

Hope for Health

CATALOG & HEALTH RESOURCE GUIDE

Providing resources to maintain or regain your health in a safe and natural way!

hopeforhealthusa.com • 1-800-468-7884



ALL OUR PRODUCTS ARE
RESPONSIBLY SOURCED,
ETHICALLY CREATED,
AND NEVER TESTED ON ANIMALS

*“And God said, ‘Behold,
I have given you every herb
bearing seed, which is upon
the face of all the earth.’”*

—Genesis 1:29

Hope for Health has reformatted our catalog for your convenience.

If you need any help choosing a product, please call or email.

Your satisfaction is our number one concern!



*“Beloved, I wish above
all things that thou mayest
prosper and be in health,
even as thy soul prospereth.”*

—3 John 2

FDA DISCLAIMER: The statements made within this catalog have not been evaluated by the U.S. Food and Drug Administration. These statements and the products of Hope for Health are not intended to diagnose, treat, cure or prevent any disease.

LEGAL DISCLAIMER: Please consult your physician before implementing any new diet, exercise, or dietary supplement program, especially if you have pre-existing medical conditions or are taking prescribed medications. The statements made in this catalog and the counsel given by our health-care staff are for educational purposes only and are not meant to replace the advice of your physician or healthcare provider.

Section 1. Body Systems 5 & Supportive Supplements

This section shares a few carefully chosen supplements to support your health for each Body System. Look up which system you need to support and choose your supplements. Some supplements are shown in more than one section.

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Placing An Orders

Over the phone: Call the order line at 1-800-468-7884 and a customer service representative will be happy to help you place your order.

Online: Visit www.hopeforhealthusa.com and go into the shop.

Mail: Send in a check or money order along with a detailed list of the products you want to order. Don't forget to include shipping costs (and tax if you are a resident of North Carolina). Please call for your exact tax amount.

Mis-Priced Items

We do our best to provide the most accurate, up-to-date pricing information, however, we may occasionally change product prices or offer discounts. Unfortunately, there may be times when some of the items in our catalog are mis-priced. We apologize for the inconvenience. Please double-check the prices with a staff member before you finalize your order.

Security

We want you to feel confident and comfortable that your purchase is transacted with the utmost security.

Online: We employ the Internet's strongest security technologies, including Secure Sockets Layer (SSL). The transactions are protected by the highest levels of encryption available to ensure security and privacy. The information is encrypted on your computer, sent through the Internet as jumbled code, and decoded on our secure server. It cannot be read in transit.

Phone, e-mail and mail: You can purchase with confidence, knowing that your personal information will never be sold, rented, given, or shared with anyone at any time! We do not share your payment information or your personal information, including your name, address, phone number, or e-mail with any company, individual, group, or other interested parties. We want you to have confidence that your purchasing and communication with us is held to the highest professional and security standards.

Shipping Policies & Procedures

We're committed to getting your order to you as quickly as possible. When your order is placed by phone or online it is immediately processed and sent to our shipping department for expedited service. Due to our extremely efficient shipping staff, orders cannot be modified or canceled once they have been placed. All orders placed before 11 a.m. (EST) will ship the same day. *All orders placed after 11 a.m. (EST) will ship the following day.*

*For all regular orders, barring extraordinary circumstances. Bulk/Distributor orders may require an additional day before shipping.

U.S.A. - Flat Rate Shipping

\$0 - \$25.00 = \$6.00

\$25.01 - \$50.00 = \$9.00

\$50.01 - \$100.00 = \$13.00

\$100.01 or more = FREE!!

***We do not ship outside of the U.S.A.**

Standard Shipping Times

3-5 business days depending on your zip code. Monday - Saturday delivery (except UPS). Most orders will be shipped USPS, however larger orders will be shipped UPS. If you would like to request a quicker or specific shipping method, additional charges may apply.

Note: Orders being shipped to FPO, APO and PO Boxes are delivered via USPS, regardless of weight.

Payment Options

We accept the following payment methods: Visa, Master Card, Discover, American Express, E-check and PayPal. You may also pay using a check or money order when placing your order by mail. All prices are listed in U.S. dollars.



Contact Us

If you have any questions or concerns, our staff would be happy to help!

Order Line: 1-800-468-7884

Lifestyle Counseling: 1-828-649-0278

E-mail: hopeforhealth@hopeint.org

Website: www.hopeforhealthusa.com

Mailing Address:

Hope for Health
151 Ascension Ln. • Marshall, NC 28753

Office Hours

Our office hours are Monday through Thursday 7am-6pm (EST). We are closed Friday, Saturday, and Sunday.

Tax Policy

North Carolina residents are subject to a sales tax on all items. Tax rate varies by county (based on the billing address). Please call for your exact tax amount.

Pricing Policy

We work hard to offer consistently low prices on every item we sell. All prices are listed in U.S. dollars. Product availability, pricing, and shipping costs are subject to change without notice.

Return Policy & Guarantee

All of your purchases at Hope For Health are covered by our 30-day unconditional money back guarantee. If for any reason you are unhappy with any product you have purchased from us, you may return it for a full refund (less shipping & handling). Only one opened package of each product is eligible for return. All others of the same product must be in a factory sealed container for refund. You are covered by this unconditional money back guarantee for a full 30 days from your date of purchase. We are happy to exchange products for you as well, but shipping will need to be covered by the customer both ways.

Discount Pricing

If you're interested in placing a large order, you could be eligible for our bulk discount pricing!

GET TOGETHER WITH FRIENDS OR FAMILY AND SAVE!!

• **Place a \$500.00 order and get 30% off! Big savings!**

It's that simple. Whenever you place an order over \$500.00 (retail), you get a 30% discount. Receive \$500.00 worth of products for only \$350.00!!

***Bulk orders do not qualify for free shipping. Bulk orders will be charged the actual shipping cost.**

• **Not ready to place an order that big? You can still save!**

Not everyone can place such a large order, so there are other ways you can save. Shipping costs are high, but they don't have to be! When you place an order over \$100.00 you automatically receive FREE shipping!

Hope for Health | Product Guide

Section One - Body Systems & Supportive Supplements

This section allows you to look up a body system or a particular health concern and see which products address your needs. If, after perusing Section One, you want to see more, we invite you to go to Section Two (page 30), where you will see every product listed A-Z.

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All of Our Products...

Are FREE Of:

- Gluten • Dairy • Corn • Fillers • MSG
- Sugar • Preservatives • Excitotoxins
- Chemical Additives

They Are Also:

- Non GMO
- Vegan (see page 58 item 12)
- Made In The USA
- Encapsulated in Veggie Capsules



Order online:

www.hopeforhealthusa.com

or call us:

1-800-468-7884

PRODUCT GUIDE: BRAIN & MEMORY SUPPORT

Are you having trouble remembering where you last put your phone? Do you forget people's names soon after you've been introduced? Perhaps these natural memory enhancers will help...

GINKGO BILOBA



90 Capsules

\$13.99

Ginkgo is widely touted as a “brain herb.” Researchers recently reviewed all of the high-quality published studies on ginkgo and mild memory impairment, and concluded that ginkgo was significantly more effective than placebo in enhancing memory and cognitive function.

As more than 300 studies demonstrate, ginkgo facilitates better blood flow through out the body, most notably the brain, where it both protects and promotes memory and mental function, particularly for the elderly. It also offers a wealth of possibilities in the help of many other common ailments.

Ginkgo extract has been reported to significantly improve functional measures in individuals suffering from nervous system issues such as problems with coordination, energy level, strength, mental performance, mood, and sensation. Some of these symptoms including progressive stiffness, shaking, and loss of muscle coordination, may be attributed to a lack of nutrients in the brain. By improving blood flow to the brain, ginkgo may help to replace depleted nutrients and thereby reduce the effects of deficiency.

Clinical studies suggest that ginkgo may provide the following benefits for people with severe memory problems:

- Improvement in thinking, learning, and memory (*general improvement in cognitive function*)
- Improvement in both: activities of daily living and social behavior (*with fewer feelings of sadness*)

Ginkgo Biloba increases metabolism efficiency, regulates neurotransmitters, and boosts oxygen levels in the brain (*which uses 20% of the body's oxygen*). It has been shown to increase brain functionality, which is beneficial to those suffering from poor concentration and memory loss. For this reason, ginkgo has been said to improve mental function (particularly in elderly people).

Ginkgo Biloba has been shown to increase blood flow to the brain, which supports normal cognition, increases oxygen (carried by the blood), improves memory, promotes detoxification of waste, and increases brain energy. An increase in blood flow also allows for more vital nutrients to reach the brain.

GINSENG BOOST



100 Capsules

\$13.99

Are you constantly dragging? Do you feel like you just don't have the energy you used to? Are you having a hard time remembering even the simplest things? If so, then give Ginseng Boost a try! It boosts energy levels, improves memory, increases cognitive function, and fights stress!

Ginseng is one of the most effective anti-aging supplements, with the capability of alleviating some major effects of aging such as degeneration of the blood system, and increasing mental and physical capacity.

Facts About Korean Ginseng:

- It stimulates the formation of blood vessels and improves blood circulation in the brain, thereby improving memory and cognitive abilities.
- It may inhibit abnormal cell growth.
- It helps to stimulate production of powerful immune cells called “killer T-cells”.
- It balances the release of stress hormones by supporting the organs that produce them (the hypothalamus, the pituitary, and adrenal glands).

MEGA-MULTI



180 Caplets

\$22.99

360 Caplets

\$39.99

14 Oz. Powder

\$26.99

Mega-Multi contains a plethora of “whole-food” ingredients. Whole-foods are the ONE SURE option for the body's use and metabolism. When vitamins and minerals come from natural sources, it is much easier for your body to absorb and assimilate the nutrients. You WILL feel the difference!



PRODUCT GUIDE: STRESS, MOOD, ANXIETY, & MENTAL HEALTH

Feel like stress and anxiety are getting the better of you? Don't want to start traditional medications, but unsure of how to support your body naturally? Consider the supplements listed here as a good place to start rebuilding your body. Feel free to call us for more personalized support.

B-COMPLEX



100 Capsules **\$12.99**

B-Complex helps to counteract stress and anxiety. B-Complex includes:

Vitamin B1 (Thiamin) - Helps the body produce energy. Promotes a normal, healthy appetite.

Vitamin B2 (Riboflavin) - Encourages healthy thyroid function and metabolism. Promotes good vision and healthy skin.

Vitamin B3 (Niacinamide) - Maintains the health of the skin, nervous system, and digestive system. Essential for healthy thyroid function and thyroid hormone regulation.

Vitamin B5 (Pantothenic Acid) - Boosts energy levels, normalizes hormone levels, helps the body to use and metabolize fat.

Vitamin B6 (Pyridoxine) - Promotes healthy skin and mucus membranes; aids in the regulation of thyroid hormone; and boosts metabolism.

Vitamin B7 (Biotin) - Is an essential component for maintaining health of the skin, hair, and nails. It aids in the growth, maintenance, and repair of muscle tissues. It also promotes healthy bone marrow growth, hormone levels, and nervous system functioning.

Vitamin B9 (Folic acid) - Has protective qualities against unhealthy cell growth, aids in red blood cell production, and contributes to a balanced metabolism.

Vitamin B12 (Cobalamin) - Aids in the development of healthy red blood cells. Strengthens and maintains a healthy nervous system.

Choline Bitartrate - Needed for efficient fat metabolism. Choline deficiency leads to fats becoming trapped in the liver.

Inositol - Aids choline in the metabolism and utilization of fat.

Para Aminobenzoic Acid (PABA) - Reduces the appearance of wrinkles, keeps skin smooth, and is said to restore graying hair to its original color.

SOOTHE



100 Capsules **\$11.99**

Are you restless, anxious, tense, or just need a good night's sleep? Then try our Soothe with 100% natural Valerian Root!

Valerian is the most common over-the-counter sedative used in Europe to help with sleep disturbances, anxiety, excitability, and stress!

SUNNY DAY



100 Caplets **\$17.99**

Do you or someone you love suffer from anxiety, mood swings, or difficulty sleeping? Are you having a hard time enjoying even the simple pleasures in life? Does it seem like you just don't feel "happy" anymore? If you're ready to relax and enjoy life again, Sunny Day can make all the difference in the world!

Sunny Day is a collection of nutrients especially formulated to combat the effects of stress and help to maintain a positive mental outlook.

This formula includes:

Valerian- Reduces stress & aggression, improves sleep quality

St. John's Wort- Elevates the mood, calms, and improves sleep

Chamomile- Encourages relaxation without drowsiness

Hops- Calms the nerves and improves quality of sleep

Skullcap- Relieves stress, tension, and nervous disorders

Passion Flower- Helps fight tension, anxiety, and panic attacks

Vitamin B1- Boosts mood and energy level

Vitamin B2- Helps balance mood and aids in sleeping

Vitamin B3- Fights anxiety, irritability, and stress, improves mood

Vitamin B5- Works as an anti-stress factor

SUPER KELP



250 Tablets **\$9.99**

The electrolytic magnetic action of Super Kelp releases excess body fluids from congested cells and dissolves fatty wastes through the skin, replacing them with depleted minerals, particularly potassium and iodine. As iodine boosts thyroid activity, food fuels are used before they can turn into fatty deposits.

No land plant has even half the essential mineral content of seaweed such as kelp. It contains over 30 minerals and vitamins, including minerals such as: iron, sodium, phosphorus, calcium, magnesium, and potassium. In addition, it contains Vitamins A, B1, B2, B6, B12, C, D, E, and K, plus amino acids.

Super Kelp helps to support a healthy iodine level in the body. Nearly 74% of normal, "healthy" adults may no longer consume enough iodine. Inadequate iodine intake causes weight gain, low energy, mood disorders, cardiovascular issues, cognitive decline, and a variety of unhealthy cell growth problems.

PRODUCT GUIDE: PAIN MANAGEMENT

There's nothing like pain to make you stop and evaluate what needs to happen to get relief. Whether there is an acute injury or chronic joint and nerve pain, these supplements may help to ease the discomfort and support your body in recovery.

JOINT SUPPORT



100 Caplets

\$22.99

Joint pain can be very bothersome. But the good news is, help is available! If you suffer from joint pain, regardless of the cause, Joint Support can help! Joint Support is a specially formulated blend of herbs and nutrients that help reduce inflammation and pain while nourishing the entire structural system (bones, muscles, and joints).

Joint Support is a formula full of choice ingredients that may help to reduce pain while giving your body the needed tools to recover.

Joint Support includes:

Yucca - Reduces joint inflammation and pain

White Willow Bark - Known for its pain-relieving properties, it may also help to reduce inflammation

Bromelain - Powerful anti-inflammatory

Vitamin A - Crucial for the formation of collagen and connective tissues—this vitamin is essential for helping with joint pain

Niacinamide - Improves joint mobility, muscle strength, and decreases muscle fatigue

PAIN ERASER



90 Capsules

\$13.99

Pain Eraser is a natural alternative that may enhance or replace conventional antidotes, and leave you happier, healthier, and pain-free! If you are tired of missing out on life because of your chronic pain, sore joints and back, or headaches, try Pain Eraser and find relief!

Pain Eraser Includes:

White Willow Bark - A natural analgesic with pain-reducing properties

Feverfew - A gentle herbal sedative

CherryFlex - A potent anti-inflammatory

Nettle Extract - Lowers systemic inflammation

Codonopsis Root - Improves circulation to the injury site

Jamaican Dogwood - Helps calm severe, stabbing nerve pain

Quercetin - A natural anti-inflammatory and pain-reducer

Thyme - Helps to relieve pain associated with migraine headaches

Magnesium Oxide - Reduces pain, migraines, and muscle cramps

Bromelain - Reduces pain, swelling, and inflammation

Papain - An enzyme found in papaya fruit that helps to reduce pain and inflammation

MSM



240 Capsules

\$22.99

16 Oz. Powder

\$15.99

Are you looking for pain relief? If so, look no further! MSM can actually help to repair damaged tissue rather than just suppressing the pain. It can help reduce the pain and discomfort that comes from inflammatory conditions, injuries, or tissue damage.

MSM helps to:

- Relieve pain and inflammation
- Reduce or eliminate muscle cramps
- Reduce or eliminate pain from chronic conditions

Customer Testimonial:

"I cannot believe how quickly this supplement assists the body in fighting pain; I'm up and down the stairs many times a day, and my left knee started getting painful each time I went up or down. Within 24 hours of starting the MSM, the pain started abating! I am so thankful for something natural without side effects!!" -P.T.

TURMERIC



90 Capsules

\$29.99

One of the most comprehensive summaries of turmeric studies to date was published by the respected ethnobotanist James A. Duke, PhD., in the October 2007 issue of *Alternative & Complementary Therapies*, and summarized in the July, 2008, issue of the American Botanical Council publication *HerbClip*. Reviewing some 700 studies, Duke concluded that turmeric appears to outperform many pharmaceuticals in its effects against several chronic, debilitating issues,

such as age-related brain deficiencies, unhealthy cell growth, and inflammation, and does so with virtually no adverse side effects.

Some forms of sadness and other mood disorders may respond to turmeric, according to the University of Syracuse Food Services. A study published in the October 2012 issue of the *Journal of Psychopharmacology* found that turmeric improves the activity of serotonin and dopamine, two brain neurotransmitters that are often deficient in patients with mood disorders. Turmeric improves function in areas of the brain responsible for reacting to stress. Turmeric also protects against damage to the energy-producing parts of cells, which commonly occurs in these disorders. Researchers concluded that turmeric might be a useful natural alternative to conventional medications.

PRODUCT GUIDE: COLON & INTESTINAL SUPPORT

The colon and intestinal system make sure that toxins and waste are eliminated from the body. It is very important to support our body in these functions in order to maintain optimum health.

ALOE VERA



100 Capsules

\$11.99

A properly functioning digestive tract is foundational to good health. Aloe Vera is known to soothe and cleanse the digestive tract and help improve digestion. The interesting thing about taking Aloe Vera internally is that it may help with either constipation or diarrhea, helping to regulate your elimination cycles in whatever way you need. Aloe Vera also helps to decrease

the amount of unfriendly bacteria, and may help keep your intestinal flora in balance.

Aloe Vera may:

- Assist in preventing kidney stone formation
- Aid with digestive and stomach disorders
- Alkalize the body and assist in balancing overly-acidic diets
- Reduce yeast-type infections
- Soothe the intestines and lubricate the digestive tract
- Improve constipation issues

COLON CLEAR



90 Capsules

\$13.99

Just like the name sounds, this formula may help to clear your colon of unwanted toxins and material.

Colon Clear Ingredients:

Bentonite Clay Powder - A natural detoxifier
Concentrated Aloe Vera Powder - This herb helps repair damaged tissue in the gut, and improves daily regularity
Psyllium Seed Powder - A great source of water-soluble fiber

Celery Powder - A natural antioxidant, diuretic, and laxative

Prune Concentrate - Helps enhance regularity

Mint - Eases stomach pain and gas

Flaxseed Powder - Coats and lubricates the bowel which helps keep the colon walls clean

Anise - Helps prevent constipation and bloating

Vitamin C - Contains powerful antioxidants that help with bowel problems, even ulcers, and other painful conditions

Magnesium - Helps to prevent constipation by relaxing your colon walls when you are under stress

Papain - Helps prevent constipation and intestinal parasite infections

Bromelain Enzymes (from pineapple) - Helps destroy intestinal parasites and fights inflammation

FLAXSEED



100 Capsules

\$13.99

The Components Of Flaxseed:

Protein: There's about 25g of protein for every 100g of flax seeds. The protein in flax seeds is easily digested and contains a complete amino acid profile that your body needs.

Lignans: Lignans have immune boosting, anti-viral, and anti-bacterial properties, and flaxseed has 75 to 800 percent more lignans than other vegetables and grains.

Essential Fatty Acids: Flaxseed is a rich source of 3 essential fatty acids: alpha linolenic acid, omega 3 essential fatty acid, and omega 6 essential fatty acid.

Flax seeds contain 12% mucilage, which makes it a gentle, natural laxative. Flax seeds are perfect for individuals who have a sensitive stomach. Flaxseed acts as a buffer for excess stomach acids and soothes ulcers and bowel disorders. It also helps lubricate the digestive tract, absorbs toxins, and helps prevent toxic buildup in the bowel.

FLORA BALANCE



90 Capsules

\$18.99

Flora Balance is a powerful enzyme and anti-fungal formula to support the detoxification of yeast overgrowth and promote a balanced intestinal environment.

Flora Balance Ingredients:

Cellulase and Hemicellulase - Enzymes that help to break down, destroy, and flush fungi from the body

Amylase - A digestive enzyme that aids digestion and helps the body break down starches

Malt Diastase - An enzyme that is useful for digestive support and general nutritional support.

Glucoamylase - Prevents fungal (yeast) infections

Invertase - Prevents and fights fungal (yeast) infections

Pau D'Arco - A natural anti-fungal, anti-bacterial, and anti-viral

Biotin - Biotin limits the spread of candida albicans to prevent yeast infections

Goldenseal Extract - Prevents and fights fungal and parasitic infections

Grapefruit Seed Extract - Fights viral, bacterial, and fungal infections

PRODUCT GUIDE: DIGESTIVE HEALTH—STOMACH ISSUES, HEARTBURN

Eating all the right things, but still struggling with heartburn?

These options will help your body process food in a timely fashion and avoid heartburn and other digestive issues.

ACTIVATED CHARCOAL



180 Capsules \$17.99
10 Oz. Powder \$20.99

It was 1831. In front of his distinguished colleagues at the French Academy of Medicine, Professor Touery drank a lethal dose of strychnine and lived to tell the tale. You see, he had combined the deadly poison with Activated Charcoal. That's how extremely powerful activated charcoal is as an emergency decontaminant. Activated

Charcoal is considered to be the single most effective agent available. It works by keeping the poison from being absorbed from the stomach into the body. It can be used after a person swallows or absorbs almost any toxic drug or chemical.

How Does It Work? Activated Charcoal exerts its effects by adsorption of a wide variety of drugs and chemicals. Adsorption (*as opposed to absorption*) is a process in which atoms and molecules move from a bulk phase (*such as a solid, liquid, or gas*) ONTO a solid or liquid surface. In other words, the toxic substance attaches to the surface of the charcoal. Because charcoal is not "digested," it stays inside the GI tract and eliminates the toxin when the person has a bowel movement.

For Gas, Heartburn, or Upset Stomach:

Adults: 1-2 teaspoons (4-10 capsules), up to 3 times a day as needed.

Children: ¼-½ teaspoon (1-3 capsules) up to 3 times a day as needed, depending on body weight.

For Nausea, Vomiting, or Diarrhea:

Adults: 1-2 tablespoons (15-30 capsules) in a small amount of water after each vomiting/diarrhea episode. Follow with a glass of plain water, if tolerated.

Children: 2-3 teaspoons (5-15 capsules), depending on body weight.

