Seed Extract – Green Tea & Jasmine Tea

Item no. **2001** 2 fl oz.....\$17.95

Allibiotic CF (NOW) an blend of garlic, olive leaf extract, elderberry & oregano

Item no. **1811** 60 soft-gels.....\$15.95

Andrographis EP80 EXTRA STRENGTH see page 50

Andrographis EP80 + Umckaloabo C&F Formula (Terry Naturally)

Serious Immune Defense –Lessen that cough, runny nose, body aches, etc.

Item no. **47006** 60 caps.....\$27.95

Bacteril (Terry Naturally)

Cinnamon, Thyme, Clove, and Oregano

Item no. **24503** 30 soft-gels.....\$17.95

Beta - 1,3/1,6 Glucan 100mg(NOW) + 160 mg Maitake Mushroom

Item no. **3054** 90 caps.....\$13.95

Colostrum Plus (Symbiotics)

Item no. **04003** 120 caps.....\$39.95

Colostrum (Krause) chewable fruit flavored - 300mg per tablet

Item no. **74018** 90 tabs.....\$24.95

Colostrum 500mg (NOW)

Item no. **3216** 120 caps.....\$19.95

Immune Pro-6 (Life's Fortune)

100% Pure 6-hour Liposomal Colostrum

Item no. **141** 180 caps.....\$33.95

Colostrum6 Powder (Anovite)

Item no. **9902** 6.5 oz.....\$72.95

Item no. **88877** 1 lb.....\$169.95

Colostrum6 Capsules 500mg (Anovite)

Item no. **9901** 180 caps\$53.95

Item no. **9917** 90 cap.....\$32.95

Colostrum6 200mg Strawberry (Anovite)

Item no. **9909** 180 chewables.....\$49.95

Colostrum6 450mg Pineapple (Anovite)

Item no. **9905** 130 chewables.....\$49.95

Colostrum Plus Chewable (Symbiotic) Cherry

Item no. **21301** 120 count.....\$29.95

Pineapple

Item no. **01008** 120 count.....\$29.95

Orange

Item no. **9111015** 120 count.....\$29.95

Defense Plus (Nutri Biotic) 250 mg grapefruit seed extract with echinacea, astragalus, vitamin C, mushroom extracts, goldenseal, & ginger root.

Item no. **10012** 90 tabs.....\$20.95

Echinacea see pages 11, 13, 14

Elderberry Syrup (Honey Gardens) an Elderberry blend with Raw Honey, Apple Cider Vinegar, Echinacea & Propolis

Item no. **00084** 4 oz\$14.95

Item no. **00032** 8 oz.....\$24.95

Elderyberry Tonic (Elide) Organic – made locally in WI – boosts immunity, supports lung & respiratory – and fights inflammation – tastes delicious- FREE of preservatives, synthetic ingredients, or artificial sweeteners & flavors

Item no. **77401** 16 oz.....\$24.95

Eldermint (Honeycomb Industries)

a blend of Elder Flowers and Peppermint Leaf – meant to be mixed with hot water

Item no. **00460** 16 oz.....\$22.95

Family Immune Booster All Ages Formula (Mountain Meadow Herbs)

immune support for the entire family! – alcohol-free – Elderberry, Echinacea & Propolis

Item no. **4002W** 2 oz.....\$22.95

Item no. **4004W** 4 oz.....\$34.95

First Immune Defense

(Mountain Meadow Herbs)

support your immune system with seasonal changes, coughs, congestion – cleansing herbs – Ages 3+

Item no. **2154W** 4 oz.....\$34.95

Formula 717 (Spiecher's)

immune system support – *Popular!*

Item no. **13022** 56 caps.....\$38.95

Item no. **13033** 56 gummies.....\$38.95

Immuno-X (Sprig's) for adults

Item no. **00378** 4 oz.....\$21.95

Item no. **00300** 8 oz.....\$36.95

Immucalm (Christopher's)

Used for coughs, cold, and allergies! A great favorite for those with cat or dog hair allergies even!

Item no. **89117** 100 caps.....\$19.95

Immunity Gummies (Trace Minerals)

Zinc, Vit D & C and Acerola - Cherry

Item no. **00581** 60 gummies.....\$20.95

Lightning Silver (Enriching Gifts)

Naturally: anti-bacterial, anti-viral, anti-germicide, anti-fungal, anti-biotic, & much more!

Item no. **EG19** 32 oz.....\$90.97

1 case (6 bottles) price each.....\$65.00

LimuZ6 (Anovite)

balancing hormones, mental clarity, immune system, and anti-aging!

Item no. **9904** 30 pkts.....\$84.95

Liquid Immunity + (Trace Minerals)

Elderberry- Zinc-Vit C & D- Ionic Trace Minerals – Mixed Berry– Sugar FREE

Item no. **00592** 32 oz.....\$28.95

UltraLaurin (Monolaurin)

– immune support! – comes in tiny pellets

Item no. **400008** 7 oz.....\$23.95

Item no. **400009** 21 oz.....\$55.95

Monolaurin 500mg (Solaray)

Item no. **62754** 60 caps.....\$14.95

Pro-Fighter (Sprig's) an immune booster which focus on those who cannot take echinacea. GF and vegan!

Item no. **00063** 2 oz.....\$15.95

Rei-Shi Mushrooms 270mg (NOW)

Item no. **4733** 100 caps.....\$10.95

Sambucus Syrup Elderberry

(Nature's Way)

Traditional Immune Syrup - Original

Item no. **53321** 8 fl oz.....\$28.95

Immune Syrup with Vitamin C, Zinc, Propolis & Echinacea .

Item no. **15333** 8 fl oz.....\$30.95

Sambucus Liquid (Nature's Answer)

Made from 12,000 mg of Fresh Black Elderberries.

Item no. **26220** 16 fl oz.....\$16.95

Sambucus Elderberry Gummies -

(Nature's Way) Vit C, Vit D + Zinc

Item no. **10486** 60 count.....\$19.95

Sambucus Elderberry Gummies

(ZAND) Vitamin C + Zinc

Item no. **66743** 60 count.....\$19.95

Shark Cartilage 750mg (NOW)

Immune system support

Item no. **3270** 100 caps.....\$14.95

Silver Biotic - 10 ppm

Item no. **30185** 8 oz.....\$18.95

Sovereign Silver - Bio-Active-

Silver Hydrosol - 10 PPM - May be used in a daily basis - our Best Seller Silver

Dropper Top

Item no. **23236** 2 oz.....\$11.95

Item no. **23231** 4 oz.....\$18.95

Item no. **23233** 8 oz.....\$29.95

Item no. **48051** 16 oz.....\$42.95

Item no. **96SC10** 32 oz.....\$66.95

Fine Mist Spray Style

Item no. **60CS10** 2 oz.....\$11.95

Vertical Nasal Style Spray

Item no. **23234** 2 oz.....\$11.95

First Aid Gel - Pump Gel

Item no. **60HG10** 1 oz.....\$10.95

Sterol-Max (Enriching Gifts)

Immune System Support -

"increase T-cell proliferation and immune modulation to help keep you healthy."

One of our most successful immune boosting supplements.

Item no. **2EGI** 90 caps.....\$41.27

1 case (12) per bottle.....\$30.00

4 cases (48) per bottle.....\$25.00

Super Tonic (Natural Hope Herbals)

also referred to as "fire cider" - this powerful blend of ginger, horseradish, garlic, onion, and cayenne was extracted with apple cider vinegar - to help boost immunity!

Item no. **NA1009** 4 oz.....\$19.95

Item no. **100908** 8 oz.....\$36.95

Qubeco (Health Direct)

support a strong immunity & respiratory. Vitamin C, Vitamin D3, Zinc, Selenium, Colostrum, Quercetin, & Beta Glucan - Pineapple Zest flavor (sugar-free)

Item no. **4040** 56 chewable.....\$34.95

ViraPro (Terry Naturally)

formula for viruses

Item no. **24106** 60 Tab\$39.95

VS-C (Nature's Sunshine)

Item no. **937-7** 100 cap.....\$27.95

Item no. **3167-6** 2 fl oz.....\$29.95

Wellness Formula (Source Natural)

19 immune building herbs plus vitamin A, beta carotene, zinc, calcium, copper, magnesium. Fights colds, etc.

Item no. **30090** 90 tabs.....\$23.95

Item no. **30092** 180 tabs.....\$46.95

Item no. **30099** 120 capsules.....\$22.95

X-INFX (Christopher's)

formerly: Infection Formula- a blend of plantain, goldenseal root, bugleweed, marshmallow root & lobelia to support your lymphatic system - has been found to support healing from UTIs, sinus infections and other types of infections- Do not use if pregnant or nursing!

Item no. **79570** 100v-caps.....\$28.95

COUGH SYRUP AND DROPS

Chestal Cough Syrup (Boiron) a blend of acacia honey and homeopathic remedy to help soothe coughs and loosen mucus - Adults and children ages 2+

Item no. **32282** 6.7 fl oz.....\$11.95

Dr. Tierra's Wild Cherry Bark Syrup

(Planetary Herbals) formerly: Old Indian Wild Cherry Bark Syrup - with Echinacea - supports immunity & respiratory health

Item no. **PF0097** 4 oz.....\$13.95

Item no. **PF0098** 8 oz.....\$23.95

Item no. **PF0748** 16 oz.....\$40.95

Dr. Teirra's Wild Cherry Bark for

Kids - Cherry flavored - ages 1+

Item no. **10607** 4 oz.....\$10.95

Item no. **10608** 8 oz.....\$21.95

Herbal Throat Syrup

(Christopher's) blend of Wild Cherry

Bark, Licorice, Marshmallow Root, Horehound, Mullein, Ginger, Anise Seed, & Lemon Peel in a base of Vegetable Glycerine

Item no. **89537** 4 oz.....\$20.95

Soothing Throat & Tonsil

(Mountain Meadow Herbs)

great for adults + children

Item no. **2314** 4 oz.....\$34.95

Item no. **2312** 2 oz.....\$22.95

Throat & Tonsil

(Natural Hope Herbals)

a blend of Echinacea flower & root, Garlic Bulb, and Cayenne in Fig Syrup

Item no. **NA1012** 4 oz.....\$29.95

Olbas Aromatherapy Oil

Item no. **50031** 30 ml.....\$17.96

Olbas Cough Syrup

Swiss-made honey, thyme, licorice, plantain, pine and chestnut. Essential oils: peppermint, eucalyptus, cajuput, juniper, wintergreen, clove.

Item no. **50420** 4 oz.....\$ 9.95

Olbas Lozenges

Clears the head, soothes the throat. Sugar Free.

Item no. **023304** 24 loz.....\$ 7.95

Olbas Wellness Herbal Tea**Supports Respiratory Health**

it tastes great hot or cold!

Item no. **507102** 7 oz.....\$17.95

Ricola Cough Drops - 19 wrapped

Item no. **23809** Berry Medley.....\$ 5.95

Item no. **300010** Honey Herb.....\$ 5.95

Item no. **31195** Lemon Echinacea.\$ 5.95

Item no. **07917** Original\$ 5.95

SUGAR FREE

Item no. **23903** Lemon Mint.....\$ 5.95

Item no. **19209** Swiss Herb.....\$ 5.95

ZAND - approx.:15-18 drops each

Item no. **93367** Echinacea Zinc.....\$ 4.95

Item no. **41549** Elderberry Zinc.....\$ 4.95

Item no. **04774** Lemon-Honey.....\$ 4.95

Item no. **34624** Lemon-Mint.....\$ 4.95

Item no. **68363** Menthol.....\$ 4.95

Item no. **48002** Orange C.....\$ 4.95

45 Lozenges - Value Size**Cherry Echinacea Zinc**

Item no. **32929**.....\$ 8.95

Elderberry Zinc

Item no. **69876**.....\$ 8.95

Save The Baby Salve (Krause) the Improved formula!

Item no. **90206** 1.75 oz.....\$15.95

Unkers

Multi Purpose therapeutic salve

Item no. **00204** 3.5 oz.....\$10.95

Item no. **10800** 7 oz.....\$16.95

Item no. **00216** 13.5 oz.....\$29.95

Sen Sei Menthol Rub see page 34

For more Children's Immunity see page 19

RESPIRATORY & SINUS

Aller DMG (DaVinci)

Immune support plus respiratory – a blend of Quercetin, Bromelain, and Perilla Seed Extract

Tablets

Item no. **2413** 60 tabs.....\$35.95

Chewable

Item no. **2533** 120 chew.....\$39.95

Breathe Free (Source Naturals)

– Pelargonium sidoides root (also known as Unckaloabo) extract- cherry flavored – boosts immune system + respiratory

Item no. **SN2105** 4 fl oz.....\$15.95

Item no. **SN2106** 8 fl oz.....\$30.95

Bronchial Clear (Terry Naturally) New

English Ivy Leaf Extract - non-drowsy- non-habit forming – targets cough, mucus, and respiratory health – Ages 6+ and Adults – Wild Berry Flavored

Item no. **16716** 60 chew.....\$19.95

Item no. **06001** 3.4 fl oz.....\$22.95

Clear Lungs (RidgeCrest)

Chinese herbal formula. *Popular!*

Item no. **00136** 120 vcaps.....\$37.95

Liquid

Item no. **00553** 2 oz.....\$20.95

Clear Lung Extra Strength

Item no. **7241** 120 vcaps.....\$42.95

Clear Voice (Liquid Health)

Vocal spray - Soothes tired voices - relieves scratchy throats - wonderful for singing or long talking

Honey Lemon

Item no. **00103** 1 oz.....\$11.95

Fresh Mint

Item no. **00105** 1 oz.....\$11.95

Strawberry Lemonade

Item no. **00024** 1 oz.....\$11.95

Herbal Respiratory

(Mountain Meadow Herbs)

-Supports normal respiratory function
-Formulated for use by the whole family
Item no. **2054W** 4 oz.....\$34.95

HistaBlock (Nature's Sunshine) to help

soothe respiratory irritation due to seasonal pollen – *neutralizes free radicals*
Item no. **776-1** 90 caps.....\$28.95

Lung & Bronchial (Christopher's)

Item no. **89115** 100 V-caps.....\$22.95

Item no. **49815** 2 oz.....\$16.95

Olbas Inhaler *Power to breathe*

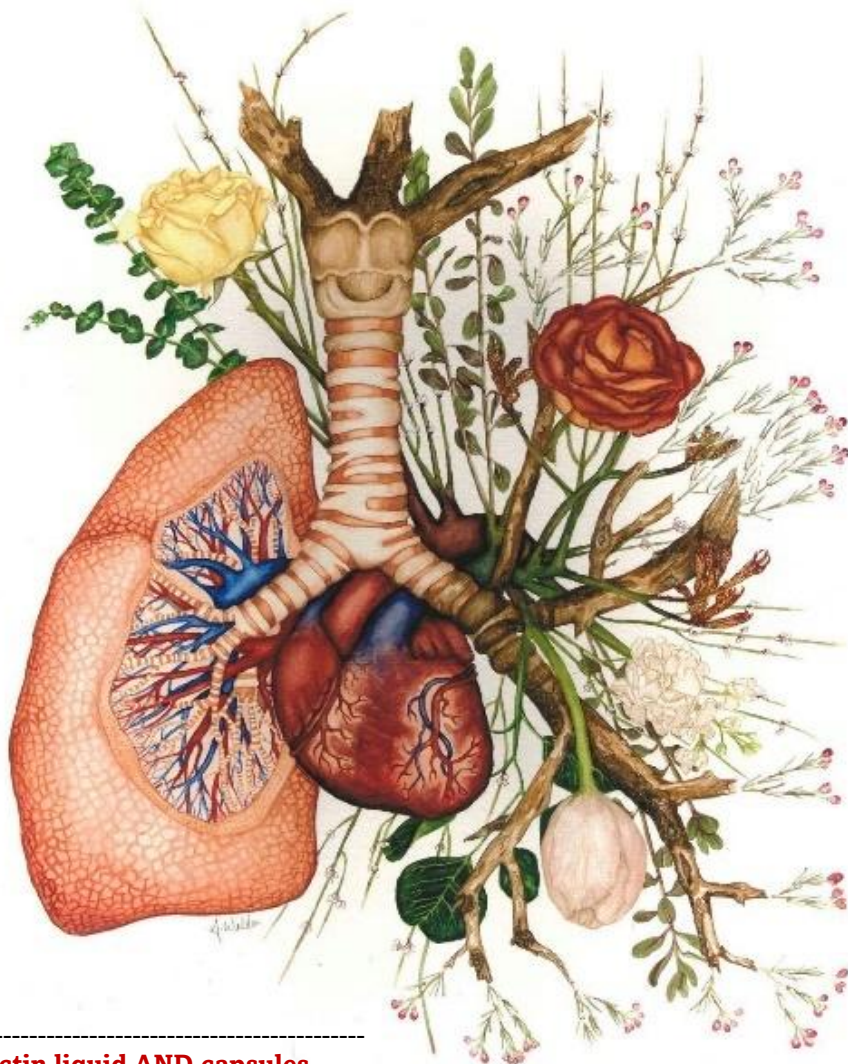
Item no. **50510** 1 oz.....\$ 5.95

Olbas Lozenges Clears the head, soothes the throat. Sugar Free.

Item no. **023304** 24 loz.....\$ 5.95

Respiratory Syrup (Christopher's)

Item no. **89536** 4 oz.....\$19.95



RespirActin liquid AND capsules have been discontinued

While RespirActin was unique; we do have other replacements:

ACF (Buried Treasures)

Breathe Free (Source Naturals)

Seasonal Allergy – formerly ALJ

Dr. Tierra's Wild Cherry Bark Syrup

Herbal Respiratory (Mountain Meadow)

Lil' Ones Breathe Easy (Sprig's)

Respiratory Syrup (Christopher)

Respir-All was discontinued

PleuraMax (Terry Naturally) New

-Supports upper respiratory function.

-Intensive acute immune support.

Features clinically studied Immunoglukan P4H® pleuran, a unique bioactive compound found only in oyster mushrooms.

Original

Item no. **11633** 30 caps.....\$20.95

Extra Strength

Item no. **33215** 15 caps.....\$23.95

Seasonal Allergy (Nature's Sunshine) formerly ALJ

Item no. **774-3** 100 caps.....\$22.95

Item no. **3166-5** 2 fl oz.....\$24.95

For Sovereign Silver Sinus Relief Spray see page 42

Sinus Plus (Christopher's)

blend of Brigham Tea, Marshmallow Root, Goldenseal Root, Burdock Root, Parsley Root, Lobelia & Cayenne Pepper – *commonly used for congested sinus and /or eye pressure and facial pain*

Item no. **89109** 100 v-caps.....\$24.95

Item no. **49809** 2 oz.....\$19.95

Xlear Natural Saline Nasal Spray with Xylitol – Wash away harmful bacteria from your sinuses with a moisturizing effect - congestion & inflammation treatment when suffering from a cold, flu or allergies – non-addictive – **Original**

Item no. **50740** 1.5 oz.....\$10.95

MAX –with Capsicum & Aloe –for more severe nasal pressure & congestion. Due to the capsicum, this one will cause a slight burning sensation

Item no. **adx12** 1.5 fl oz.....\$12.95

15 – System Support

ACID TO ALKALINE

Acid-2-Alkaline

Helps change the body to an alkaline/anti-oxidant state

Item no. **CP-1027** 90 caps.....\$22.95

PH Test Strips

Now easier to use and easier to read.

Item no. **00738** 90 ct.....\$10.95

ADRENAL

Adrenal Caps (Solaray)

blend of Bovine Adrenal, Eleuthero, Licorice, Gotu Kola, and Clove

Item no. **05100** 60 caps.....\$12.95

Adrenal Stability (Pure Essence Labs)

Item no. **13001** 60 caps.....\$32.95

Adrenal Stress End (Nature's Way)

a blend to support the adrenals, balance cortisol levels, and maintain energy throughout the day

Item no. **74035** 60 caps.....\$21.95

Adrenal Stress Support (NOW)

-For Typical Everyday Stress

-Appetite Management

Item no. **3344** 90 caps.....\$23.95

Adrenal Support (Nature's Sunshine)

Item no. **1507-0** 60 caps.....\$32.95

Adrenal Support (Natural Care)

homeopathic

Item no. **001607** 60 tabs.....\$13.95

Adrenal Support Formula

(Christopher's)

8 supportive herbs. Ask for our FREE Information Sheet on adrenal exhaustion and rebuilding -

Item no. **40210** 100 caps.....\$18.95

Adrenaplex (Terry Naturally)

This product aids with daily energy levels, mental focus, physical endurance, immune system health, adrenal health, and healthy blood sugar metabolism!