For Poisoning: It is best taken in powder form for poisoning, to adsorb the toxic substance as fast and as completely as possible. Take 1 tablespoon in a small amount of water for every gram of poison taken. If you don't know the amount of poison taken, use 1 tablespoon per 20 pounds of body weight.

NOTE: Charcoal is most successful if used within the first hour of swallowing poison. In severe poisoning cases, several doses of charcoal might be required. Activated charcoal should not be used for the ingestion of corrosive poisons such as: lye, acids, fuel oil, alcohols, etc.

This is a must-have for any medicine cabinet. It is fast and effective. Don't let your family be without this effective remedy!

SWEDISH BITTERS



90 Capsules \$17.99
180 Capsules \$29.99
3.5 Oz. Tea \$20.99
8.45 Oz. Liquid* \$21.99
16.9 Oz. Liquid* \$39.99
1 Oz. Concentrate \$39.99

*Contains Alcohol

Used throughout the world for centuries, Swedish Bitters is a mixture of eleven herbs that can work wonders in supporting your health.

Swedish Bitters can be used for:

- Poor complexion
- Pimples
- Difficulty sleeping
- Fever or infection
- Ringing in the ears
- Tooth or gum pain
- Heartburn or gas
- Stomach cramps
- Constipation
- Weakness or fainting
- Tremors or shakes
- Swelling or inflammation
- Skin problems
- Scars
- Burns
- Earaches
- Hearing loss
- Sore throat
- Indigestion
- Appetite loss
- Dizziness
- Painful joints
- Snoring

TURMERIC ROOT



90 Capsules \$29.99

Preparations of Turmeric contain different ratios of curcuminoids and vary in effectiveness. You don't want a cheap formula; you will just be flushing your money away! Hope for Health's Turmeric has 90 capsules with 95% pure curcuminoids that are fast-acting, long-lasting and highly absorbable.

According to the Journal of the American Chemical Society, Turmeric contains a wide range of antioxidant, anti-viral, antibacterial, anti-fungal, and anti-inflammatory properties. It is also loaded with many healthy nutrients such as protein, dietary fiber, niacin, vitamin C, vitamin E, vitamin K, sodium, potassium, calcium, copper, iron, magnesium, and zinc. Due to all these factors, turmeric is often used to help a wide variety of health problems.

It is an antiseptic and helps eliminate yeast and parasites.

Stimulating the gallbladder to produce bile, which may help improve digestion. The German Commission E, which determines which herbs can be safely prescribed in Germany, has approved turmeric for digestive problems. One double blind, placebo-controlled study found that turmeric reduced symptoms of bloating and gas in people suffering from indigestion.

PRODUCT GUIDE: ENDOCRINE & HORMONAL HEALTH

An estimated 20 million Americans suffer from some form of thyroid imbalance. This small gland is responsible for so many functions, it is important to do all we can to support its health and function.

SUPER THYRO



90 Caplets

\$19.99

Ingredients:

Have you been told you're fine when you know you're not? Are you sick, tired, or irritable? Have you been given mental health drugs when you know you don't need them? If so, it could be your thyroid!

The small butterfly-shaped gland below your Adam's apple – which weighs 25 grams (*about as much as a small mouse*) – secretes hormones that are critical to your body's functioning. It helps regulate heart rate, breathing, and body temperature. It also affects your skin's appearance, how fast your hair grows, and your ability to become pregnant.

The thyroid is like your house's circuit breaker. When the switch is on, there's power. When it's off, you can fuss with the outlets and lights, but none will work until the main breaker is turned back on. It's the same with your thyroid gland: Proper output of the thyroid's two main hormones, T3 and T4, makes you feel well. When the gland doesn't function right, your whole body seems to fall apart.

Do You Or Someone You Love Suffer From:

- Excessive fatigue
- Irritability
- Muscle weakness
- Difficulty sleeping
- Weight gain or loss
- Unexplained sadness
- Decreased memory
- Dry skin
- Hair loss
- Inability to tolerate heat or cold

If these problems sound familiar, your thyroid may need some support! Many people today just "don't feel right," but they can't put their finger on it. Their doctor says all tests are normal, but the problems persist. Many times our body just needs a little help in the right direction. Try our special Super Thyro herbal formula to improve the functioning of your thyroid and find relief.

Blue Flag Root - Used for thyroid health as far back as 1898, Blue Flag Root supports the function of the thyroid and helps to naturally balance hormone levels. It also appears to act as a potent detoxifier of the thyroid gland, which is particularly susceptible to damage from environmental toxins.

Fucus Vesiculosus (Bladderwrack) - A seaweed of the North Atlantic, Fucus has been used historically to benefit thyroid functioning. It supports the balancing of thyroid hormone levels and promotes healthy thyroid function. It contains approximately 600 mcg of iodine per gram, trace amounts of diiodotyrosine (*a precursor of thyroid hormone*), T3, and T4.

Guggul Gum Resin - Guggul Gum Resin comes from the yellowish sap gathered from the bark of the small Commiphora Mukul tree, which is a relative of myrrh. It helps stimulate metabolism, promotes weight loss, and supports healthy production of thyroid hormones. Guggul Gum increases iodine uptake by the thyroid gland and promotes conversion of T4 to T3 (*active thyroid hormone*) in the liver.

Gentian Root - Gentian Root boosts metabolism, nourishes and helps sustain healthy thyroid function, promotes proper secretion of thyroid hormones, and has a normalizing effect on the thyroid gland.

Iodine - Iodine is an essential element that enables the thyroid gland to produce thyroid hormones which are necessary for maintaining normal metabolism in all cells of the body. The body must have the proper amount of iodine for optimal thyroid function. This mineral helps to normalize the metabolism, burn calories more efficiently, improve energy levels, detoxify the body, and promote weight loss.

Selenium, Manganese, and Magnesium - Besides iodine, the body needs adequate levels of other minerals such as selenium, manganese, and magnesium for proper maintenance and performance of the thyroid gland. These minerals support healthy functioning of the thyroid and are required to help transport thyroid hormones.

Vitamin B6 - Needed to help regulate the production of thyroid hormone and metabolism. A Vitamin B6 deficiency can make your immune system more prone to attack your thyroid gland.

Vitamin D3 - Research has found that the presence of Vitamin D3 in the body is crucial to your thyroid functioning adequately.

PRODUCT GUIDE: MEN'S HEALTH & PROSTATE

From building muscles to supporting male function and health at every step of the life journey, these supplements may help to maintain a healthy body and mind.

GINSENG BOOST



100 Capsules

\$13.99

Ginseng is believed to be a good tonic that benefits one's stamina and helps boost energy levels. It may help athletes use oxygen more effectively, and it is believed to regulate metabolism, which may increase energy levels. Consumption of Ginseng may also help athletes lower their recovery time and reduce stress. In addition, Ginseng may act as a stimulant for the brain cells and help improve concentration and thinking ability.

Ginseng may help men lessen the symptoms of sex-related conditions like erectile dysfunction. Korean Ginseng has long been used to stimulate male sexual function.

One large study of men taking Korean Ginseng resulted in the increase of sperm count, quality, and movement—ultimately improving overall male fertility. It appears that the chemical makeup of Korean Ginseng helps activate certain hormones in the body leading to increased production.

Korean Ginseng contains steroids such as panaxtriol. The steroids are remarkably similar in structure to anabolic steroids found naturally in our body. This makes it ideal for athletes and body builders looking for a natural alternative to anabolic steroids.

SAW PALMETTO



90 Capsules

\$13.99

Saw Palmetto appears to support prostate health and is well tolerated. "There are no known drug interactions with Saw Palmetto, and reported side effects are minor and rare." - *American Family Physician* 2003;67:1281-3.

Saw Palmetto is widely used in other countries. In Italy, it is used for 50 percent of patients needing prostate support and in 90 percent of such patients in Germany. - *European Urology* 1992;21:309-14.

A major benefit of Saw Palmetto is that its effects are generally seen shortly after beginning supplementation. Some people report improved prostate health in as little as 30 days. This is an advantage over most of the currently available products which can take as long as 6 to 12 months for effects to be seen.

Unlike some products for prostate problems, Saw Palmetto has proven effective, yet without side effects such as: decreased libido, ejaculatory problems, and loss of erection.

Saw Palmetto strengthens the urinary organs and has been recommended to help eliminate kidney stones.

Saw Palmetto is also beneficial for any adult who has thinning or receding hair.

MACA



90 Capsules

\$14.99

Libido - While Maca is often recommended for fertility problems, sterility, and other sexual disorders, in many countries, Maca has long been known as a potent aphrodisiac! Research has proven that it acts on the areas of the body that produce hormones, which enhance the libido and increase virility. However, unlike other chemical products designed to aid libido, Maca does not alter circulation. Its amazing libido-boosting ability is a result of completely natural

hormonal balancing. It is a safe and natural product that will boost your libido, increase endurance, and produce a general sense of well-being!

Energy - Maca is an amazing source of energy. Research shows that Maca helps to balance the hormones and increase energy levels. One way Maca is able to do this is by supporting and helping to restore the adrenal glands, which produce adrenaline. In fact, recently Maca has been used as an excellent alternative to anabolic steroids among athletes seeking muscle growth. Unlike many other energy and muscle-boosting substances, such as anabolic steroids, Maca contains no chemicals that interfere with or over-activate normal endocrine function. So, if you are looking for a healthy and nutritional product to boost your energy and improve endurance, Maca is definitely for you!

SMALL FLOWERED WILLOW



3.5 Oz. Tea

\$20.99

90 Capsules

\$10.99

180 Capsules

\$16.99

2 Oz. Extract*

\$20.99

**Contains Alcohol*

Small Flowered Willow is a small but very powerful baby pink-colored flower which has been used for centuries, particularly in Central Europe, as a folk remedy to promote a healthy prostate and improve the health of the kidneys, bladder, and the entire urinary tract.

A 3-year German study found that taking 160 mg. of Small Flowered Willow extract twice daily reduced nighttime urination in 73% of patients and improved urinary flow rate.

It is renowned for its ability to support a healthy prostate without decreasing the libido or causing harmful side effects like many other prostate products may do. It is beneficial to the entire urinary system, including the kidneys and bladder.

Small Flowered Willow has the added benefit of being a natural analgesic, or pain reliever, which can help with a variety of urinary tract pains.

PRODUCT GUIDE: WOMEN'S HEALTH

These supplements may help women throughout their life journey. From reducing painful cycles and balancing hormones to providing all-round support and nourishment, you'll find these items to be a benefit to health and happiness.

DAMIANA



100 Capsules

\$10.99

Sexual Function - Studies have found that Damiana is helpful to increase sexual function in both genders. It has been shown to increase the sperm count and help with erectile dysfunction in males and strengthen the eggs and help with the inability to achieve orgasm in females. It helps to increase blood flow and stimulation in the sexual organs, and it also increases energy levels which helps to restore libido and desire.

Weight Loss - Research shows that Damiana slows down the emptying of food from the stomach. This means you feel full even after eating a small meal, which prevents over-eating and promotes good digestion!

Menopause - Damiana has hormonal-balancing properties, without containing hormones. It has been shown to help with the hormonal imbalances common with menopause in women.

Nervousness/Anxiety - Damiana extract is thought to calm the nervous system. This helps to soothe nervousness, anxiety, and mood disorders. Damiana encourages an overall feeling of well-being and helps level hormonal responses and boost mood.

MACA



90 Capsules

\$14.99

Fertility - Maca has long been valued for its ability to enhance fertility in both humans and animals. While it is a member of the brassica family, or crucifers, it contains far greater amounts of glucosinolates than other members. The fertility-enhancing properties of Maca are thought to be related to these glucosinolates. Some studies have actually shown that Maca can increase sperm production in men by up to 40%!

Fertility Study: A four-month study of healthy men aged 24-44 was done to study the effect of Maca on sperm production and motility. Subjects received either 1,500 or 3,000 mg. of Maca per day. After four months, semen volume, total sperm count, motile sperm count and sperm motility were significantly increased, yet serum levels of leuteinizing hormone, follicle stimulating hormone, prolactin, testosterone, and estradiol hormones were completely unaffected.

Menopause - Maca may help ease anxiety and emotional instability in postmenopausal women, according to a 2008 study from the journal *Menopause*. For the study, 14 postmenopausal women took 3.5 grams of powdered Maca for six weeks and then took a matching placebo for another six weeks. Study results showed that Maca helped reduce both anxiety and mood problems, as well as improve sexual function.

FEM



90 Caplets

\$15.99

Fem is a blend of several herbs that provide support for women's health. Ingredients:

Shepherd's Purse - Helps to regulate the menstrual cycle

Cat's Claw - Helps to reduce pain and swelling. Regulates hormonal imbalances and relieves fluid retention

Echinacea - A natural infection-fighter, can help to ward off recurrent vaginal and bladder infections

Goldenseal - Helps relieve heavy bleeding that is common during menopause and soothes painful menstruation

Pau D'Arco - Contains very powerful anti-inflammatory properties that help reduce pain and swelling, and inhibits candida enzymes from reproducing—fighting yeast infections

Dong Quai - Eases symptoms of menopause and PMS

Anamù - A very powerful immune-strengthening herb, anamù helps fight off unwanted infections

Astragalus Root - Helps to improve circulation, reduce hot flashes and night sweats, and eliminate fluid retention

MEGA-MULTI



180 Caplets

\$22.99

360 Caplets

\$39.99

14 Oz. Powder

\$26.99

Vitamins don't seem to help? Think it's a waste of your money? It probably IS!

Did you know that the vitamin and dietary supplement industry is a multi-billion dollar industry? And the companies that produce the vitamins and supplements are trying to make every cent count.

Anything they can do to shave a penny off their cost, they do. Unfortunately, quite often it's the customer who suffers.

One major cost-cutting method used today is simply using synthetic ingredients rather than whole-food based ingredients. We don't! Our Mega-Multi supplement supports your health and nourishes your body. Our "whole-food" ingredients make it easy for your body to absorb and assimilate the nutrients needed for health. This formula is one that will increase your energy, boost your immune system, and help to maintain optimal health.

PRODUCT GUIDE: EYES & VISION

Your eyesight is crucial to so many basic life tasks. As we age, our vision often lessens, and eye health deteriorates. These supplements may help to keep your eyes healthy—preserving this special gift as long as possible!

EYEBRIGHT



90 Capsules

\$10.99

The overall health of your eyes is important to help retain your vision. Eyebright provides a unique synergistic blend of valuable micronutrients that work together to sustain overall eye health. This herb contains distinctive flavonoids, carotenoids, and antioxidants known to naturally nourish and protect the delicate cellular tissue of the eyes. Eyebright is a supportive herb that can help preserve healthy vision into and throughout your golden years! See the difference Eyebright can make!

Extremely high in nutrients, Eyebright contains: Vitamins: A, B-Complex, C, D, and E. Minerals: Iron, silicon, selenium, iodine, copper, and zinc. Other valuable components: Tannins, iridoid glycosides such as aucubin, flavonoids such as rutin and quercetin, essential fatty acids, caffeic and ferulic acids, sterols, and choline.

The vitamins B, C, E, beta carotene, plus the copper and selenium found in Eyebright have been shown to improve clarity of eyesight (*by one or more lines on the eye chart*) over a 6-month period.

When the body is deficient in B-vitamins, eye muscles may become paralyzed, light sensitivity may develop as well as itching, burning, and bloodshot or watery eyes.

Nearsightedness can actually result from stress. The B-vitamins found in Eyebright can help protect the nerves from damage that is due to stress.

In addition to helping reduce stress, vitamin B-1 (thiamin) is important for intracellular eye metabolism and vitamin B-2 (riboflavin) deficiency has been linked to major eye problems. Both of these B-vitamins are found in Eyebright and contribute to its remarkable effects on the eyes.

Major eye problems have shown to be slowed by as much as 70% by using the vitamins A, C, E and selenium—all of which are found in Eyebright.

The antioxidant vitamins A, C, E, and beta carotene in Eyebright help to nourish and strengthen the eyes and prevent future eye problems. Even a slight deficiency of vitamin A can cause tired eyes, sensitivity to light, dry eyes, and susceptibility to infection.

Eyebright aids in stimulating the liver to clear the blood and relieve conditions that affect the clarity of vision.

Vitamin A is crucial to the formation of “visual purple” for darkness adaptation, which is why Eyebright can help with night vision as well. A severe deficiency in vitamin A can even cause ulceration and distortion of the cornea and result in blindness.

Zinc, copper, and selenium work as antioxidants to help protect and maintain the health of the eyes. Zinc is vital for normal lens function, night vision, and for maintaining healthy retinas. Fact: There is a higher concentration of zinc in the retina than in any other organ!

The aucuboside found in Eyebright has an anti-inflammatory action which may account for its well-known reputation for soothing tired and inflamed eyes as well as improving weak eyesight.

VISION 20/20



120 Capsules

\$22.99

Vision 20/20 is a specially formulated mixture of nutrients that are tailored to support eye health.

According to a study of nearly 15,000 male physicians published in *Ophthalmology*, the journal of the American Academy of Ophthalmology, long-term daily multi-vitamin supplement use may lower risk of eye health problems in men. While many eye problems become more common as one ages, it is by no means inevitable that your vision will deteriorate. Most senior eye problems are correctable with proper eye care. If your vision is getting worse, don't just accept it as a part of aging.

Ingredients:

Vitamin B12, Pantothenic Acid, Calcium, Iodine, Magnesium, Zinc, Vitamin E, Selenium, Copper, Vitamin A, Vitamin C, Thiamine (*Vitamin B1*), Riboflavin (*Vitamin B2*), Niacin, Vitamin B6, Folic Acid (*Vitamin B9*), Lutein, Manganese, Chromium, Molybdenum, Potassium, L-Taurine, Quercetin, NAC (*N-Acetyl Cysteine*), L-Methionine, Ginkgo Biloba, Glutamic Acid, L-Glycine, Bilberry, Silica, and Boron

ZINC CHELATED



100 Tablets

\$9.99

Eye Health: Zinc plays a vital role in bringing Vitamin A from the liver to the retina in order to produce melanin, a protective pigment in the eyes. Zinc is highly concentrated in the eye, mostly in the retina and choroid, the vascular tissue layer lying under the retina.

Brain Function - Zinc plays an essential role in neurotransmitter function and helps maintain brain structure and health. It is necessary in the metabolism of melatonin, which regulates dopamine. Also, Zinc is part of an enzyme that is necessary for the anabolism of fatty acids in the brain membrane. This is very important because a key part of supporting brain health and function is to ensure the membrane gets the nutrients it needs.

Why Chelated? Chelated Zinc means that an amino acid is attached to the mineral to enhance its absorption into cells. Chelated Zinc shows much improved levels of efficiency and effectiveness when compared to other types of Zinc supplement.

PRODUCT GUIDE: HEART, CIRCULATORY, AND CARDIOVASCULAR SYSTEM

Taking care of your heart is vitally important. You may have already had symptoms that gave you a wake-up call regarding your heart health. Don't become a statistic! Be proactive and nourish your heart today!

ALOE VERA



100 Capsules

\$11.99

The Aloe plant contains more than 75 nutrients and 200 active compounds including 20 minerals, 18 amino acids, and 12 vitamins.

Wow! All these powerful nutrients may keep your cholesterol numbers at a healthy level and support your heart health as well!

Scientists have concluded after many years of investigating, that Aloe will support the growth of healthy cells and boost the immune system. A molecule in the Aloe stimulates the body to produce macrophages, which means "big eater" - the macrophages digest unwanted substances in our bodies!

BUTCHER'S BROOM



100 Capsules

\$9.99

Butcher's Broom has the effect of tightening the larger blood vessels as well as the capillaries, and has been found to particularly assist with the condition of bulging veins. It also helps to relieve other symptoms of poor blood circulation such as pain, heaviness, itching, leg swelling, and cramps. It is believed to improve these conditions by promoting healthy microcirculation, capillary flow, and by strengthening connective tissue.

Butcher's Broom has been shown to help with those who may experience fainting and dizziness when you first stand up from a sitting or laying position. Butcher's Broom enhances the blood flow to the legs, hands, and brain.

CHOLESTEROL SUPPORT



90 Caplets

\$17.99

Cholesterol Support is a blend of vitamins, herbs, and whole foods that together promote a natural balance of cholesterol throughout the body. It helps maintain a healthy circulatory system, supports adequate blood flow to extremities, and encourages an oxygen-rich blood supply.

The goal of managing cholesterol is to essentially balance the traffic flow of cholesterol. By increasing your good HDL cholesterol and lowering your bad LDL cholesterol, you're creating a smooth, steady flow of cholesterol for your body's cells. The key is to balance both cholesterol levels.

GINSENG BOOST



100 Capsules

\$13.99

Around 20% of Americans claim to have fatigue intense enough to interfere with normal activities. Physical causes are estimated at 20-60%, and emotional causes are the other 40-80%. Ginseng Boost helps to improve symptoms of fatigue, regardless of the cause.

Korean Ginseng has proven successful in relaxing the muscles of the lungs. By relaxing the muscles of the lungs that control the airway, Korean Ginseng may be able to provide some relief for symptoms associated with breathing problems, constriction of the airways, and other lung problems.

Studies show that Korean Ginseng's ability to regulate the immune system can assist in the prevention of both seasonal sickness and serious illness.

Ginseng is excellent for refining and rehydrating the skin effectively. It is also thought to promote skin cell regeneration by increasing oxygenation to skin cells. It also has the effect of boosting blood circulation as well as detoxifying the blood, which is very important to skin health. Free of toxins, the skin can gain a better complexion and therefore a better look.

HEART MAXIMIZER



90 Capsules

\$22.99

Heart Maximizer contains:

Vitamin E - Strengthens the heart muscle

Calcium EDTA - Helps to remove calcium buildup and dissolve plaque

Gotu Kola - Supports vein strength and health

Horse Chestnut - Supports healthy circulation

Diosmin - Improves circulation and strengthens vein walls

Witch Hazel - Protects and strengthens the heart and improves circulation

Ginkgo Biloba - Maintains the normal function and tone of blood vessels

Butcher's Broom - Strengthens collagen, and improves blood vessel flexibility

Grape Seed Extract - Contains polyphenols to help keep heart in shape

Cayenne Pepper - Stimulates blood flow, dissolves clots, and improves circulation

Citrus Flavonoids - Protects and strengthens the cardiovascular system

Niacin - Helps to increase HDL (good) cholesterol levels

Quercetin - Improves cardiovascular endurance

Bromelain - Natural anti-coagulant, helps to break up blood clots and reduce plaque in arteries

Odorless Garlic - Promotes heart health and helps to maintain healthy cholesterol levels

PRODUCT GUIDE: IMMUNE SUPPORT (NATURAL ANTI-VIRALS & ANTIBIOTICS)

Your immune system is your first line of defense against everything—from the common cold to more sinister illnesses.

By taking the time to carefully choose products that support your immune system, you will help your body as it fights to keep you healthy and safe from the many threats surrounding us today.