Item no. **37002** 120 cap.....\$35.95

Adrenal Aid

(Mountain Meadow Herbs)

handle stress – avoid afternoon fade – maintain optimal energy levels

Item no. **1004W** 4 oz.....\$34.95

Adrenal Aid for Moms

(Mountain Meadow Herbs)

Pregnancy & Nursing Safe

Item no. **A2004** 4 oz.....\$34.95

Energy (NOW)

Vitamins and herbs that support adrenal function

Item no. **3326** 90 caps.....\$17.95

Other Energy supporters see page 50

Glandular System

(Christopher's)

blend of Mullein Leaf and Lobelia -
Natural Support of the Respiratory, Lymphatic, & Glandular Systems for Optimum Health

Capsules

Item no. **89112** 100 caps.....\$19.95

Massage Oil – base of olive oil

Item no. **49819** 2 oz.....\$19.95

Salve/Ointment

Item no. **34006** 2 oz.....\$20.95

Master Gland Formula

(Nature' Sunshine)

a blend of electrolytes, vitamins & minerals which provides nutrients & antioxidants for glandular maintenance – supports energy metabolism

Item no. **3040-3** 120 caps.....\$32.95

Lymphomax

(Nature's Sunshine)

Traditional herbal remedy featuring nutrients from a potent array of herbs including Mullein leaf, Bayberry Root bark, Alfalfa, Echinacea, Yarrow and Chlorophyllin.

Item no. **04077** 100vaps.....\$31.95

Natural Motivation (Sprig's)

targeted for adrenal support –

clear the brain, increase energy, and avoid afternoon energy crashes

Item no. **626255** 120 caps.....\$28.95

BLOOD SUGAR

Berberine see page 14

Bitter Melon (Planetary Herbals)

Item no. **10742** 120 caps.....\$17.95

Blood Glucose Success (Solaray)

Item no. **39812** 90 caps.....\$28.95

Blood Sugar (Nature's Way)

Herbal blend to help control blood sugar.

Item no. **79200** 90 caps.....\$14.95

Blood Sugar Manager (Nature's Way)

Glucose control formula.

Item no. **04906** 60 tabs.....\$25.95

For **Cinnamon** see page 14

Chromium see page 26

Sucontral D (Terry Naturally)

helps support healthy A1C levels, insulin function, glucose support, & carbohydrate metabolism

Item no. **12706** 60 caps.....\$29.95

Item no. **12702** 120 caps.....\$49.95

BONE HEALTH

Bone Strength (NOW) 4 capsules

provide 667 mg calcium, 400 mg magnesium, 287 mg phosphorus, 7 mg zinc, 0.7 mg copper, 667 IU vitamin D, 2 mg manganese.

Item no. **1228** 120 caps.....\$11.95

Item no. **1229** 240 caps.....\$23.95

Complete Tissue & Bone

(Christopher's) healing support for broken bones, damaged teeth, etc.

Item no. **89128** 100 caps.....\$20.95

Complete Tissue & Bone

Ointment (Christopher's)

Item no. **34004** 2 oz.....\$19.95

Item no. **340058** 4 oz.....\$23.95

Complete Tissue & Bone Massage Oil

(Christopher's)

Item no. **49901** 4 oz.....\$23.95

Complete Tissue & Bone Syrup

(Christopher's)

Item no. **88527** 4 oz.....\$22.95

Item no. **88528** 16 oz.....\$40.95

BF & C with Comfrey

(Christopher's) Bone, Flesh & Cartilage blended with Comfrey

for external use only!

Powder

Item no. **87329** 16 oz.....\$48.95

Cut

Item no. **H87329** 16 oz.....\$48.95

CANDIDA & YEAST

Boric Acid

- Extra Value Size -

Item no. **30396** 1 lb.....\$19.95

Candex (Pure Essence)

An excellent choice for candida, the enzyme cellulase. *Gentle and Effective.*

Item no. **60303** 120 caps.....\$49.95

Candida Support (NOW)

With Pau D'Arco, Oregano Oil, Black Walnut & Caprylic Acid.

Item no. **3308** 90 caps.....\$14.95

Capryl (Solaray)
Calcium, Magnesium & Zinc –
designed to be slowly released along the
gastrointestinal tract
Item no. **08130** 100 caps.....\$10.95

Caprylic Acid (NOW)
Supports healthy intestinal flora
Item no. **3347** 100 gel-caps.....\$13.95

Grapefruit Seed Liquid See page 13

Grapefruit Seed Extract 250mg
(Solaray)
plus Vitamin C & E and Zinc
Item no. **85204** 60 caps.....\$16.95

Intestinal Sweep (Christopher's)
Helps eliminate yeast overgrowth.
Works best when following a candida
diet.
Item no. **101264** 180 caps.....\$29.95

MycoLIM (Myconil)
Yeast fighting herbs
Item no. **50052** 1 oz.....\$15.95

Yeast Cleanse (Solaray)
yeast fighting formula- high quality
Item no. **8138** 180 caps.....\$28.95

Mountain Meadow Herbs recommend
taking probiotics (see page 40) during and
after taking their yeast cleanse products
below. Taking Step 1 and Step 2
alternately every 2 weeks – best results 3-
6 months

Yeast X I
Item no. **Y2112** 2 oz.....\$22.95
Yeast X II
Item no. **Y2122** 2 oz.....\$22.95

Yeast/Fungal Detox
(Nature's Sunshine) supports immunity and
microbiome, healthy gut microflora –
Item no. **508-9** 90 caps.....\$25.95

CHOLESTEROL

Berberine see page 15

Healthy Cholesterol with Amla
(Terry Naturally) 500mg of Amla per cap
– supports healthy cholesterol levels,
heart health, and triglyceride levels.
Item no. **20326** 60 caps.....\$33.95

Red Yeast Rice 600mg (Solaray)
+ 30mg Co Q-10 + 50 mg Niacin
Item no. **12155** 90 V-caps.....\$33.95

Red Yeast Rice (NOW)
Item no. **3334** 180 V-caps.....\$33.95

Red Yeast Rice + Co-Q10 (Jarrow) 
Item no. 33001 120caps.....\$25.95

Cholesterol Tea (Bravo)
Item no. **00505** 20 tabs.....\$ 5.95

COLON CARE

Aloe Lax (Nature's Way)
for occasional constipation
Item no. **900** 100 caps.....\$10.95

Aloe Max Lax (Nature's Way)
Aloe, cascara sagrada, buckthorn bark &
fennel seed blend
Item no. **60396** 100 caps.....\$12.95

Apple Pectin 750mg (NOW)
Item no. **6425** 120 caps.....\$12.95

Cascara Sagrada (NOW)
Item no. **4620** 100 caps.....\$ 6.95
Item no. **4623** 250 caps.....\$14.95

Cascara Sagrada 450mg (Solaray)
Item no. **01120** 100 caps.....\$ 8.95

Colon Cleanse (Speicher's)
Item no. **Spcolon** 100 caps.....\$29.95

Cleanse More (Renew Life) 
Herbal & mineral formula that
helps promote regularity & relieves
occasional bloating and constipation
Item no. **53440** 60 caps.....\$18.95

Jim's Colon Pills (Speicher's)
Item no. **JIMS** 100 caps.....\$29.95

Fiber Mix and the 40 Herbs Plus have
both been discontinued.

Gut Health + Hydration (tiiga) 
5g of raw, unprocessed
prebiotic fiber from Baobab – blended
with Coconut Water – taking for Gut
Health, Debloating, Inflammation, and
Hydration

Orange Mango
Item no. **70225** 30 servings.....\$21.95
Raspberry Lemon
Item no. **70228** 30 servings.....\$21.95
Strawberry
Item no. **70222** 30 servings.....\$21.95

NutraFlora FOS Pure Powder (NOW)
Item no. **2942** 4 oz.....\$14.95

Lower Bowel (Christopher's)
Capsules
Item no. **89101** 100 v-caps.....\$22.95
Glycerin Extract
Item no. **49801** 2 oz.....\$18.95

Lower Bowel Stimulator
(Nature's Sunshine) a natural laxative
Item no. **0990-5** 100 caps.....\$24.95

Psyllium Husk Capsules (NOW)
Item no. **5972** 500 caps.....\$22.95

Psyllium Husk/Seed Caps (NOW)
with Apple Pectin
Item no. **5973** 180 v-caps.....\$13.95

Psyllium Husk Powder (NOW)
Item no. **5975** 12 oz.....\$10.95
Item no. **5978** 24 oz.....\$19.95

Psyllium Husk Whole (NOW)
Item no. **5981** 1 lb.....\$10.95

Psyllium Seed Powder
The entire seed, both husk and kernel,
ground very fine. Produces somewhat
less bulk than the husk does but is more
cleansing to the colon wall.
Item no. **60420** 1 lb.....\$19.95

Quick Colon Formula Part I
(Christopher's)
blend of Aloe, Cascara Sagrada Bark,
Garlic Bulb, Senna Leaves, Ginger Root,
Barbery Bark & Cayenne (90,000 H.U.)
Item no. **89136** 100 v-caps.....\$19.95

Raw Organic Fiber (Garden of Life)
9g fiber per serving – 15 raw superfoods
– Omega 3 – Psyllium FREE – no fillers or
artificial sweeteners
Item no. **11570** 803 grams.....\$34.95

Renew & Restore Herbal Fiber Colon
Cleanse Powder (Life's Fortune)
a blend of psyllium husk powder, guar gum,
apple fiber, hibiscus flower, and 36 herbs to
support colon detoxification & strengthening
Item no. **121** 1 lb.....\$29.95

Reset & Go (Sprig's)
a gentle colon cleanse – formulated for
constipation relief & digestive support –
Item no. **626250** 120 caps.....\$20.95

Sculpt n Cleanse see page 53

Swiss Kriss – Herbal Laxative Tabs –
contains Senna – works within 6-12 hours
– relieves constipation effectively for ages
6 and over –
Item no. **16212** 120 tabs.....\$ 9.95
Item no. **15835** 3.25 oz.....\$ 9.95

Vital Lax (Vital Planet)
works over night
Item no. **19200** 60 caps.....\$20.95
Item no. **19213** 100 caps.....\$28.95

Vital Fiber (Vital Planet) 
Item no. **19202** 7.76 oz.....\$21.95

Vital Prebiotic Fiber 35 
(Vital Planet)
Item no. **19216**\$28.95

DETOXING & CLEANSING

Bentonite Detox -

- Digestive Detoxification
- Binds with Unwanted Substances
- Maximum Purity

Item no. **05195** 16 fl oz.....\$13.95

Bentonite Powder see page 36

Blood Stream (Christopher's)

A popular blend of synergistic herbs for the bloodstream.

formerly: Red Clover Combination

Item no. **89102** 100 caps.....\$20.95

Cell Food

Nourishes, cleans, and detoxifies the cells. Ask for free Cell Food book

Item no. **00001** 1 oz.....\$31.95

Cell Food Essential Silica Formula

Support for joints, connective tissue, hair, skin, teeth, gums, heart, and brain. Yeast and gluten free.

Item no. **00003** 4 fl oz.....\$32.95

Daily Detoxification (Enriching Gifts)

Bowel Cleansing - Supports elimination of parasites and harmful bacteria in the GI Tract - To be used as a gentle daily cleanse for the intestines, liver & colon - *not a laxative* -

Item no. **3EGI** 60 caps.....\$31.47

1 case (12) per bottle.....\$27.00

4 cases (48) per bottle.....\$23.00

Expello-C (Honeycomb Industries)

Cleanse & Detox - a blend of echinacea, goldenseal & red clover

Item no. **465** 16 fl oz.....\$24.95

Flor-Essence (FLORA)

Gentle detox for the whole body - 3 packets - 2-1/8 oz (similar to Ojibwa as listed below)

Item no. **68090**.....\$39.95

MagO7 CLEANSE (nbPure)

our BEST Magnesium Oxygen Detox Cleanse - normally, works overnight! -

NOTE: MagO7 is **not** meant to be taken as a magnesium supplement

Item no. **M7631** 90 cap.....\$22.95

Item no. **7631** 180 cap.....\$33.95

Ojibwa (NOW)

an excellent Native American formula of Burdock Root, Sheep Sorrel, Slippery Elm Bark & Turkey Rhubarb. - 3 capsules are about the same herbal strength as 2 Tbsp. of the 6x Liquid which equals close to 4 oz of the tea

Capsules: 4:1 Extracts - 450mg each

Item no. **4674** 180 caps.....\$24.95

Liquid 6x Concentrate

Item no. **4855** 16 oz.....\$26.95

Oxy Quest (Anovite)

Liquid Oxygen- anti-aging support—and overall immune support- containing negatively charged electrolytes of oxygen, which make this different than the others forms of oxygen products.

Item no. **9913** 2 oz.....\$41.95

Vitamin O -Liquid Oxygen-

used for increasing energy, memory, yeast infections, parasites, eliminating toxins, bloating, PMS, obesity, and so much more!

Item no. **000043** 16 oz.....\$76.95

Flora Fulvic (Triquetra)

-Fulvic + Humic Extract-
Formulated to support gut health and function, natural detoxification processes, energy & vitality, cellular health, mental function and overall hydration

Item no. **35438** 60 caps.....\$22.95

Zeolite Powder

a natural mineral used mostly for a heavy metal cleanse - *gentle and effective*

Item no. **SKU41** 1 lb.....\$58.95

Liquid - ZETOX

Item no. **0033** 2 fl oz.....\$28.95

DIGESTIVE AIDS

Acid Ease (Nature's Way)

For sensitive stomachs

Item no. **02490** 180 caps.....\$30.95

Akkermansia (Solaray) Postbiotic

- 10 billion TFU per capsule

Item no. **35274** 30 caps.....\$24.95

Artemisia Combination (Nature's Way)

- *supports the intestinal system*

- *soothes digestion*

Item no. **787-6** 100 caps.....\$23.95

Ayurvedic Digestive Formula

(Terry Naturally)

may help with: Bowel Regularity, Nutrient Absorption, Gut Microflora, Overall Digestive Comfort.

Item no. **39006** 60 caps.....\$25.95

Betaine HC1 + Pepsin (NOW)

Item no. **2938** 120 caps.....\$13.95

Betaine HC1 with Pepsin (Solaray)

250mg Betaine, 100mg Glutamic Acid HC1, 150mg Pepsin, and 100mg Papaya Leaf

Item no. **04816** 180 caps.....\$17.95

BosMed Intestinal Bowel

Support (Terry Naturally)

blend of BOS-10 Boswellia, Caraway, Coriander, Fennel, Peppermint

Item no. **41186** 60 soft-gels.....\$35.95

Bromelain (NOW) 2,400 GDU potency

Item no. **2947** 120 caps.....\$29.95

Item no. **2943** 60 caps.....\$15.95

Capsicum (Nature's Sunshine)

digestion support

- *may improve blood circulation*

Item no. **160-5** 100 cap.....\$21.95

Clinical Digestive Enzymes

(Terry Naturally)

with 10X Pancreatin

Item no. **37209** 90 tablets.....\$21.95

Dairy Digest Complete (NOW)

Digests lactose dairy proteins and fats

- a blend of Protease, Lactase, and Lipase

Item no. **2956** 90 caps.....\$14.95

DGL Chewable

(Nature's Way)

Deglycyrrhizinated Licorice

- commonly used for stomach comfort as it may increase mucus and protect the throat and stomach from acid reflux -

Item no. **09001** 100 tabs.....\$13.95

Digest Ultimate (NOW)

vegetarian full-spectrum enzyme formula from NOW -

- recommended per meal: 1 capsule

Item no. **2965** 60 vcaps.....\$18.95

Enriching Gifts Plant Enzymes

Our most popular and effective enzyme based from plants & blended with a unique mineral -

formulated to work with your body to digest carbs, proteins, fats, fiber, sugars, & more!

Best Seller!

Item no. **60847** 270 caps.....\$79.95

1 case (12) per bottle.....\$60.00

4 case (48) per bottle.....\$55.00

Essential Enzymes

(Source Naturals)

a blend of enzymes to support digesting proteins, fats, milk sugar, fiber, and carbohydrates

Item no. **60830** 120 caps.....\$17.95

Item no. **60832** 240 caps.....\$35.95

Food Enzymes (Nature's Sunshine)

a blend of enzymes which help digest your fats, proteins & carbs! 60 servings

Item no. **1836-9** 120 cap.....\$34.95

Gastro (Enzyme Research)

Enzymes without protease.

Item no. **60853** 90 caps.....\$30.95

GB6 GutBiome6 (Anovite)

a blend of Marie Algae, Colostrum6, Fiber, Gut Restorative Peptides, Pre, Pro & Post-Biotic Blend.

Item no. **6690** 60 pkts.....\$85.95

G.I. Benefits (Da Vinci)

30 servings – fruit flavor & sweetened with stevia–

A formula designed to support your digestive system, regularity–

Item no. **24793** 13.55 oz.....\$64.95

Gluten Digest (NOW)

Item no. **2959** 60 caps.....\$14.95

Gut Restore – new and improved formula of the Digestive Health –

Item no. **3214** 60 caps.....\$25.95

Heartburn Rescue (Terry Naturally) blend of D-limonene from Orange Peel Oil, Sea Buckthorn Berry Pulp & Seed Oil – great for *occasional heartburn, acid indigestion, and upset stomach – supports healthy esophagus and intestinal lining*

Item no. **20273** 30 soft-gels.....\$16.95

Hi-Lipase (Nature's Sunshine)

aids in the digestion of fatty or greasy foods

Item no. **1528-4** 100 caps.....\$35.95

Intestinal Tune-up

(HoneyComb Industries)

Item no. **00470** 10 oz.....\$23.25

Item no. **000474** 90 caps.....\$15.95

Maximizer (R Garden) Enzyme Blend

Item no. **00006** 180 caps.....\$64.95

Pancreas Formula (Christopher's)

Contains cedar berries, goldenseal root, uva ursi leaves, licorice root, mullein leaves, cayenne, and licorice root.

Item no. **40390** 100 caps.....\$23.95

Pancreatin (NOW) Amylase, Protease, and Lipase to assist in digesting protein, fat, and carbohydrates

Item no. **2945** 100 caps.....\$13.95

Item no. **2946** 250 caps.....\$26.95

Papaya Chewables (American Health) serving size 3 chew tabs–

Item no. **750104** 250 tabs.....\$ 9.95

Item no. **1136** 600 tabs.....\$15.95

Papaya Lozenges (NOW) supports protein digestion –mint & chlorophyll–

Item no. **2970** 180 tabs.....\$ 8.95

Item no. **2972** 360 tabs.....\$16.95

Plant Enzymes (NOW)

All-vegetable source enzymes– a blend of Lactase, Protease, Papain and Bromelain – designed to digest fats, fiber, proteins, and carbohydrates

Item no. **2966** 120 caps.....\$13.95

Protease (Enzyme Research)

Item no. **60852** 180 caps.....\$29.95

Soothing Digestion (Christopher's)

blend of Slippery Elm bark and Licorice

Item no. **101256** 180 caps.....\$34.95

Stomach & Intestinal Relief

(Terry Naturally)

Deglycyrrhizinated Licorice (DGL)

– *soothing relief for occasional upset stomach and bloating* –

Item no. **40606** 60 caps.....\$13.95

Super Enzymes Tablets (NOW)

A blend of animal & vegetable source digestive aids – formulated to help digest protein, fats, and carbs

Item no. **2960** 90 tabs.....\$17.95

Item no. **2962** 180 tabs.....\$29.95

Super Enzyme Caps (NOW)

Same formula as the rather popular Super Enzyme tablets, now in capsules.

Item no. **2964** 180 caps.....\$29.95

Vital Gut Renew (Vital Planet)

Intestinal Lining Support –

6,000mg of L-Glutamine – unflavored – Gluten Free – a blend of Ginger, L-Glutamine, DGL, N-Acetyl-D-Glucosamine and Organic Aloe Vera 200:1 extract –

Item no. **19203** 30 servings.....\$34.95

Item no. **19233** 60 servings.....\$59.95

Item no. **19235** 20 packets.....\$34.95



EAR HEALTH

Ear Candles (Wally's)

4 candles per box

Beeswax Unscented

Item no. **50719** 1 box.....\$14.95

Beeswax Herbal Blend

Item no. **50720** 1 box.....\$14.95

Paraffin Unscented

Item no. **50718** 1 box.....\$11.95

Soy Blend

Item no. **50717** 1 box.....\$14.95

Ear Cheer (Sprig's) Mullein & Garlic

– Safe for Infants and older

Item no. **00332** 2 oz.....\$11.95

Ear Oil Relief (NOW)

a blend of Garlic, Mullein, Calendula, St. John's Wort, Vitamin E & Tea Tree in a base of Olive Oil

Item no. **7686** 1 oz.....\$ 9.95

Ear Drops (NutriBiotic) with Grapefruit Seed Extract & Tea Tree Oil

Item no. **01055** 1 oz.....\$ 5.95

Earache Drops (Hyland's)

Item no. **41241** 0.33 oz.....\$11.95

Ear Ringing Remedy (Similasan)

may offer temporary relief from: *Ringing, Humming, Buzzing, Pounding & Roaring*

Item no. **25519** 0.33 oz.....\$12.95

Ear & Nerve (Christopher's) can be helpful with ear infections, swimmer's ear, vertigo, tonsillitis, and more...

Item no. **49817** 2 oz.....\$18.95

Ring Stop (Natural Care) used for ear ringing, noise sensitivity, & buzzing sounds in the ears.

Item no. **12987** 60 tab.....\$27.95

Wally's Ear Oil (Wally's) *calms sensitivity, soothes & comforts* – formulated with Garlic, Mullein & Tea Tree –

Item no. **10500** 1 oz.....\$10.95

Willow/Garlic Ear Oil (Herbs for Kids)

Item no. **10145** 1 oz.....\$15.95

EYE HEALTH

Astaxanthin 4mg (NOW)

Item no. **2305** 90 soft-gels.....\$19.95

Astaxanthin (KAL)

Item no. **61160** 60 caps.....\$35.95

Bilberry Complex (NOW) a blend of Vitamin A, B-2, Bilberry Extract, Carrot Powder & Citrus Bioflavonoid

Item no. **4612** 100 caps.....\$21.95

Bilberry Eye (Christopher's)

Helps improve night vision, repair damaged vessels, cleanse the tissues – provides antioxidants

Item no. **89106** 100 caps.....\$22.95

Bilberry (Nature's Way)

Item no. **60500** 60 caps.....\$16.95

Gentle Eyes Drops (TRP)

for *burning, irritation, and discomfort*

Item no. **93830** 0.5 oz.....\$11.95

Organic Tears -Eye Drops (Eyegamics)

designed for irritated and/or dry eyes. *Pure, effective, safe*

USDA-certified organic

Item no. **03490** 0.3 fl oz.....\$20.95

Herbal Eyebright Extract

(Christopher's)

Item no. **49701** 1 oz.....\$19.95

Herbal Eye (Eyebright) Capsule –

(Christopher's)

Item no. **89120** 100 caps.....\$28.95

Lutein Esters 20mg (NOW)

Item no. **3057** 120 count.....\$17.95
Item no. **3058** 60 count.....\$ 9.95

Lutein Eyes (Solaray)

contains added bilberry and blueberry for additional healthy eye support

Item no. **32181** 60 caps.....\$30.95

Night Eyes

(Positive Power Nutrition)

"Feel More Comfortable Driving at Night" –

Vitamin A – Bilberry Fruit – Carrot Root Juice – Turmeric Root – Taurine – Lutein – Zeaxanthin – High Potency & quality!

Item no. **32201** 90 vcaps.....\$35.95

OcuDyne II (NutriCology)

an impressive blend of nutrients to support eye health

– for best results: take for 6 months

Item no. **60136** 200 caps.....\$62.95

Omega-7 Dry Eye Relief

(Terry Naturally)

Relieves occasional dry eyes due to sun, wind, contact lenses, aging, personal electronics, or computer use

Item no. **33106** 60 soft-gels.....\$33.95

Glass Eye Cup (Wholistic Botanicals)

Item no. **31807** 1 cup.....\$ 8.95

HAIR HEALTH

Collagen see page 22

Cell Food Silica Formula see page 46

Bao Shi Hair Growth Capsules

(BioMed Health)

Men's Formula

Item no. **BM60011** 120 caps.....\$34.95

Women's Formula

Item no. **BM60012** 120 caps.....\$34.95

Hair Skin & Nails

(Futurebiotics)

-very popular

Women

Item no. **00049** 135 tabs.....\$21.95

Men

Item no. **00210** 135 tabs.....\$25.95

Hair, Skin, & Nail Essentials

(Terry Naturally)

-Supports stronger, thicker, healthier hair

-May reduce age-related hair loss

-Energizes hair growth at the follicle

-Supports radiant, youthful skin

-Promotes healthy nail growth & strength

Item no. **47226** 60 softgels.....\$46.95

Hair Renew (Terry Naturally)

a unique blend of Millet Seed Oil, Biotin, B Vitamins, Vit A, Vit E, Horsetail Aerial Extract, L-Cysteine, L-Methionine and Zinc

Item no. **21006** 60 soft-gels.....\$36.95

Horsetail Capsules see page 15

Silica see page 28

HEADACHE RELIEF

Clear Headache

(Clear Products)

Homeopathic – NON drowsy – quick working – great for random headaches.

Item no. **71892** 60 caps.....\$13.95

Clear Migraine

(Clear Products) homeopathic – NON drowsy – quick working – great for migraines, tension, & cluster headaches

Item no. **41354** 60 caps.....\$14.95

Migraine Relief (Hyland's)

Tough on Pain – Gentle on You

Item no. **40301** 100 tabs.....\$12.95

HEART HEALTH

Aronia Berry Complex (Terry Naturally)

heart & artery health, blood flow, cholesterol balance, blood pressure, blood sugar, & antioxidant protection

Item no. **11996** 60 caps.....\$34.95

Black Seed Oil Capsules +

(North American Herb & Spice)

Item no. **91120** 90 caps.....\$25.95

Black Seed Oil (BioNutrition) plain

Item no. **00377** 8 fl oz.....\$20.95

Black Seed Oil, ORGANIC

(ZHOU)

-100% Pure Virgin and Cold Pressed

Liquid

Item no. **00627** 8 fl oz.....\$26.95

Capsules

Item no. **00601** 60 caps.....\$17.95

Black Seed Oil Cardio Plus

(North American Herb & Spice)

with real muscadine & pomegranate – with the benefits of Black Seed Oil (blood sugar, circulation, digestion, hair, skin, nails, heart, stress mood & sleep) plus the pomegranate for extra heart support!

Item no. **12008** 8 oz.....\$35.95

Blood Pressure Formula (RidgeCrest)

a traditional Chinese Medicine (TCM) herbal blend to help support the circulatory system

– healthy stress response –

help maintain blood pressure already in the normal range -

Item no. **00549** 120 caps.....\$39.95

Blood Circ (Christopher's)

Circulation formula – a blend of Cayenne, Parsley, Ginger, Goldenseal, Eleuthero & Garlic

Item no. **89110** 100 caps.....\$22.95

Cardio Support (Allegany Nutrition)

A blend of Lumbrokinase, Serrati peptidase, Catalase, Protease, Lipase, Peptidase, Pine Bark Extract, Resveratrol, Gingo Biloba Extract, Boswellia Extract, Turmeric, Ashwagandha, Black Pepper, Manganese

Item no. **79933** 120 caps.....\$69.95

CircuFlow (Kroeger) commonly used for balancing high blood pressure

Item no. **961015** 270 caps.....\$28.95

Formula Bac +

(Wisdom of the Ages)

Item no. **08523** 2 fl oz.....\$31.95

Hawthorn Berries (Nature's Way)

Item no. **14100** 100 caps.....\$ 8.95

Hawthorn Berries, Leaf & Flower

(Nature's Way) *Premium Extract*

Item no. **61900** 90 caps.....\$16.95

Hawthorn Berries 550mg (NOW)

Item no. **4715** 100 caps.....\$ 7.95

Heart Algae (Enriching Gifts)

Heart & artery nutrients

Item no. **8EGI** 60 caps.....\$50.36

1 case (12) per bottle.....\$40.00

4 cases (48) per bottle.....\$35.00

Herbal Cardio Care (Mountain Meadow Herbs)

-regulates blood pressure

- supports heart health

Item no. **2024W** 4 oz.....\$34.95

Nattokinase (NOW)

Item no. **3140** 60 V-caps.....\$19.95

Nattokinase Plus E

Item no. **00099** 60 soft-gels.....\$31.95

Clinical OPC Heart (Terry Naturally)

-Oxygen and blood flow to the heart

-Cholesterol balance

-Blood pressure

-Overall cardiovascular function

Pressure Lo (Futurebiotics)

with resveratrol & CoQ10 – plus Futurebiotics BioAccelerators™: a blend of black pepper extract, ginger, and enzymes - to help support heart health & blood pressure levels

Item no. **20701** 270 tabs.....\$37.95

Pomegranate Seed Oil

(Terry Naturally) *Supports Healthy Heart, Arteries, plus Breast and Prostate Cells*

Item no. **15006** 60 soft-gels.....\$27.95

Red Sage Plus with Red Ginseng

(Terry Naturally) *Nitric Oxide production for healthy blood and circulation*

– supports heart, kidneys, and brain.

Item no. **43553** 30 caps.....\$28.95

JOINT HEALTH

Arthocin (Terry Naturally)
-Comfort and flexibility
-Hyaluronic acid production for healthy joint lubrication
-Healthy collagen and cartilage structure
Item no. **007328** 60 caps.....\$38.95

ActivJoint & Active Joint Platinum have both been discontinued

to find **Collagen Powders & liquid**
see page 22

Celadrin® & MSM (NOW)
1.5 g Celadrin® (A proprietary blend of esterified fatty acid carbons of Myristate, Myristoleate, Laurate, Oleate, Palmitate and Palmitoleate) + 300mg of MSM
Item no. **3016** 120 caps.....\$21.95

Glucosamine, Chondroitin, and MSM (Doctor's Best)
Item no. **DRB-00081** 240 caps....\$49.95

Glucosamine Sulfate 750mg (NOW)
Joint Mobility & Comforts
Item no. **3238** 240 caps.....\$26.95

Glucosamine 1,000 (NOW)
-Supports Healthy Joint Function
-Supports Cartilage Formation
Item no. **3239** 180 caps.....\$19.95

'Vegetarian' Glucosamine & MSM (NOW)
1.5 g Glucosamine + 1g MSM
Item no. **3130** 120 caps.....\$16.95

Glucosamine & Chondroitin + MSM (NOW)
Item no. **3172** 180 caps.....\$30.95

Glucosamine & Chondroitin (NOW)
with 50mg Trace Mineral Concentrate
Item no. **3228** 120 caps.....\$21.95

Double Strength Glucosamine and Chondroitin (NOW)
2 tablets provide:
1.5 g Glucosamine Sulfate (from Glucosamine Potassium Sulfate Complex)
1.2g Chondroitin Sodium Sulfate
Item no. **3243** 120 tabs.....\$33.95
Item no. **3244** 240 tabs.....\$62.95

Glucosamine & MSM (NOW)
1.1 g Glucosamine Sulfate + 500mg MSM + 50mg Chondroitin Sodium Sulfate
Item no. **3278** 60 caps.....\$ 9.95
Item no. **3279** 180 caps.....\$22.95

Glucosamine- MSM- Arnica Lotion
see page 35

Hyaluronic Acid 50mg + 450mg MSM (NOW)
Important Joint Lubricant
Item no. **3156** 60 caps.....\$13.95

Hydraplenish (Nature's Way)
Internal moisturizer for skin + joints
Item no. **15601** 60 v-caps.....\$21.95

Healthy Ligaments & Tendons (Terry Naturally) 
-Flexibility and comfort
-Healthy connective tissue formation
-Healthy collagen production
Item no. **34006** 60 caps.....\$22.95

MyoTone (Nature's Way)
may support ligaments, tendons + muscles
Item no. **01558** 80 tabs.....\$17.95

Nutra Joint Support (Carlson)
Chondroitin, Glucosamine, & MSM
Item no. **C4677** 120 tabs.....\$39.95

Joint Support (NOW)
Designed to support the formation and function of healthy joint tissue
Item no. **3290** 90 caps.....\$17.95

Joint Support Cream see page 35

Tart Cherry Caps (Terry Naturally)
-Promotes healthy uric acid balance
-Supports joint flexibility and comfort
-Aids recovery after exercise
-Provides superior antioxidant effects
Item no. **27702** 120 caps.....\$29.95

Tart Cherry Ultra Chewable (Nature's Way)
Item no. **15831** 90 chews.....\$23.95
Capsules
Item no. **56445** 90 caps.....\$23.95

KIDNEY & URINARY HEALTH

Bladder Formula (Christopher's)
Occasionally the urinary tract system may need extra support to function properly.
Item no. **89105** 100 caps.....\$20.95

CranActin (Solaray)
Urinary Tract Health
Vitamin C blended with 400mg of Cranberry Extract formulated to keep bacteria from attaching to bladder cells.
Item no. **60100** 60 caps.....\$14.95
Item no. **60102** 120 caps.....\$25.95

CranActin Syrup (Solaray)
270 mg - 59 servings
Item no. **08396** 2 oz.....\$17.95

CranActin Chewable (Solaray)
200 mg
Item no. **08424** 60 wafers.....\$11.95

Super CranActin (Solaray)
Vit C, Vit E, B1, B6, Pantothenic Acid, 400mg of CranActin Cranberry Extract with 170mg of other herbs to support Urinary & Bladder health!
Item no. **08433** 120 caps.....\$36.95

Cranberry with PACs (NOW)
Item no. **4632** 90 v-caps.....\$15.95

Cranberry Caps 700mg (NOW)
Item no. **3230** 100 caps.....\$14.95

D-Mannose (NOW)
Item no. **2811** 120 caps.....\$21.95

D-Mannose Powder (NOW)
Item no. **2809** 6 oz.....\$39.95

D-Mannose with CranActin (Solaray)
10 mg D-Mannose + 400 mg CranActin
Item no. **11777** 60 caps.....\$25.95
Item no. **63349** 120 caps.....\$47.95

Kidney-Bladder Formula (Nature's Way)
Item no. **40354** 100 caps.....\$10.95

Kidney Blend SP-6 (Solaray)
blend of Cornsilk, Uva Ursi, Cleavers, Cayenne, Juniper Berry, Kelp, Short Buchu, Queen of the Meadow (flower).
Item no. **00260** 100 caps.....\$10.95

Kidney Cleanse (NOW)
Uva Ursi, Parsley, Rosemary, Fennel, Nettle Root, Olive Leaf & Horsetail
Item no. **2463** 90 vcaps.....\$14.95

Kidney Formula (Christopher's)
Item no. **89104** 100 caps.....\$26.95

Kidney Support Formula (Mountain Meadow Herbs)
Item no. **K2074** 4 oz.....\$34.95

SagaPro Bladder Health (Terry Naturally)
100mg Angelica Leaf Extract
Item no. **40816** 60 caps.....\$38.95

Stone Free (Planetary Herbals) 
to support healthy kidney, liver and gallbladder function.
Item no. **10107** 180 tabs.....\$23.95

Total Cleanse Kidneys (Solaray)
blend of herbs to help detox the kidneys
Item no. **08364** 60 caps.....\$14.95

Urinary Tract Intensive Support (Terry Naturally) a blend of Vitamin C, Cranberry & D-Mannose
Item no. **47106** 60 caps.....\$22.95

LIVER HEALTH

Andrographis EP80 EXTRA STRENGTH

(Terry Naturally)

Liver Support, Immune Function & Joint Health

Item no. **39466** 60 caps.....\$19.95

Beef Liver

(Vital Proteins)

Freeze Dried Beef Liver 3,000 mg per 4 capsules

Item no. **00515** 120 caps.....\$32.95

Beef Liver

(Trace Minerals)

Grass-Fed – 500 mg/capsule – Hormone FREE – Freeze Dried

Item no. **22520** 180 caps.....\$33.95

Beef Organs

(Trace Minerals)

Grass-Fed – Bovine Liver, Heart, Kidney, Pancreas, & Spleen – 500mg/capsule – Hormone FREE – Freeze Dried

Item no. **22519** 180 caps.....\$42.95

Liver Caps

(NOW)

supports liver health – sourced from Argentine beef liver (1,000 mg) – 100mg milk thistle & 100mg Eleuthero

Item no. **2432** 100 caps.....\$13.95

Liver Fend

(nbPure)

Natural Liver Cleanse & Detox Support

Item no. **30313** 90 caps.....\$21.95

Liver & Gallbladder Formula

(Christopher's)

Supports function of these organs and cleanses and rebuilds

Item no. **89103** 100 caps.....\$19.95

Liver Glow (Mountain Meadow Herbs) cleanse & support liver health – may improve mood & energy levels

Item no. **L3314** 4 oz.....\$34.95

Mom's LiverGlow – pregnancy safe

Item no. **L3714** 4 oz.....\$34.95

Liver Guard

(Source Naturals)

Silymarin/CoQ10/L-Cysteine Complex – great blend of nutrients to support liver health!

Item no. **SN0037** 30 tabs.....\$15.95

Healthy Liver

(Terry Naturally)

Protects & Detoxifies – Milk Thistle, Andrographis EP80 + French Grape Seed

Item no. **34406** 60 caps.....\$39.95

Liver Refresh

(NOW)

Promotes Optimal Liver Health – Supports Healthy Detoxification Processes

Item no. **2448** 90 caps.....\$17.95

Liver Transition

(Christopher's)

liver detox formula

Item no. **89124** 100 caps.....\$23.95

Total Liver Cleanse

(Solaray)

Item no. **08363** 60 caps.....\$20.95

LYMES

From pairing these two together, we have seen the most effective and popular of our products for managing Lyme symptoms.

Borrelogen

Item no. **40885** 4 oz.....\$49.95

Lymogen

Item no. **40874** 4 oz.....\$49.95

For another option: we have also seen fairly good results with the 3 following products, although absolutely NO claims are made for efficacy for any disease.

-MicroLIM & Teasel Root together, using a total of 4 bottles (two of each) Using the NeuroTOX Elim 2-4 weeks after.

MicroLIM (Micronil)

Item no. **50050** 1 oz.....\$17.95

Teasel Root (Spironil)

Item no. **50051** 1 oz.....\$15.95

NeuroTOX Elim (Biotox Elim)

Item no. **50045** 1 oz.....\$15.95

SPK Formula

(Kroeger)

Item no. **961048** 100 caps.....\$12.95

MEMORY SUPPORT

AminoMind Nootropic Collagen -

(Health Direct) Memory and Learning – Neurotrophic factors – pro-hyp & hyp-gly dipeptides + coffeeberry

Blackberry

Item no. **00323** 14 oz.....\$34.95

Passionfruit Guava

Item no. **00313** 14 oz.....\$34.95

AminoMind ENERGY Chews

(Health Direct) like above, with approx 44mg of caffeine per serving

Blackberry

Item no. **00312** 14 oz.....\$43.95

Passionfruit Guava

Item no. **00313** 14 oz.....\$43.95

Axis

(Med Free)

for focus, energy, memory, and stress

Item no. **30976** 60 caps.....\$32.95

Butterbur 75mg

(NOW)

+ 200 mg Feverfew Herb

Item no. **4602** 60 V-caps.....\$18.95

Ginkgo Biloba

see page 14

Ginkgo Biloba + Korean Ginseng

blend to encourage Cognitive Function, Energy, Mental Alertness, Circulation, and Stress resilience

Item no. **3213** 60 caps.....\$16.95

Greek Mountain Tea + Bacopa see page 51

Memory Plus

(Christopher's)

Item no. **89156** 100 caps.....\$19.95

Prevagen – #1 Pharmacist Recommended – designed to safely improve memory

Regular Strength– Chewable

Item no. **01157** 30 count.....\$39.95

Extra Strength

Item no. **00110** 30 caps.....\$49.95

Item no. **00128** 60 caps.....\$93.95

Professional Strength

Item no. **FG-513** 30 caps.....\$75.95

Focus Attention

(Nature's Sunshine)

Slippery Elm Inner Bark, L-Glutamine, DMAE, Lemon Balm, Grape Seed, and Ginkgo Leaf

Item no. **6135-3** 90 caps.....\$41.95

MENTAL HEALTH & MOOD

5-HTP (5-hydroxytryptophan) (NOW)

- Supports a Positive Mood

50mg

Item no. **0097** 30 caps.....\$ 5.95

Item no. **0099** 90 caps.....\$12.95

Item no. **0101** 180 caps.....\$22.95

100 mg

Item no. **0105** 60 caps.....\$11.95

Item no. **0106** 120 caps.....\$21.95

200mg

Item no. **0108** 60 caps.....\$19.95

5-HTP Elite

(Carlson)

Raspberry Flavor
100mg per serving + 2mg of B6

Item no. **8551** 120 chews.....\$28.95

5-HTP Power

(Nature's Sunshine)

35mg 5HTP with other herbs: Eleuthero, Ashwagandha, & Suma

Item no. **2806-4** 60 caps.....\$26.95

AnxioCalm

(Terry Naturally)

targets Anxiety -Stress - Restless Sleep – nondrowsy - Fast-Acting – safe for kids (ages 4+) & adults! *Very popular!*

Item no. **41004** 45 tabs.....\$29.95

Item no. **41009** 90 tabs.....\$48.95

AnxiousLess

(Nature's Sunshine)

Item no. **1167-1** 30 caps.....46.95

Item no. **21911** 90 caps.....\$94.95

Ashwagandha 450mg

(NOW)

Helps body adapt to stress – also known to support the immune system.