ANAMÚ



100 Capsules **\$13.99**
240 Capsules **\$26.99**

Over the last quarter of a century modern scientific research has studied Anamú intensively. Many biologically active compounds have been discovered in Anamú that now validate many of the historical uses of this herb. Researchers also found that of the 20 compounds isolated from the plant, several of which had never been identified

in nature before, were similar to compounds found in garlic, a plant revered for its beneficial properties.

Anamú fights unhealthy cell growth, however, unlike some conventional products, this herb has the unique ability to differentiate between healthy and unhealthy cells, violently attacking the unhealthy cells and abnormal tissues while leaving the healthy cells and tissues safe and unharmed.

ANAMÚ & PLANTAIN



100 Capsules **\$13.99**

Anamú helps stimulate the production of interferon, an important factor in the protection and regeneration of cells, which inhibits damaging agents and prevents the growth and spread of unhealthy cells.

Anamú fights unhealthy cell growth, however, unlike some conventional products, this herb has the unique ability to differentiate between healthy and unhealthy cells, violently attacking the unhealthy cells and abnormal tissues

while leaving the healthy cells and tissues safe and unharmed.

Plantain seems to have a powerful influence over the body's immune system, which aids in deterring infections.

As a natural diuretic, Plantain increases urine flow, and its potent antiseptic properties make it effective against a variety of infections, particularly in the urinary, reproductive, and respiratory systems.

Plantain has been used for centuries to combat a variety of stomach and intestinal complaints. It soothes the entire digestive tract, while ridding the body of parasites, and calming inflamed stomach and intestinal tissues.

Fun Fact About Plantain:

The University of Maryland Medical Center notes that Plantain boasts a long reputation as an herbal pain reliever for the stings or bites of insects. Herbalist Steve Brill records that simply snatching up a leaf, shredding or mashing it to release its juices, and applying to the bite or sting provides astringent, repair action. This action also works well for poison ivy, notes the "New York Times" in its "Health" column. Dr. Christopher refers to Plantain, along with Jewelweed and Hound's Tongue as 'Nature's Erasers'. "Stand anywhere within sight of poison ivy, and look about," he said. "You will always see at least one of these plants, placed by the hand of God to come to your aid, if you should need it."

ODORLESS GARLIC



120 Capsules **\$14.99**

Research has proven that garlic can suppress the growth of unhealthy cells. Recently, researchers have published summaries of some of the positive data on garlic. They found that garlic is able to stimulate T-lymphocyte and macrophage action, promote interleukin-1 levels, and support natural killer cells. Strong activity of these key cells promotes healthy immune system function, and strengthens the body's defenses.

The Spanish have long used garlic as a preservative which helps to add credence to its anti-bacterial properties and whole books have been devoted to the health benefits of this herb!

Garlic may:

- Support healthy blood pressure and cholesterol levels
- Fight infections • Maintain a healthy body weight
- Purify the blood • Fight various illnesses
- Boost energy levels • Maintain a healthy blood sugar level
- Boost the immune system by supporting the body's "natural killer" cells
- Promote increased bile production to help reduce levels of fat in the liver

ZINC CHELATED



100 Tablets **\$9.99**

You may already be familiar with Zinc as a support for your immune system, however, did you know that Zinc is an essential trace mineral and is one of the most abundantly found minerals in the body?

Healthy Cell Growth and Immune System:

Ananda Prasad, a leading researcher in the field of zinc and health, notes that simply

ensuring our zinc levels are adequate can help a number of the most severe health problems, especially unhealthy cell growth and poor immune function.

Zinc for Children: Zinc is a commonly ignored mineral in children who need help concentrating. Studies have shown that children have an improvement in social behavior and are less hyperactive and impulsive. Research conducted at the University of Toronto and published in the journal *Neuron*, revealed that zinc has a crucial role in regulating how neurons communicate with one another and could affect how memories are formed and how we learn.

IMMUNE FORMULA



90 Capsules

\$17.99

Immune Formula was exclusively developed with you in mind.

A proprietary blend that provides your daily dose of vitamin C, as well as several immune-building herbs!

Proprietary Blend Ingredients:

Acerola Berry Powder – Contains high levels of Vitamin C, 10-50 times more than oranges! Contains 150 active nutrients to fight off “bugs” and boost your immune system, as well as improve oxygenation.

Ascorbic Acid - Is necessary for the growth, development, and repair of all body tissues. It's involved in many body functions, including formation of collagen, absorption of iron, the immune system, wound repair, and the maintenance of cartilage, bones, and teeth.

Echinacea – A powerful herb that helps to balance and strengthen the immune system, decrease inflammation, and reduce symptoms.

Pau D'Arco – An amazing herb that has antibacterial and antifungal properties. May also inhibit a number of illness-causing organisms.

Red Clover – This pretty blossom will fight for you! A powerful blood cleanser, helps eliminate toxins from the body, reduces swelling and inflammation, promotes tissue repair, and relieves pain!



ULTRA FIGHTER



90 Capsules

\$17.99

180 Capsules

\$29.99

Feel sick? Immune system down? Sensing sickness coming on? Fight back today! Ultra Fighter is our one-two punch for taking down the bugs trying to take YOU down! There is nothing like not feeling good and not being able to do anything about it. That is where our all-natural Ultra Fighter comes in! We have the answer for those times when you feel you are coming down with a bug!

Knock out the scratchy throat, the aches and discomfort, the chills, and congestion with Ultra Fighter before the bug has time to knock YOU down! Throw the first punch with Ultra Fighter!

Ultra Fighter Ingredients:

Echinacea Extract - A powerful herb that helps to balance and strengthen the immune system, decrease inflammation, and reduce symptoms.

Garlic Extract (odorless) - Boosts and supports the immune system, aids circulation.

Burdock Root Powder - Used as a blood purifier to cleanse the bloodstream of toxins. Promotes healthy cell growth.

Ganoderma Mycelium - Acts as a regulator that fine tunes the immune system and is very high in antioxidants.

Molkosan - May help control the spread of germs on the skin and in the digestive tract.

Red Clover Blossom Powder - Improves circulation which helps purify the body and speed recovery.

Turmeric Extract - Its anti-inflammatory benefits aid the immune system and ease discomfort.

Olive Leaf Extract - Eliminates free radicals in the system, also helps reduce the production of micro-toxins in the body that can cause discomfort.

Astragalus Root - Helps to support and maintain a strong and healthy immune system.

Barberry - Helps decrease swelling, inflammation, and has a cooling effect on the body.

Grapefruit Seed Extract - It naturally detoxifies, enhances, and supports the immune system.

Neem Oil - Strengthens the immune system.

Pau D'Arco - Provides nutritional support for the immune system.

Goldenseal Powder - It dramatically boosts the immune system. Encourages healthy cell growth and destroys microtoxins.

Caprylic Acid - A fatty acid derived from coconut oil that increases energy levels, encourages healthy cell growth, and strengthens the immune system.

PRODUCT GUIDE: HEALTHY CELL GROWTH

The very basis of health begins with healthy cells. By encouraging healthy cell growth, and fighting any abnormal cell growth, we can protect our body and avoid illness.

ANAMÚ



100 Capsules **\$13.99**
240 Capsules **\$26.99**

Anamú helps stimulate the production of interferon, an important factor in the protection and regeneration of cells, which inhibits damaging agents and prevents the growth and spread of unhealthy cells.

In a 1993 study with mice, a water extract of Anamú stimulated immune cell production (lymphocytes and Interleukin II). In the same year, another study with mice demonstrated

that an Anamú extract increased natural killer cell activity by 100% and stimulated the production of even more types of immune cells (Interferon, Interleukin II, and Interleukin IV). Additional research from 1997 to 2001 further substantiated Anamú's immuno-stimulant actions in both animals and humans.

APRICOT SEED



120 Capsules **\$17.99**

Apricot Seed contains the following:

Omega-6 Fatty Acids - These play a crucial role in brain function, normal growth and development, and help the immune system recognize healthy tissue versus non-healthy tissue and foreign invaders.

Plant Sterols - Plant Sterols are best known for their ability to help promote healthy cholesterol levels. They also help by bolstering the immune system, supporting

healthy lung function, and helping to relieve menopausal symptoms. Immune system cells, called T-Cells, exhibit increased effectiveness in the presence of plant sterols. Sterols may help reduce the likelihood of autoimmune responses.

Vitamin B17 - Apricot kernels contain a glycoside known as Vitamin B17. Studies have shown that B17 helps to increase the body's ability to fight illness and unwanted or unhealthy cells. One of the exciting things about this nutrient is it seems to target the unhealthy cells for destruction while actually nourishing the normal and healthy cells!

Vitamin B15 - Supports normal cholesterol levels, stimulates growth of healthy cells and tissues, improves blood circulation and oxygenation, enhances immune response, reduces cravings, aids hair growth/regrowth, and helps body in absorbing and utilizing protein.

Vitamin E - Vitamin E stimulates the production of the immune cells that seek out and destroy germs and unhealthy cells. It also enhances the production of immune cell antibodies that protect against foreign invaders.

ESSICAPS CA



120 Capsules **\$20.99**

Essicaps CA is a proprietary herbal formulation containing eight valuable botanicals. This combination of potent synergistic herbs is used for blood purification, gland stimulation, and for its powerful anti-inflammatory, anti-bacterial, and antioxidant properties! All of these qualities make it a great supplement to help promote healthy cell growth while relieving the pain, discomfort, and nausea related to many chronic conditions.

Essicaps CA contains:

Burdock Root - Prevents the growth of unhealthy cells

Sheep Sorrel - A cleansing and detoxifying diuretic

Slippery Elm - Supports immune function and healthy digestion

Turkish Rhubarb Root - Anti-inflammatory and anti-bacterial

Blessed Thistle - Stimulates the flow of bile and supports digestion

Red Clover Blossom - Prevents new blood vessels from forming within unhealthy cell growths

Kelp - Powerful nutritional supplement, helps to re-mineralize the body

Watercress - A strong antioxidant; inhibits unhealthy cell growth

GRAVIOLA



100 Capsules **\$13.99**

Powerful Immune Support - Graviola has many excellent properties that are necessary to keep your immune system strong. These properties may reduce free radicals and ensure your immune system is operating at an optimum level, enabling it to effectively perform its functions such as warding off illness.

Regular Bowel Movements - Graviola is rich in fiber, which means that when you consume it regularly, you can expect regular bowel movements. You won't have to worry about constipation and hemorrhoids!

Increased Energy - Graviola's wide variety of nutrients keep your body active and energized so you won't feel lethargic all day.

Strengthen Bones - Graviola is rich in calcium and phosphorous to help strengthen the bones and to guard against bone and joint disorders.

Heart and Nerve Support - Because Graviola can aid in proper blood circulation, boost metabolism, and eliminate damage to your nerves, you will have a better functioning heart, and your nervous system will also be less likely to become damaged as you grow older.

PRODUCT GUIDE: DETOX & BLOOD CLEANSING

We are constantly bombarded with toxins in the air we breathe, the foods we eat, and places we visit. Supporting our body by detoxing is one way to empower our immune system to fight off illness and to keep us healthy.

BEET POWDER (ORGANIC)



10 Oz. Powder

\$22.99

Our Organic Beet Powder is a wonderful cleansing and nourishing tonic that builds the blood. It helps to build healthy red blood cells. It also normalizes the pH balance of the blood (reducing acidity) and purifies the blood by flushing away fatty deposits and improving circulation. Further supporting its role as a blood purifier, Beet Powder has been used to detoxify and strengthen the liver and spleen.

Beet Powder provides a wide range of important vitamins, minerals and micronutrients including: iron, potassium, calcium, magnesium, vitamins A, C, B1, B2, B3, and B6, copper, phosphorus, sodium, iodine, boron, carbohydrates, protein, and both soluble and insoluble fiber.

Beet fiber seems to be particularly health-promoting. Pectin, a soluble fiber in beets, binds toxins, heavy metals, and excess hormones that have been dumped into the gut from the liver. The toxins are passed out instead of being reabsorbed. In this way, it naturally cleans the kidneys and gall bladder.

ACTIVATED CHARCOAL



180 Capsules

\$17.99

10 Oz. Powder

\$20.99

Activated Charcoal is a carbon-based substance that has been used for health and helping purposes for over 3,000 years. Activated Charcoal is a form of charcoal that is extremely porous and able to attract and strongly bind many harmful substances in various aqueous based environments. Activated Charcoal is made from wood, vegetables, and other

materials and is known for its ability to filter toxins out of the water and the human body.

Charcoal Facts: In a study reported in the Journal of Toxicology - *Clinical Toxicology*, researchers surveyed 76 poison control centers in North America to compare their recommendations for helping large, acute overdoses of aspirin. 73 of the 76 centers (97%) recommended at least one dose of charcoal.

Powdered charcoal reaches its maximum rate of adsorption in the stomach within one minute. The sooner it is given, the better the chances of success.

Two tablespoons of Activated Charcoal has the surface area of 4 football fields. Thus a tiny amount of charcoal can adhere to a large number of molecules, ions, and atoms and absorb poison quickly.

LIVER SUPPORT



90 Caplets

\$17.99

The liver is vitally important to helping our body to remove toxins and maintain health.

The liver:

- Processes all food and (most) drugs we ingest
- Stores energy by stockpiling sugar until needed
- Manufactures new proteins
- Produces clotting factors for the blood
- Makes bile to aid in the digestion of food
- Stores iron reserves, as well as vitamins and minerals
- Detoxifies the body of poisonous chemicals, including alcohol and drugs
- Removes poisons from the body that are accumulated from exhaust, smoke, and chemicals in the air we breathe

Liver Support has been carefully formulated with only the finest ingredients to provide support and repair for your liver.

SWEDISH BITTERS



90 Capsules

\$17.99

180 Capsules

\$29.99

3.5 Oz. Tea

\$20.99

8.45 Oz. Liquid*

\$21.99

16.9 Oz. Liquid*

\$39.99

1 Oz. Concentrate

\$39.99

*Contains Alcohol

Swedish Bitters contains:

Aloe - Aloe is a vermifuge (*expels worms and parasites*). It also soothes the lining of the entire digestive tract.

Myrrh - Enhances the immune system and helps fight viruses

Saffron - A naturally soothing sedative

Senna Leaf - Provides a natural, yet gentle, laxative effect

Camphor - Calms the nerves, stimulates the respiratory system, and soothes painful joints

Rhubarb Root - Cleanses the digestive tract, and relieves constipation

Zedoary Root - Strengthens all digestive organs

Manna - A gentle laxative, it also invigorates and energizes the body

Theriac Venezian - Powerful anti-inflammatory and antioxidant

Carline Thistle Root - A energizer, diuretic, and natural germ fighter

Angelica Root - An energizing herb, it is used as an expectorant to relieve the lungs and throat

PRODUCT GUIDE: SUPER FOODS AND NUTRITION - GENERAL HEALTH

Want to give your body the tools to keep you in optimal health? Consider these supplements as part of the protocol to bolster your immune system and build your defenses against sickness.

ALFALFA



250 Caplets

\$10.99

Alfalfa contains essential vitamins including A, D, E, large amounts of K, and the entire spectrum of B-vitamins.

A source of iron, niacin, biotin, folic acid, calcium, magnesium, phosphorous, potassium, and chlorophyll.

Compared to other plants, Alfalfa is very high protein and amino acid levels.

The reason alfalfa is extremely nutritious is that it's extensive root system allows the plant to absorb high levels of nutrients from the soil. It is considered the richest land source of trace minerals available!

Alfalfa:

- Supports healthy blood sugar levels
- Detoxes the urinary tract
- Purifies the blood and liver
- Helps balance and maintain healthy cholesterol levels
- Reduces the incidence of plaque build-up in the arteries
- Used in the therapy of alcohol and drug problems
- Can be used as a remedy for bad coughs
- Helps to relieve water retention and swelling

MEGA-MULTI



180 Caplets

\$22.99

360 Caplets

\$39.99

14 Oz. Powder

\$26.99

Mega-Multi is full of powerful Vitamins, Minerals, Herbs, and more!

Just SOME of the ingredients include:

Vitamins:

- Vitamin C
- Thiamin
- Riboflavin
- Niacinamide
- Biotin
- Vitamin B6
- Vitamin B12
- Folic Acid
- Pantothenic Acid
- Para Amino Benzoic Acid

Minerals:

- Calcium
- Magnesium
- Iodine (Kelp)
- Zinc
- Manganese
- Chromium
- Selenium
- Phosphorous
- Potassium

Digestive Aids/Enzymes:

- Papain
- Citrus Pectin
- Cellulase
- Acidophilus
- Betaine HCL
- Bromelain
- Amylase
- Lipase

Whole SUPER FOODS & Herbs:

- Oat Bran
- Spirulina
- Garlic
- Echinacea
- Siberian Ginseng
- Soy Lecithin
- Ginger Root
- Cayenne
- Yellow Dock
- Alfalfa Concentrate
- Aloe Vera
- Dandelion
- Goldenseal

BEET POWDER (ORGANIC)



10 Oz. Powder

\$22.99

Beet Powder is a unique source of phytonutrients called betalains which give beets their dark red color. Betanin and vulgaxanthin are the two best studied betalains (or pigments) from beets, and both have been shown to provide antioxidant, anti-inflammatory, and detoxification support.

Organic Beet Powder also contains a phytochemical called betaine. Betaine helps the liver process fats.

Our Beet Powder is high in magnesium, an important mineral in healthy bone production and maintenance. Without appropriate levels of magnesium, calcium cannot be utilized effectively.

Beet Powder helps the body by:

- Purifying the blood
- Cleansing the liver, spleen, and intestines
- Normalizing the blood pH
- Boosting the immune system
- Flushing the kidneys
- Helping build healthy red blood cells
- Improving overall cardiovascular health

SUPER MORINGA



60 Capsules

\$11.99

Moringa is a super food to beat all super foods! The amount of antioxidants, anti-inflammatories, vitamins, and minerals it contains is everything your body needs and more!

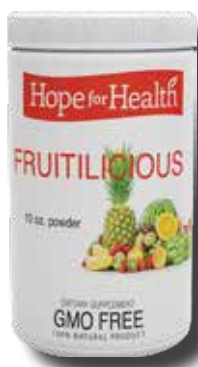
This whole food plant contains high amounts of protein, all eight essential amino acids, a full spectrum of vitamins and minerals, and a plethora of phytonutrients and other powerful antioxidants. According to analysis, the Moringa Leaves contain 46

types of antioxidants. One serving, in fact, contains 22% of our recommended daily intake (RDI) of vitamin C, one of the most important antioxidants on earth, and a whopping 272% of our RDI of vitamin A. Antioxidants help to neutralize the devastating impact of free radicals, thereby guarding us from many of the degenerative conditions that affect so many people!

One serving of Super Moringa provides approximately 125% of our RDI of calcium and 61% of our RDI of magnesium. These two trace minerals work in synergy. While calcium is needed to build strong bones and teeth, we also need magnesium to help us absorb it. Since Moringa contains generous quantities of both, it is especially good at guarding us from pain, inflammation, and bone loss.

PRODUCT GUIDE: SUPER FOODS AND NUTRITION - GENERAL HEALTH, CON'T

FRUITILICIOUS



10 Oz. Powder	\$28.99
32 Oz. Powder	\$70.99

Would you like to get more fruit in your diet? Tired of wasting money on fruit that goes bad before you get a chance to eat it? If so, try Fruitilicious! Our amazing nutrient-rich Fruitilicious is PACKED with fruits, berries, and a variety of nutrients! Berries, more than any other food, are associated with a remarkably long list of health benefits. This is why we included as many berries as we could squeeze in the bottle.

Ingredients:

Acerola - Promotes a strong immune system and helps prevent infections
Blackberries - High in vitamin C, enhance immune response
Black Currants - Full of vit. C and other properties that support immunity
Blood Oranges - Support cardiovascular health
Black Raspberries - Contain powerful antioxidants that fight free radicals
Blueberries - Improve skin complexion and support urinary tract health
Cherries - Enhance immune function, support heart health, and relieve pain
Cranberries - Support good circulation and strong immune function
Goji Berries - Superfood with over 18 amino acids and 21 trace minerals
Mangos - Contain digestive aids that help soothe and protect the stomach
Apple Pectin - Helpful in maintaining good digestive health
Peaches - Supports and protects the respiratory system and urinary tract
Pears - Loaded with vitamins and minerals, they provide essential nutrients
Papayas - Contain digestive enzymes that help soothe the stomach
Japanese Knotweed - Nutrient-rich, provides many vital minerals
Red Plums - Cleanses the blood and protect the heart, very high in vit. C.
Oat Bran - Encourages normal healthy cholesterol levels
Rice Bran - Supports healthy blood pressure, blood sugar, and immunity
Lycopene - Powerful antioxidant that helps reduce free radical damage
Nectarines - Very strong antioxidant properties that reduce oxidative damage
Pomegranates - Super antioxidant, pomegranates support heart, circulatory, brain, prostate, and breast health—also aids in weight loss
Strawberries - Contains a plethora of nutrients, including vitamin C, phytonutrients, and antioxidants
Watermelon - Packed with some of the most important antioxidants in nature, it is a great source of vitamins A, B6, B1 and C
Bilberries - Contain strong antioxidants and are very helpful for the eyes
Lutein - Necessary for healthy eyes and eyesight
Grapeseed Extract - Fights the effects of aging, improves eye and heart health
Astaxanthin - Increases strength and endurance, protects cells, boosts the immune system, and prevents unhealthy cell growth
ORAC Blend - An extremely potent blend of super-antioxidants that helps fight cell damage
Carrot Powder - An antioxidant that helps maintain whole body health; provides special nutrition for the eyes and skin, and helps prevent signs of aging
Flax Seeds - Relieve constipation, clear up skin problems, improve brain health, reduce inflammation, and can help improve mood
Lecithin - Aids in balancing overall health by helping repair and maintain the health of all cells and organs, supporting liver function and detoxification, and improving the look and tone of skin
Resveratrol - A potent and unique antioxidant that is often referred to as a “fountain of youth;” the benefits include: protecting cells from free radical damage, inhibiting unhealthy cell growth, and keeping your heart healthy

LIVING GREEN SUPER FOOD



180 Capsules	\$25.99
10 Oz. Powder	\$26.99
32 Oz. Powder	\$65.99

Increase and sustain your energy levels all day long, with no more ups and downs, by taking Living Green Super Food!