Item no. **4603** 90 caps.....\$13.95

Ashwagandha 470mg

(Solaray)

contains 1.5% Withanolides

Item no. **39902** 60 caps.....\$21.95

Ashwagandha EP35 Extra Strength

(Terry Naturally)

Item no. **31806** 60 caps.....\$22.95

Calm/Nerve Formula

(Natural Hope Herbals)

Item no. **NA1016** 4 oz.....\$29.95

Cognibiotics (BIOptimizers)

a Chinese Herbal Blend designed for brain health, mental clarity, learning, memory, & focus by supporting healthy gut bacteria with probiotics & prebiotics
Item no. **878684** 60 caps.....\$49.95-

GABA Calm (Source Naturals)

Orange flavor
Item no. **00987** 60 loz.....\$12.95

GABA 100mg (Superior Source)

Item no. **90090** 60 loz.....\$11.95

GABA 750 mg (Source Naturals)

Amino Acid known to lessen anxiety and feeling overwhelmed – along with supporting restful sleep
Item no. **SN1708** 180 caps.....\$27.95

GABA (Protocol For Life Balance)

Natural Neurotransmitter -750mg- 
Item no. **10089** 120 caps.....\$19.95

Greek Mountain Tea + Bacopa

(Terry Naturally)
designed to aid blood circulation to the brain
Item no. **43403** 30 caps.....\$29.95

Kava Gold (CHUPP's)

Item no. **17400** 90 caps.....\$22.95 

Kava-Kava 250mg (NOW)

Item no. **4716** 60 caps.....\$15.95

L-Theanine see page 7**Theanine Serene with Relora**

(Source Naturals)
Item no. **SN1773** 120 tabs.....\$32.95

L-Tryptophan 500mg (NOW)

Item no. **0167** 120 caps.....\$26.95

L-Tryptophan 500mg (Source Naturals)

Mood, relaxation, and sleep
Item no. **SN2040** 90 caps.....\$22.95
Item no. **SN1985** 120 caps.....\$28.95

Mega B Stress (Solaray)

Item no. **4241** 120 caps.....\$21.95

Mind Trac (Christopher's)

for feeling sad, depressed, & not thinking clearly. If taking any prescription drug for depression, consult physician before use!
Item no. **89134** 100 caps.....\$20.95

Mood Support (NOW)

A blend of Vitamins, Minerals, and Herbal Extracts to support a positive mood
Item no. **3351** 90 caps.....\$15.95

Mood Elevator (Nature's Sunshine)
used to support liver & nervous system to improve mood

Original

Item no. **1878** 100 caps.....\$38.95

Concentrate

Item no. **1035-7** 30 caps.....\$52.95

Nerve Control (Nature's Sunshine)

– may help relax muscle tension
Item no. **1242-4** 100 caps.....\$22.95

Nervous Fatigue (Nature's Sunshine)
relieves stress and promotes feelings of well-being.

Item no. **1884-7** 100 cap.....\$37.95

Nerve Formula (Christopher's)

Item no. **49834** 2 oz.....\$12.95

Nutri-Calm (Nature's Sunshine)

supports the nervous system with Vitamins C & B
Item no. **1617-3** 100 tabs.....\$42.95

Red Ginseng Energy (Terry Naturally)

Chewables – 100 mg

Item no. **12213** 30 wafers.....\$21.95

Capsules – 200 mg

Item no. **29603** 30 caps.....\$29.95

Positive Thoughts (Source Naturals)

combination of St. John's Wort and other nutrients designed to relieve depression.
Item no. **60138** 90 tabs.....\$22.95

Rescue Remedy Spray (Bach)

non-habit forming – *homeopathic* – great for keeping the day's stress at bay
Item no. **01395** 0.7 oz.....\$20.95

Relax Eze (Christopher's)

herbal blend to help catch a break from daily stresses & feel relaxed
Item no. **89113** 100 V-caps.....\$20.95

Rhodiola Rosea + Ashwagandha

(Restore Health)
a blend for reducing stress and boosting energy – plus mental clarity!
Item no. **3216** 60 caps.....\$16.95

Saffron Lift + Curcumin

(Terry Naturally) boost your mood, get better night's rest and balance your serotonin, cortisol & GABA levels –
Item no. **18546** 60 caps.....\$39.95

Stress J (Nature's Sunshine)

Calming formula for those with high anxiety
Item no. **1084-1** 100 caps.....\$23.95
Item no. **3163-3** 2 oz.....\$34.95

Stress Relief (Nature's Sunshine)

Supports emotional balance.
Original
Item no. **1863-5** 100 caps.....\$40.95
Concentrate
Item no. **1033-8** 30 caps.....\$72.95

St John's Wort 300mg (NOW)

Item no. **4760** 100 caps.....\$10.95

SAME 400mg (NOW)

Item no. **0139** 30 tabs.....\$29.95

True Calm (NOW)

Amino Acid Blend with B Vitamins & Valerian – May cause drowsiness!
Item no. **0155** 90 caps.....\$13.95

PAIN & INFLAMMATION**Curamin** (Terry Naturally)

Safe and effective pain relief -
Item no. **10260** 60 caps.....\$29.95
Item no. **10220** 120 caps.....\$55.95

Curamin Nighttime see page 52**Curamin Extra-Strength**

(Terry Naturally) 2,706mg per 3 tabs
Item no. **11206** 60 tabs.....\$38.95
Item no. **11202** 120 tabs.....\$68.95

CuraMED 375mg (Terry Naturally)

Up to 500 Times Stronger than Turmeric
Item no. **40202** 120 soft-gels.....\$48.95

CuraMED 750mg (Terry Naturally)

same as above just stronger
Item no. **20296** 60 soft-gels.....\$45.95
Item no. **20292** 120 soft-gels...\$79.95

CuraMED Acute Pain (Terry Naturally)

our most popular pain relief supplement!
Item no. **34706** 60 soft-gels.....\$39.95
Item no. **34702** 120 soft-gels.....\$73.95

Advanced Curcumin Elite™

(Life Extension)
- Promotes healthy inflammatory response, cardiovascular health, brain health, & immune response.
Item no. **23243** 30 softgels.....\$20.95

Healthy Feet & Nerves

(Terry Naturally)
Item no. **34202** 120 caps.....\$39.95

Factor 5 (Med Free)

Advanced Pain Support all natural
Item no. **66001** 30 caps.....\$17.95
Item no. **66002** 60 caps.....\$32.95
Item no. **66003** 120 caps.....\$59.95

IF Relief (Nature's Sunshine)

Item no. **1175** 90 caps.....\$48.95

Pain RX (Hi-Tech Pharmaceuticals)

Item no. **00051** 90 tabs.....\$16.95

PEA (Terry Naturally)

Healthy Inflammation Response a powerful blend of palmitoylethanolamide (PEA) and serrapeptidase (proteolytic enzyme) *pain relief, joint + muscle health*
Item no. **41816** 60 caps.....\$27.95

PARA-CLEANSSES

Fresh Green Black Walnut (NOW)
+ Wormwood and Cloves
Item no. **4982** 2 oz.....\$13.95

CLOVE Fresh-Ground 500mg
(Oxygen Wellness)
Item no. **633042** 100 count.....\$10.95

Clove 500mg (Kroeger)
Item no. **961035** 100 caps.....\$10.95

Kids Shoo! Kit (Sprig's) a gentle cleanse with max strength paired with a digestive blend to support regularity and soothing
With 21-day calendar+ stickers to keep track of their cleanse!
Item no. **81420** 2 oz (each).....\$28.95

Para End (nb pure) 15 day cleanse
- a blend of Diatomaceous Earth, Black Walnut Hull, Wormwood, Clove, Oil of Oregano, Olive Leaf Extract, Garlic (odorless), Grapefruit Seed Extract 4:1, Goldenseal Root Extract, Ginger Root Extract & Turmeric PE 4:1
Item no. **50624** 90 caps.....\$27.95

Para-Rid (Mountain Meadow Herbs)
a parasite cleanse – blended with catnip & ginger to aid with stomach cramps due to cleansing.
Item no. **2106W** 4 oz.....\$34.95

Olive Leaf Extract
(Mountain Meadow Herbs) used as a gentle para cleanse – Safe for children under 2 years, expecting and/or nursing mother in place of Para-Rid (above)
Item no. **1139** 4 oz.....\$34.95

Rascal (Kroeger)
Pumpkin Seed, Garlic, Cramp Bark, Cayenne, and Thyme.
Item no. **49120** 100 caps.....\$10.95

Adult Shoo! Kit (Sprig's)
21-Day Cleanse
#1 4 oz - Black Walnut, Fennel, Male Fern, Papaya, Peppermint, Wormwood, Sage
#2 Capsules - Psyllium Seed, Senna, Plantain, Burdock, Yellow Dock, Cornsilk, Ginger
Item no. **81419** 21 Day Kit.....\$36.95

VF Syrup (Christopher's) combines black walnut, fennel, senna, tansy, tame sage, wormwood, male fern + wild sage
Item no. **49117** 4 oz.....\$18.95

Vital ParaPURE (Vital Planet)
Item no. **19208** 14 Day Kit.....\$37.95

Worm and Parasite Formula
(Speicher's)
Item no. **1235** 90 caps.....\$28.95

Wormwood Combination (Kroeger)
a blend of black walnut leaves, wormwood, quassia, cloves + male fern
Item no. **961040** 100 caps.....\$14.95

Wormwood Complex
(Oxygen Wellness)
Item no. **49125** 100 caps.....\$16.95

SLEEP AIDS

Bedtime Drops
(Mountain Meadow Herbs)
Item no. **12232** 2 oz.....\$22.95

Berry Bedtime (Mountain Meadow Herbs) derived from berries and flowers + 3mg of Melatonin
Item no. **BM4424** 4 oz.....\$34.95

Calms Forte (Hyland's) Sleep Aid -
Non-Habit Forming – kids & adult
Item no. **11212** 100 tabs.....\$13.95

Curamin Nighttime (Terry Naturally)
Safe, Effective, Non-Addictive Pain Relief – DHPA, Boswellia, Curcumin, B6, and 5mg Melatonin
Item no. **10336** 60 caps.....\$35.95

Melatonin 3mg (NOW)
Item no. **3255** 60 cap.....\$ 4.95
Item no. **3257** 180 caps.....\$ 9.95

Melatonin 1mg (NOW) with 100mg Niacin, 5mg Vit B6 + 40mg Magnesium
Item no. **3262** 100 tablets.....\$ 7.95

Melatonin 3mg Chewable (NOW) + B6
Item no. **3259** 180 loz.....\$ 8.95

Liquid Melatonin 3mg (NOW)
approximately 66 servings
Item no. **3261** 2 fl oz.....\$ 6.95

Melatonin 120EP 10mg
(Terry Naturally) sustained release - Healthy Immune Function
Item no. **11946** 60 tabs.....\$12.95

Melatonin 10 mg (Superior Source)
- Promotes natural sleep
- Helps fight jet lag
Item no. **90240** 100 loz.....17.95

Melatonin 1mg (Source Naturals)
Chewable – Orange Flavored
Item no. **SN0707** 200 loz.....\$14.95

Natural CALM Sleep (Natural Vitality)
Blueberry Pomegranate – a blend of Magnesium, melatonin + L-Theanine
Item no. **NV4209** 120 gummies...\$28.95

Rescue Sleep Gummies (Bach)
Strawberry - Melatonin 5mg per 2
Item no. **01578** 60 ct.....\$16.95

Sleep (NOW)
Valerian, Passionflower, Hops + GABA
Item no. **4768** 90 vcaps.....\$17.95

Sleep Blend SP-17 (Solaray)
Proprietary Blend: Valerian, Hops, Skullcap, Passionflower, Dandelion, Chamomile, Marshmallow, and Hawthorn – plus Trace Mineral Complex
Item no. **21707** 100 caps.....\$ 8.95

Sleep Tonight (Nature's Way)
Melatonin Drops – Easy to absorb– non-habit forming – 200mg L-Theanine and 5mg Melatonin – with herbal blend of passionflower and lemon balm – *Cherry*
Item no. **10746** 2 fl oz.....\$18.95

Sleep Well (Liquid Health)
Promotes a restful night's sleep, and a relaxed, calm feeling – 5mg Melatonin
Item no. **LH00003** 2.03 fl oz.....\$16.95

Sleep Well Rest & Refresh 
(Garden of Life)
-Helps you relax to fall asleep quickly
-Promotes rest throughout the sleep cycle
-With probiotics added to enhance digestion
-Certified USDA Organic & Non-GMO Project Verified
Item no. **12189** 30 tablets.....\$28.95

Sleep Breathing Support (Nature's Rite)
Formerly: Sleep Apnea Relief
a blend of Chamomile, Lobelia, Thyme, Cramp Bark, and Meadowsweet
Item no. **1002** 30 caps.....\$36.95

Stress & Sleep
(Mountain Meadow Herbs)
combat restless, stressful nights with this blend - 3-4x throughout the day.
Item no. **2142W** 2 oz.....\$22.95
Item no. **2144W** 4 oz.....\$34.95

Terrific ZZZZ (Terry Naturally) 
Non-habit forming - no morning grogginess - free of Melatonin – Lemon Balm + Lavender + Madarin + Ravintsara
Item no. **27103** 30 soft-gels.....\$21.95

THYROID

Herbal Thyroid (Christopher's)
A blend of Guarana, Eleuthero Root, Fo-Ti Root, Gotu Kola herb, Mullein Leaf & Kelp
Item no. **89139** 100 caps.....\$19.95

Women's Thyroid Care
(Mountain Meadow Herbs)
Item no. **1721** 120 caps.....\$28.95

Thyroid Activator (Nature's Sunshine)
an herbal blend of spirulina, kelp, black walnut hulls, parsley & sarsaparilla Root
Item no. **1224** 100 caps.....\$23.95

Thyroid Blend SP-26 (Solaray)
Kelp, Irish Moss, Eleuthero, Gentian,
Fenugreek, and Cayenne
Item no. **22605** 100 caps.....\$9.95

Thyroid Caps (Solaray)
Item no. **S5210** 60 caps.....\$16.95

Thyroid Care (Terry Naturally) blend
of Iodine and L-Tyrosine – used for
supporting: *Daily Energy, Lustrous Hair,*
Metabolism, Healthy Weight Management
Item no. **25502** 120 caps.....\$29.95

Thyroid Care Plus (Terry Naturally)
blend of Iodine, L-tyrosine & Selenium –
Complete Metabolic Function
Item no. **13412** 120 caps.....\$31.95

Thyroid Energy (NOW) Vitamins,
minerals, and herbs that support thyroid
function.
Item no. **3368** 90 caps.....\$14.95
Item no. **3369** 180 caps.....\$26.95

Thyroid Maintenance
(Christopher's) blend of Kelp, Watercress,
Mullein Leaves, Parsley, Nettle, Irish
Moss, Icelandic Moss & Sheep Sorrel
Herb
Item no. **8046** 100 caps.....\$19.95

Thyroid Support (Nature's Sunshine)
contains glandular extracts, enzymes,
kelp, B6, Zinc, Copper, Manganese &
Nettle Leaf to support thyroid function &
Item no. **1228-6** 60 caps.....\$32.95

VEIN SUPPORT

Vari-Plex (Mountain Meadow Herbs)
Designed to ease the discomfort of
varicose veins. If taking with Gentle Birth
Formula, the dosage should be halved
Item no. **2184W** 4 oz.....\$34.95

Vari-Gone (Nature's Sunshine)
varicose & spider veins herbal formula –
Vitamin C, Horse Chestnut, Fenugreek,
Rutin, Hesperidin Bioflavonoid Extract,
Lemon Bioflavonoid Extract
Item no. **4221-3** 90 caps.....\$25.95

Quercetin see page 9

WEIGHT MANAGEMENT

7 Keto (NOW) *Weight Management –*
Promotes Thermogenesis – DHEA
Item no. **3013** 60 caps.....\$25.95
Item no. **3014** 120 caps.....\$45.95

Cider Vinegar Diet Formula (NOW)
a blend of Grapefruit, Kelp, Lecithin, B-6,
Chromium & Glucomannan
Item no. **3316** 180 caps.....\$13.95

Apple Cider Vinegar 450mg (NOW)
Item no. **3317** 180 caps.....\$11.95

Chromium see page 26

C.L.A. Conjugated Linoleic Acid (NOW)
Item no. **1728** 120 soft-gels.....\$23.95

Organic Apple Cider Vinegar
(Life's Fortune)
+ Ginger, Cayenne & Maple
Item no. **000048** 60 caps.....\$24.95

Collagen Amino Sculpt (Health Direct)
-this liquid form of collagen contains up
to 28 types – recommended to take
before bed for better absorption!
Benefiting hair, skin, nails, bone, joints,
gut health, fat burning, body tone, and
may even support a better night's rest!

10g Orange Cream
Item no. **00307** 28 fl oz.....\$34.95

10g Strawberry Banana
Item no. **00309** 28 fl oz.....\$34.95

10g Pina Colada
Item no. **00308** 28 fl oz.....\$34.95

18g Tart Cherry Extra Strength
Item no. **00216** 30 fl oz.....\$53.95

18g Smooth Mango Extra Strength
Item no. **00217** 30 fl oz.....\$53.95

For Collagen products see page 22

Cortisol Rescue (Terry Naturally)
a blend of Vit C, B1, B2, B3, B6, Folate,
B12, Biotin, Pantothenic Acid, and DHEA
May support the following:

- Stress resistance
- Weight management
- Energy and stamina
- Positive mood
- Hormone balance
- Blood sugar balance

Item no. **25906** 60 caps.....\$20.95

Creatine Monohydrate 750mg (NOW)
Item no. **2035** 120 caps.....\$13.95

Kre-Alkalyn Creatine 750mg (NOW)
Muscle Fuel – Buffered pH Stable
Item no. **2053** 240 caps.....\$36.95

Micronized Creatine Monohydrate
(NOW) Pure Powder
Item no. **2038** 1 lb.....\$23.95

Flex6 Fitness (Anovite)
-Made for athletes
- Slims and tones lean muscle
-Endurance enhancing
-Increase energy
Item no. **00660** 180 caps.....\$67.50

Glucomannan (NOW) Supports healthy
cholesterol levels, regularity, and as
appetite suppressant – Keto friendly
Item no. **6512** 180 caps.....\$15.95
Pure Powder
Item no. **6513** 8 oz.....\$15.95

Metabolic Restore (Restore Health)
to support fat digestion, boosting
metabolism, and mental focus
Item no. **3215** 60 caps.....\$25.95

MCT Oil (NOW) commonly used for
energy production & weight loss –
controls appetite – aids with ketosis –
Item no. **2199** 32 fl oz.....\$25.95
Item no. **2196** 150 soft-gels.....\$14.95

Organic MCT Oil (Nativa) 
-Derived from only 100% organic
coconuts and features a neutral flavor,
with no harsh aftertaste
16 fl oz
Item no. **10888**.....\$49.95
32 fl oz
Item no. **10890**.....\$49.95

Organic Beet Root + Apple Cider
Vinegar Powder (Superior Source)
Nitric Oxide Booster – Appetite Control
Item no. **400805** 7.4 oz.....\$23.95

Raspberry Ketones (BioNutrition)
known to aid in weight loss, and fight
inflammation.
Item no. **16205** 60 caps.....\$22.95

Sculpt N' Cleanse (Health Direct)
Colon cleansing formula. The first step in
weight management, body shaping and
digestive health.
Item no. **00202** 50 caps.....\$19.95
Item no. **00201** 100 caps.....\$34.95
Item no. **1010-175** 175 caps.....\$49.95

Super Cortisol Support + (NOW)
Item no. **3344** 90 V-caps.....\$18.95

Vim & Vigor
helps to stop sugar cravings and help you
lose weight. Also helps arthritis, high
cholesterol, high blood pressure, sinus
congestion, allergies, immunity and other
general health problems.
Item no. **01984** 32 oz.....\$23.95

Weight Control
(Mountain Meadow Herbs)
formulated to lessen carb-to-fat
conversion
boost the metabolism & control appetite
Item no. **W2334** 4 oz.....\$34.95

16- Vitamins & Multis

VITAMIN A

Vitamin A 10,000 IU (NOW)
Item no. **0330** 100 soft-gels.....\$ 5.95

Vitamin A 25,000 IU (NOW)
Item no. **0342** 250 soft-gels.....\$14.95

Ultra A & D-3 (NOW)
25,000 IU/1,000 IU
Item no. **0361** 100 soft-gels.....\$7.95

A & D (Carlson) 10,000 IU/400 IU
Item no. **1211** 100 soft-gels.....\$ 7.95

A + D3 + K2 (Terry Naturally)
Item no. **14556** 60 soft-gels.....\$27.95

B VITAMINS

Biotin 1000mcg (NOW) supports
amnio acid metabolism + healthy skin
Item no. **0469** 100 caps.....\$ 5.95

Biotin 1000mcg (Superior Source)
Item no. **90090** 100 loz.....\$ 8.95

Biotin 5,000mcg (NOW)
Item no. **0471** 60 caps.....\$ 6.95

Biotin 5,000 mcg (Solaray)
Tropical Fruit Lozenges 
Item no. **43545** 60 loz.....\$14.95

Time Release Capsules
Item no. **43546** 60 caps.....\$15.95

B-1 (Thiamine) 100mg (NOW)
Item no. **0446** 100 tabs.....\$ 5.95

B-2 (Riboflavin) 100mg (NOW)
Item no. **0447** 100 caps.....\$ 5.95

B-2 100mg (KAL)
Item no. **52406** 60 tabs.....\$ 6.95

Niacin 250mg (NOW) Flush-free
Item no. **0483** 90 caps.....\$ 8.95
Item no. **0484** 180 caps.....\$16.95

Niacin 500mg (NOW) Flush-free
Item no. **0498** 90 caps.....\$15.95

Niacinamide 500mg (NOW)
Item no. **0478** 100 caps.....\$ 7.95

Niacinamide 1500mg (Source Naturals)
Item no. **00506** 100 tabs.....\$14.95

Pantothenic Acid 250 mg (NOW)
Item no. **0486** 100 caps.....\$ 8.95

Pantothenic Acid 500mg
(Nature's Way) + 49mg Calcium
Item no. **40491** 100 caps.....\$12.95

Pantothenic Acid 250mg
(Nature's Sunshine)
Item no. **1640-2** 100 caps.....\$29.95

Pantothenic Acid (Source Naturals)
Item no. **SN0512** 250 tabs.....\$25.95

B-6 50mg (Nature's Way)
Item no. **40431** 100 caps.....\$ 9.95

B-6 (Pyridoxine) 100mg (NOW)
Item no. **0456** 100 caps.....\$ 5.95

B-6 Time Release 500mg
(Source Naturals)
Item no. **SN0416** 100 tabs.....\$16.95

Raw B-12 (Garden of Life)
Item no. **11379** 30 caps.....\$16.95

Liquid B-12 Complex (NOW)
sweetened with Stevia and Xylitol
Item no. **0464** 2 fl oz.....\$ 6.95
Item no. **0465** 8 fl oz.....\$17.95

Ultra B-12 (NOW)
5000 mcg per tsp – 3 Forms of B-12 for
Maximum Utilization – Complete Liquid
B Complex – 800mcg Folic Acid- *Cellular
Energy Boost*
Item no. **0452** 4 fl oz.....\$11.95

B-12 Sublingual (NOW)
dissolve under the tongue, which gives
better absorption

1,000 mcg per chewable
Item no. **0466** 100 loz.....\$ 6.95
Item no. **0468** 250 loz.....\$14.95
5,000 mcg per chewable
Item no. **0462** 60 loz.....\$10.95

B-12 Instant Energy (NOW)
-2,000 mcg per packet-
-with B-Complex, Chromium and
Creatine
– perfect for on-the-go!
Item no. **0497** 75 packets.....\$13.95

Methyl B-12 5000mcg + Folate (NOW)
Supports cognitive function
Item no. **0496** 60 loz.....\$17.95

5,000 mcg Methyl B-12 Organic
(Liquid Health)
Watermelon flavor
Natural energy, mood & memory booster
Item no. **00289** 2 oz.....\$20.95

2,000 mcg B-12 (Superior Source)
Item no. **92040** 60 loz.....\$22.95

**5,000 mcg Methyl B-12/Folic
Acid/B-6 (Superior Source)**
MicroLingual
Item no. **90760** 60 loz.....\$27.95

10,000 mcg Methyl B-12
(Superior Source) MicroLingual
Item no. **90960** 30 loz.....\$29.95

FOLATE

Folic Acid 800mcg (NOW)
Item no. **0476** 250 tabs.....\$ 6.95

Folate 800mcg (Solgar)
Item no. **01945** 100 tabs.....\$13.95

Methyl Folate 800mcg (Solaray)
Lemon Flavored Chewable
Item no. **57895** 60 tabs.....\$15.95

Methyl Folate (Superior Source)
1000 mcg
Item no. **90250** 60 loz.....\$15.95
2500 mcg
Item no. **90254** 30 loz.....\$16.95

5-MTHF 15mg + B9 – B12 (Triquetra)
Active Form – 60 servings – Best seller!
Item no. **00795** 1 oz.....\$24.95

VITAMIN B COMPLEX

B Complex (Nature's Sunshine)
-supports nervous system function
-may improve mood
Item no. **1778-9** 100 caps.....\$26.95

Mega Energy B-Complex
(Liquid Health)
Passion Orange Flavor –
made with methylated B-Vitamins,
blended with electrolytes in a base of
aloe & coconut water
Item no. **00936** 32 oz.....\$26.95

B-50 (NOW)
B Complex for Maximum Effectiveness –
Supports Energy Production – choline +
inositol.
Item no. **0420** 100 caps.....\$12.95
Item no. **0422** 250 caps.....\$26.95

Vitamin B-Complex 100
(Solaray)
Item no. **4303** 250 caps.....\$47.95

B-100 Complex (Nature's Way)
supports cellular energy & nerve health
Item no. **490521** 100 caps.....\$23.95

B-100 Complex (NOW)
B-Complex for maximum Effectiveness - supports energy production – nervous system
Item no. **0436** 100 caps.....\$18.95
Item no. **0438** 250 caps.....\$39.95

Raw B Complex (Garden of Life)
8 B Vitamins, 23 Powdered fruits and vegetables - plus enzymes & live probiotics to help with absorption – whole food! High Potency –
Item no. **11650** 120 caps.....\$35.95

B-Complex-75 (Solaray)
Fast-acting- first stage
-time release second stage
Item no. **04291** 100 caps.....\$19.95

B-50 Complex (Nature's Way)
Item no. **40511** 100 caps.....\$12.95

B-Complex (INNATE)
Lower potencies than other B complex products, but much higher absorption
Item no. **40011** 90 tabs.....\$34.95
Item no. **40012** 180 tabs.....\$58.95

B Complex drops (Liquid Health) 
carefully formulated to provide a potent blend of essential B vitamins in an easy-to-absorb liquid form.
Item no. **72012** 2 oz.....\$16.95

B Complex Gummies (Nextdia) 
This formula delivers all 8 essential B vitamins.. Also added vitamin C, zinc, choline and inositol, making it the most potent available gummies.
Item no **2025** 60 gummies.....\$22.95

B-Complete (Buried Treasure)
high potency liquid – plus Choline & Inositol – whole food- *Adrenal & Metabolism Support* – 16 servings – 0 sugar
Item no. **545671** 16 oz.....\$37.95

Vitamin B Complex with Vitamin C (Honeycomb Industries)
126mg Vit C, 4mg Thiamin, 4mg Riboflavin, 37mg Niacin, 400mcg Folate, 8mcg Vit B12, 102mcg Biotin, and 18mg Pantothenic Acid – 3rd Party Tested
Item no. **00585** 16 oz.....\$39.95

Coenzyme B-Complex (NOW) 
With Alpha Lipoic Acid and CoQ10
Item no. **0406** 60 caps.....\$19.95

CHOLINE + PABA

Choline and Inositol (NOW)
may assists in fatty acid metabolism and in supporting healthy nerve transmission
Item no. **0470** 100 caps.....\$ 9.95

Inositol 500mg (NOW)
-Part of the B-Complex family
-commonly used for PCOS
-great for anxiety & depression
Item no. **0475** 100 caps.....\$ 8.95

Inositol Powder (NOW)
Item no. **0527** 4 oz.....\$13.95
Item no. **0528** 8 oz.....\$23.95

PABA Para-Aminobenzoic Acid **500mg** (NOW) *precursor of folic acid*
Item no. **0485** 100 caps.....\$ 8.95

VITAMIN C CAPSULES

AlphaSorb-500mg (NOW) Threonic Acid & Alpha Lipoic Acid Enhanced – Buffered, Bioavailable Vitamin C – plus Citrus Bioflavonoids, Acerola Powder, Rose Hips, and Rutin
Item no. **0717** 180 caps.....\$23.95

Citrus Bioflavonoid Capsules (NOW)
50 mg Ascorbic Acid C, 700 mg Citrus Bioflavonoid & 50 mg Rutin
Item no. **0610** 100 caps.....\$10.95

C-500 Calcium Ascorbate C (NOW)
Buffered, non-acidic plus bioflavonoids!
Item no. **0676** 100 caps.....\$ 7.95
Item no. **0677** 250 caps.....\$16.95

Ester-C 500mg (Ester-C)
a unique, breakthrough Vitamin C formula containing naturally occurring metabolites. Metabolites help enhance the retention of Vitamin C by your white blood cells, an important part of your immune system.
Item no. **16967** 240 caps.....\$36.95

Raw Vitamin C (Garden of Life)
500mg whole food Vitamin C
Bioflavonoids and enzymes & probiotics for additional absorption!
Item no. **102010** 120 caps.....\$33.95
Item no. **101508** 60 caps.....\$20.95
Living Vitamin C (Garden of Life) 250 mg whole food Vit C – including Citrus Bioflavonoids
Item no. **11148** 60 v-caps.....\$20.95

C-1000 (NOW)
with 100 mg of bioflavonoids
Item no. **0692** 250 caps.....\$21.95
Item no. **0693** 500 caps.....\$38.95

C-1000 (Solaray)
with bioflavonoid concentrate + Rose Hips + Acerola
Item no. **4441** 250 v-caps.....\$28.95

Buffered Vitamin C (Solaray)
Non-Acidic Vitamin C- 800mg
Item no. **4385** 90 caps.....\$15.95

Superior-C (Nutri-Choice)
Item no. **250716** 300 V-caps.....\$39.95

Liposomal C 1950mg (Life's Fortune)
Highly Available - sourced from Organic Ingredients- serving size 3 capsules.
-our most popular vitamin C -
Item no. **114** 180 caps.....\$28.95

VITAMIN C TABLETS

C-500 (NOW)
+ 40mg Rosehips
Item no. **0670** 100 tabs.....\$ 5.95

Ester C 1000mg
Gentle & Non-acidic
Item no. **16984** 180 tab.....\$38.95

C-1000 (NOW)
With Rosehips + Bioflavonoids
Item no. **0687** 250 tabs.....\$19.95

C-1000 Time-Release Tablets (NOW)
+ 25mg Rosehips
Item no. **0680** 100 tabs.....\$ 9.95
Item no. **0682** 250 tabs.....\$19.95

Citrus Bioflavonoids (Nature's Sunshine)
-supports immune system
- protects against free-radical damage
Item no. **1635-6** 90 tabs.....\$25.95

C-1000 Complex (NOW)
1000mg Vitamin C as Calcium Ascorbate
500mg Citrus Bioflavonoids
50mg Rutin
50mg Acerola
110mg Calcium
Item no. **0700** 90 tabs.....\$13.95
Item no. **0702** 180 tabs.....\$23.95

VITAMIN C CHEWABLES

C500 (Natural Factors)

flavored Peach, Mango & Passionfruit
Item no. **01324** 90 chews.....\$12.95

C500 Melts (Superior Source)

Sour Cherry

Item no. **92070** 90 loz.....\$14.95

Nordic Vitamin C

(Nordic Naturals) 250mg per 2 gummies
- Tart Tangerine flavor-
Item no. **30161** 120 gummies.....\$22.95

C500 (Solaray) Cherry flavored

Item no. **80449** 100 wafers.....\$13.95

C-500 Chewable Wafer (NOW)

500mg - Antioxidant & Collagen Support

Orange Juice Flavor

Item no. **0630** 100 count.....\$10.95

Cherry-Berry Flavor

Item no. **0640** 100 count.....\$10.95

Orange-C (ZAND)

270mg Vit C per 2 gummies - with
Acerola, Citrus Bioflavonoids + Rosehips
Item no. **32235** 60 gummies.....\$62.95

VITAMIN C LIQUID

Vitamin C Bioflavonoids

(Dr's Advantage) 32 servings

Item no. **DR893** 16 oz.....\$29.95

Liposomal C Liquid -High Absorption

Item no. **t2187** 4 oz.....\$26.95

Liposomal C (Da Vinci)

1250 mg - 60 servings - great absorption!

Item no. **23951** 10.15 oz.....\$38.95

Wonder C (Codeage)

Liposomal Delivery - 1000mg of Vitamin
C Blended with Vitamins D3 & E, Zinc,
Rose Hip, Quercetin & Echinacea -
Orange Tangerine Flavor - 30 servings

Item no. **00879** 16 oz.....\$26.95

VITAMIN C POWDER

Acerola Powder was discontinued.

C Complex Powder was discontinued

Magnesium Ascorbate Powder

(NOW) 75mg magnesium + 870mg
buffered C in ¼ teaspoon.

Item no. **0756** 8 oz.....\$16.9

Vitality C

Dairy-Free, GF, Non GMO, and sugar
free. A high Vitamin C dosage without
any gas, diarrhea, or gut discomfort-
great for immunity!

Item no. **A9999** 30 servings.....\$42.95

Vitamin C Crystals (NOW)

Ascorbic Acid Pure

- Pharmaceutical Grade -

Item no. **0790** 8 oz.....\$ 9.95

Vitamin C ReSet (RnA ReSet)

per serving:

2050mg Vitamin C + 410mg Potassium

+ V22mg Barley Powder + 50mg

VitaBerry Fruit Blend

Item no. **413** 60 servings.....\$39.95

Sodium Ascorbate (NOW) pure,
buffered vitamin c powder

-pharmaceutical grade- non-bitter &
non-acidic in a highly soluble form!

Item no. **0760** 8 oz.....\$11.95

Emergen-C

This effervescent drink mix has 8 times
the potassium of Gatorade. Contains a
total of 25 different electrolytes plus 1,000
mg vitamin C

Raspberry

Item no. **35083** 30 pack.....\$20.95

Super Orange

Item no. **30046** 30 pack.....\$20.95

Tangerine

Item no. **35084** 30 pack.....\$20.95

Power Pak (Trace Minerals)

*It's packed with 1200mg vitamin C, B
vitamins, zinc, antioxidants, and other
essential vitamins and minerals to
strengthen your immune system. Stay
hydrated and energized...*

Acai Berry

Item no. **4444** 30 pkts.....\$18.95

Concord Grape

Item no. **00113** 30 pkts.....\$18.95

Lemon Lime

Item no. **00052** 30 pkts.....\$18.95

Tangerine

Item no. **00349** 30 pkts.....\$18.95

Mixed Berry

Item no. **0287** 30 pkts.....\$18.95

Orange Blast

Item no. **00053** 30 pkts.....\$18.95

Raspberry

Item no. **000546** 30 pkts.....\$18.95

Pomegranate Blueberry

Item no. **00347** 30 pkts.....\$18.95

Watermelon

Item no. **00439** 30 pkts.....\$18.95

Power Pak ZERO SUGAR

-KETO Friendly-

Citrus

Item no. **05888** 30 pkts.....\$18.95

Orange Mango

Item no. **62588** 30 pkts.....\$18.95

Power Pak +Immunity with Elderberry

Lemon Berry

Item no. **0588** 30 pkts.....\$20.95

Grapefruit

Item no. **00713** 30 pkts.....\$20.95



VITAMIN D

Vitamin D-3 1,000IU (NOW)

highly absorbable – supports healthy teeth and muscle health

Item no. **0365** 180 soft-gels.....\$ 6.95

Item no. **0375** 360 soft-gels.....\$11.95

Liquid Vitamin D-3 (NOW) 400 IU per

4 drops, 5,000 IU per full dropper – easy to slip into milk or food

Item no. **0370** 2 oz.....\$ 6.95

Solar D-Gems + Omega-3s (Carlson)

2000 IU Vit D + 115 mg Omega-3

Item no. **014710** 120 soft-gels.....\$18.95

Vegan Vitamin D-3 Drops

(Liquid Health) Lichen Sourced – 1200IU per serving – about 59 servings

Item no. **LH00002** 2 oz.....\$19.95

Vitamin D-3 (NOW) 1000 IU – Fruity!

Item no. **0357** 180 chewable.....\$ 7.95

Vitamin D-3 1000 IU (KAL)

Peppermint flavored chewable

Item no. **90343** 200 count.....\$12.95

Carlson Vitamin D Gummies

contains 1000 IU per gummy – Natural Peach, Mango & Strawberry flavor mix.

1000 IU – 1 Gummy Serving

(advertised for kids)

Item no. **4943** 60 gummies.....\$12.95

4000 IU – 4 Gummy Serving

Item no. **4980** 120 gummies.....\$17.95

Carlson-D-Drops

Looking for an easy way for your daily absorption of Vit-D? Simply put a single drop into your food or beverage and enjoy the benefits without swallowing another pill!

400 IU Baby Drops

Item no. **C1250** 365 drops.....\$12.95

2000 IU Drops

Item no. **C1280** 365 drops.....\$18.95

4000 IU Drops

Item no. **C1290** 365 drops.....\$19.95

6000 IU Drops

Item no. **C1200** 365 drops.....\$21.95

Vitamin D-3 2000 IU (KAL)

cinnamon flavored chewable

Item no. **49864** 200 count.....\$15.95

Vitamin D3-5 2,000 IU (INNATE)

Item no. **Vid24** 90 tabs.....\$37.95

Liposomal Vitamin D 5,000 IU

(Life's Fortune)

Superior Delivery & Absorption

Item no. **401** 60 caps.....\$22.95

Vitamin D3-5 (Bio-Tech)

Item no. **244250A** 250 caps.....\$14.95

Raw D-3 5,000 IU (Garden of Life)

Bone and Joint Health

with Live Probiotics + Enzymes

Item no. **11586** 60 caps.....\$26.95

Vitamin D-3 5,000 IU (NOW)

Item no. **0372** 120 soft-gels.....\$ 8.95

Item no. **0373** 240 soft-gels.....\$16.95

Chewables

Item no. **00358** 120 chews...  \$9.95

Liquid Vitamin D-3 5,000 IU

(Trace Minerals) Fast absorbing

– Tropical Cherry Flavor – 32 servings

Item no. **LVD01** 16 fl oz.....\$25.95

Vitamin D-3 Gummies (Solgar)

5000IU (125mcg) of vitamin D in

just one gummy!