Ingredients:

Vitamin A - Helps vision, and the growth and development of skin, bones, and teeth
Vitamin K - Helps prevent calcification of soft tissues such as blood vessels.
Vitamin B12 - Important for metabolism, formation of red blood cells, and maintenance of the central nervous system
Calcium - Helps growth and maintenance of bones and teeth
Iron - Helps carry oxygen from the lungs to the muscles and organs
Iodine (from Kelp) - Helps to increase energy levels, supports the liver and thyroid and boosts the immune system
Magnesium - Aids the body's absorption of calcium
Zinc - Supports immune system, brain function, memory, and mental health
Lecithin - Helps boost energy, physical performance, and cardiovascular health.
Spirulina (Hawaiian organic) - Helps rebuild healthy intestinal flora
Alfalfa Juice - Helps relieve fluid retention and inflammation, cleanses and purifies the blood
Wheat Grass Powder (organic) - Cleanses the liver, helps balance glucose levels in the body, and keeps hair from turning gray
Plant-Based Enzymes - Helps build healthy cells, tissues, and organs
Alpha Lipoic Acid - Helps to slow the aging of the brain—very powerful antioxidant
Barley Grass Powder (organic) - Provide potent antioxidants and energy for cells
Carrot Powder - Helps maintain healthy skin, teeth, bones, and eyes, boosts liver and immune function
Barley Malt Powder - Contains enzymes which help provide natural, sustainable energy for the body
Broccoli Powder - Full of vitamins, minerals, and antioxidants that inhibit unhealthy cell growth and aids in healthy cell growth
Brown Rice Bran - Boosts mood and improves cardiovascular health
Apple Fiber - Aids digestion and is an effective detoxifier
Apple Pectin - Helpful in maintaining good digestive health
Oat Bran - Contains B complex vitamins, protein, fat, minerals, and heart healthy soluble fiber
Chlorella Powder - Nourishes and detoxifies the blood. It also greatly improves mental function
Red Beet Powder - Cleanses the kidneys, promotes regeneration of healthy liver cells
Panax Ginseng Root Powder - Aids in normal glucose metabolism
Eleuthero (root) - Has immune-enhancing & anti-inflammatory properties
Peppermint Powder - Helps relieve gas and improves digestion
Royal Jelly Powder - Provides essential amino acids
Fructooligosaccharides - Enhances the performance of beneficial bacteria
Trace Mineral Concentrate - Helps boost stamina and energy
Milk Thistle Extract - Rejuvenates liver cells & supports liver function
Kelp Powder - Helps support thyroid function
Ginkgo Biloba Extract - Helps maintain healthy blood vessels
Grapeseed Extract - Helps prevent the formation of plaque in the arteries
Bilberry Extract - Improves circulation and supports strong capillaries
Coenzyme Q-10 - Increases energy levels and enhances heart function
Stevia Extract (leaves) - Natural sweetener—Has no calories and does not affect blood sugar like many other natural sweeteners

PRODUCT GUIDE: WEIGHT MANAGEMENT AND ENERGY

Struggling to lose weight? Feeling lethargic and unmotivated? While not a substitute for a healthy diet and exercise, these supplements may be the extra help needed to reach your weight management goals.

CINNAMON



120 Capsules

\$12.99

Surprisingly, this sweet spice will help with weight management and energy.

When cinnamon is consumed it raises our body temperature, produces heat, and speeds up our metabolism. When our metabolism increases, it enables us to burn more calories, thereby causing a reduction in our weight.

Cinnamon has been proven effective against menstrual pain and infertility, and one of its natural chemicals, *cinnamaldehyde*, was shown to increase the hormone progesterone as well as decrease testosterone production in women, helping to balance hormones.

Penn State researchers revealed that diets supplemented with cinnamon may help reduce the body's negative responses to eating high-fat meals.

SUPER KELP



250 Tablets

\$9.99

This could be the Super Help you need! For years, Kelp has been known to improve thyroid function and aid in weight loss, but that's just the beginning! Kelp is also chock full of vitamins and minerals that help to improve a great number of conditions. And since the plant's nutrients come in a natural form, they are much more easily absorbed and used by the body - assuring your body is getting the nutrition it needs!

Iodine plays an important role in maintaining optimum energy levels of the body by ensuring optimum usage of calories, causing the calories to be effectively burned as energy rather than stored as excess fats.

Super Kelp supports thyroid function which in turn helps to regulate metabolism and energy.

Other benefits of Super Kelp include:

- Healthy skin and hair • Improved digestion
- Improved mood • Increased hair growth
- Enhanced weight loss • Improved waste flow
- May help combat radiation poisoning • May help with joint pain
- Reduces the risk of abnormal cell growth
- Improves the strength and appearance of hair, skin, and nails
- Improves health during pregnancy
- Controls appetite and increases weight loss
- Stimulates the metabolism

SUPER ACAI SLIM



90 Capsules

\$16.99

Are you trying to lose weight but just can't seem to do it? Have you tried every diet out there but end up falling off the wagon? Give your body the extra push it needs with Super Acai Slim!! Super Acai Slim helps nourish the body, cleanse it of impurities that are causing you to feel fatigued, boost your metabolism and energy, and give you the help you need to finally get the weight off for good!

Acai is a berry found in the Amazon river basin in Brazil, and is generally regarded as a "super food" which helps boost energy and aid in weight loss. Acai berry is packed with vitamins and minerals that can aid in: weight loss, muscle building, and can help boost energy levels! It is rich in antioxidants, fatty acids, fiber, and other plant compounds that can improve overall health.

There are several key ways that the Acai berry contributes to healthy weight loss. The omega fatty acids in Acai berries kick-start your metabolism, allowing you to digest food quicker and more efficiently. The large amount of fiber found in the Acai berry helps suppress your appetite so you can easily eat less and feel full faster. Another way the Acai berry helps with weight loss is by boosting energy and stamina. One way it is able to do this is through antioxidants. The antioxidants rid your body of toxins that can weigh you down, which makes you feel more awake and energized, giving you the extra boost you need to head to the yard, garden, or gym and work off those unwanted pounds.

When your body is healthy and well-balanced, it will be easier to reach your perfect weight. Something unique about Acai: It's one of the few fruits, besides avocados, that contain monounsaturated fats (MUFAS). MUFAS work to help keep you feeling satisfied so you're less likely to overeat.

Super Acai Slim has Acai berry as well as:

Garcinia Cambogia - Helps to burn fat and promotes a stable blood sugar level.

Suma Root - Helps to increase energy, stamina, endurance, and immunity. Fights mood swings, combats stress, and boosts mood.

Chromium Picolinate - Helps to regulate blood sugar throughout the day, supporting energy and avoiding crashes which can lead to overeating.

Camu-Camu - Rich in limonen, a phytochemical which has shown to reduce the appetite and aid in weight loss.

PRODUCT GUIDE: JOINT HEALTH, BONES, AND SKELETAL SYSTEM

Concerned about your bones weakening as you grow older? Trying to recover from a recent injury? Give these supplements and creams a chance. By naturally supporting your body as it recovers, you will give yourself a headstart and help to keep your body in the best possible shape.

CAT'S CLAW



120 Capsules

\$16.99

Cat's Claw has excellent anti-inflammatory properties. A recent study found that plant chemicals called quinovic acid glycosides are the most potent anti-inflammatory constituents of this plant. This study, and subsequent ones, indicated that Cat's Claw (*and, especially, its glycosides*) could inhibit inflammation from 46% up to 89% in various tests. The results of these studies validated the long history of the indigenous

use of Cat's Claw for joint pain, as well as for other types of inflammatory stomach and bowel disorders.

COMFORT CREAM



4 Oz. Jar

\$14.99

Comfort Cream can be used for: Sports injuries (*sprains & strains*), knee and back pain and injuries, bruises, poor circulation, swelling and inflammation, joint pain, decreased mobility, tissue damage, poor skin tone, skin problems, joint, bone, and cartilage injuries.

Did You Know? Traditionally, comfrey was known as “knit bone” and “bruisewort” for its ability to help hasten recovery of broken bones, sprains, strains, and bruises. In addition to helping the bones, it can also reduce the occurrence and severity of scar tissue.

JOINT SUPPORT



100 Caplets

\$22.99

Joint pain can be attributed to many causes, including degenerative conditions, sports injuries, or just the normal repetitive wear and tear of an active life. Here's what happens, and why it hurts: between the bones in every joint is a layer of tissue called cartilage, which serves as a protective cushion and allows smooth movement with minimal friction. When cartilage is damaged or wears away, the bones rub against each other, causing discomfort, swelling, and stiffness.

Joint Support is a carefully created formula that helps to reduce joint pain as well as support the body in the recovery process. This power-packed formula is essential for maintaining joint and skeletal health!

MSM



240 Capsules

\$22.99

16 Oz. Powder

\$15.99

Are you looking for pain relief? If so, look no further! MSM can actually help to repair damaged tissue rather than just suppressing the pain. It can help reduce the pain and discomfort that comes from inflammatory conditions, injuries, or tissue damage.

People who suffer from chronic pain have reported up to 80% less pain and inflammation

when taking MSM on a daily basis.

MSM has been used over and over again for the relief of general pain, joint and muscle pain, and even head trauma!

MSM reduces swelling that causes pain. It is so effective that doctors are often able to reduce or eliminate pain medication for patients with chronic pain.

MSM has anti-inflammatory and pain-reducing properties, and can block the pain response in nerve fibers.

Studies have shown that MSM is a safe and effective anti-inflammatory agent. It may also contribute to the integrity of joint cartilage and other connective tissue.

PAIN ERASER



90 Capsules

\$13.99

Pain Eraser is a natural alternative that may enhance or replace conventional antidotes, and leave you happier, healthier, and pain-free! If you are tired of missing out on life because of your chronic pain, sore joints and back, or headaches, try Pain Eraser and find relief!

Pain Eraser Benefits Include:

- Relief from acute or chronic aches and pains
- Powerful anti-inflammatory effects that help to relieve painful joints and other inflammatory conditions
- A decrease in the occurrence and severity of muscular and menstrual cramps
- Natural sedatives that help you to relax - causing a reduction in pain

PRODUCT GUIDE: KIDNEYS, BLADDER, AND URINARY TRACT

Urinary problems can be debilitating and invasive, causing misery throughout your body. These supplements can aid in relieving these problems and keep this body system working properly.

ODORLESS GARLIC



120 Capsules

\$14.99

Garlic may help calm the stomach, improve circulation, and support healthy cardiovascular function! In fact, more than 250 publications have shown that garlic supports and strengthens the cardiovascular system!

This odorless formula is designed to give you the amazing health benefits of garlic without the offensive odor associated with it!

Garlic has excellent antibiotic properties, helping to fight infections and support health. Garlic may:

- Fight infections
- Maintain a healthy body weight
- Purify the blood
- Fight various illnesses
- Boost energy levels
- Regulate and improve intestinal health
- Boost the immune system by supporting the body's "natural killer" cells

SMALL FLOWERED WILLOW



3.5 Oz. Tea

\$20.99

90 Capsules

\$10.99

180 Capsules

\$16.99

2 Oz. Extract*

\$20.99

**Contains Alcohol*

While Small Flowered Willow is of great benefit to the prostate in men, it is also an invaluable tool for all who suffer from kidney, bladder, or urinary problems.

Many women are affected by recurrent or persistent bladder and urinary issues, yet are unable to find relief. That is, until now!

Small Flowered Willow has recently shown to be a potent anti-microbial and anti-inflammatory agent that tones and protects the entire urogenital system (*which includes all of the reproductive organs such as the prostate, along with the kidneys, ureters, bladder, and urethra*). The active ingredients present in the Small Flowered Willow plant are not only good for the urogenital system, but also have a significant role to play in blood purification, lymphatic drainage, and boosting the body's immune response!

KIDNEY SUPPORT



100 Capsules

\$17.99

Think of your kidneys like a pasta strainer or filter—you might say they are a sophisticated waste re-processing machine. Your kidneys keep some things in your body that you need and gets rid of other things that you don't. Some of the waste is the result of chemical reactions. Some is just stuff your body doesn't need because it already has enough. The waste has to go somewhere! Keep this vital machine running smoothly with Kidney Support! Kidney support contains:

Uva Ursi - Fights infection and is a diuretic

Juniper Berries - Impressive antioxidant properties

Marshmallow - Contains flavonoids that are anti-inflammatory

Buchu - An antimicrobial and diuretic

Cranberry - Fights infections in the urinary tract

Horsetail - An anti-inflammatory, antibacterial, and antimicrobial

Nettle - An effective diuretic, helps inhibit most kidney stones

Blueberry Leaves - Antioxidant, helps to repair free radical damage

Bromelain - Anti-inflammatory, and aids in protein digestion

STONE CRUSHER



90 Capsules

\$13.99

If you've ever suffered through kidney stones or gallstones, you know how excruciatingly painful they can be! If you haven't, you are fortunate, but that doesn't mean you aren't at risk. We now have an all-natural, herbal product that not only helps prevent stones, but also helps break up existing stones for easy, safe, and most importantly: PAIN-FREE elimination!

Stone Crusher is made from the herb, Chanca Piedra. The name Chanca Piedra literally means "Stone Breaker". It got its name because of its innate ability to break up and expel both kidney and gallstones. It is believed to help stimulate the production of bile and to promote healthy liver and gall bladder function.

Benefits Of Stone Crusher:

- Balances and improves digestion
- Stimulates healthy menstrual flow
- Helps detoxify the liver and kidneys
- Provides relief from pain and inflammation
- Assists in eliminating foreign particles, mucus, and other obstructions throughout the body

PRODUCT GUIDE: LIVER & GALLBLADDER

There's nothing like gallstones to stop you in your tracks. The pain has been compared to that of natural childbirth. By taking steps to support the health of the liver and gallbladder, you can minimize the chances of developing stones; if one does develop, our Stone Crusher is an excellent remedy to help shrink and dissolve those troublesome stones.

LIVER SUPPORT



90 Caplets

\$17.99

Without the liver, all the various systems of the body—muscles, bones, nerves, blood, and more—wouldn't receive the precious nutrition they need in order to function. Therefore, it is an absolute necessity to keep your liver healthy! If your habits have been unhealthy, there is hope! The liver is quick to forgive, so start being kind to it today and enjoy overall better health!

Liver Support Contains:

Milk Thistle - Helps protect the liver from damage caused by viruses and toxins. Milk Thistle has been used for over 2,000 years, most commonly for liver and gallbladder problems. Research suggests that Milk Thistle extracts both prevent and repair damage to the liver from toxic chemicals and medications.

Dandelion - A powerful yet gentle liver-cleansing herb that also supports the kidneys. Dandelion contains two flavonoid glycosides, Apigenin and Luteolin, which have demonstrated diuretic, anti-spasmodic, antioxidant, and liver-protecting properties.

Aloe Vera - Purifies the body and aids liver function. Helps repair damaged tissue in the gut, and stimulates all of the digestive glands to function properly, including the stomach, kidneys, gallbladder, and liver.

Bromelain - Bromelain is a natural enzyme found in the stem and fruit of the pineapple that promotes healthy liver function, works as a natural anti-inflammatory to protect the liver from damage, and guards against dangerous amyloid buildup.

Boldo - Used worldwide as a digestive aid to stimulate liver and digestive functions, while strengthening and protecting the liver from damage.

Inositol - Helps remove fat buildup from the liver. Enhances liver function and speeds cellular detoxification.

Flaxseed Oil - Contains valuable fatty acids that are essential to healthy liver function and help normalize liver enzyme levels.

L-Methionine - An essential amino acid that promotes liver detoxification and elimination of very harmful substances.

Turmeric Root - Contains valuable components that protect, strengthen, and enhance the liver and its various functions.

Artichoke - Used for centuries as an aid for indigestion and poor liver function, it helps stimulate the liver to produce bile which helps promote digestion and nourishes the entire digestive tract.

Barberry Root - Helps cleanse the liver, enhances the flow of bile, and improves overall liver function.

Lipoic Acid - A natural antioxidant that relieves stress on the liver and is known to protect and even restore the integrity of liver cells.

Uva Ursi - Soothes and strengthens irritated and inflamed tissues, particularly in the liver.

Schizandra Berry - Detoxifies the liver from harmful environmental toxins and pollutants while stimulating overall liver function.

Dong Quai Root - Assists the liver in eliminating toxins from the body and helps it utilize more oxygen, making it more efficient.

STONE CRUSHER



90 Capsules

\$13.99

Benefits Of Stone Crusher:

- Balances and improves digestion
- Stimulates healthy menstrual flow
- Helps detoxify the liver and kidneys
- Provides relief from pain and inflammation
- Assists in eliminating foreign particles, mucus, and other obstructions throughout the body

Gallstones and kidney stones are a major health problem in the United States. In fact, it is estimated that around 20,000,000 people in the U.S. suffer from these conditions each year, with around 600,000 of them receiving therapy. With the introduction of Chanca Piedra, the active ingredient in Stone Crusher, health care practitioners have acquired a powerful plant ally in helping their clients maintain optimal kidney, gallbladder, liver, and bladder health.

Kidney stones form when certain substances, calcium oxalate, calcium phosphate, magnesium ammonium phosphate, uric acid, or cystine, become so concentrated in the urine that they form hard, solid lumps. This is usually due to chronic dehydration, infection, various kidney disorders, deficiencies in magnesium, or excess purines or oxalates in the diet. The main symptom of kidney stones is pain in the left or right lower back or pelvic area that becomes excruciating as the stone attempts to leave the kidney through the narrow tubes called ureters.

Dr. Wolfram Wiemann of Nuremburg, Germany has used Chanca Piedra in his medical practice in Germany. He reported that 94% of all the cases he encountered among his patients with gallstones or kidney stones were "completely eliminated" within one to two weeks.

Research done on Chanca Piedra in Brazil at the Federal University of Santa Catarina revealed an alkaloid (phyllanthoside) in the leaves and stem with strong antispasmodic activity. It served as a smooth muscle relaxer, and they concluded that its spasmolytic action probably accounted for its mastery at expelling stones.

In a 2002 study, researchers seeded the bladders of rats with calcium oxalate crystals and treated them for 42 days with a water extract of Chanca Piedra. Their results indicated that Chanca Piedra strongly inhibited the growth and number of stones formed over the control group.

In 2003, scientists studying the inhibition of calcium oxalate crystal formation in urine samples found that Chanca Piedra could help prevent the formation of kidney stones stating, "It may interfere with stone formation and may represent an alternative form of therapy and/or prevention of urolithiasis (urinary tract stones)."

PRODUCT GUIDE: LUNGS & RESPIRATORY HEALTH

The ability to breathe is something we often take for granted until it is compromised. Be proactive by adding these supplements to your medicine cabinet to make sure that your respiratory health is protected.

ANAMÚ & PLANTAIN



100 Capsules

\$13.99

Serving as a veritable laboratory, Plantain produces a host of beneficial properties for our body as it contains mucilages, tannins, pectins, glycosides, catalpol, phenolic acids, and the alkaloid noscapine (*known for its cough-suppressing effects*).

This formula also serves the respiratory system in more than one way! As a powerful expectorant, it helps loosen and expel phlegm from the lungs, clear up chest congestion, and aid breathing. At the same time, it acts as an effective cough suppressant, reducing the pain caused by irritated and inflamed lung tissue.

C-BLAST



90 Caplets

\$17.99

180 Caplets

\$28.99

C-Blast is an excellent addition to any recovery program. Our C-Blast contains:

Acerola Cherry - Packed full of Vitamin C, this cherry promotes a strong immune system to help fight infection.

Camu Camu - Supports the immune system and helps maintain optimal health; especially under conditions of stress and anxiety, which tend to deplete the immune system.

Indian Goose Berry - With 20 times the Vitamin C of an orange, this little berry packs a punch.

Whole Grapefruit - High in Vitamin C and bioflavonoids that boost the immune system and help promote healthy cell growth while inhibiting unhealthy cell replication.

Whole Lemon Fruit - Restores acid-alkali balance. Helps maintain the body's internal "climate" at a pH which supports healthy bacteria instead of the viruses and harmful bacteria which thrive in more acidic environments. Fights infections and purifies the blood.

Whole Lime Fruit - Very high in Vitamin C, lime fruit aids in fever reduction and supports the immune system. It helps maintain respiratory health.

Whole Orange Fruit - Rich in Vitamin C, orange fruit helps to boost the immune function. Full of vitamins and minerals that help keep the body healthy and strong.

Alfalfa Grass Juice - Improves vitality and stimulates the immune system. It contains ALL the known vitamins, and a plethora of other key minerals and nutrients.

Wheat Grass Juice - Is a complete food and an excellent source of Vitamins C, E, K, and B complex (including B12). In the minerals department, it is rich in calcium, cobalt, germanium, iron, magnesium, phosphorus, potassium, protein, sodium, sulphur, and zinc.

Oat Grass Juice - Strengthens a weak constitution. Packed with nutrients, it is full of vitamins and minerals, very high in protein, and contains all the essential amino acids along with chlorophyll, flavonoids, lecithin, and enzymes.

Barley Grass Juice - Contains immune-boosting properties and protects the body from unhealthy cell formation.

Red Grape Juice - A natural antioxidant and anti-inflammatory, it boosts immunity.

Raspberry Juice - Rich in Vitamins A and C, raspberry juice enhances the immune system.

Blueberry Juice - Called a "super food," blueberry juice enhances the effectiveness of Vitamin C on the immune system and reduces inflammation.

Blackberry Juice - A rich source of Vitamin C, blackberry juice helps to stimulate the immune system and prevent infections.

ULTRA FIGHTER



90 Capsules

\$17.99

180 Capsules

\$29.99

Ultra Fighter is a must-have herbal defender—it may strengthen and protect your body in times of stress and seasonal change!

Ultra Fighter Formula:

- Supports the immune system
- Does not disrupt the healthy flora balance
- Is safe and mild on the system - no risky side effects
- Increases the activity of white blood cells, raising the level of interferon and stimulating blood cells to engulf invading microbes
- Is a powerful antioxidant that can diminish bacteria that may cause skin eruptions
- Has been shown to ease inflammation and infections, particularly of the respiratory system, the bladder, and urinary tract

ZINC CHELATED



100 Tablets

\$9.99

You may already be familiar with Zinc as a support for your immune system, however, did you know that Zinc is an essential trace mineral and is one of the most abundant found in the body? Zinc supports many aspects of bodily function, and is essential to staying healthy.

Respiratory Support - Zinc is found in the mucous secretions of the respiratory system and on the surfaces of lungs and throat. It

has an antimicrobial effect, so it helps to kill inhaled bacteria and viruses before they get a chance to take hold! Zinc is also secreted in the saliva and the mucous membranes of the digestive system to kill any ingested invaders.

Athletic Performance - Adequate zinc directly affects athletic performance and strength development from training because it plays a primary role in anabolic hormone production.

Antioxidant Effects - Zinc is an excellent antioxidant. The purpose of an antioxidant is to get rid of free radicals that cause damage to cells in the body by bonding with them and neutralizing them.

PRODUCT GUIDE: ALLERGY SUPPORT

There's nothing like allergies to take the edge off a beautiful summer walk, or a spring hike in the woods. These supplements can help to support your body as it works to overcome allergic reactions.

ANAMÚ & PLANTAIN



100 Capsules

\$13.99

This blend of two herbs is useful in cleansing the body of toxins, and supporting the immune system.

Anamú contains active ingredients such as tannins, polyphenols, and benzyl-2-hydroxyethyl-trisulfide, which serve as protectors of the body's cells, making Anamú highly effective for many health problems. Anamú helps dissolve the build-up of toxins and uric acid in the fluid that

surrounds all cells which if not removed regularly by the body, can produce an unhealthy internal environment that can lead to a variety of degenerative conditions.

Plantain seems to have a powerful influence over the body's immune system, which aids in deterring infections. The gum-like sap released by plantain cools and soothes the mucus membranes, providing comfort and pain relief, particularly for the respiratory, digestive, and urinary systems. Plantain also serves the respiratory system in more than one way! As a powerful expectorant, it helps loosen and expel phlegm from the lungs, clear up chest congestion, and aid breathing. At the same time, it acts as an effective cough suppressant, reducing the pain caused by irritated and inflamed lung tissue.

EYEBRIGHT



90 Capsules

\$10.99

Although Eyebright is best known for its use in conditions of the eye, it is also very helpful for respiratory conditions including allergies, colds, and inflammation of the lungs and sinuses. Eyebright contains astringent compounds known as tannins that may help to tighten the top layers of mucous membranes reducing mucus secretion, which in turn relieves irritation and improves tissue firmness. Consequently,

many believe that Eyebright can help relieve the numerous symptoms associated with allergies.

The tannins help dry up secretions and relieve inflammation of the mucous membranes. This is helpful when dealing with allergies and inflammation of the eyes, sinuses, and nasal passages. These, along with quercetin, are also believed to reduce allergies by inhibiting the release of histamines.

The aucubin found in Eyebright has an anti-inflammatory action which is useful when there is a cough, hoarseness, or sore throat.

EUROPEAN GREEN CLAY



180 Capsules

\$17.99

According to detox specialist, Sandy Halliday, Green Clay is beneficial for removing toxins which can build up and cause many physical symptoms such as food allergies, headaches, digestive problems, and general fatigue or lethargy.

See more information on [page 54](#)

SWEDISH BITTERS



90 Capsules

\$17.99

180 Capsules

\$29.99

3.5 Oz. Tea

\$20.99

8.45 Oz. Liquid*

\$21.99

16.9 Oz. Liquid*

\$39.99

1 Oz. Concentrate

\$39.99

*Contains Alcohol

Used throughout the world for centuries, Swedish Bitters is a mixture of eleven herbs that can work wonders in supporting your health.

Some of the things Swedish Bitters can aid in accomplishing:

- Purifying the blood
- Energizes, yet soothes
- Improves regularity - a digestive aid that really works
- Helps to regulate the central nervous system
- Truly improves vitality - makes you feel good
- Aids the liver & gallbladder in ridding the body of toxins
- Reinforces your immune system to do its job of fighting off invaders

*Beloved, I wish above all things that thou mayest prosper
and be in health, even as thy soul prospereth.*

—3 John 2

PRODUCT GUIDE: PANCREAS & BLOOD SUGAR SUPPORT

For those struggling to maintain a healthy blood sugar level, these supplements may be just what is needed.

Supporting the body as it works for you is the best approach to maintain optimum health.

BITTER MELON



100 Capsules

\$11.99

Bitter Melon contains a wide variety of vitamins and minerals! Rich in iron, Bitter Melon has twice the beta-carotene of broccoli, twice the calcium of spinach, twice the potassium of bananas, and contains: vitamins A, B1, B2, B3, and C, phosphorus, and dietary fiber.

Bitter Melon contains a substance called charantin—an insulin-like peptide and also lectins—non-digestible sugar-binding proteins which reduce the amount of sugar absorbed by the digestive system. Both of these work together to help promote a healthy blood sugar level!

BITTER MELON PLUS



100 Caplets

\$12.99

Bitter Melon does wonders for maintaining healthy blood sugar. When combined with these three herbs, it is even more effective:

Alfalfa - Alfalfa has a mild blood purifying action, reduces inflammation, and is rich in both the major and trace minerals that build blood oxygen levels and tissue integrity. It is alkalizing and detoxifying. This herb is known to have an action that rebuilds

cardiovascular integrity and tone, has tissue and blood-building minerals which enrich the blood, and helps reduce blood-clotting. Alfalfa supports pancreatic function, and pancreatic imbalances respond very well to alfalfa.

Nopal Cactus Leaves - It is little wonder that Nopal is able to exert so many therapeutic actions considering it is packed full of essential nutrients! It contains vitamins A, B1, B2, B3, and C, in addition to the minerals potassium, calcium, magnesium, and iron. Also present are 18 amino acids in the form of easily digestible protein. Nopal helps contribute to weight loss by absorbing water upon ingestion, which produces a feeling of fullness. This, combined with its effect on blood sugar, appears to help reduce appetite and control carbohydrate cravings.

Anamú - Known for helping stimulate, strengthen, and nourish the kidneys and pancreas, Anamú also helps reduce blood platelet clumping, improving circulation throughout the body, particularly when there are circulatory issues. It is a potent immune system stimulator, benefiting people who tend to have weakened immune systems. Many studies show that this herb is highly effective at promoting healthy blood sugar levels.

CINNAMON



120 Capsules

\$12.99

Cinnamon is an excellent aid in helping to maintain a healthy blood sugar level.

Published in April 2012 in the *International Journal of Preventative Medicine*, researchers found that cinnamon improved blood sugar and insulin levels. The group given the cinnamon also had significant improvements in blood sugar, triglycerides, weight, and body mass! The group taking the placebo had relatively no recordable levels of change.

Cinnamon can have an anti-clotting effect on the blood.

Cinnamon may help maintain healthy levels of LDL cholesterol, the bad cholesterol.

Cinnamon has anti-inflammatory, anti-bacterial, anti-fungal and antioxidant properties. According to Naturalstandard.com, many herbalists recommend cinnamon for digestive symptoms such as nausea, vomiting, diarrhea, and indigestion.

Studies also suggest that cinnamon is an insulin “mimicker” that may help maintain normal blood sugar levels.

PANCREAS SUPPORT



90 Caplets

\$17.99

The pancreas (*from the Greek meaning ‘all flesh’*) is a large, pale, carrot-shaped rubbery gland which lies just below your stomach. It is responsible for the production of digestive juices and hormones. The pancreas is essential to every step of the processing of food, from digestion to absorption, storage, and even the utilization of nutrients.

Indigestion: Do you suffer from heartburn or indigestion? The pancreas secretes the body’s own natural antacid, sodium bicarbonate, to settle an upset stomach!

Blood Sugar: The pancreas is responsible for secreting two important hormones: insulin and glucagon. These two hormones work together to regulate blood sugar levels, and keep everything in the body energized and fueled! Without a healthy pancreas, these hormones can get imbalanced, causing problems with your blood sugar levels!

Pancreas Support is a carefully formulated blend of nutrients that will help keep your pancreas healthy. Protect your pancreas and your blood sugar levels with Pancreas Support!

PRODUCT GUIDE: SKIN, HAIR, AND NAIL HEALTH/REPAIR

Giving your body the right nutrition will make a huge impact in the health of your skin, hair, and nails. By working from the inside to support your body, as well as using topical products, you can have glowing skin, healthy hair, and strong nails!

CALENDULA CREAM



4 Oz. Jar

\$14.99

Calendula Cream can be used whenever the skin needs help repairing. A sunburn, itchy rash, or an abrasion from falling off a bike are all helped with the use of Calendula Cream. It has so many uses it should be a staple in the medicine chest. When disaster strikes, reach for Calendula Cream!

Calendula Cream Is An Invaluable Aid For:

- Pimples
- Minor burns
- Bee/wasp stings
- Sunburns
- Dry scaly skin
- Chronic skin problems
- Age spots
- Red/itchy skin
- Uneven skin tone
- Sagging skin



COLLOIDAL COPPER



3.9 Oz. Soap

\$8.99

4.3 Oz. Spray

\$18.99

4 Oz. Facial Creme

\$19.99

Some Benefits Of Colloidal Copper:

- Acts as a potent antioxidant
- Helps skin to retain moisture
- May help regulate heart rhythm
- May help balance thyroid
- Decreased pain and inflammation
- Accelerates wound repair
- Helps maintain normal cholesterol levels
- Increases red blood cell formation
- Stimulates the production of collagen and elastin, which may help to firm the skin and diminish fine lines, sagging and wrinkles
- Supports the skin's ability to repair itself by increasing the activity of copper-dependent enzymes
- May help increase blood vessel formation and oxygenation within the skin

Do We Need Copper? In the food we commonly eat, there are only very small amounts of copper. And yet, copper is a key mineral in many different body systems and is central to building strong tissue, maintaining blood volume, and producing energy in your cells. Even though copper is critically important, you don't have much copper in your body, barely more than the amount found in a single penny!

MSM



240 Capsules

\$22.99

16 Oz. Powder

\$15.99

Widely known as the "beauty mineral," MSM helps beautify the skin, increase the glossy and healthy look of the hair, and strengthen the nails! For feeling and looking your best on the inside AND outside, try MSM today.

MSM makes the cell walls flexible and elastic. If the amount of MSM in the body is too low, new cells lose some of their flexibility and elasticity. MSM makes cell walls permeable, allowing water and other nutrients to freely flow into cells and allow waste and toxins to properly flow out, thus improving the health of connective tissue and reducing pain. MSM also reduces inflammation and permits the muscles to recover while keeping them from becoming sore.

Fact: MSM is organic sulfur, a vital component in the formation of keratin, collagen, and elastin, giving flexibility, tone, and strength to our muscles, bones, joints, internal membranes, skin, hair, and nails.

SWEDISH BITTERS SALVE & SOAP



4 Oz. Salve

\$14.99

4 Oz. Bar Soap

\$5.99

Do you suffer from an uncomfortable or embarrassing skin problem? Perhaps you would just like to get rid of some annoying blemishes. Are you buying products that don't seem to be helping? Well, the search is over!

Swedish Bitters Salve is a highly powerful herbal-infused cream that helps to improve circulation to the skin, reduce chapping and dryness, speed skin regeneration and strengthening, and improve the overall look and tone of the skin.

What Can I Use Swedish Bitters Salve and Soap For?

- Chronic Skin Conditions
- Poison Ivy/Oak/Sumac
- Wounds/Cuts/Scrapes
- Insect Bites/Stings
- Itching/Dry Skin
- Burns/Scalds
- Bruises
- Warts



Hope for Health | Product Guide

Section Two - Supplements A-Z

This section allows you to look at every product listed from A-Z.

If you need assistance choosing your product, please call 1-800-468-7884.

Every employee at Hope for Health is familiar with our products!

When deciding what to order, you may want to stock up to take advantage of our free shipping—available for all orders over \$100.00. See page 4 for shipping rates and discount pricing options.

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Order online:

www.hopeforhealthusa.com

or call us:

1-800-468-7884

HERBS & SUPPLEMENTS: A-Z



ALFALFA

250 Caplets \$10.99

Suggested Adult Usage:

Take 2 caplets once a day on an empty stomach (otherwise with food if not tolerated well).

Alfalfa is a source of chlorophyll, FOUR times higher than any other vegetable! Scientific studies have found chlorophyll to be very beneficial as a cleansing agent to your entire system. It will help you to form healthy blood cells and keep your pH level balanced.

ALFALFA

- Supports healthy blood sugar levels
- Detoxes the urinary tract
- Purifies the blood and liver
- Is a natural laxative and diuretic
- Contains high levels of enzymes for food digestion and assimilation
- Helps balance and maintain healthy cholesterol levels
- Reduces the incidence of plaque build-up in the arteries
- Can be used as a remedy for bad coughs
- Assists with dissolving kidney stones and with other urinary problems
- Helps to relieve water retention and swelling

SUPPLEMENT FACTS

Serving Size: 2 caplets	
Servings Per Container: 125	
Amount Per Serving	% DV*
Alfalfa	1100 mg †
8.5 Grains	
*Percent Daily Value based on a 2,000 calorie diet.	
†Percent Daily Value not established.	



ALOE VERA

100 Capsules \$11.99

Suggested Adult Usage:

Take 1 capsule once a day on an empty stomach (otherwise with food if not tolerated well).

Aloe Vera is another stunning example of the EXCEPTIONAL benefits that are found in plant sources! The benefits of Aloe Vera may impact every aspect of your health, it could be the only supplement you need! Try it today and you could feel more energized, balanced, pain free, and enthusiastic by tomorrow!

ALOE VERA can...

- Assist in preventing abnormal cell growth
- Maintain healthy cholesterol levels
- Raise blood oxygenation and repair "sludgy" and "sticky" blood
- Reduce joint and muscle pain
- Ease inflammation
- Assist in preventing kidney stone formation
- Help with digestive and stomach disorders
- Alkalize our bodies and assist in balancing overly-acidic dietary habits
- Prevent and reduce yeast-type infections
- Boost cardiovascular performance and physical endurance
- Soothe the intestines and lubricate the digestive tract
- Improve constipation issues

SUPPLEMENT FACTS

Serving Size: 1 capsule	
Servings Per Container: 100	
Amount Per Serving	% DV*
Aloe Vera	500 mg †
(100% Natural from the finest sources available)	
*Percent Daily Value based on a 2,000 calorie diet.	
†Percent Daily Value not established.	
Vegetarian Capsule Ingredient: Pine Tree Pulp	



ANAMÚ

100 Capsules \$13.99
240 Capsules \$26.99

Suggested Adult Usage:

Take 1-2 capsules, three times a day on an empty stomach (otherwise with food if not tolerated well).

WARNING: Individuals with blood disorders or on blood thinning products should consult their doctor before taking this herbal supplement.

Anamú is a flowering plant species of the pokeweed family native to many parts of South America, Mexico, Central America, Texas, Florida, and the Caribbean.

Anamú is tried and true!! Centuries of documented use have shown amazing health benefits! If you would like to give your immune system a boost like it's never known, try Anamú today!

ANAMÚ

- Helps dissolve the build-up of toxins and uric acid in the fluid that surrounds all cells
- Fights unhealthy cell growth
- Offers a mild sedative
- Reduces muscle spasms and nervous tension
- Acts as an antioxidant, reducing free radical damage
- Can help to hasten recovery from colds, coughs, and respiratory problems
- Promotes healthy digestion

SUPPLEMENT FACTS

Serving Size: 1 capsule	
Servings Per Container: 100	
Amount Per Serving	% DV*
Anamú (Petiveria alliacea)	500 mg †
*Percent Daily Value based on a 2,000 calorie diet.	
†Percent Daily Value not established.	

Other Ingredients: Pine tree pulp (vegetarian capsules), Dicalcium phosphate, and Vegetable magnesium stearate

HERBS & SUPPLEMENTS: A-Z



ANAMÚ & PLANTAIN

100 Capsules

\$13.99

Suggested Adult Usage:

Take 1-2 capsules, three times a day on an empty stomach (otherwise with food if not tolerated well).

WARNING: Individuals with blood disorders or on blood thinning products should consult their doctor before taking this herbal supplement.

Anamú & Plantain is a supplement that unites the valuable benefits of two plants sought after for their powerful alkalizing properties and their strong effect on the immune system! These two herbs combine to form an extra-potent blend that helps: regulate the production of white blood cells, increase the strength of the immune system, reduce the buildup of uric acid which can cause joint pain, aid in a variety of skin problems, reduce inflammation throughout the body, soothe the mucous membranes, reduce chest congestion, and improve oxygenation of the lungs!

ANAMÚ & PLANTAIN

- Plantain is anti-inflammatory, helping with joint pain and reducing inflammation
- Anamú helps to dissolve the build-up of toxins and uric acid which can lead to degenerative conditions if not dissolved
- Plantain soothes the mucus membranes, helping to provide relief for pain in respiratory, digestive, and urinary systems

SUPPLEMENT FACTS

Serving Size: 1 capsule		
Servings Per Container: 100		
Amount Per Serving		%DV
Anamú (<i>Petiveria alliacea</i>)	325 mg	†
Plantain (<i>Plantago major</i>)	300 mg	†

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

Other Ingredients: Pine tree pulp (vegetarian capsule) and Vegetable magnesium stearate



APRICOT SEED

120 Capsules

\$17.99

Suggested Adult Usage:

Take 2-4 capsules, three times a day with food.

Apricot Seed is the raw seed of the apricot fruit, and is one of the richest sources of a glycoside known as amygdalin, sometimes called laetrile or "vitamin" B17. This nutrient encourages healthy cell growth, enhances immune response, and strengthens the cardiovascular system. Also known as "bitter almonds", they provide abundant nutrition and support for the immune system! Our Apricot Seed is air-dried at low temperatures to preserve the many health benefits and to keep all the nutrients intact. A 100% raw product!

APRICOT SEED contains...

- **Omega-6 Fatty Acids** - Helps to regulate metabolism, protect the nervous system, and maintain healthy reproductive system
- **Plant Sterols** - Helps to promote healthy cholesterol levels, enhance immune system, and support healthy lung function
- **Vitamin B17** - Increases the body's ability to fight illness and unwanted cell growth
- **Vitamin B15** - Improves blood circulation and oxygenation, reduces cravings, and helps in hair growth/regrowth
- **Vitamin E** - Promotes a healthy immune system, combats the effects of aging, and protects against free radicals

SUPPLEMENT FACTS

Serving Size: 1 capsule		
Servings Per Container: 120		
Amount Per Serving		% DV*
Apricot Seed	500 mg	†
<i>Armeniaca Vulgaris</i>		

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

Vegetarian Capsule Ingredient: Pine Tree Pulp



B-COMPLEX

100 Capsules

\$12.99

Suggested Adult Usage:

Take 1-3 capsules a day with meals.

Want to be naturally beautiful? B-Complex is essential for clear and luminous skin, soft and shiny hair, youthful looks, and for delaying the graying of hair. B-vitamins also counteract stress & anxiety!

Skin trouble? Studies show that 40% of skin problem sufferers lack B-vitamins. Since they play such a major role in activities throughout the entire body, many common health problems may simply be a lack of adequate B-vitamin nutrition!

B-COMPLEX is essential for...

- The breakdown of carbohydrates into glucose, which provides energy for the body
- A normal appetite and fewer cravings
- Optimal liver functioning and blood cell formation
- The breakdown of fats and proteins, which aids the nervous system
- Healthy eyes and strong vision
- Proper muscle tone in the stomach & intestinal tract, promoting healthy digestive function

SUPPLEMENT FACTS

Serving Size: 2 capsules		
Servings Per Container: 50		
Amount Per Serving		% DV*
Vitamin B1 (Thiamin)	50 mg	3330%
Vitamin B2 (Riboflavin)	50 mg	2940%
Niacinamide	50 mg	250%
Vitamin B6 (Pyridoxine HCl)	50 mg	2500%
Folic Acid	100 mcg	25%
Vitamin B12 (Cobalamin)	50 mcg	830%
Biotin	50 mcg	17%
Pantothenic Acid (d-Cal Pant.)	50 mg	500%
Choline Bitartrate	50 mg	†
Inositol	50 mg	†
Para Aminobenzoic Acid	50 mg	†

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

Vegetarian Capsule Ingredient: Pine Tree Pulp

HERBS & SUPPLEMENTS: A-Z



BEET POWDER (ORGANIC)

10 Oz. Powder \$22.99

Suggested Usage:

Adult: Take 1-2 scoops in water or juice once or twice a day with meals.

Child: Take ¼ - ½ scoop in water or juice once or twice a day with meals.

Our Organic Beet Powder is a wonderful cleansing and nourishing tonic that builds the blood, particularly improving the blood quality for menstruating women. It also normalizes the pH balance of the blood (reducing acidity) and purifies the blood by flushing away fatty deposits and improving circulation. Further supporting its role as a blood purifier, Beet Powder has been used to detoxify and strengthen the liver and spleen.

BEET POWDER may help to:

- Purify the blood
- Normalize blood pH
- Cleanse liver, spleen, and intestines
- Improve overall cardiovascular health

NUTRITION FACTS

Serving Size: 1 scoop (7 g)		
Servings Per Container: 40		
Amount Per Serving		% DV*
Calories	23	
Calories Per Fat	0	
Total Fat	0	0%
Saturated Fat	0	0%
Trans Fat	0	0%
Cholesterol	0 mg	0%
Sodium	38 mg	1%
Total Carbohydrate	5 g	1%
Dietary Fiber	0 g	0%
Sugars	3 g	†
Other Carbohydrates	2 g	<1%
Protein	1 g	2%
Vitamin A	11 IU	0%
Vitamin C	6 mg	10%
Vitamin E	0 IU	0%
Calcium	9 mg	1%
Folate	49 mcg	12%
Magnesium	11 mg	3%
Phosphorus	26 mg	3%
Potassium	173 mg	5%

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

†Percent Daily Value not established.



BITTER MELON

100 Capsules \$11.99

Suggested Adult Usage:

Take 1-3 capsules, three times a day with meals. Start with a smaller amount and increase as needed.

Are you trying to keep your blood sugar levels in check? When it comes to blood sugar health, Bitter Melon is one of the best herbs known! Actually a fruit, Bitter Melon has been shown to help improve the health of the pancreas, aid digestion, and help maintain a healthy blood sugar balance. And what is even better? There are NO harmful side effects!!

BITTER MELON:

- Bitter Melon, also known as balsam pear, is a tropical fruit widely cultivated in Asia, Africa, and South America, and has been used extensively around the world as a natural remedy to help maintain healthy blood sugar levels.
- Studies indicate that Bitter Melon may help protect the heart and nervous system by reducing inflammation throughout the body.
- Bitter Melon helps stimulate the breakdown of fat in the body and assists in managing weight gain related to fluctuations in blood sugar levels.
- Studies also suggest that Bitter Melon may play a role in controlling the production of insulin by the body, thus promoting healthy blood sugar control. In fact, to date, nearly 100 scientific studies have demonstrated the powerful effects of this fruit! Some of the documented studies show that Bitter Melon enhances cells' uptake of glucose, promotes insulin release, and enhances the effect of insulin on the body.

SUPPLEMENT FACTS

Serving Size: 2 capsules		
Servings Per Container: 50		
Amount Per Serving		% DV*
Bitter Melon	1000 mg	†
<i>Momordica Charantia L.</i>		

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

†Percent Daily Value not established.

Vegetarian Capsule Ingredient: Pine Tree Pulp



BITTER MELON PLUS

100 Caplets \$12.99

Suggested Adult Usage:

Take 1 caplet, 2-3 times a day, about 30 minutes before each meal, or as needed.

WARNING: Individuals with blood disorders or on blood thinning products should consult their doctor before taking this herbal supplement.

If you have tried, or have heard of the benefits of Bitter Melon, then you know that this natural ingredient works wonders! But when we combined it with three other herbs, the results were nothing short of amazing! The natural ingredients in Bitter Melon Plus complement each other and work powerfully together to help improve the health of the pancreas, aid digestion, and help maintain a healthy blood sugar balance.