-Strawberry Flavor-

Item no. **62013** 60 gummies....\$10.95

Vitamin D3 Gummies (Codeage)

-Strawberry flavored gummies

-Pectin-based and gelatin-free

Item no. **00888** 60 gummies.....\$17.95

Vitamin D -5000 (Superior Source)

Item no. **90860** 100 loz.....\$11.95

Vitamin D3 (Nature's Sunshine)

2,000 IU each tablet

Item no. **01155** 60 tabs.....\$17.95

Item no. **19106** 180 tabs.....\$39.95

VITAMIN D + K

Vitamin D3 & K-2 (NOW)

1,000 IU Vit D + 45mcg K-2

Item no. **0369** 120 caps.....\$10.95

Mega D3 & MK-7 (NOW)

5000 IU Vit D +180 mcg K-2

Item no. **0386** 120 caps.....\$29.95

Vitamins D & K (Life Extension)

125 mcg (5,000 IU) of vitamin D3

2100 mcg of vitamin K and 1000 mcg of sea-iodine

Item no. **20406** 60 caps.....\$17.95

Ionic Vitamin D3 + K2 Drops

(Trace Minerals)

5,000 IU Vit D + 100mcg MK-7 – per

serving (4-drops) Approx: 296 servings

Item no. **00671** 2 oz.....\$31.95

D3 + K2 Gummies

(Trace Minerals)

Strawberry Flavored

Item no. **00754** 60 gummies.....\$22.95

Vitamin K2 + D3-5

(Superior Source)

Vitamin D 5,000 IU + 120 mcg Vit K (NattoMK-7™)

Item no. **90455** 60 loz.....\$19.95

VITAMIN E

Advanced Gamma E Complex

(NOW) A unique balance of mixed

Tocopherols and Tocotrienols

Item no. **0811** 120 soft-gels.....\$25.95

E-200 Mixed Tocopherols (NOW)

Item no. **0880** 100 soft-gels.....\$ 9.95

Vit E 200 IU Mixed (SOLGAR)

Item no. **S3501** 100 soft-gels.....\$10.95

Vit E 400 IU Mixed (SOLGAR)

Item no. **02058** 250 soft-gels.....\$28.95

Dry E-400 (NOW) d-alpha Tocopherol

Item no. **0850** 100 caps.....\$18.95

Sun E 400 IU (NOW) Soy FREE – derived from sunflower

Item no. **0936** 120 caps.....\$29.95

E-400 d-alpha Tocopherol (NOW)

Item no. **0837** 100 soft-gels.....\$13.95

Item no. **0839** 250 soft-gels.....\$30.95

E-Gems 100 IU (Carlson)

Supports a healthy heart, immune system health, a powerful antioxidant

Item no. **CO311** 100 soft-gels.....\$11.95

E-Gems 200 IU (Carlson)

Item no. **CO322** 250 soft-gels....\$27.95

E-Gems Elite 400IU (Carlson)

268 mg Vit E, 100 mg d-Gamma Tocopherol, 40 mg d-Beta & d-Delta Tocopherol, 20 mg Total Tocotrienols -

Item no. **0771** 120 soft-gels.....\$66.95

E-400 Mixed Tocopherols (NOW)

+ 100 mcg of Selenium

Item no. **0906** 100 soft-gels.....\$17.95

E-400 Mixed Tocopherols (NOW)

Item no. **0892** 100 soft-gels.....\$13.95

Item no. **0894** 250 soft-gels.....\$30.95

E-1000 Mixed Tocopherols (NOW)

Item no. **0902** 100 soft-gels.....\$33.95

LIQUID VITAMIN E

Vitamin E-Oil d-alpha Tocopherol (NOW) plant derived

– 6 drops supply 253 IUs of Vitamin E approx.: 94 servings

Item no. **0920** 1 oz.....\$14.95

Vitamin E Liquid D-alpha Tocopherol (NOW) -plant derived –
6 drops supply 90 IU of Vitamin E
Item no. **0910** 1 oz.....\$ 9.95
Item no. **0912** 4 oz.....\$25.95

VITAMIN K

Advanced Triple K
K1 + K2 + MK 7 (Superior Source)
Item no. **90455** 30 loz.....\$21.95

Vitamin K 100 mcg (KAL)
Item no. **74521** 100 tabs.....\$ 5.95

Vitamin K-2 (NOW)
-biologically active form-
Item no. **0990** 100 caps.....\$11.95

MK-7 Vitamin K-2 (NOW)
-100mcg per serving
Item no. **0992** 60 v-cap.....\$14.95

MULTI-VITAMINS

Alive! Multivitamin MAX POTENCY -
(Nature's Way)
19 vitamins and minerals including the full B-vitamin complex, antioxidant beta carotene, vitamins C and E, and selenium. -Citrus Flavor-
Item no. **15395** 32 fl oz.....\$35.95

Performance Elite MAX
(CODEAGE)
Multivitamin – Minerals, Phytonutrients – multi organs – designed for athletes and those with active lifestyles.
Item no. **33398** 90 caps.....\$38.95

Clinical Essentials
(Terry Naturally)
Multivitamin packed with 30 premium nutrients -Easily absorbed amino acid chelated minerals
Item no. **15102** 120 caps.....\$32.95

Complete Vitamins Plus
(Enriching Gifts)
Maximum nutritional support!
Need a boost of energy to carry your through your afternoon? This broad nutrient formula includes vitamins, minerals, amino acids, antioxidants, anti-aging properties – with high potency, purity & quality!
Item no. **6EGI** 150 caps.....\$50.36
1 case (12) per bottle.....\$40.00
4 cases (48) per bottle.....\$35.00

Fatigued to Fantastic (Terry Naturally)
energy boosting blend of vitamins, minerals, and amino acids
Powder + Scoop - 30 servings 
Item no. **41203** 7.2 oz.....\$46.95
Individual Packets
Item no. **46212** 12 ct.....\$20.95

LifeEssence Multivitamin
(Pure Essence)
Over 44,000mg Whole Food Power – Amazingly Energizing
Item no. **00101** 120 tabs.....\$39.95

Liquid Multi Gels (NOW)
High potency, fast absorption. Contains natural lutein and lycopene. Rich in flax seed oil
Item no. **3816** 60 soft-gels.....\$17.95

Life's Fortune
Natural energy source from whole food
Tablets: For maximum support adults take 3 tablets per day. -iron free-
Item no. **10275** 180 tabs.....\$41.95
Liquid: Natural Fruit Flavor— sugar free and sweetened with erythritol & stevia leaf extract -
Item no. **99** 32 oz.....\$29.95

Liposomal Multivitamin Universal
(Solaray)
a great blend designed for any person – contains nutrients of 30 kinds! Offers an amazing absorption – including methylated B vitamins
Item no. **64016** 60 v-caps.....\$33.95

Liquid Multi (NOW)
Tropical Orange Flavor – about 32 servings – Iron FREE – Sweetened with xylitol – fast absorption–
Item no. **3772** 16 oz.....\$19.95

Liquid Health Complete Multiple
Zinc, Vitamins A, C, D, & E, B1, B2, B3, B6 & B12, Folate, Biotin, Chlorella, Magnesium, Prebiotic Fiber, Omega, Calcium, Choline, & Amino Acids – in addition: a Youth Complex, Energy Complex & Detox Blend
Item no. **70032** 32 oz.....\$38.95

Once Daily High Energy (Solaray)
a great supplement to start your day! Multi vitamin plus a mix of herbs: alfalfa, dandelion, horsetail & more!
Item no. **04730** 60 caps.....\$16.95
Item no. **47312** 180 caps.....\$42.95

One n' Only (Pure Essence)
over 7000 MG whole food powder – approx. 3 month supply
Item no. **01105** 90 tabs.....\$49.95

SmartyPants Multi Gummies Adult Formula – recommended dosage: 6 gummies per day – contains Omega 3s, Methyl B12, Zinc Citrate, K1 & K2, Vit B6 as P5P, Beta Carotene, & Choline as Vitacholine
Item no. **827400** 180 gummies...\$28.95

Soft Gelatin Multiple 
(Nature's Life) *Complete B Complex – Immune Support – Energy Support*
3 month supply -
Item no. **00393** 180 soft-gels.....\$43.95

Special Two (NOW) a very unique multivitamin blended with green superfoods & herbs - from NOW – commonly used for the entire family. Contains Iron!
Item no. **3868** 120 caps.....\$19.95
Item no. **3869** 240 caps.....\$37.95

Two-Per-Day Multivitamin
(Life Extension) *High Potency Multivitamin & Mineral Supplement* – 2 month supply
Item no. **23141** 120 caps.....\$24.95

Vitamin Code Family (Garden of Life)
- *Comprehensive raw whole food multivitamin for the family*
-Nutrient support for active adults
-Nutrient support for active and growing teens and children
-Mental and physical energy
-Live probiotics & enzymes for healthy digestion
Item no. **11370** 120 V-caps.....\$42.95

Super Supplemental with Iron
(Nature's Sunshine) an incredible blend of nutrients to support overall health – 23 vitamins & minerals- trace minerals, antioxidants, amino acids, herbs, fruits & veggie powders, lutein, lycopene, inositol, choline & chlorophyllin
Item no. **1792-7** 120 tabs.....\$29.95

Children's Multi-Vitamins
See page 19

Men's Multi-Vitamins
See page 24

Women's Multi-Vitamins
See page 60

17- Women's Health

HORMONE HEALTH

Dong Quai see page 14

Chaste Tree extract see page 13

Female Balance (NOW)

Wild Yam, Vitex (Chaste Berry Tree), Dong Quai, Ginger, Black Cohosh, Folate, + Vitamin B-6

Item no. **3295** 90 caps.....\$17.95

Female Hormone SP-7C (Solaray)

blend of Black cohosh, dong quai, passion flower, red raspberry, fenugreek, licorice, cramp bark, chamomile, saw palmetto, wild yam, butternut + kelp – formulated for menstruation and menopause years

Item no. **00276** 100 caps.....\$10.95

Item no. **02761** 180 caps.....\$18.95

Fruitful Vine (Mountain Meadow Herbs)

support fertility & balance hormones – blend of Chaste Tree Berry, Dong Quai root, Eleuthero root, and False Unicorn root

Item no. **1024W** 4 oz.....\$34.95

Hormone Balance - HB Formula

(Mountain Meadow Herbs) Optimal results have been noted by alternating (every two weeks) the *T & C Formula with the HB Formula for maximum cleansing balancing*

Item no. **1042w** 2 oz.....\$22.95

Item no. **1044W** 4 oz.....\$34.95

Tone & Cleanse T & C Formula

(Mountain Meadow Herbs)

Female Reproductive Support – ovarian health – support fallopian tubes & the uterus – ease period & ovulation pain – fast absorption -

Item no. **T1102** 2 oz.....\$22.95

Item no. **1104W** 4 oz.....\$34.95

Red Ginseng (Terry Naturally)

Female Sexual Enhancement – contains a unique blend of zinc, ashwagandha, maca, rhodiola, & red ginseng -meant to help balance hormones and even aid energy and lower stress

Item no. **30774** 48 caps.....\$45.95

Super GLA Oil (Nature's Way)

a blend of GLA and oils from evening primrose, black current & borage – may offer relief from PMS symptoms

Item no. **1844-5** 90 soft-gels.....\$28.95

Sprig's Puberty (Stage 1)

have been replaced now with:

PHASE 1 Kits

designed to give hormonal support for young girls as their hormones change into early womanhood. -clearer skin, more regular cycles, and less stress.

Cycle Wave Capsule Kit

– Now including Wheat Germ Oil Soft-gels

Item no. **81411** 30 Day.....\$33.95

Cycle Wave Tincture Kit

– Now including Wheat Germ Oil Soft-gels

Item no. **81416** 30 Day.....\$33.95

Sprig's Childbearing (Stage 2)

have been replaced now with:

PHASE 2 Kits

Designed to support fertility, healthy regular periods, and a balanced mood.

Life Wave Capsule Kit

– Now including Wheat Germ Oil Soft-gels

Item no. **81414** 30 Day.....\$33.95

Life Wave Tincture Kit

– Now including Wheat Germ Oil Soft-gels

Item no. **81412** 30 Day.....\$33.95

MENOPAUSE SUPPORT

Femi-Yin (BioMed)

Providing the best natural relief of the numerous symptoms before, during and after menopause..

Item no. **FY50010** 60 tabs.....\$25.95

Hormonal Changease (Christophers)

This all natural formula was designed to aid menopausal symptoms & support female hormone function.

Item no. **89123** 100 caps.....\$32.95

Genistein (Source Naturals)

Taken from soybeans, genistein binds to estrogen receptor sites but is only 1/1,000th as potent as estrogen. This means that it is able to reduce the symptoms of too much estrogen

- 1,000 mg each

Item no. **60092** 120 tabs.....\$23.95

Hot Flash (Source Naturals)

may help minimize the body's often dramatic response to declining levels of estrogen. -includes non-GMO soy isoflavones, which clinical research has shown may reduce the frequency and severity of hot flashes.

.Item no. **60075** 180 tabs.....\$39.95

Lydia Pinkham

These herbal supplement tablets provide nutritional support for menstruation and menopause, featuring iron, calcium and vitamins C and E to improve general health and well-being

Item no. **50415** 150 tabs.....\$19.95

Menopause Relief Plus

(Terry Naturally)

71% Reduction of Menopause Symptoms – This blend targets Hot Flashes, Night Sweats, Fatigue, Irritability & Mood Changes –

FREE of Estrogen & Soy

Item no. **16416** 60 caps.....\$31.95

Sprig's Menopause (Stage 3)

have been replaced now with:

PHASE 3 Kits

formulated to support women through perimenopause and menopause with a blend of herbs traditionally used to promote emotional well-being, vitality, and hormonal balance.* This 2-part kit system includes your choice of herbal capsules or tincture paired with Wheat Germ Oil softgels for comprehensive nutritional support.

New Wave Capsule Kit

– Now including Wheat Germ Oil Soft-gels

Item no. **81413** 30 Day.....\$33.95

New Wave Tincture Kit

– Now including Wheat Germ Oil Soft-gels

Item no. **81415** 30 Day.....\$33.95



PROGESTERONE CREAMS

- **Directions for use:** (as found on back of Feminine Balance Therapy)

- **Menstruating Women:** Begin on the 12th of your cycle. (Day 1 is the first day of your menstrual flow.) Continue through day 26, then stop. Repeat monthly.
- **Non-Menstruating Women:** Use for 25 consecutive days, then take a 5-day break. Repeat monthly.

Feminine Balance Therapy

(Organi Excellence) Bio-Identical USP Progesterone Cream- Made in the USA – Non-GMO– Plant-Based – each pump is approx.: ¼ tsp, 20mg

Item no. **10018** 3.3 oz.....\$33.95

Pro-Gest Cream (Emerita)

USP Progesterone – derived from Mexican Wild Yam – Fragrance Free – *Our most popular progesterone cream!*

Item no. **70321** 2 oz.....\$33.95

Item no. **70324** 4 oz.....\$49.95

Happy PMS – Pump - Progesterone Body Cream – Bio-Identical

Item no. **19950** 2 oz.....\$21.95

Progesterone Cream (NOW)

unscented – 20 mg Progesterone per pump – derived from Wild Yam

Item no. **3338** 3 oz.....\$15.95

Wild Yam Cream

(Wise Women Essentials)

USP Progesterone - Fragrance, Paraben & Cruelty FREE – *all-natural* – plus Chaste Tree Berry

Item no. **70326** 2 oz.....\$31.95

WOMEN'S MULTI

Eve (NOW) *Superior Women's Multiple* - Evening Primrose, Cranberry, Green Tea, Horsetail Silica, Folate & CoQ10 and much more!

Item no. **3802** 90 soft-gels.....\$19.95

Item no. **3803** 180 soft-gels.....\$41.95

Liposomal Multivitamin Women's

(Solaray) 37 nutrients including Ashwagandha & GABA for mood support – also methylated B vitamins

Item no. **19325** 60 caps.....\$33.95

Smarty Pants Women's Multiple – a great multi with Omega 3s and CoQ10, targeting heart health, energy, immunity, and bones

Item no. **00483** 180 gummies.....\$35.95

One 'n' Only Women (Pure Essence)

whole food based multi with addition support for stress – 3 month supply

Item no. **01605** 90 tabs.....\$58.95

Women's One Daily (INNATE)

Item no. **401941** 60 count.....\$30.95

Women's Golden Multivitamin (Solaray) designed to support hair, immunity, hormone & energy!

Item no. **04192** 90 caps.....\$15.95

Vitamin Code Women (Garden of Life)

A whole food multivitamin made from raw & organic fruits & vegetables – designed for breast Health – Heart Health – Reproductive System Support – blended with living probiotics & enzymes!

Item no. **11366** 120 caps.....\$43.95

Vitamin Code Raw ONE Daily Multivitamin Women's

(Garden of Life)

Item no. **10165** 75 caps.....\$37.95

New

WOMEN'S MULTI 50+

Liposomal Multivitamin Women's

50+ (Solaray) - great absorption - includes a blend of 33 nutrients that support overall health, including immune function and energy levels.

- 2 capsules daily

Item no. **61690** 60 v-cap.....\$33.95

Vitamin Code 50 & Wiser Women –

(Garden of Life) a whole food multivitamin made from raw & organic fruits & vegetables – designed for bone strength – heart health – blood pressure – general wellbeing & energy! - blended with living probiotics & enzymes!

Item no. **11367** 120 caps.....\$43.95

Item no. **11418** 240 caps.....\$74.95



12 – Index

#'s

5-HTP.....	49
7 Keto.....	52
8 Billion Acidophilus & Bifidus.....	40
50 & Wiser Men.....	24
50 & Wiser Women.....	59

A

Acetyl-L-Carnitine.....	7
ACF.....	41
Acid-2-Alkaline.....	44
Acid Ease.....	46
Acidophilus.....	40
Acne Essentials.....	36
Acne Relief.....	36
Aconitum Napellus.....	35
Activated Charcoal Caps.....	15
Activated Charcoal Pwd.....	13
Acute Pain Relief.....	51
A + D3 + K2.....	54
Adam.....	24
Added Attention.....	19
Adrenaplex.....	44
ADRENAL.....	44
Adren-L-Aid.....	44
Adren-L-Aid II.....	44
Advantage.....	41
After Pain Relief.....	39
Agar Powder.....	21
Alfalfa Leaf Cut.....	10
Alfalfa Leaf Tablets.....	16
Alfalfa Powder.....	12
Alfalfa Seeds.....	23
Alfa Max.....	16
ALIVE Cal-D.....	25
ALIVE Children Multi.....	19
ALIVE Prenatal.....	39
ALJ.....	43
AllergyCalm.....	35
Almonds.....	22
Almond Oil.....	31
Aloe Ace-Max.....	10
Aloe Max Lax.....	45
Aloe Shampoo.....	36,37
ALOE VERA.....	10
Aloe Vera Body Wash.....	32
Aloe Vera Concentrate.....	10
Aloe Vera Gel.....	10
Alpha Lipoic Acid.....	8
Alpha Sorb.....	55
Amber Glass Bottles.....	29
American Ginseng.....	13
AMINO ACIDS.....	7
AminoMind.....	50
Amino Sculpt.....	53
Andrographis.....	41,50
AnxioCalm.....	50
Anise Oil.....	29
Anti-Dandruff.....	37
ANTIOXIDANTS.....	8

Apple Cider Vinegar	21
Apple Cider V. Caps	53
Apple Pectin Capsules .	45
Apricot Kernel Oil	31
APS II.....	15
Arnica Gel.....	33
Arnica Tablet	34
Aromabright Paste.....	30
Aronia Berry.....	48
Arrowroot Powder	12
Artichoke Extract	15
Ascorbic Acid Powder .	56
Ashwagandha	50
Astragalus.....	15
Astaxanthin	47
Atlas Cedar Oil	29
Attention & Focus.....	19
A Vitamins.....	54
Avocado Oil.....	29,31

B

B-1	54
B-2 (Riboflavin).....	54
B-5	54
B-6 (Pyridoxine)	54
B-12	54
B-12 Instant Energy	54
B-50	54,55
B-100 Complex.....	54,55
Baby D-Drops.....	56
Baby Probiotic.....	20
Baby & Me.....	39
Baby Shampoo.....	32
Baby Wipes.....	32
Back Yard Pharmacy.....	9
Baking Powder.....	21
Baking Soda.....	21
Balanced Minerals.....	27
Balsam Fir Needle Oil .	29
Bao Shi.....	48
Barberry.....	12,13
Barley Grass Powder ...	12
Bar Soaps.....	35
Basil Oil.....	29
BATH SALTS	32
B-Complex-75.....	55
B Complex.....	54
Be Your Child's Pediatr.	9
Be Your Own Doctor.....	9
Beauty Facial Cream ...	36
Bedtime Drops.....	52
Bedwetting Formula.....	18
Beef Gelatin Capsules..	22
Beef Liver.....	50
Beef Organs.....	50
Bee Pollen.....	10
Beet Root Caps.....	15
Beet Root Powder.....	12
BeetELITE.....	16
Beeswax.....	10
Belly Balm.....	39
Bentonite Detox.....	46
Bentonite Powder	46

Berberine.....	14
Bergamot Oil.....	29
BerryDophilus	20
Berry Full Shampoo	37
Berry Full Conditioner .	37
Beta Carotene	8
Betaine HC1 with Pepsin	46
BF & C w/Comfrey.....	44
Bilberry Eye.....	47
Bilberry Complex	47
Bio Active Magnesium.	26
Bio Co-Q10.....	8
Bioflavonoid Capsules .	55
Biotin	54
Biotox Elim.....	50
Birth Prep.....	38
Bitter Melon.....	44
Black Cohosh Capsules	15
Black Cohosh LIQ	13
Black Currant Oil.....	31
Black Ointment.....	34
Black Salve	34
Black Seed Oil.....	31,45
Black Walnut Caps.....	14
Black Walnut Liquid....	13
Black Walnut Hull Dried	10
Black Walnut Hull Pwd..	12
Blemish Touch Stick....	36
Blessed Thistle Caps....	14
Blessed Thistle Cut.....	10
Blessed Thistle Pwd....	12
Blood Circ capsules.....	48
Blood Glucose Success	44
Blood Pressure.....	48
Bloodroot.....	13
Blood Stream.....	46
Blood Sugar	44
Blood Sugar Manager ..	44
Blue Green Algae.....	16
Blue Vervain.....	13
Body Wash.....	32
Body Lotion.....	35
Bone & Marrow.....	44
Bone Meal.....	25
Boneset	10
Bone Strength.....	44
Borage Oil Softgels.....	31
Boric Acid	41
Boron.....	27
Bragg Liquid Aminos ...	23
Breathe Easy Tea	16
Breathe Free.....	43
Brewer's Yeast	21
Broccoli Seeds	23
Bromelain	46
Bubble-B-Gone.....	19
Buffered Vitamin C.....	55,56
BUG REPELLANT	32
Burdock Root Caps.....	14
Burdock Root Cut.....	12
Burdock Root Pwd.....	12
Butchers Broom.....	14
Butterbur.....	50