BITTER MELON PLUS contains:

- **Alfalfa** - Rich in vital trace minerals and digestive enzymes, alfalfa supports the body as it rebuilds
- **Anamú** - Helps to stimulate and strengthen kidney and pancreatic activity, stimulates the immune system, and promotes healthy blood sugar levels
- **Bitter Melon** - Helps to maintain healthy blood sugar levels, protects the heart and nervous system by reducing inflammation, and contains a wide variety of vitamins and minerals
- **Nopal Cactus Leaves** - Helps to repair bone, reduce pain, aid in weight loss, and nourish the digestive system

SUPPLEMENT FACTS

Serving Size: 2 caplets		
Servings Per Container: 50		
Amount Per Serving		% DV*
Anamú	400 mg	†
Bitter Melon	400 mg	†
Nopal Cactus Leaves	400 mg	†
Alfalfa	200 mg	†

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

†Percent Daily Value not established.

HERBS & SUPPLEMENTS: A-Z



BUTCHER'S BROOM

100 Capsules \$9.99

Suggested Adult Usage:

Take 2 capsules a day with food.

Are you on your feet all day? Are your legs tired, swollen and painful? Relief is here! Butcher's Broom encourages circulation, and may discourage bulging veins and ankle swelling.

It has been shown to be a blood cleanser and enhance the flow of blood plus MUCH, MUCH MORE!

BUTCHER'S BROOM may help to:

- Strengthen collagen
- Tighten blood vessels
- Improve the flexibility of blood vessel walls
- Speed the recovery time of fractures
- Reduce swelling
- Relieve constipation
- Flush gallstones
- Act as diuretic to increase urine output
- Help to calm and conceal unwanted darkness under the eyes
- Regulate mood swings stemming from hormonal imbalances

SUPPLEMENT FACTS

Serving Size: 2 capsules		
Servings Per Container: 50		
Amount Per Serving	% DV*	
Butcher's Broom	1000 mg	†
<i>Ruscus aculeatus</i>		

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

†Percent Daily Value not established.

Vegetarian Capsule Ingredient: Pine Tree Pulp



C-BLAST

90 Caplets \$17.99
180 Caplets \$28.99

Suggested Usage:

Adult: Normal dose to increase immune function:

Take 1 caplet with each meal (3 per day).

Adult: To fight current problem:

Take 2-4 caplets every 4 hours until symptoms subside.

Children: Should use half this amount

Did you know? A properly functioning immune system destroys up to 10,000 unhealthy cells EVERY DAY! Everyone knows that Vitamin C is essential for its powerful immune-boosting properties. But all Vitamin C products are not created equal!

Most vitamin C products out there contain only synthetic ascorbic acid (yet even natural ascorbic acid is just 1/7th of what is in whole-food vitamin C).

The most effective form of Vitamin C comes from whole-food sources. C-Blast is a potent, whole-food Vitamin C blend!

Our C-Blast is formulated with only the finest, purest, whole-food ingredients that will give your immune system a BLAST of power!

NUTRITIONAL FACTS

Serving Size: 3 caplets		
Servings Per Container: 30		
Amount Per Serving		% DV*
Calories	15	
Sodium	25 mg	1%
Total Carbohydrate	3g	1%
Dietary Fiber	1g	4%
Vitamin C*	500 mg	833%
Bioflavonoids	50 mg	†
Whole Food Vitamin C Blend	3,180 mg	†
Acerola Cherry, Camu Camu (Myrcaria dubia) and Indian Goose Berry (Embilica officinalis)		
Whole Citrus Blend	300 mg	†
Orange (whole fruit), Grapefruit (whole fruit), Lemon (whole fruit), and Lime (whole fruit)		
Green Blend	150 mg	†
Alfalfa Grass Juice, Wheat Grass Juice, Oat Grass Juice, and Barley Grass Juice		
Organic Fermented Fruit Blend	75 mg	†
Red Grape Juice, Raspberry Juice, Blueberry Juice, and Blackberry Juice		

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

†Percent Daily Value not established.

Other Ingredients: Stearic Acid, Vegetable Magnesium Stearate, Silicon Dioxide, Dicalcium Phosphate, and Croscarmellose Sodium.



CAT'S CLAW

120 Capsules \$16.99

Suggested Adult Usage:

Take 1-2 capsules, 3 times a day on an empty stomach (otherwise with food if not tolerated well).

Cat's Claw, a previously little-known herb, has recently received worldwide attention. We have many satisfied customers who are using Cat's Claw for relief from a wide range of health problems.

If you are debilitated by ongoing viral infections, Cat's Claw has been proven to speed recovery from illness due to the POWERFUL antioxidant compounds present in Cat's Claw!

CAT'S CLAW...

- Acts as an antioxidant to rid the body of free radicals
- Inhibits unhealthy cell growth
- Helps maintain normal blood sugar levels
- Has anti-inflammatory properties, which makes it helpful for any condition involving inflammation
- Helps with intestinal complaints, gastrointestinal issues, respiratory health, menstrual problems, and pain
- Enhances function of white blood cells and increases immune response in the body
- Has a positive regulating effect on brain neurotransmitters called 5-HT(2) receptors—these receptor sites are targets for drugs used in helping a variety of conditions, including sadness, anxiety, eating disorders, chronic pain conditions, and obesity

SUPPLEMENT FACTS

Serving Size: 2 capsules		
Servings Per Container: 60		
Amount Per Serving	% DV*	
Cat's Claw	1500 mg	†
<i>Uncaria Tomentosa</i>		

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

†Percent Daily Value not established.

Vegetarian Capsule Ingredient: Pine Tree Pulp

HERBS & SUPPLEMENTS: A-Z



CHARCOAL (ACTIVATED)

180 Capsules **\$17.99**
10 Oz. Powder **\$20.99**

US Poison Control: 800-222-1222

1 teaspoon of powder = 5 capsules
 1 tablespoon of powder = 15 capsules

It was 1831. In front of his distinguished colleagues at the French Academy of Medicine, Professor Touery drank a lethal dose of strychnine and lived to tell the tale. You see, he had combined the deadly poison with Activated Charcoal. That's how extremely powerful Activated Charcoal is as an emergency decontaminant. Activated Charcoal is considered to be the single most effective agent available. It works by keeping the poison from being absorbed from the stomach into the body. It can be used after a person swallows or absorbs almost any toxic drug or chemical.

HOW DOES CHARCOAL WORK?

Activated Charcoal exerts its effects by adsorption of a wide variety of drugs and chemicals. Adsorption (*as opposed to absorption*) is a process in which atoms and molecules move from a bulk phase (*such as a solid, liquid, or gas*) ONTO a solid or liquid surface. In other words, the toxic substance attaches to the surface of the charcoal. Because charcoal is not "digested," it stays inside the GI tract and eliminates the toxin when the person has a bowel movement.

NOTE: Charcoal can decrease your body's absorption of certain nutrients and also interfere with medications. Because of this, frequent use is not recommended.

HOW TO USE:

To take charcoal powder, mix with small amount of water or juice. Powdered charcoal reaches maximum rate of adsorption in the stomach within 1 minute. The sooner it is given, the better.

• Gas, Heartburn, or Upset Stomach:

Adult: 1-2 teaspoons (4-10 capsules) up to 3 times per day.

Children: 1/4 - 1/2 teaspoon (1-3 capsules) up to 3 times a day as needed, depending on body weight.

• Nausea, Vomiting, and Diarrhea

Adult: 1-2 tablespoons (15-30 capsules) in a small amount of water or juice after each vomiting/diarrhea episode. Follow with a glass of plain water, if tolerated.

Children: 2-3 teaspoons (5-15 capsules), depending on body weight.

• Poisoning: It is best taken in powder form for poisoning, to adsorb the toxic substance as fast and as completely as possible. Take 1 tablespoon in a small amount of water for every gram of poison taken. If you don't know the amount of poison taken, use 1 tablespoon per 20 pounds of body weight.

NOTE: Charcoal is most successful if used within the first hour of swallowing poison. In severe poisoning cases, several doses of charcoal might be required. Activated Charcoal should not be used for the ingestion of corrosive poisons such as: lye, acids, fuel oil, alcohols, etc.

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 90

Amount Per Serving	% DV*
Charcoal	520 mg †

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

Vegetarian Capsule Ingredient: Pine Tree Pulp

CHOLESTEROL SUPPORT

90 Caplets **\$17.99**

Suggested Adult Usage:

Take 1-2 caplets, 3 times a day, about 30 minutes before each meal.

Cholesterol Support is a blend of vitamins, herbs, and whole foods that together promote a natural balance of cholesterol throughout the body. It helps maintain a healthy circulatory system, supports adequate blood flow to extremities, and encourages an oxygen-rich blood supply.

SOME INGREDIENTS...

- **Plant Sterols** - Reduces cholesterol absorption in the intestines
- **Commiphora Mukul** - Promotes healthy levels of lipoproteins, cholesterol levels, triglycerides, and LDL cholesterol
- **Inositol** - Helps maintain the "good" (HDL) cholesterol
- **Soybean Extract** - Contains isoflavones that help to maintain healthy cholesterol levels
- **Odorless Garlic Extract** - Helps maintain proper HDL and LDL levels
- **Artichoke Extract** - Increases excretion of cholesterol and decreases the manufacture of cholesterol in the liver

SUPPLEMENT FACTS

Serving Size: 3 caplets Servings Per Container: 30			
Amount Per Serving	% DV*	Amount Per Serving	% DV*
Vitamin B6	20 mg 250%	Celastrol	100 mg †
Folic Acid	400 mcg 100%	(Micro Crystalline)	
Vitamin B12	25 mcg 417%	Garlic Odorless	100 mg †
(As cyanocobalamin)		Extract	
Pantothenic Acid	10 mg 100%	Inositol	100 mg †
Chromium	200 mcg 167%	Psyllium Husk	100 mg †
(As Polynicotinate)		(Seed, Powdered)	
Plant Sterols	800 mg †	Boron 600 GDU	50 mg †
Commiphora Mukul	400 mg †	Pantethine 20%	50 mg †
(Gum Guggul 25% Extract)		Quercetin	30 mg †
Soy Bean Extract	250 mg †	Artichoke Extract	25 mg †
(Glycine Max)		Phosphatidylcholine	20 mg †
Inositol Hexanicotinate	200 mg †	Policosanol	10 mg †
Garlic	200 mg †	Grape Seed Extract	5 mg †
Phenolsulfonamide	150 mg †	Tocotrienols	5 mg †

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

HERBS & SUPPLEMENTS: A-Z



CINNAMON

120 Capules \$12.99

Suggested Adult Usage:

Take 1 capsule twice a day with food.

Sugar consumption may be the main reason that your pancreas is overworked, worn out, and not functioning well. If you are struggling with an out-of-control appetite and feeling sluggish, you may want to reach past the sugar and try Cinnamon instead. This super spice not only packs a flavorful punch, but it will help your overall health, and aid in weight-loss.

CINNAMON...

- Can have an anti-clotting effect on the blood
- Can help to maintain healthy levels of LDL cholesterol (*the bad cholesterol*)
- Helps to balance hormones, and relieve menstrual pain
- Increases metabolism by raising the body temperature
- Is anti-inflammatory, anti-bacterial, anti-fungal, and has antioxidant properties
- Is recommended for digestive symptoms: nausea, vomiting, diarrhea, and indigestion
- Is a great source of manganese, fiber, iron, and calcium
- Calcium and fiber together help to remove toxins from the body

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 60

Amount Per Serving	% DV*
Cinnamon	1000 mg †

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

Vegetarian Capsule Ingredient: Pine Tree Pulp



CLAY

180 Capsules \$17.99
4 Oz. Bar Soap \$5.99
1 lb. Powder \$14.99
2 lb. Powder \$23.99
5 lb. Powder \$35.99
55 lb. Powder \$350.00

Suggested Usage:

The amount varies by age and weight.
Please see complete instructions for specifics, which are shipped with each clay order.

Green Clay is used in alternative health practices for its wealth of benefits, both internally & externally!

GREEN CLAY...

Internal Uses:

- Ulcers
- Iron deficiency
- Diarrhea/constipation
- Heartburn/reflux
- Parasites
- Stomach bugs
- Intestinal disorders
- pH imbalance
- Poor bowel health
- Mineral deficiencies
- Heavy metal toxicity
- Irritability/mood swings
- Toxicity due to chemicals or poison

External Uses:

- Burns/cuts/scrapes
- Unwanted cell growth
- Almost all skin conditions
- Painful, swollen joints
- Poor gum or dental health
- Ulcers or tunneling wounds
- Unsightly scar tissue
- Rashes including poison ivy, poison oak, and sumac
- Bug, spider, or snake bites or stings
- Acute injuries such as sprains and strains
- Fungal growths

SUPPLEMENT FACTS

Serving Size: 6 capsules
Servings Per Container: 30

Amount Per Serving	%DV
European Green Clay	5400 mg †

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

Vegetarian Capsule Ingredient: Pine Tree Pulp



COLON CLEAR

90 Capsules \$13.99

Suggested Adult Usage:

To cleanse the colon & improve digestive health:
Take 1-2 caps., 1-2 times/day on an empty stomach.

For stronger cleansing or to relieve constipation:
Increase to 4 caps., 3 times/day on an empty stomach.

Are you suffering from a lack of energy, poor skin tone, blemishes, cellulite, constipation, or weight that just doesn't seem to come off? If so, you may need to clean out your colon! If you are suffering from these problems, you may be toxic, meaning you are storing waste in your colon that cannot get out. When waste overstays its welcome, building up through your colon and intestines, it becomes a breeding ground for dangerous bacteria that can attack your health and quality of life!

COLON CLEAR...the 100% natural way to help:

- Fight colorectal problems
- Improve gastrointestinal health
- End constipation and improve natural waste flow, reducing irritation and discomfort
- Reduce excess gas, and the gas-producing bacteria that thrive in the lower bowel
- Form softer, more natural stools
- Cleanse the body of toxins and improve skin complexion

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings Per Container: 90

Amount Per Serving	% DV*
Proprietary Blend	750 mg †

Bentonite Powder (organic clay a natural detoxifier), Concentrated Aloe Vera Powder, Psyllium Powder Seeds, Celery Powder, Prune Concentrate, Mint, Flax Seed Powder, Anise, Vitamin C, Magnesium, Papain (from tropical papaya fruit) and Bromelain Enzymes (from pineapple).

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

Vegetarian Capsule Ingredient: Pine Tree Pulp

HERBS & SUPPLEMENTS: A-Z



CORAL CALCIUM

90 Capsules **\$18.99**

Suggested Adult Usage:

Take 2 capsules twice a day with food.

Coral Calcium is just calcium; however, it has an advantage over other types of calcium - marine Coral Calcium has a wide range and optimal mix of major and trace minerals. It actually contains every mineral, in similar proportion, found in the human body! This is vitally important because some trace minerals are entirely missing from our food supply and supplements, yet these minerals occur in the human body, and are necessary for vibrant health!

CORAL CALCIUM may help:

- Maintain stronger bones and healthier teeth
- Increase muscle and joint mobility
- Aid the nervous system and control digestive problems
- Combat joint pain and strengthen the cardiovascular system
- Promote healthy blood sugar and blood pressure levels
- Cleanse the kidneys, intestines, and liver while breaking down heavy metals and drug residues in the body
- Support mineral levels in the body, especially with regard to natural hormonal fluctuations

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 45

Amount Per Serving		% DV*
Calcium (from Coral)	358 mg	35%
Magnesium (from Coral)	174 mg	44%

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

Vegetarian Capsule Ingredient: Pine Tree Pulp

Additional Ingredients: 72 Trace minerals naturally occurring in coral calcium



DAMIANA

100 Capsules **\$10.99**

Suggested Adult Usage:

Take 2-4 capsules, three times a day on an empty stomach (*otherwise with food if not tolerated well*).

To obtain desired results, Damiana must be taken regularly.

WARNINGS: Individuals with diabetes and hypoglycemia, or those on blood sugar-lowering medication should use this herb with caution, and monitor blood sugar levels regularly.

Our 100% Damiana is a highly-potent, safe, and natural alternative to aid sexual health and energy! In fact, Damiana even appears on the FDA's list of GRAS (*generally recognized as safe*) foods and is widely used as a food flavoring!

DAMIANA may help:

- Enhance sexual stimulation and fight sexual disorders
- Increase energy and stamina
- Improve the mood and fight anxiety
- Fight menstrual or menopausal issues
- Aid in weight loss
- Fight digestive problems including heartburn and constipation
- Suppress coughs and reduce inflammation in the lungs
- Prevent or alleviate headaches (*including migraines*)

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings Per Container: 100

Amount Per Serving		% DV*
Damiana (Powder)	500 mg	†

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

Vegetarian Capsule Ingredient: Pine Tree Pulp



DRAGON HERBA DROPS

1 Oz. Liquid* **\$12.99**

*Contains Alcohol

Suggested Adult Usage:

Internally: Take 6-12 drops (*about ½ - 1 dropperful*) two to three times a day as needed, between meals on an empty stomach (*otherwise with food if not tolerated well*).

Externally: Apply directly to affected area and gently rub in.

Dragon Herba Drops contains 100% potent and pure dragon's blood herb! "Dragon's blood" is the best aid for almost any skin or digestive problem. When applied topically, it helps repair skin after cuts, rashes, bites, burns, stings, abrasions, sores, wounds, and skin problems of all kinds. When used internally it soothes the digestive tract and relieves a variety of digestive complaints. This powerful blend helps the body inside and out!

DRAGON HERBA DROPS:

- Repairs wounds and stops bleeding
- Relieves diarrhea and soothes hemorrhoids
- Reduces itching and inflammation
- Inhibits unhealthy cell growth and cell mutation
- Helps improve digestive functions
- Increases collagen in the skin
- Can be used in a douche for vaginal issues
- Great for gum, mouth, throat, and other oral health issues

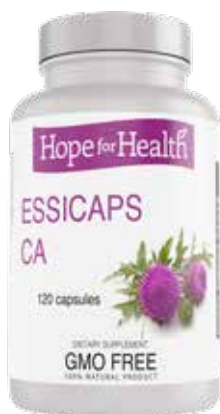
SUPPLEMENT FACTS

Serving Size: 6 drops (0.3 ml)
Servings Per Container: 99

Amount Per Serving		% DV*
Sangre de Drago (100% Pure Vegetable Resin)	0.30 ml	†

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

HERBS & SUPPLEMENTS: A-Z



ESSICAPS CA

120 Capsules \$20.99

Suggested Adult Usage:

For those with major health concerns, we recommend: 3 capsules taken 3 times a day on an empty stomach.

For preventative care, we recommend a maintenance dose: 1 capsule taken 3 times a day on an empty stomach.

Essicaps CA is a proprietary herbal formulation containing eight valuable botanicals. This combination of potent synergistic herbs is used for blood purification, gland stimulation, and for its powerful anti-inflammatory, anti-bacterial, and antioxidant properties! All of these qualities make it a great supplement to help promote healthy cell growth while relieving the pain, discomfort, and nausea related to many chronic conditions.

ESSICAPS CA INGREDIENTS:

- **Burdock Root** - Prevent unhealthy cell growth
- **Sheep Sorrel** - Cleansing and detoxification
- **Slippery Elm Bark** - Supports immune function
- **Turkish Rhubarb Root** - Purges body of toxic waste
- **Blessed Thistle** - Anti-bacterial and anti-fungal
- **Red Clover Blossom** - Prevents unhealthy cell development
- **Kelp** - Rich in valuable nutrients
- **Watercress** - Strong antioxidant

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings Per Container: 120

Amount Per Serving	%DV
Proprietary Blend	750 mg *
Burdock Root Extract 4:1, Sheep Sorrel Herb 4:1, Slippery Elm Bark Extract 4:1, Turkish Rhubarb Root Extract 4:1, Watercress Herb, Blessed Thistle Herb, Red Clover Blossom and Kelp.	

*Daily Value not established.

Veggie Capsule Ingredient: Pine Tree Pulp



EYEBRIGHT

90 Capsules \$10.99

Suggested Adult Usage:

Take 2-4 capsules, three times a day on an empty stomach (otherwise with food if not tolerated well).

Eyebright is known as the single best herb for the eyes! It has been used to support and strengthen the eyes, nose, and sinuses. Eyebright relieves discomfort from eyestrain and minor eye irritation, soothes itchy and watery eyes, hastens recovery from styes, helps improve vision, and has a cooling and detoxifying property that makes it especially useful in combating inflammation and allergies.

Extremely high in nutrients,

Eyebright contains:

Vitamins: A, B-Complex, C, D, and E

Minerals: Iron, silicon, selenium, iodine, copper, and zinc

Other valuable components: Tannins, iridoid glycosides such as aucubin, flavonoids such as rutin and quercetin, essential fatty acids, caffeic and ferulic acids, sterols, and choline

EYEBRIGHT is commonly used for:

- Headaches
- Gastric disorders
- Colds and allergies
- Respiratory ailments
- Fuzzy sight and "floaters"
- Congestion in the head and chest
- Damaged, weak, or "weeping" eyes
- Improved mental clarity and memory

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 45

Amount Per Serving	% DV*
Eye Bright (Powder)	1000 mg †

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

†Percent Daily Value not established.

Vegetarian Capsule Ingredient: Pine Tree Pulp



FEM

90 Caplets \$15.99

Suggested Adult Usage:

For mild menstrual or menopausal conditions:

Take 1 caplet with food, three times a day.

For severe conditions:

Take 2-3 caplets with food, three times a day.

WARNING: Individuals with blood disorders or on blood thinning products should consult their doctor before taking this herbal supplement.

Do you find yourself dreading that time of the month (or that time of life) when nothing "feels" right?

For the all-over bloated, achy, and uncomfortable feelings, try Fem today!

FEM may help...

- Bloating
- Cramps
- Backaches
- Headaches
- Fatigue
- Irritability
- Unexplained sadness
- Mood swings
- Irregular periods
- Heavy bleeding
- Constipation
- Diarrhea
- Unhealthy ovary or uterine tissue
- Hot flashes
- Sleep disturbances
- Vaginal dryness
- Reduced sex drive

SUPPLEMENT FACTS

Serving Size: 2 caplets
Servings Per Container: 45

Amount Per Serving		% DV*
Cat's Claw	400 mg	†
Pau D'Arco	400 mg	†
Shepherd's Purse	400 mg	†
Anamu	100 mg	†
Astragalus Root	100 mg	†
Dong Quai	100 mg	†
Echinacea	100 mg	†
Golden Seal	25 mg	†

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

†Percent Daily Value not established.

HERBS & SUPPLEMENTS: A-Z



FLAXSEED

100 Capsules \$13.99

Suggested Adult Usage:

Take 1 capsule 3 times a day.

The oil of the flax plant is one of nature's richest plant sources of the Omega-3 essential fatty acid, alpha linolenic acid (ALA), plus valuable linoleic fatty acid.

Flaxseed also contains lignans that contain powerful properties. These little seeds improve digestion, help maintain normal blood glucose levels, fight immune system degradation, and helps maintain cardiovascular health.

FLAXSEED may help with...

- **Heart Issues** - Helps to strengthen the heart, maintain healthy cholesterol, and fight plaque formation
- **Joint Pain** - Reduces pain and inflammation related to joint problems
- **Immune System** - Omega-3 oils (such as those in Flaxseed) support the body in fighting off germs and illness
- **Blood Pressure** - Numerous studies have shown a correlation between flaxseed consumption and healthy blood pressure levels
- **Prostate Health** - Flaxseed is very beneficial to maintain a normal and healthy prostate
- **Digestion** - Flaxseed acts as a buffer for excess stomach acids and soothes ulcers and bowel disorders

SUPPLEMENT FACTS

Serving Size: 3 capsules
Servings Per Container: 33

Amount Per Serving	% DV*
Flax Oil (seed) Powder	1,800 mg †

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

Other Ingredients: Vegetarian Capsule (Pine Tree Pulp), Silicon Dioxide, Stearic Acid, Magnesium Stearate.



FLORA BALANCE

90 Capsules \$18.99

Suggested Adult Usage:

Take 1-2 capsules, 30-45 minutes before each meal. Best results are seen with continued use, as beneficial effects may take 4-6 weeks to appear.

Flora Balance is a powerful enzyme and anti-fungal formula to support the detoxification of yeast overgrowth and promote a balanced intestinal environment. This special blend utilizes enzymes to help balance flora levels. It includes cellulase and hemicellulase to help digest cellulose; while amylase, invertase, glucoamylase and malt diastase help to break down sugars and carbohydrates. Keep your body balanced and strong with Flora Balance!

FLORA BALANCE may help with...

- Abdominal distention, bloating, or gas
- Stomach aches or cramps
- Chronic heartburn
- Constipation or diarrhea
- Yeast infections or pain during urination
- Mood swings, agitation, or anxiety
- Memory loss or decreased concentration
- Weakness, dizziness, fatigue
- Unexplained weight gain or loss
- Frequent or recurrent viral infections
- Frequent headaches

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 45

Amount Per Serving		% DV*
Biotin	40 mcg	13%
Cellulase	74,000 CU	†
Hemicellulase	30,000 HCU	†
Amylase	4,000 DU	†
Malt Diastase	200 DP	†
Glycoamylase	100 AGU	†
Invertase	1,000 SU	†
Pau D'Arco	100 mg	†
Golden Seal Extract	20 mg	†
Grapefruit Seed Extract	20 mg	†

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

†Percent Daily Value not established.

Vegetarian Capsule Ingredient: Pine Tree Pulp



FRUITILICIOUS

10 Oz. Powder \$28.99

32 Oz. Powder \$70.99

Suggested Usage:

Adult: Take 1 scoop in 8 Oz. of water or juice 1-2 times a day. Can also be used as a meal replacement.

Children: Take ¼ to ½ scoop in water or juice 1-2 times a day.

See page 21 for more information

NUTRITION FACTS

Serving Size: 8.5 g (1 rounded scoop)
Servings Per Container: 30

Amount Per Serving	% DV*
Calories	16
Calories from Fat	0 g
Total Fat	0 g 0%
Saturated Fat	0 g 0%
Total Carbohydrates	4 g 1%
Sugars	0 g †
Fiber	2 g 8%
Protein	0 g 0%

Whole Food 6675 mg †
Proprietary Blend

Blackberries, Acerola, Black Raspberries, Blueberries, Cherries, Nectarines, Peaches, Pears, Gogi Berries, Mangos, Pomegranates, Papayas, Black Currants, Blood Oranges, Cranberries, Red Plums, Strawberries, and Watermelon.

Amount Per Serving	% DV*
Carrot Powder	600 mg †
Apple Pectin	250 mg †
Flax Seed	250 mg †
Oat Bran	175 mg †
Lecithin (from soy bean)	150 mg †
Rice Bran	100 mg †
Whole Food ORAC Blend	50 mg †
Japanese Knotweed	40 mg †
Bilberry Std. Extract 25%	40 mg †
Grape Seed Extract	30 mg †
Resveratrol	5 mg †
Lycopene (Carotene)	250 mcg †
Lutein (Marigold flowers)	250 mcg †
Astaxanthin	20 mcg †

(Chlorophylla Algae)

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

†Percent Daily Value not established.

HERBS & SUPPLEMENTS: A-Z



GINKGO BILOBA

90 Capsules

\$13.99

Suggested Adult Usage:

Take 1-2 capsules, three times a day on an empty stomach (otherwise with food if not tolerated well).

Best results are seen with continued use, as beneficial effects may take 4-6 weeks to appear.

WARNING: Individuals with blood disorders or on blood thinning products should consult their doctor before taking this herbal supplement.

Ginkgo Biloba contains a wide range of properties that make it a powerful addition to your herbal arsenal. For memory enhancement and circulatory improvement it stands nearly unrivaled. As one of the most well-researched herbs in the world, it is commonly prescribed in both France and Germany.

GINKGO:

- **Memory** - Ginkgo boosts oxygen levels in the brain, regulates neurotransmitters, and increases brain functionality
- **Brain Health** - Increases blood flow to the brain, supporting brain memory retention and focus
- **Sexual Problems** - Increases blood flow to genitals, helping with male arousal and virility
- **Nervous System** - Improves coordination, energy level, and mood by increasing blood flow to the brain, thus bringing more nutrition to needed regions
- **Menopause** - Helps to balance hormonal levels during menopause

SUPPLEMENT FACTS

Serving Size: 3 capsules
Servings Per Container: 30

Amount Per Serving	%DV
Ginkgo Biloba (Extract)	180 mg *
Ginkgo Biloba (Leaf)	810 mg *

*Daily Value not established.

Veggie Capsule Ingredient: Pine Tree Pulp



GINSENG BOOST

100 Capsules

\$13.99

Suggested Adult Usage:

Take 1-2 capsules, three times a day on an empty stomach (otherwise with food if not tolerated well).

WARNINGS: Women who are pregnant or individuals taking MAO inhibitor drugs should not use this herb.

Are you constantly dragging? Do you feel like you just don't have the energy you used to? Are you having a hard time remembering even the simplest things?

If so, then give Ginseng Boost a try!

It boosts energy levels, improves memory and cognitive function, and fights stress!

The main ingredient in Ginseng Boost, Korean Ginseng (also known as Asian Ginseng or Panax Ginseng), gives an overall relaxing feeling as it reduces stress and anxiety. Ginseng works in a multi-purpose fashion. It helps regulate hormonal functioning (which reduces fatigue and mood swings), and at the same time, it helps create endorphins, making you happier!

GINSENG BOOST can help by...

- Energizing the body both physically & mentally
- Balancing blood sugar levels
- Supporting male sexual function
- Controlling weight
- Reducing stress
- Fighting the effects of aging
- Stimulating hair growth
- Promoting skin health
- Supporting women's health

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 100

Amount Per Serving	% DV*
Panax Ginseng	650 mg †

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

Vegetarian Capsule Ingredient: Pine Tree Pulp



GRAVIOLA

100 Capsules

\$13.99

Suggested Adult Usage:

Take 1-2 capsules, three times a day on an empty stomach (otherwise with food if not tolerated well).

Graviola is rich in vitamins and minerals, including vitamins B1, B2, and C. It is also a source of potassium, calcium, zinc, phosphorous, and magnesium. The miraculous results attributed to Graviola are likely due to the abundant supply of antioxidants, particularly Coenzyme Q10. Your body may be able to ward off inflammation, eliminate free radicals, and continue to operate at optimal levels!

Fact: Studies have shown Graviola to be up to 10,000 times more effective at killing and removing unhealthy cells than its commonly used chemical counterpart.

GRAVIOLA may help to...

- Maintain a healthy blood pressure
- Alleviate muscle and joint pain
- Calm nerves
- Help to relieve stress
- Improve sleep quality
- Repel parasites
- Rejuvenate the liver
- Maintain healthy blood sugar levels
- Relieve spasms and convulsions
- Promote healthy cell growth
- Combat unhealthy cell growth

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings Per Container: 100

Amount Per Serving	% DV*
Graviola <i>Annona Muricata</i>	700 mg †

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

Vegetarian Capsule Ingredient: Pine Tree Pulp

HERBS & SUPPLEMENTS: A-Z



HEART MAXIMIZER

90 Capsules \$22.99

Suggested Adult Usage:

Take 2 capsules, two times a day,
30 minutes before meals.

Your heart is an amazing organ that is like an engine, working steadily to provide blood flow, oxygen, and life to every cell of your body. Heart Maximizer is specially formulated to nourish and protect the heart and circulatory system while promoting healthy lipid levels. Heart Maximizer helps maintain and strengthen the entire cardiovascular system - improving both physical endurance and overall health!

HEART MAXIMIZER includes...

- **Quercetin** - Aids with endurance
- **Cayenne Pepper** - Stimulates circulation and helps to dissolve blood clots
- **Gotu Kola** - Improves vein health and tone
- **Diosmin** - A flavonoid that improves vein wall elasticity and reduces inflammation
- **Witch Hazel** - Strengthens the heart and improves circulation
- **Citrus Flavonoids** - Protects the cardiovascular system by improving vasodilation, and helping the liver remove LDL cholesterol from the bloodstream

SUPPLEMENT FACTS

Serving Size: 3 capsules	
Servings Per Container: 30	
Amount Per Serving	% DV*
Vitamin E (as d-Alpha Tocopheryl Acetate)	600 IU 2000%
Niacin (as Flush Free Niacin)	20 mg 100%
Calcium EDTA	1000 mg 100%
Bromelain (2,400 GDU)	100 mg †
Butcher's Broom (Ruscus aculeatus)	100 mg †
Herb Powder Extract (standardized for 9% Ruscogenin)	
Cayenne Pepper	100 mg †
Diosmin	100 mg †
Ginkgo Biloba leaf Powdered Extract (Standardized from 24% Flavonoglycosides)	100 mg †
Gotu Kola (Centella asiatica Herb Powder Extract) (Standardized for 10% Asiaticoside)	100 mg †
Grape Seed Powder Extract (Standardized for 95% OPC)	100 mg †
Horse Chestnut (Aesculus hippocastanum)	100 mg †
Herb Powder Extract (standardized for 21.9% Aescin)	
Odorless Super Garlic	100 mg †
Quercetin	100 mg †
Citrus Flavonoids	50 mg †
Witch Hazel (Hamamelis virginiana) Herb Powder	30 mg †

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

Vegetarian Capsule Ingredient: Pine Tree Pulp



IMMUNE FORMULA

90 Capsules \$17.99

Suggested Adult Usage:

Take 1-3 capsules a day with food.

Immune Formula was exclusively developed with you in mind!
There is Hope for Your Health!
This is a proprietary blend that provides your daily dose of Vitamin C, as well as several immune-building herbs.

IMMUNE FORMULA Ingredients:

- **Acerola Berry Powder** - High levels of Vitamin C, and 150 active nutrients to boost your immune system and improve oxygenation
- **Ascorbic Acid** - Helps to support growth and repair of all body tissues
- **Echinacea** - A powerful herb that helps to balance and strengthen the immune system, decrease inflammation, and reduce symptoms
- **Pau d'Arco** - An amazing herb that has antibacterial and antifungal properties
- **Red Clover** - A powerful blood cleanser, red clover helps to eliminate toxins from the body, reducing inflammation, relieving pain, and promoting tissue repair

SUPPLEMENT FACTS

Serving Size: 1 Capsule	
Servings Per Container: 90	
Amount Per Serving	% DV*
Proprietary Blend	750 mg †
Acerola Berry Powder, Ascorbic Acid, Echinacea (Echinacea angustifolia), Pau d'Arco, Red Clover	
*Percent Daily Value based on a 2,000 calorie diet.	
†Percent Daily Value not established.	

Other Ingredients: Vegetarian cellulose capsules, Microcrystalline cellulose, and Vegetable magnesium stearate



JOINT SUPPORT

100 Caplets \$22.99

Suggested Adult Usage:

Take 1-2 caplets, three times a day on an empty stomach (otherwise with food if not tolerated well).

Joint pain can be very bothersome. But the good news is, help is available! If you suffer from joint pain, regardless of the cause, Joint Support can help! Joint Support is a specially formulated blend of herbs and nutrients that help reduce inflammation and pain while nourishing the entire structural system (bones, muscles, and joints).

JOINT SUPPORT can help...

Increase:

- Range of motion in the joints
- Joint and muscle strength
- Overall mobility

Decrease:

- Joint and muscle swelling
- Inflammation and pain
- Buildup of uric acid in the joints
- Muscle and joint fatigue

SUPPLEMENT FACTS

Serving Size: 4 caplets	
Servings Per Container: 25	
Amount Per Serving	% DV*
Vitamin A (Cephaenanthra)	5,000 IU 100%
Vitamin C (Ascorbic Acid)	200 mg 333%
Vitamin D2 (Ergocalciferol)	200 IU 50%
Vitamin E	75 IU 250%
d-Alpha Tocopheryl Acetate	250 mg 1250%
Niacinamide (Nicotinamide)	200 mg 20%
Niacin (Nicotinic Acid)	25 mg 125%
Pantothenic Acid	100 mg 1000%
d-Cal. Pantothenate	25 mg 1250%
Vitamin B6 (Pyridoxine)	200 mg 20%
Calcium (Minerals)	100 mg 20%
Magnesium	15 mg 100%
Zinc (Glucanate)	300 mg 150%
Copper (Amino Acid Chelate)	100 mg 100%
Selenium	40 mg †
L-selenomethionine	25 mg †
Devil's Claw	800 mg †
Harpagophytum procumbens	
Achillea Leaves	400 mg †
Yucca	400 mg †
White Willow Bark	400 mg †
Carb's Claw (Inner Bark)	300 mg †
Uncaria Tomentosa Wild DC	300 mg †
MGSA (Methylsulfonylmethane)	200 mg †
Horsebalm (Equisetum arvense)	200 mg †
Ginger (Zingiber officinale)	200 mg †
Root Powder	
Licorice (Glycyrrhiza glabra)	150 mg †
Bromelain	100 mg †
Evening Prime Rose Oil	100 mg †
Citrus Bio-Flavonoid Complex	100 mg †
Storage Seed Oil	50 mg †
Bonego officinalis	
Boswellia	40 mg †
Quercetin	25 mg †
Storon	1000 mg †

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

HERBS & SUPPLEMENTS: A-Z



KIDNEY SUPPORT

100 Capsules \$17.99

Suggested Adult Usage:

Take 3 capsules a day on an empty stomach
(otherwise with food if not tolerated well).

Your kidneys are bean-shaped organs, each about the size of your fist. They are located near the middle of your back, just below the rib cage. Most of us have two of them and they are the most commonly transplanted organs. You may not think about them often but every day your kidneys are working hard for you! Now it is your chance to give them all the SUPPORT they need!

KIDNEY SUPPORT...

- Strengthens urinary passages
- Fight off infections
- Works as a diuretic
- Provides antioxidant support
- Reduces inflammation
- Is antibacterial
- May eliminate/inhibit kidney stones
- Is antimicrobial
- Slows unhealthy cell growth

SUPPLEMENT FACTS

Serving Size: 3 capsules	
Servings Per Container: 33	
Amount Per Serving	% DV*
Cranberry (<i>Vaccinium Macrocarpon</i>)	450 mg †
Buchu (<i>Barosma Betulina</i>)	375 mg †
Juniper Berries	375 mg †
Marshmallow (<i>Althaea Officinalis</i>)	375 mg †
Uva Ursi Gayuva	375 mg †
Horsetail	225 mg †
Bromelain	150 mg †
Blueberry Leaves	75 mg †
Nettle	75 mg †

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

Vegetarian Capsule Ingredient: Pine Tree Pulp



LIVER SUPPORT

90 Caplets \$17.99

Suggested Adult Usage:

Take 1 caplet, 1/2 hour before meals, 3 times a day.

NOTE: Some medications are changed and broken down by the liver. Some of the ingredients in Liver Support might decrease how quickly the liver breaks them down. Taking these herbs along with the medications that are broken down by the liver can increase the effects and side effects of the drug. Before taking Liver Support, talk to your health care provider if you take any medications that are changed by the liver.

Without the liver, all the various systems of the body: muscles, bones, nerves, blood, and more, wouldn't receive the precious nutrition they need in order to function. Therefore, it is an absolute necessity to keep your liver healthy! If your habits have been unhealthy, there is hope! The liver is quick to forgive, so start being kind to it today, and enjoy better overall health!

WHAT DOES THE LIVER DO?

- Processes all food and (most) drugs we ingest
- Stores energy by stockpiling sugar until needed
- Manufactures new proteins
- Produces clotting factors for the blood
- Makes bile to aid in the digestion of food
- Stores iron reserves, as well as vitamins and minerals
- Detoxifies the body of poisonous chemicals, including alcohol and drugs
- Removes poisons from the body that are accumulated from exhaust, smoke, and chemicals in the air we breathe

SUPPLEMENT FACTS

Serving Size: 4 tablets			
Servings Per Container: 23			
Amount Per Serving	%DV	Amount Per Serving	%DV
Milk Thistle	400 mg *	Echinacea	100 mg *
Phosphatidyl Choline	400 mg *	Barberry Root	100 mg *
Dandelion	300 mg *	Blessed Thistle	100 mg *
Choline	200 mg *	Lipoic Acid	75 mg *
(Choline Bitartrate 47.5%)		Uva Ursi	60 mg *
Aloe Vera	200 mg *	Calcium Glucarate	60 mg *
Bromelain 600 GDU	200 mg *	Glutathione	60 mg *
Boldo (<i>Peumus Boldus</i>)	200 mg *	Zinc Piccolinate	25 mg *
Milk Thistle Ext.	100 mg *	Schizandra Berry	10 mg *
(Std. 80% Silymarin)		Dong Quai Root	10 mg *
Inositol	100 mg *	Tribulus Terrestris Fruit	10 mg *
Flax Seed Oil (GLA)	100 mg *	Atracylodes Root	10 mg *
L-Carnitine	100 mg *	Ginger Root	10 mg *
(Tartrate 68%)		Reishi Mushroom	10 mg *
L-Methionine	100 mg *	Licorice Root	10 mg *
L-Cysteine	100 mg *	GTF Chromium (10%)	200 mcg *
Turmeric Root	100 mg *	Vitamin B12	100 mcg *
(Curcuma Longa)		(Cobalamin 1%)	
Artichoke	100 mg *	*Daily Value not established.	



LIVING GREEN SUPER FOOD

180 Capsules \$25.99

10 Oz. Powder \$26.99

32 Oz. Powder \$65.99

Suggested Adult Usage:

Take 1 scoop or 6 capsules

once or twice a day with meals.

1 Tablespoon = 12 Capsules

No time for breakfast? Need a nutritional start for your day? Don't delay! Start your morning with Living Green Super Food! Did you ever wonder, "Where has all my energy and mental clarity gone?" Have you lost your spunk and vigor? Are you tired, lifeless, and unable to lose weight? Increase and sustain your energy levels all day long, with no more ups and downs, by taking Living Green Super Food! Just one tablespoon in the morning mixed with 8 Oz. of juice or water will kick-start your day like never before!

See page 21 for more information

NUTRITIONAL FACTS

Serving Size: 1 tablespoon (9g)			
Servings Per Container: 31			
Amount Per Serving	%DV	Amount Per Serving	%DV
Calories 40		Apple Pectin	300 mg *
Calories from Fat 15		Oat Bran	300 mg *
Total Fat	0.5 g <1	Chlorella Powder	300 mg *
Saturated Fat	0 g 0	Red Beet Powder	300 mg *
Cholesterol	0 mg 0	Panax Ginseng Root Powder	250 mg *
Sodium	30 mg 2	(C.A. Mayer) (min. 5% Ginsenosides)	
Total Carbohydrate	6 g 2	Eleuthero	100 mg *
Dietary Fiber	1 g *	(Eleutherococcus senticosus Root)	
Sugars	1 g *	Peppermint Powder	150 mg *
Protein	1 g *		
Vitamin A (as Beta-Carotene)	6250 IU 125	Royal Jelly Powder	100 mg *
Vitamin K	100 mcg 200	(min. 5% 10-HDA)	
Vitamin B12	3.1 mcg 35	Fructooligosaccharides	100 mg *
Calcium	40 mg 10	(nutraFlora™ FOS)	
Iron	1.8 mg 10	Trace Mineral Concentrate	100 mg†
Iodine (from Kelp)	150 mcg 100	Milk Thistle Extract	80 mg *
Magnesium	24 mg 6	(80% Silymarin)	
Zinc	900 mcg 6	Kelp Powder	50 mg *
Leucithin (Fine Powder)	2 g *	Ginkgo Biloba Extract	20 mg *
Spirulina (Hawaiian, Org.)	1 g *	(24% Ginkgolideglycosides)	
Alfalfa Juice Concentrate	700 mg *	(Leaves)	
Wheat Grass Powder, Org.	500 mg *	Grape Seed Extract	10 mg *
Plant Based Enzymes	350 mg *	(95% Polyphenols)	
Alpha Lipoic Acid	10 mg *	Bilberry Extract	20 mg *
Barley Grass Powder, Org.	500 mg *	(25% Anthocyanidins)	
Carrot Powder	500 mg *	Coenzyme Q10 (CoQ10)	10 mg *
Barley Malt Powder	400 mg *	Stevia Extract Leaves	10 mg *
Broccoli Powder	350 mg *	Apple Fiber	350 mg *
Brown Rice Bran	350 mg *		

*Daily Value not established.

HERBS & SUPPLEMENTS: A-Z



MACA

90 Capsules **\$14.99**

Suggested Adult Usage:

Take 2-3 capsules, one to three times a day. To obtain desired results, Maca needs to be taken regularly. There are no known side effects from taking Maca, as it is actually a food.

Traditionally, Maca has been used for a variety of purposes, for both men and women. For example, women have found it helps to relieve the symptoms of PMS and menopause, noticing a dramatic decline in hot flashes and night sweats. Men have used it to enhance fertility and sexual function. Men and women note an increase in energy, stamina, and a general feeling of well-being!

FACTS ABOUT MACA

- A member of the brassica family, which includes broccoli, cauliflower, and radish, Maca has been safely used for thousands of years as a food and health-aid to promote endurance and improve energy, vitality, sexual virility, and fertility!
- Maca root grows in the intense sun, wind, and cold of the barren highlands of the mountains of Peru at altitudes as high as 7,000 to 11,000 feet, making it the highest altitude growing plant in the world!
- Maca is known as "Peruvian ginseng" (despite the fact that it is not a member of the ginseng family), because of its keen ability to increase stamina, energy, and sexual function!

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings Per Container: 90

Amount Per Serving	% DV*
Maca (100% Natural)	625 mg †

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

Vegetarian Capsule Ingredient: Pine Tree Pulp



MEGA-MULTI

180 Caplets **\$22.99**
360 Caplets **\$39.99**
14 Oz. Powder **\$26.99**

Suggested Adult Usage:

Take 2 caplets three times a day with meals or 1 tablespoon with 6-8 Oz. of water once a day.