Butter Oil/Cod Liver....29
B&W Salve34

C

C-500..... 55
C-500 Chewables.....55
C-1000 55
Café Mam.....21
Calcium..... 25
Calcium Chewables 25
Calcium Powder..... 25
Calcium Combo, Lil.18
Calcium, Mag. & Pot...26
Calcium Mag Liquid.....25
Calendula Ointment 34
Calendula Flower.....11
Calised 13
Cal-Mag Citrate Caps.. 25
Cal-Mag Citrate Powder25
Calm Child Syrup 19
Calm (Natural Vitality)..27
Calm/Nerve Formula.. 50
Calms Forte 52
Calm Tummy.....18
Camphor Oil 29
Candex..... 44
CANDIDA..... 44
Capsicum.....46
Caprylic Acid 44
Carlson's Baby D-drops56
Carlson's Cod Liver Oil29
Cascara Sagrada Caps..45
Cascara Sagrada Pwd.. 12
Castor Oil 31
Catnip Dried 10
Catnip Liquid 13
Cat's Claw 14
Cayenne Caps.....14
Cayenne Liquid.....13
Cayenne Heat Ointment34
Cayenne Powder.....12
Cayenne w/Butchers B14
Cayenne w/Garlic..... 14
C & B Formula..... 38
Cedarwood Oil 29
Celedrin & M.S.M. 49
Celery Seed..... 14
Cell Food 46
Celtic Sea Salt 23
Chamomile Tea 10,17
Charcoal Caps 14
Charcoal Powder.....12
Charlotte's Web Balm...16
Chestal Honey 42
Chewy Zymes..... 18
Chia Seeds.....21
Chickweed Salve..... 34
Children's ACF. 41
Chlorella 16
Chlorella Powder 16
Chlorophyll Capsules... 16
Chlorophyll Liquid 16
Choline and Inositol 55
Chondroitin Sulfate..... 49
CHROMIUM..... 26
Chromium Picolinate... 26
Chupp's Prenatal.....39
Cinnamon Caps..... 14

Cinnamon Oil..... 29
Cinnamon Pwd.....23
Cinnamon Tea.....17
Citric Acid.....23
Citronella.....29
CircuFlow.....48
Citrus Shampoo.....37
C.L.A.....53
Clary Sage Oil.....29
Cleanse More.....45
Clear Headache.....48
Clear Lungs.....43
Clear Migraine.....48
Clear Motion & Digest..35
Clear Voice 43
Clinical OPC.....8
Clinical OPC Heart....48
Clove Capsules 52
Clove Oil..... 29
Cocoa Butter 36
Cocoa Powder 22
Coconut Oil Liquid.....29
Coconut Oil NOW.....29
Coconut Oil Softgel... 31
COD LIVER OIL 29
Coenzyme B-Complex...55
Coffee Beans.....21
Coffee Grounds.....21
Coffee Oil.....29
Cognibiotics.....50
Colgate Classic Brush..33
COLIC & TEETHING 18
Colloidal Minerals 26
COLON CARE 45
Colon Cleanse.....45
Colostrum..... 41
Collagen Liquid.....53
Collagen Powder.....22
Comfrey Leaf Cut..... 10
Comfrey Root Dried....10
Comfrey Root Powder.. 12
Comfrey Salve.....34
Complete Multiple 58
Complete Tissue & Bone44
Complete Vitamins Plus57
Concentrated Trace
Minerals Drops 27
Cool Cayenne 14
Copper 27
Co-Q10..... 8, 61
Coral Life 25
Cornsilk..... 14
COUGH SYRUP.....42
Cramp Bark..... 13,39
CranActin 49
Cranberry 49
Creatine 53
Curamin.....51
Curamin Nighttime....52
Curcumin..... 16
CuraMED..... 51
Cypress Oil..... 29

D

Daily Detoxification 46
Dairy Digest Complete 46
D-alpha Tocopherol.... 57
D-Drops.....56

D-Flame.....51
Dandelion Root Caps... 14
Dandelion Root Dried.. 11
Dandruff Shampoo 37
Dandy Blend.....22
Deep Blue Rub.....34
Deep Tissue Oil.....34
Deep Tissue Salve.....34
Defense Plus.....41
Delicious Greens.....16
Delicious Reds.....16
DENTAL CARE.....32
Dental Formula.....33
DENTAL HEALTH.....33
DEODORANTS.....33
**DETOXING &
CLEANSING.....46**
Devil's Claw..... 14
DHA.....31
DHA for kids.....19
Diffuser (essential oil).....29
Diaper Rash Cream.....32
Diatomaceous Earth.....9
Digest-All.....46
DIGESTIVE AIDS.....46
DISH WASHING.....9
DLPA.....7
D-Mannose.....49
D-Mannose CranActin...49
D.M.S.O.....33
Dong Quai.....14
Doterra.....29
Dr. Squatch.....33,37
Dr. Tierra's Syrup.....42
Dry Eye Relief.....48
Dry Vitamin E.....57

E

E-400 57
EAR HEALTH..... 47
Ear Candles 47
Ear Cheer.....47
Ear Oil 47
Echinacea Angus.....11
Echinacea Caps..... 14
Echinacea Glycerite 13
Echinacea/Gold.....13,14
Echinacea Purp.....11
Echinacea Root..... 11
E-Gems.....57
Elderberries Dried 11
Elderberry Gummies....41
Elderberry Syrup.....41
Elderberry Tonic.....41
Eldermint 41
Elder-Zinc Lozenges 42
Electrolyte Tablets.....26
Eleuthero 14
Emergen-C 56
EMPTY CAPSULES.. 12
Energy 41
Energy Boost Re-Lyte...26
Energy Red Ginseng....51
**Enriching Gifts Plant
Enzymes 46**
E & Selenium.....57
Essential Enzymes..... 46
ESSENTIAL OILS 29

Ester C Caps.....	55
Ester C Liquid.....	55
Ester C Powder	56
Eucalyptus Oil	29
Eve Multi	60
Evening Primrose Oil ..	31
EveryDay Detox.....	17
Everyday Greens.....	16
Expello-C.....	46
Eyebright	14,47
Eye Drops.....	47
EYE HEALTH.....	47

F

Fabric Softener Sheets ...	9
Factor 5.....	51
False Unicorn	13
Female Balance.....	59
Female Hormone	59
Femi-Yin.....	59
Fennel Liquid.....	13
Fennel Seed Pwd	12
Fennel Seed Whole.....	11
Fenugreek Caps	14
Fenugreek Liquid.....	13
Fenugreek Pwd.....	12
Fenugreek Whole.....	11
Fenu-Thyme	14
Feverfew Caps.....	14
Feverfew Liquid.....	13
FIRST AID.....	34
First Aid Gel.....	34,42
Fish Oil	30
Fish Oil for kids.....	19
Fisol.....	30
Flax Seed Oil	31
Flax Seeds	21
Floradix Iron and Herbs26	
Flora Iron.....	26
Florajen for Kids.....	20
Florajen.....	40
Flor-Essence	46
Focus Attention.....	50
Folate.....	54
Folic Acid	54
Formula Bac +	48
FOS Pure Powder	45
Fragrance-Free	
Shampoo & Conditioner37	
Frankincense Oil.....	29,30
French Grape Seed.....	8
Fruitful Vine.....	59
FRUIT & VEGGIE WASH..9	
Full Odor Garlic.....	15
Full Spectrum Minerals27	

G

GABA.....	51
GABA Lozenges.....	51
GARLIC.....	15
Garlic 5000.....	15
Garlic, Echinacea &	
Elderberry	15
Garlic Extract.....	13
Garlic Oil	15
Garlic Powder.....	12
Gastro	46
Genistein	59

Gentian Violet.....	34
Gentle Birth Formula...38	
Gentle Eye Drops.....	47
Gentle Iron	26
Geranium Oil.....	29
G.I. Benefits.....	46
Ginger Capsules	14
Ginger Extract Liq.....	13
Ginger Ground.....	23
Ginger Oil	30
Ginger Mint Tea.....	17
Ginger Root Cut Dried	11
Ginger Root Powder....	12
Ginkgo Biloba	14
Ginseng Panax.....	14
Glandular System.....	44
Glucomannan.....	53
Glucosamine	49
Gluten Digest	46
Glycerin.....	23
Glycerin Bar Soap	35
Golden Flax Seeds	21
Goldenseal Caps.....	14
Goldenseal Liquid.....	13
Goldenseal Root Cut....	11
Gotu Kola	16
Gr 8-Dophilus.....	40
Grapefruit Oil.....	30
Grapefruit Seed Caps...45	
Grapefruit Seed Liquid..	13
Grapeseed Caps	8
Grapeseed, French.....	8
Grapeseed Oil.....	29
Greek Mountain Tea...51	
GREEN FOODS.....	16
Green Tea Caps.....	14
Green Tea Bags.....	17
Gripe Water.....	18
G.T.F. Chromium	26
Guar Gum.....	12,21
Gut Restore.....	18,47
Gymnema	14

H

HAIR HEALTH.....	48
Hair Renew.....	48
Hair, Skin & Nails.....	48
Hair Spray.....	37
Hand Soap.....	30,35
Hawthorn Caps.....	48
Hawthorn Berries Dried	11
Hawthorn Berry Pwd...12	
Hawthorn Leaf & Flower11	
HB Formula.....	59
HEADACHE RELIEF....48	
Healthy Blood.....	26
Healthy Feet & Nerves...51	
Heart Algae.....	48
Heartburn Rescue.....	47
HEART HEALTH.....	48
Heavenly Hip Hibiscus	17
Helichrysum.....	30
Hemp Seed Hearts.....	21
Herbal Calcium.....	25
Herbal Cardio Care.....	48
Herbal Eyebright Caps...47	
Herbal Eyebright Extract47	
Herbal Flora Plus.....	40

Herbal Iron.....	26
HERBAL POWDER....12	
Herbal Respiratory	43
High Lignan Flax Oil....	31
Himalayan Salt.....	23
HONEY BEE PRODUCTS 12	
Honey Roasted Pecans22	
Hormonal Changease ..	59
Horse Chestnut.....	14
Horse Chestnut Lotion.52	
Horseradish Root	12
Horsetail.....	15
Hot Flash	59
Hydration IV	26
Hyaluronic Acid.....	49
Hydraplenish.....	49
Hydrogen Peroxide.....	34

I

Icelandic Cod Liver Oil29	
IFlora.....	40
Immucalm.....	41
Immune Pro-6.....	41
Inositol	55
Instant B-12.....	54
Instant Hot Cocoa	22
Intestinal Sweep	45
Intestinal Tune-up	47
Iodine	27
IRON	26

J

Jasmine Oil.....	30
JOINT HEALTH	49
Joint Support.....	49
Joint Support Cream....	35
Jojoba Oil.....	31
Juniper	15

K

K2 + D3.....	57
K, Vitamin.....	57
Kava-Kava Caps	51
Kefir Starter	23
Kelp Caps.....	16
Kelp Powder.....	12,16
Kelp Tablets	16
Keratin Conditioner	37
Keratin Shampoo.....	37
Keto Protein Pwd.....	22
Kid-E-Calc	18
Kid-E-Dry.....	18
Kid-E-Mins.....	20
Kid-E-Reg	18
Kid-E-Well	19
Kidney Cleanse.....	49
Kidney-Bladder Formula49	
Kidney Blend SP-6	49
Kidney Support Formula49	
Kids Cal.....	18
Kid Vits	20
Krill Oil.....	30
KYOLIC Formula 100..	16
KYOLIC Formula 103..	16
KYOLIC Formula 106..	16
KYOLIC Liquid Garlic .16	

L

Lactose	23
Lactation Support.....	39
L.A. Hold.....	37
Lanolin.....	37
L-Arginine	7
L-Arginine Powder.....	7
L-Arginine & Ornithine.....	7
Laundry Soap.....	11
Lavender/Cham. Tea.....	17
Lavender Flowers.....	11
Lavender Oil.....	30
Lavilin	33
Lavilin For Feet.....	33
L-Carnitine	7
L-Carnitine Liquid.....	7
L-Citrulline	7
LECITHIN	31
Lemongrass Oil	30
Lemon Oil	30
L-Glutamine	7
L-Glutathione.....	7
LAUNDRY SOAP	9
Licorice Root Caps.....	15
Licorice Root Cut.....	11
Licorice Root Liquid.....	13
Licorice Root Pwd.....	12
Licorice Root Tea.....	17
Life Essence Multiple.....	57
Life Ess. Multi Men.....	24
Life's Fortune Multi.....	58
Lightning Silver.....	41
Lime Oil.....	30
LimuZ6.....	41
Lipoic Acid.....	8
Liposomal Vit C	55,56
Liposomal Multi.....	57
Liposomal Multi Men.....	24
Liposomal Multi Women.....	60
Liquid Amino.....	23
Liquid B-12.....	54
Liquid Gold.....	39
Liquid Health Calcium.....	25
Liquid Health Iron.....	26
Liquid Health Prenatal.....	39
LIQ HERBAL EXTRACTS.12	
Liquid Lecithin.....	31
Liquid Magnesium	26
Liquid Multi.....	57
Liquid Multi Gels.....	58
Liquid Oxygen.....	46
LIQUID VITAMIN E 57	
Liver Fend.....50	
Liver & Gallbladder.....	50
Liver Glow.....	50
Liver Glow for Moms ..	50
Liver Guard.....	50
LIVER HEALTH	50
Liver Refresh	50
Liver Transition.....	50
Living Vitamin C	55
L-Lysine.....	7
L-Lysine Ointment.....	35
L-Methionine	7
Lobelia Leaf Cut.....	11
Lobelia Liquid.....	13
Lobelia Leaf Pwd.....	12
L-Ornithine.....	7
LOTIONS	35

LoveBug Probiotic	20
Lower Bowel Formula.....	45
L-Phenylalanine.....	7
L-Theanine.....	7
L-Tryptophan.....	51
L-Tyrosine.....	8
Lubricant	36
Lung & Bronchial	43
Lutein	47
Lydia Pinkham.....	59
LYMES DISEASE.....	50
M	
Maca.....	15
Macadamia Nuts	23
Magnesium.....	26
Magnesium Ascorbate.....	56
Magnesium-Calcium.....	26
Magnesium Capsules.....	26
Magnesium Flakes.....	32
Magnesium Glycinate.....	26
Magnesium Gummies.....	27
Magnesium Liquid	26
Magnesium Malate	27
Magnesium Potassium	
Aspartate	27
Magnesium Powder.....	26
MagO7.....	46
Male Urinary Tract.....	24
Malic Acid w/ Mag.....	27
Mama Bear Prenatal.....	39
Mama Bear Magnesium.....	27
Manganese	27
Marshmallow Caps	16
Marshmallow Root.....	12
Marshmallow Rt Pwd.....	13
Master Gland	44
Maxi-Milk	39
Maximizer.....	47
Melatonin	52
Memory Plus.....	50
Menopause Support.....	59
Menopause Relief Plus ..	59
Men's Multis.....	24
Menstrual Products.....	36
MENTAL HEALTH ..	50
Metabolic Complete	9
Methyl B-12.....	54
MicroLIM	50
Migraine.....	48
Milk Plus Formula.....	39
Milk Thistle Caps.....	16
Milk Thistle Liquid.....	14
Milk Thistle Seed Pwd.....	13
Milk Thistle Seed Whole.....	13
Mineral Crystal Stone.....	33
MISC. MINERALS.....	27
Miracle II Products.....	36
Mood Elevator TCM	51
Mood Support.....	51
Mother's Milk.....	18,39
MotionCalm.....	35
M.S.M	28
M.S.M. Capsules.....	28
M.S.M. Lotion.....	35
M.S.M. Powder.....	28
M.S.M. Tablets.....	28
Mullein Caps.....	16

Mullein Leaf Dried.....	12
Mullein Liquid.....	13
Multidophilus 12.....	40
Multidophilus 24.....	40
Mung Beans.....	23
MycLIM.....	45
MyKind Calcium.....	25
MyoTone	49
Myrrh Caps.....	15
Myrrh Gum Liq.....	14
Myrrh Gum Pwd.....	13
Myrrh Oil	30
N	
N-A-C	7
Nattokinase	48
Natural Attention Aid.....	20
Natural Calm	27
Natural Calm Sleep.....	52
Natural Resveratrol.....	8
NATURAL SWEETENERS22	
Nature's Prenatal.....	39
Neem Oil.....	30
Nerve Formula.....	51
Nerve Tonic.....	35
Nettle Blend Extract.....	13
Nettle Caps.....	15
Nettle Leaf Dried.....	11
Nettle Leaf Pwd.....	12
Nettle Tea Bags.....	17
Niacin (B-3).....	54
Niacinamide	54
Nursing Support.....	39
Nutra Joint Support.....	49
Nutri-Shave.....	37
NUTRITIONAL OILS31	
Nutritional Yeast Flakes.....	21
O	
Ocudyne Two	48
Odorless Garlic	16
Oil of Oregano	30,31
Ojibwa Caps.....	46
Ojibwa Liquid	46
Ojibwa Tea Bags.....	18
Olbas Analgesic Salve.....	34
Olbas Cough Syrup	42
Olbas Tea.....	42
Olbas Inhaler.....	43
Olbas Lozenges.....	42,43
Olbas Massage Oil.....	34
Old Indian Wild Cherry	
Bark Syrup	42
Olive Leaf Caps.....	15
Olive Leaf Liquid	13
Olive Oil.....	29
Omega 3	30,31
Omega 3-6-9	31
Omega-7.....	48
Omega Swirl.....	30
One n' Only	58
Ora Wellness.....	33
Oral Care Solution.....	33
Orange Oil	30
Orega Max.....	31
Oreganol Softgels.....	31
Oreganol Dropper.....	31
Oregon Grape Caps	15

Oregon Grape Liquid...	13
Organic Tears (drops)...	47
Oxygen, Liquid.....	46
Oxy Quest	46

P

P-5-P	26
P-6 Formula	38
P-9 Formula.....	38
PABA.....	55
Pain & Fever.....	18
Pain RX.....	51
Pancreas Formula.....	47
Pancreatin	47
Pantothenic Acid (B-5)	54
Papaya Chewable.....	47
Papaya Leaf	11
Para End.....	52
Para-Rid.....	52
Parsley Caps	15
Parsley Flakes.....	11
Parsley Powder.....	12
Partridge Berry.....	13
Passionflower Caps.....	15
Passion Flower Pwd.....	12
Patchouli Oil	30
Pau D'Arco Capsules.....	15
Pau D'Arco Cut	11
Pau D'Arco Liquid.....	13
Pau D'Arco Powder.....	12
Pau D'Arco Teabags ..	17
Paw Paw.....	8
PB 8 Probiotic.....	40
PEA.....	51
Pea Protein.....	22
Peace & Calming.....	30
Pearls, Probiotic	40
Pecans.....	21
Pennyroyal Leaf	11
Peppermint Leaf Bulk...	11
Peppermint Oil	30,31
Peppermint Oil Gels ...	32
Peppermint Tea Bag...	17
PERSONAL CARE....	32
pH Test Strips	44
Pharm Aloe.....	10
Pharm Aloe Shampoo...	37
Pine Needle Oil	30
Plantain Leaf.....	11
Plant Calcium.....	25
Plant Enzymes.....	47
Poison Ivy/Oak.....	34
Pomegran. Fruit Extract..	15
Pomegranate Seed oil...	48
Positive Thoughts	51
Potassium	27
Power Pak.....	56
Pregnancy Tea	17,38
Prenatal Advantage.....	39
Prenatal Multi	39
Prevagen.....	50
Primadophilus.....	20
Primal Defense	40
Probiotic Flora w/ FOS40	
Pro-Fighter.....	41
Propolis.....	10
Protease.....	47

Protein Powder	22
Psyllium Husk Capsules..	45
Psyllium Husk Powder...	45
Psyllium Husk Whole.....	45
Psyllium Seed Powder...	45
Pumpkin Seed Oil	31
Pumpkin Seeds	21
Pure Stevia Extract	22
Pure Stevia Powder	22
Purple Pitcher Plant.....	14
Pycnogenol.....	8

Q

Q-10.....	8
Qubeco.....	42
QUERCETIN	8
Quick Colon Formula ..	45

R

Radish Seeds	23
Rascal.....	52
Raw B-12	54
Raw Calcium	25
Raw B Complex.....	55
Raw D-3	56
Raw Iron	26
Raw Prenatal	39
Raw Protein Powder.....	22
Raw Protein & Greens..	22
Raw Probiotic Kids.....	20
Raw Probiotic Men.....	40
Raw Probiotic Women...	40
Raw Zinc.....	28
Real Salt	23
ReCalcia, Liquid.....	25
Red Clover Caps.....	15
Red Clover Blossom	12
Redmond Clay	37
Red Raspberry Caps	15
Red Raspberry Leaf	11
Red Raspberry TeaBags..	17
Red Sage Plus.....	48
Red Yeast Rice	45
Rei-Shi Mushrooms.....	42
Relax Eze	51
Re-Lyte.....	26
ReMag, Liquid.....	27
ReMyte, Liquid.....	27
Reset & Go.....	45
RespirActin.....	43
Respir-All.....	43
Restful Legs.....	35
Restful Legs PM.....	35
Resveratrol.....	8
Riboflavin.....	54
Ricola Cough Drops....	42
Ring Stop	47
Rose Absolute	30
Rosemary Caps.....	15
Rosemary Liquid.....	13
Rosemary Oil	30
Royal Jelly	10
Rhubarb Rt Pwd.....	12
Rutin.....	8

S

Safflower Oil.....	29
Saffron.....	51

SagaPro.....	49
Sage Leaf Bulk.....	12
Sage Leaf Powder.....	12
Sage Oil.....	30
SALT	23
Sambucus.....	42
SAMe.....	51
Sandalwood Oil	30
Sarsaparilla	15
Saw Palmetto	24
Scar Reducing Cream....	35
Sculpt n' Cleanse	53
Sea Salt.....	23
SEEDS FOR SPROUTING 23	
Selenium	27
Senna.....	12
Sen Sei Menthol Rub....	34
Shine Mint Powder.....	33
Shampoo	36
Shark Cartilage	42
Shaving Cream.....	37
Shepherd's Purse.....	13
Shine Mint Powder.....	33
Silica 20.....	28
Silica Complex	28
Silver, Colloidal.....	42
Silymarin.....	15
Sinus Plus Formula.....	43
Sinus Relief.....	43
SKIN CARE	37
Sleep Tonight.....	52
Sleep Well.....	52
Slippery Elm Caps.....	15
Slippery Elm Bulk.....	12
Slippery Elm Liquid.....	13
Slippery Elm Powder...	12
Smarty Pants Men.....	24
Smarty Pants Fiber.....	18,42
Smooth Move.....	17
Sodium Ascorbate	56
Soft Gelatin Multi....	58
Solar D-Gems.....	56
Soothing Digestion.....	47
Soothing Gel.....	18
Sovereign Silver.....	42
South of France soap....	35
Soy Milk Powder.....	22
Spearmint Leaf.....	12
Spearmint Oil	30
Spearmint TeaBags.....	17
Special Two.....	58
Spironil (Teasel Root) ..	50
Spirulina Caps	16
Spirulina Powder	16
Spirulina Tablets.....	16
SPK Formula	50
Sprouting Jar with Lid ..	23
Spry Chewing Gum.....	21
Spry Xylitol Mints.....	21
Squatch, Dr.....	33,37
Steak Shake Pwd.....	22
Stevia.....	22
Stevia Glycerite.....	23
Stevia Leaf Pwd.....	12
Stevia Powder	22
St. John's Wort.....	15
St. Johns Wort Extract ..	13
Stings & Bites.....	35

Stomach Aid.....	38
Stomach & Intestine.....	47
Stoneroot.....	13
Stress J.....	51
Stress & Sleep.....	52
Sucontral D.....	44
Sunflower Lecithin.....	31
Sunscreen.....	37
Super Cortisol Support	53
Super CranActin.....	49
Super Enzyme Caps.....	47
Super Enzymes.....	47
Superior C.....	55
Sustain.....	22

SWEDISH BITTERS. 14

T

Tangerine Oil.....	30
Tapioca.....	21
Taurine.....	7
T&C Formula.....	59

TEA BAGS IN BULK 17

Tea Infusers.....17

TEAS IN TEA BAGS 17

Tea Tree Oil.....	30
Tea Tree Conditioner..	37
Tea Tree Shampoo.....	37
Teething Gel.....	18
TestoJack.....	24
Testo Strong XY.....	24
Thieves Drops.....	30
Thieves Mints.....	30
Thieves Spray.....	30
Thieves Toothpaste.....	30
Three Lac.....	20,40
Throat Coat Tea.....	17
Thyme Leaf Cut.....	12
Thyme Oil.....	31
Thyroid Support.....	52
Tiger Balm.....	34
Toothpaste.....	30,32
Total Cleanse - Kidneys	49
Total Liver Cleanse.....	50
Trauma Drops.....	13
Tri Chromium.....	26
True Calm.....	51
Tummy Aid.....	18
Turmeric Caps.....	15
Turmeric Powder.....	12
Two-Per-Day Multi.....	58

U

Ultra B-12.....	54
UltraLaurin.....	41
Ultra Mag.....	27
Unkers.....	42
Unsalted Raw Energy..	23
Usnea.....	13
Uva Ursi Caps.....	15
Uva Ursi Liquid.....	13

V

Valerian Caps.....	15
Valerian Liquid.....	13
Valerian Root Bulk.....	12
Valerian Root Pwd.....	12
Valerian Super Calm.....	19
Vanilla Extract... ..	23
Vanilla Oil.....	30

Vari-Gone.....	53
Vari-Plex.....	53
VectiMega.....	31
Vein Support.....	53
VEGETABLE GLYCERINE.....23	
Vitality C.....	56
Vitamin C.....55	
Vitamin Code Kids.....	20
Vitamin Code Men.....	24
Vitamin Code Prenatal	39
Vitamin Code Women.	60
VITAMIN D..... 56	
Vitamin D-3 Liquid.....	56
VITAMIN E..... 57	
Vitamin E Cream.....	35,36
Vitamin E Liquid.....	57,58
VITAMIN K..... 57	
Vitamin O.....	46
Vitex Caps.....	15
Vitex Liquid.....	13
VS-C.....	42

W

Wally's Ear Oil.....	47
Walnuts.....	21
Walt.....	13
Water Out.....	15
Weight Control.....	53
WEIGHT MANAGEMENT....53	

Well Child.....	19
Wellness Formula.....	42
Wheat Germ Oil.....	31
Wheat Grass Pwd.....	12,16
Whey Protein.....	22
Whey Protein Isolate...	22
White Oak.....	12
White Willow.....	15
Wild Cherry Bark Syrup..	42
Wild Yam Caps.....	15
Wild Yam Cream.....	60
Wild Yam Liquid.....	13
Wild Yam Powder.....	12
Willow & Garlic Oil.....	47
Wintergreen Oil.....	30
Witch Hazel Extract....	13

WOMEN'S HEALTH...58

Women's Multi.....	58
Wonder C.....	56
Working Hand.....	36
Wormwood Combination	52
Wormwood Complex....	52
Worm & Parasite.....	52
Wound Relief.....	35

X

Xanthan Gum.....	21
X-Ceptic.....	35
X-INFX.....	42
Xlear.....	43
Xylitol Powder.....	23
Xyliwhite Mouthwash..	33
XyliWhite Tooth Paste	33

Y

Yarrow Flower Dried...	12
Yarrow Liquid.....	13
Yellow Dock Caps.....	15
Yellow Dock Pwd.....	12

Yeast/Fungal Detox....	45
Yeast X I.....	45
Yeast X II.....	45
Yerba Mate.....	2
Yogurt Starter.....	23
YOGURT SUPPLIES. 23	
Yogurt Thermometer...	23

Z

Zeolite Powder.....	46
Zesty Sprouting Mix....	23
Zinc.....	28



How-to-Order

Phone & Fax: 715-223-3941

Email: nutrichoicewis@gmail.com

Mail:

Nutri-Choice
PO Box 237
Colby, WI 54421

Include with Order:

- Complete NAME
- Complete ADDRESS
- Telephone NUMBER
- Product CODE NUMBER, NAME, SIZE, and ITEM COUNT
- Form of PAYMENT (see below for details)

Shipping & Liquid Surcharge:

- Free Shipping on orders* reaching \$99 (before tax)
- Liquid Shipping Surcharge applied to *each*: **12oz - 16oz-\$1.00, 32oz-\$2.00, and Gallon-\$3.00**
- ***case** and **wholesale** orders do NOT qualify for Free Shipping

Case & Wholesale:

- 10% Wholesale/Case Discount
- Wholesale much reach \$200 minimum (after discount & before shipping)
- 12 bottles qualify as a case
- Other cases: 6- 32 fluid oz and 4-Gallon Liquid
- do NOT qualify for Free Shipping
- though Enriching Gifts Int. cases are exempt of paying shipping

Special Order:

- Supply clear details on wanted product: NAME, BRAND, and SIZE
- No returns/NOT refundable

Returning Items:

- ONLY if unopened
- Special Orders are NOT returnable

PAYMENT - OPTIONS

- ALL orders must be **prepaid** or upon **day of ordering**. *No exceptions.*
- We accept CASH, CHECK, or CREDIT CARD
- **Make checks payable to Nutri-Choice.**
- We accept Visa, Mastercard, Discover & AMEX
- We do NOT keep credit cards on file.
- We now offer check payment over the phone

OUR PRICING POLICY

We do our best to make high-quality products available to you. We keep our overhead lower so that we can keep prices at more of a discount. The products we offer are mostly all from major natural food/supplement lines such as Garden of Life, Nature's Way, NOW Foods, Solaray, Krause, Life's Fortune, Hyland's, doTERRA, Young Living, Superior Source, Futurebiotics, Sprig's Life, and others.

Finally, it is common that prices are subject to regularly change. Despite our efforts, we cannot keep them perfectly updated in our catalog as with the computer system.

OUR PURPOSE

We are here to serve you, promoting 'Health the Natural Way'! Offering a growing selection of products to bring support to you in your health journey. Some books like *Be Your Own Doctor* or *A More Excellent Way* by Henry Wright are some of our favorites to recommend. (See page 10 for books)

We may answer questions with what we have personally experienced, learned from study, or heard from others. We are NOT doctors. We encourage you to pursue your own research. And most definitely talk to your doctor if you have serious concerns. We are happy to serve you in the ways we are able!

OUR DISCLAIMER

Our products are not guaranteed to treat, cure, or prevent any disease and/or illnesses. In addition, we cannot promise there to be no negative side effects. When taking any supplement, it is important to remember that adverse reactions can occur. And some may even interact with certain medications.

As it is our desire to offer options or ideas; these are strictly suggestions, based on traditional uses or the findings of recent research. The FDA, while it has not reviewed these ideas, has approved their inclusion so long as we notify our customers that final approval has NOT yet been given. In serious illness and/or urgency, consult your physician or dial 9-1-1 if in emergency. As an adult, you do have the right to treat yourself the way you choose. However, with children and minors, the situation becomes sensitive. Obviously for the child's health, and because Child Protective Services will step in, if necessary. As this is a very important matter, and rightly so. All this being said, be smart.



Important NOTE:

Prices are subject to change. There is NO guarantee that prices will be the exact same in our computer system as the catalog. Please keep in mind that it is normal for products to vary by an average of a dollar or two. Thank you!



Order Form for Nutri-Choice
715-223-3941
Mail to: PO Box 237, Colby, WI 54421



Item #	How Many	Description	Size	Price	TOTAL

SELECT PAYMENT METHOD

☐ CREDIT CARD

☐ CHECK (blank or filled in)

We highly encourage calling in your order if CREDIT CARD is your preference. We offer this for checks as well.

ORDERS must be PAID in full before shipment.

Total from this side –	\$
Total from other side –	\$
TOTAL OF ITEMS ORDERED	\$
5.5% SALES TAX (only for Wisconsin residents)	\$
Shipping average:	\$10.00*
TOTAL	\$

SEND ORDER TO:

NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE # _____ - _____ - _____

FREE Shipping
on regular
orders over \$99

SHIPPING can
vary by weight
and distance

LIQUID SURCHARGE
16 oz- \$1.00
32 oz- \$ 2.00
Gallon- \$3.00

CASE orders: Quantity
of 12. / 6- 32 fl oz. /4-
Gallons

STORE WHOLESAL orders only –
10% off any purchase over \$200
+ Shipping



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5.5% SALES TAX (only for Wisconsin residents)				\$	
Shipping average:				\$10.00*	
TOTAL				\$	

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16 oz • \$1.00
32 oz • \$ 2.00
Gallon • \$3.00

CASE orders: Quantity
of 12. / 6- 32 fl oz. / 4-
Gallons

CASE orders: Quantity
of 12. / 6- 32 fl oz. / 4-
Gallons

Original Oxygen Colon Cleanse & Digestive Detox Support

Life can be messy. Often at the worst times we struggle with bloating, gas, and constipation caused by intestinal waste. For 25+ years, MagO7 has been a popular oxygen colon cleanser, digestive detox support, and natural laxative alternative. MagO7's unique *Ozonated Magnesium Oxide Compounds* may help bring water and oxygen into the intestines, break down hardened waste, and promote gentle bowel movements - all with no cramping or bloating.

- 25+ Years. New packaging, same great formula as Aerobic Life Mag O7!
- Natural Laxative Alternative. Vegan. **Non-GMO. Non-habit-forming.**



INGREDIENTS

Magnesium Oxide Compounds:

Our proprietary magnesium oxide compounds may give a gentle osmotic effect, moving water into the stool and activating the intestines to move.

MagO7 magnesium oxide compounds also carry oxygen, which releases over time and may help remove hardened and compacted waste.

Potassium:

Electrolytes like potassium may help you maintain a healthy fluid balance when used with osmotic magnesium oxides, which use water to help you poop!

Use MagO7 For:



Losing Waste
Weight



Constipation



Support for Bloating
and Discomfort

SUGGESTED USE: As a dietary supplement, take 3 capsules at bedtime, on an empty stomach, with 8-12 oz of water. Use for 7-10 days or until desired cleanse has been attained. Serving size may vary depending on the individual. Increase serving size by up to 2 capsules until desired effect is achieved. If needed, decrease serving size for maintenance.

Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 10

Amount Per Serving	% Daily Value	
Magnesium	1,035 mg	246%
(MOXiO ₃ TM)(As Ozonated Magnesium Oxides)		
Potassium (As Potassium Citrate)	99 mg	2%

OTHER INGREDIENTS: Certified Organic Rice Flour, Citric Acid & Vegetable Cellulose Capsules.

BENEFITS

- **Natural Constipation Relief:** May relieve uncomfortable constipation, bloating, and gas without the use of unpleasant laxatives or herbs.*
- **Colon Cleanse to Feel Better:** May help remove accumulated intestinal waste, helping you feel less bloated and heavy.*
- **Support Colon Detoxification:** May support the reduction of toxins and pathogens that steal nutrients and leave harmful waste.*
- **Fast Acting and Reliable Relief:** May work overnight while you sleep with a satisfying bathroom visit in the morning.*
- **1, 3, 5, 7 Day Cleanse, as Needed:** Use as needed for constipation or as a longer cleanse to clear toxic waste from your gut.*
- **Natural Laxative Alternative:** May replace stimulant, emollient, and lubricant laxatives. Pairs great with **daily multi-fiber!***

MagO7 Suggested Use

Take 3-5 capsules at bedtime on an empty stomach

Take with 8-12 oz of water

Use for 7-10 days or until desired results.

Tips & Tricks

- Always take on an empty stomach. MagO7 cleanse pills can be taken any time of day, but preferably 2–3 hours after your last meal.
- For best results, take right before bed and wake up to a gentle bathroom experience!
- Drink plenty of water, at least 8oz but ideally more! Water is Key!
- Struggle swallowing capsules? Gently squeeze the capsule to shorten it or try the powder!
- May be used occasionally or as part of a longer cleanse

WHO SHOULD USE

People who...

- Suffer from occasional constipation and bloating
- Want to feel less bloated and heavy from waste
- Don't want to take herbal or stimulant laxatives
- Have low fiber, high fat diets like keto
- Travel regularly or experience changes in routine
- Take antacids, pain medications, and diuretics
- Live a sedentary lifestyle



Credit info: <https://nbpure.com/products/mago7-gut-cleanse-digestive-system-detox-oxygen-pills-aerobic-life?variant=39627831673021>



Holidays:

(which we will be CLOSED)

New Year's Day - January 1st

Memorial Day - May 25th

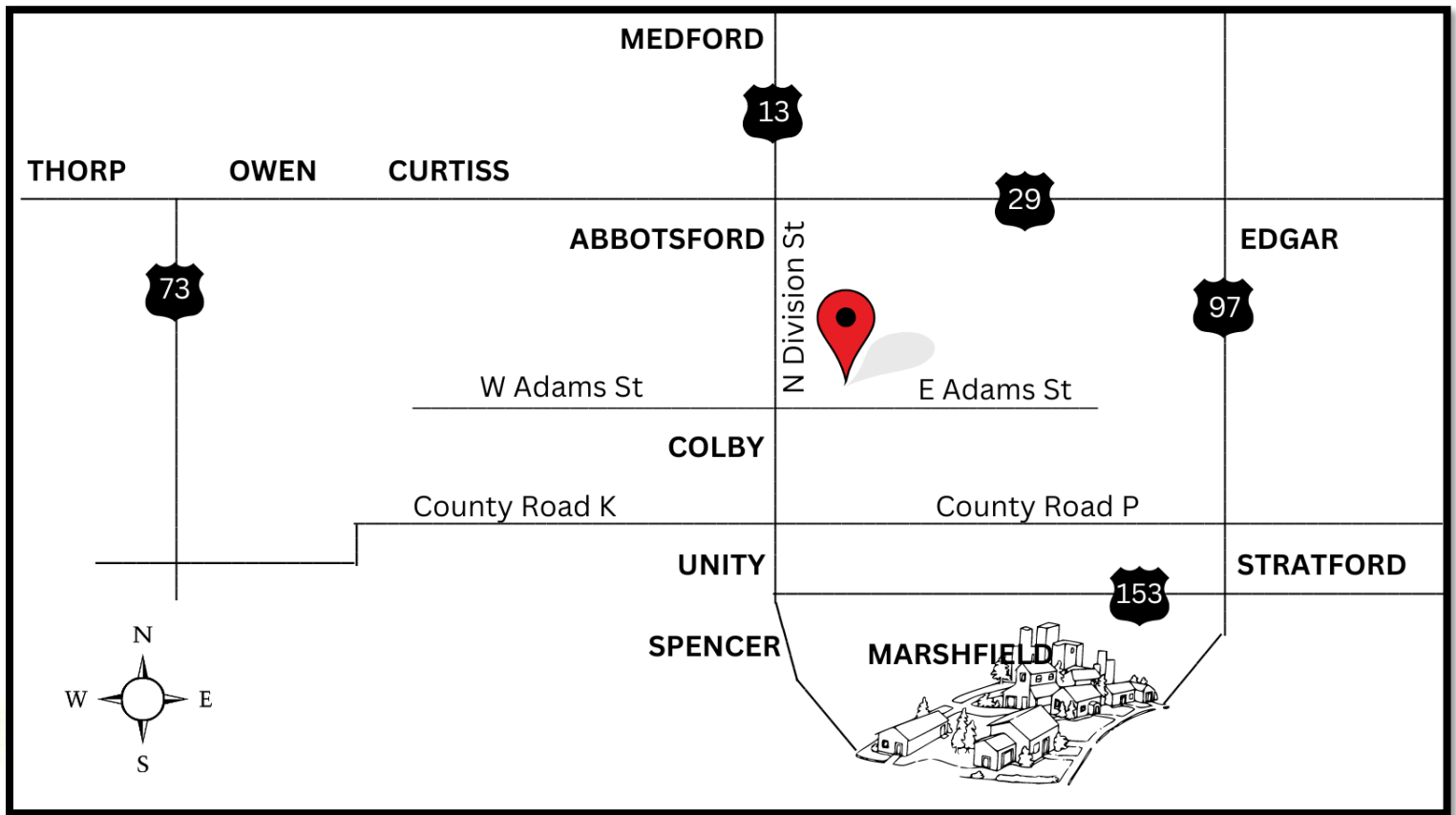
Independence Day - July 4th

Labor Day - September 7th

Thanksgiving & the following 3 days - November 26-29th of 2026

Christmas Eve, Day, & the day after - December 24, 25 & 26th of 2026

www.nutrichoicewis.com



715-223-3941

PO BOX 237
604A N Division Street
Colby, WI 54421