Mega-Multi contains a plethora of "whole-food" ingredients. Whole-foods are the ONE SURE option for the body's use and metabolism. When vitamins and minerals come from natural sources, it is much easier for your body to absorb and assimilate the nutrients. You WILL feel the difference!

MEGA-MULTI may help to...

- Decrease body fat
- Improve digestion
- Boost energy
- Improve vision
- Improve mood
- Increase bone health
- Delay premature aging
- Boost the immune system
- Improve heart health
- Maintain healthy cholesterol

SUPPLEMENT FACTS

Serving Size: 5 caplets
Servings Per Container: 36

Amount Per Serving	% DV*	Amount Per Serving	% DV*	
Vitamin A (as Beta Carotene)	10,000 IU	300%	L-Phenylalanine	100 mg
Vitamin C (Ascorbic Acid)	300 mg	500%	L-Tyrosine	100 mg
Calcium (Chelated/Ascorbate)	400 mg	40%	Royal Jelly	100 mg
Potassium	150 mg	4%	Alfalfa Concentrate	100 mg
Vitamin D3	400 IU	100%	Aloe Vera	50 mg
Vitamin E	200 IU	667%	Free Folate	50 mg
(d-Alpha Tocopherol)			Bioflavonoids	50 mg
Thiamin	50 mg	3333%	Co-Q10	50 mg
Riboflavin	50 mg	2941%	Ginger root	50 mg
Niacinamide	150 mg	750%	Chai Bran	50 mg
Folic Acid	400 mcg	100%	Acidophilus	50 mg
Vitamin B6 (Pyridoxine HCl)	50 mg	2500%	Sedane HCl (Sedax)	50 mg
Vitamin B12 (Cobalamin)	250 mcg	4167%	Bromelain (Fruitease)	50 mg
Biotin	150 mcg	50%	Citrus Pectin	50 mg
Pantothenic Acid	150 mg	1500%	Papain (Papaya)	50 mg
Phosphorus	125 mg	125%	Pure Amino Serpicoic Acid	50 mg
Iodine (Kelp)	225 mcg	150%	Siberian Ginseng	50 mg
Magnesium	250 mg	63%	Soy Lecithin	50 mg
Zinc	30 mg	200%	Yellow Dock	50 mg
Selenium	150 mcg	143%	Rutin	30 mg
Manganese (Chelate)	15 mg	750%	Cayenne	25 mg
Chromium (GTF)	150 mcg	125%	Cardamom	25 mg
Molybdenum	15 mcg	20%	Schisandra	25 mg
Cat's Claw	250 mg	†	Ginkgo Biloba	25 mg
Chondroitine	150 mg	†	Golden Seal	25 mg
Choline (Bitter)	150 mg	†	Shilite	25 mg
Flaxseed Oil (Dry)	150 mg	†	Hesperidin	15 mg
Garlic	150 mg	†	Amylase	5 mg
Spirulina	150 mg	†	Celastrol	5 mg
Sprouted Barley Juice (Dry)	150 mg	†	Lecithin	5 mg
Wheatgrass Juice	150 mg	†	Coenzyme Q10	3 mg
Resistor	100 mg	†	L-Glutathione	3 mg
L-Glutamine	150 mg	†	Vanadium	50 mcg

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



MSM

240 Capsules **\$22.99**
16 Oz. Powder **\$15.99**

Suggested Adult Usage:

Powder: ½ - 2 teaspoons with water or juice 1-3 times per day with food depending on severity of health concern.

Capsules: 2-10 capsules, 1-3 times a day with food.

1 teaspoon = 5 capsules = 5,000 mg

NOTE: You should always build up to larger daily intakes slowly. Don't take too much too soon or you may get headaches, stomach upset, or skin blemishes - all of which may be unpleasant, but temporary, in nature. You can take up to six teaspoons (or 30 capsules) per day (approx 30,000 mg.) for three to six weeks for maximum health benefits before reducing to a daily amount of 3,000 to 5,000 mg. (3-5 capsules or ½ - 1 teaspoon per day).

Are you looking for pain relief? If so, look no further! MSM can actually help to repair damaged tissue rather than just suppressing the pain. It can help reduce the pain and discomfort that comes from inflammatory conditions, injuries, or tissue damage with the added effect of enhanced natural beauty! Widely known as the "beauty mineral," MSM helps beautify the skin, increase the glossy and healthy look of the hair, and strengthen the nails! For feeling and looking your best on the inside AND outside, try MSM today!

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 60

Amount Per Serving	% DV*
MSM	1500 mg †
Methylsulphonylmethane	

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

Vegetarian Capsule Ingredient: Pine Tree Pulp

HERBS & SUPPLEMENTS: A-Z



ODORLESS GARLIC

120 Capsules

\$14.99

Suggested Adult Usage:

Take 2 capsules, two times a day with food.

Garlic may help calm the stomach, improve circulation, and support healthy cardiovascular function!

In fact, more than 250 publications have shown that garlic supports and strengthens the cardiovascular system!

This odorless formula is designed to give you the amazing health benefits of garlic without the offensive odor associated with it!

GARLIC can help...

- Support healthy blood pressure & cholesterol levels
- Fight infections
- Maintain a healthy body weight
- Purify the blood
- Fight various illnesses
- Boost energy levels
- Regulate and improve intestinal health
- Fight and expel parasites and worms
- Maintain a healthy blood sugar level
- Reduce sensitivity to allergens and strengthen the body's defenses against allergies
- Boost the immune system by supporting the body's "natural killer" cells
- Promote increased bile production to help reduce levels of fat in the liver

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 60

Amount Per Serving	% DV*
100% Garlic (Odorless)	1400 mg †

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

Vegetarian Capsule Ingredient: Pine Tree Pulp



PAIN ERASER

90 Capsules

\$13.99

Suggested Adult Usage:

For chronic pain: Take 2-3 capsules, two to three times a day on an empty stomach as needed.

For occasional aches and pains: Take 1-3 capsules on an empty stomach as needed for pain (up to 4 times a day).

Pain Eraser is a natural alternative that may enhance or replace conventional antidotes, and leave you happier, healthier, and pain-free! If you are tired of missing out on life because of your chronic pain, sore joints and back, or headaches, try Pain Eraser and find relief!

PAIN ERASER benefits include...

- Relief from acute or chronic aches and pains
- Powerful anti-inflammatory effects that help to relieve painful joints and other inflammatory conditions
- A decrease in the occurrence and severity of muscular and menstrual cramps
- Natural sedatives that help you to relax - causing a reduction in pain

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 45

Amount Per Serving		% DV*
Magnesium Oxide	50 mg	13%
White Willow Bark Ext. 15%	450 mg	†
Feverfew	120 mg	†
Boneset (Eupatorium perfoliatum)	100 mg	†
Cherry Flex	100 mg	†
Codonopsis Root	100 mg	†
Jamaican Dogwood (Piscidia piscipula)	100 mg	†
Malic Acid	100 mg	†
Nettle Extract	100 mg	†
Sambucus Nigra	85 mg	†
Quercetin	75 mg	†
Chamomile Flower Powder	60 mg	†
Thymus Vulgaris	60 mg	†
Pau D'Arco	50 mg	†
Alfalfa	10 mg	†
Cramp Bark	10 mg	†
Bromelain	5 mg	†
Capsicum	5 mg	†
Co-Ti	5 mg	†
Papain	5 mg	†

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

Vegetarian Capsule Ingredient: Pine Tree Pulp



PANCREAS SUPPORT

90 Caplets

\$17.99

Suggested Adult Usage:

Take 1 caplet, two to three times a day (about 30 minutes before each meal) or as needed.

Do you suffer from hormonal problems or erratic blood sugar levels? We can help! Instead of taking dangerous drugs that can cause numerous side effects, try improving the function of your pancreas and eliminating symptoms naturally! Our Pancreas Support actually helps strengthen the pancreas which can reduce symptoms of blood sugar imbalances.

PANCREAS SUPPORT may help to...

- Promote weight loss
- Maintain a healthy blood sugar level
- Support healthy pancreas function
- Rejuvenate the digestive system
- Improve circulation to hands and feet
- Aid in improvement of all disorders of the pancreas
- Promote detoxification of body from harmful pollutants
- Provide naturally-occurring vitamins, minerals, and nutrients

SUPPLEMENT FACTS

Serving Size: 3 caplets
Servings Per Container: 30

Amount Per Serving		% DV*
Biotin	300 mcg	100%
Zinc Gluconate	100 mcg	867%
Chromium Picolinate (12.5%)	200 mcg	167%
Bitter Melon	300 mg	†
Nopal Cactus Leaves	300 mg	†
Blueberry Fruit	200 mg	†
Fenugreek Seed	200 mg	†
Huckleberry Fruit	200 mg	†
Glucosol (1%)	100 mg	†
Lipase (1,000 LA/g)	100 mg	†
Protease (75 HUT/g)	100 mg	†
Spirulina	100 mg	†
Bromelain 600 GDU	50 mg	†
Papain	50 mg	†
Vanadyl Sulfate (31.3%)	500 mcg	†
Chromium (0.1%)	100 mcg	†
Amylase (10,000 RAU/g)	100 mcg	†

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

HERBS & SUPPLEMENTS: A-Z



SAW PALMETTO

90 Capsules \$13.99

Suggested Adult Usage:

Take 1-2 capsules, twice a day on an empty stomach (*otherwise with food if not tolerated well*). Studies show it takes 4-8 weeks for the benefits of this herb to fully take effect.

To obtain desired results, Saw Palmetto needs to be taken regularly.

Saw Palmetto has been used for centuries to ease urinary problems in men, which are believed to be rooted in bladder and prostate disorders, including frequent urination, painful urination, the sudden urge to urinate, and inability to urinate. It can also help decrease the need to urinate during the night, increase urine flow, and make it easier to empty the bladder completely!

SAW PALMETTO is helpful for:

- Supporting prostate health
- Gaining "healthy" weight
- Improving digestion
- Promoting hair growth/regrowth (for both men & women)
- Increasing strength/stamina
- Supporting normal hormone levels (for both men & women)
- Improving fertility
- Reducing sexual dysfunction

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 45

Amount Per Serving	%DV
Saw Palmetto 1000 mg	*
(Extract Powder 25%)	

*Daily Value not established.

Veggie Capsule Ingredient: Pine Tree Pulp



SMALL FLOWERED WILLOW

3.5 Oz. Tea \$20.99

90 Capsules \$10.99

180 Capsules \$16.99

2 Oz. Extract* \$20.99

***Contains Alcohol**

Suggested Adult Usage:

Extract: Take 2 dropperfuls in the morning and evening on an empty stomach.

Capsules: Take 1-3 capsules in the morning and evening on an empty stomach.

Tea: Use 1 heaping teaspoon of tea per 16 Oz. of boiling water, infused for a short time.

1 cup in the morning on an empty stomach,
1 cup in the evening, a half hour before each meal.

Do you want to make sure your prostate stays healthy and functioning properly? Prostate difficulties can cause bothersome and potentially dangerous health conditions! If you want to protect your prostate and give it the nutrients it needs to stay healthy and strong, try Small Flowered Willow! Centuries of use tell us it is one of the best herbs known for toning and revitalizing the prostate!

While Small Flowered Willow is of great benefit to the prostate in men, it is also an invaluable tool for women who suffer from kidney, bladder, or urinary problems! Many women are affected by recurrent or persistent bladder and urinary issues, yet are unable to find relief. That is, until now!

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings Per Container: 180

Amount Per Serving	%DV
Small Flowered Willow Herb 700 mg	*

*Daily Value not established.

Veggie Capsule Ingredient: Pine Tree Pulp



SOOTHE

100 Capsules \$11.99

Suggested Adult Usage:

To reduce stress and anxiety: 1-3 capsules, three times a day on an empty stomach.

To promote restful sleep: 1-4 capsules, 2 hours before bed on an empty stomach.

Are you restless, anxious, tense, or just need a good night's sleep? Then try our Soothe with 100% natural Valerian Root! Give it some time, you'll feel the difference! Valerian Root has been used for centuries to help with nervous system issues, and it is also commonly used to counteract stress and promote quality sleep. In addition, many herbalists also recommend Valerian Root to help with tension headaches and muscle pain because of its ability to act as a muscle relaxant!

SOOTHE may help with...

- Headaches
- Mood problems
- Difficulty sleeping
- Anxiety and stress
- Menstrual cramps
- Stomach/Intestinal cramps
- Difficulty concentrating
- Hyperactivity and excitability
- Nervousness or nervous stomach
- Nervous system imbalances
- Bronchial and other muscle spasms

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings Per Container: 100

Amount Per Serving	%DV
Valerian Root 500 mg	*
(Root Powder)	

*Daily Value not established.

Veggie Capsule Ingredient: Pine Tree Pulp

HERBS & SUPPLEMENTS: A-Z



STONE CRUSHER

90 Capsules

\$13.99

Suggested Adult Usage:

Take 2-3 capsules twice a day on an empty stomach. May increase to 3-4 times a day for increased pain relief.

If you've ever suffered through kidney stones or gallstones, you know how excruciatingly painful they can be! If you haven't, you are fortunate, but that doesn't mean you aren't at risk. We now have an all-natural, herbal product that not only helps prevent stones, but also helps to break up existing stones for easy, safe, and most importantly: **PAIN-FREE** elimination!

Benefits of STONE CRUSHER:

- Balances and improves digestion
- Stimulates healthy menstrual flow
- Helps detoxify the liver and kidneys
- Provides relief from pain and inflammation
- Assists in eliminating foreign particles, mucous, and other obstructions throughout the body

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 45

Amount Per Serving	%DV
Chanca Piedra (Powder)	1000 mg. *

*Daily Value not established.

Veggie Capsule Ingredient: Pine Tree Pulp



SUNNY DAY

100 Caplets

\$17.99

Suggested Adult Usage:

Take 1 caplet, three times a day on an empty stomach (otherwise with food if not tolerated well) for 4-6 weeks.

Do you or someone you love suffer from anxiety, mood swings, or difficulty sleeping? Are you having a hard time enjoying even the simple pleasures in life? Does it seem like you just don't feel "happy" anymore? If you're ready to relax and enjoy life again, Sunny Day can make all the difference in the world!

SUNNY DAY includes...

- **Potassium** - Reduces irritability and agitation
- **GABA** - A natural tranquilizer with anti-anxiety properties
- **PAPA** - Non-protein amino acid that helps with a healthy brain, nervous system, and energy levels

SUPPLEMENT FACTS

Serving Size: 3 caplets Servings Per Container: 33			
Amount Per Serving	% DV*	Amount Per Serving	% DV*
Vitamin C (from Sage Palm)	500 mg 833%	Manganese	10 mg 500%
Vitamin E (as d-Alpha Tocopherol)	100 IU 333%	Inositol (from Rice)	250 mg †
Thiamin	50 mg 3333%	Lemon Bioflavonoid Complex	250 mg †
Riboflavin	50 mg 2941%	Valerian Root (Valeriana officinalis)	200 mg †
Niacin	40 mg 200%	Choline Bitartrate	100 mg †
Niacinamide	160 mg 800%	Rice Bran Concentrate	100 mg †
Vitamin B6 (Pyridoxine HCl)	50 mg 2500%	St. John's Wort	100 mg †
Folic Acid	400 mcg 100%	Chamomile (Matricaria chamomilla)	50 mg †
Vitamin B12 (Cyanocobalamin)	50 mcg 833%	GABA (Gamma-Aminobutyric Acid)	50 mg †
Biotin	150 mcg 50%	Hops (Humulus lupulus)	50 mg †
Pantothenic Acid	200 mg 2000%	L-Glutamic Acid	50 mg †
Iron	25 mg 139%	PABA (Para-Aminobenzoic Acid)	50 mg †
Calcium	250 mg 25%	Passion Flower (Passiflora incarnata)	50 mg †
Zinc	25 mg 167%	Skullcap (Scutellaria lateriflora)	50 mg †
Magnesium	250 mg 63%	Tyrosine	50 mg †
Potassium	99 mg 3%	Ribonucleic Acid (from Yeast Free)	25 mg †
GTF Chromium	10 mcg 8%	Mellatonin	1 mg †
Selenium (L-Selenomethionine)	10 mcg 14%		

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

†Percent Daily Value not established.

Other Ingredients: Stearic Acid, Vegetable Magnesium Stearate, Silicon Dioxide, Dicalcium Phosphate, and Croscarmellose Sodium.



SUPER ACAI SLIM

90 Capsules

\$16.99

Suggested Adult Usage:

Take 1-2 capsules, 30-45 minutes before each meal.

Are you trying to lose weight but just can't seem to do it? Have you tried every diet out there but end up falling off the wagon? Give your body the extra push it needs with Super Acai Slim!! Super Acai Slim helps nourish the body, cleanse it of impurities that are causing you to feel fatigued, boost your metabolism and energy, and give you the help you need to finally get the weight off for good!

SUPER ACAI SLIM contains...

- **Garcinia Cambogia** - Helps to burn fat and promote stable blood sugar levels
- **Suma Root** - Fights mood swings and helps to increase energy and endurance
- **Chromium Picolinate** - A trace mineral that reduces cravings and regulates blood sugar
- **Camu-Camu** - Reduces appetite and cravings
- **Acai Berry Extract** - Helps to increase metabolism and burn calories more quickly—contains Vitamins A, D, E, K, and fatty acids

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings Per Container: 90

Amount Per Serving	%DV
Acai Extract Powder (4:1)	250 mg *
Garcinia Cambogia	100 mg *
Camu Camu	50 mg *
Suma Root Ext: 4:1	50 mg *
Chromium Picolinate	100 mcg *

*Daily Value not established.

Veggie Capsule Ingredient: Pine Tree Pulp

HERBS & SUPPLEMENTS: A-Z



SUPER KELP

250 Tablets

\$9.99

Suggested Adult Usage:

Take 1-6 tablets a day with food.

This could be the Super Help you need!
For years, kelp has been known to improve thyroid function and aid in weight loss, but that's just the beginning! Kelp is also chock full of vitamins and minerals that help to improve a great number of conditions. And since the plant's nutrients come in a natural form, they are much more easily absorbed and used by the body - ensuring that your body is getting the nutrition it needs!

Benefits of SUPER KELP:

- Improves thyroid function
- Supports healthy skin & hair
- Improves digestion
- Improves mood
- Increases hair growth
- Enhances weight loss
- Improves waste flow
- May help combat radiation poisoning
- May help with joint pain
- Reduces the risk of abnormal cell growth
- Improves the strength and appearance of hair, skin, and nails
- Improves health during pregnancy
- Controls appetite and increases weight loss
- Stimulates the metabolism

SUPPLEMENT FACTS

Serving Size: 1 tablet
Servings Per Container: 250

Amount Per Serving	%DV
Iodine (Kelp) 225 mcg	*

*Daily Value not established.



SUPER MORINGA

60 Capsules

\$11.99

Suggested Adult Usage:

Take 1-2 capsules once or twice a day with food.

Moringa is a super food to beat all super foods! The amount of antioxidants, anti-inflammatories, vitamins, and minerals it contains is everything your body needs and more! No other supplement is even remotely comparable! Scientific research proves that one serving of moringa provides you with seven times the amount of vitamin C in oranges, four times the vitamin A in carrots, 50 times more vitamin B3 than peanuts, 25 times more iron than spinach, and three times the potassium found in bananas!

Benefits of SUPER MORINGA:

- May increase the natural defenses of the body
- Provides nourishment to the eyes and brain
- Promotes a healthy metabolism
- Promotes the cell structure of the body
- Promotes natural serum cholesterol
- May lower the appearance of wrinkles and fine lines
- Promotes the normal functioning of the liver and kidneys
- Beautifies the skin
- Promotes energy
- Promotes proper digestion
- A natural antioxidant and anti-inflammatory
- Super support for the immune system
- Promotes a healthy circulatory system
- May give a feeling of general wellness, relieves stress, and improves mood
- Supports and helps maintain healthy blood sugar levels

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings Per Container: 60

Amount Per Serving	%DV
Moringa Leaf Extract 10:1 500 mg	*
<i>Moringa oleifera</i>	

*Daily Value not established.

Veggie Capsule Ingredient: Pine Tree Pulp



SUPER THYRO K

90 Caplets

\$19.99

Suggested Adult Usage:

Take 1 caplet, three times a day 30 minutes before each meal. Findings suggest that this blend should be taken at least 4-6 weeks for the full effects to be seen.

Have you been told you're fine when you know you're not? Are you sick, tired, or irritable? Have you been given mental health drugs when you know you don't need them?

If so, it could be your thyroid!

Benefits of SUPER THYRO K...

- Assists the body in maintaining proper metabolism
- Is ideal for anyone with thyroid concerns
- Supports normal, healthy energy levels
- Contains nutrients necessary for the production and regulation of thyroid hormones
- Contains no stimulants or glandulars (*animal glands or tissues*)
- Aids in balancing a healthy weight, whether you need to gain or lose

SUPPLEMENT FACTS

Serving Size: 2 caplets
Servings Per Container: 45

Amount Per Serving		%DV
Blue Flag Root	400 mg	*
Fucus Vesiculosus (Whole Plant Powder)	200 mg	*
Gentian Root (Gentiana Lutea)	100 mg	*
Guggul Gum Resin	100 mg	*
Magnesium	100 mg	*
Vitamin B6 (Pyridoxine HCl)	75 mg	*
Manganese (M. Amino A. Chelated)	20 mg	*
Idonine (Potassium Iodide, Diiodotyrosine)	150 mcg	*
Selenium	140 mcg	*
Vitamin D3 (Cholecalciferol)	1000 IU	*

*Daily Value not established.

HERBS & SUPPLEMENTS: A-Z



SWEDISH BITTERS

90 Capsules	\$17.99
180 Capsules	\$29.99
3.5 Oz. Tea	\$20.99
8.45 Oz. Liquid*	\$21.99
16.9 Oz. Liquid*	\$39.99
1 Oz. Concentrate	\$39.99

*Contains Alcohol

Suggested Adult Usage:

EXTRACT USAGE: For general health and well-being: 1 teaspoon 15 min. before each meal and 30 min. before bedtime (4x/day). For serious concerns: May increase up to 1 tablespoon 15 min. before each meal and 30 min. before bedtime (4x/day). For help sleeping/to stop snoring/for night-time relief of sickness or pain: 1 tablespoon 1 hour before bedtime. Externally - may be applied topically to: Cuts, burns, bites, stings, skin blemishes and conditions, or applied as a poultice to sprains and strains.

CAPSULE USAGE: For general health & well-being: 1-2 caps. 30 min. before each meal. For serious conditions: May increase up to 3 caps. 30 min. before each meal and 30 min. b/f bedtime (4x/day). For help sleeping/stop snoring/for night-time relief of sickness or pain: 2-3 caps. 1 hour b/f bedtime.

CONCENTRATE USAGE: For general health and well-being: Take 2-6 drops (in water or juice), 15 min. before each meal and 30 min. before bedtime. For serious concerns: May increase up to 6-10 drops (in water or juice), 15 min. before each meal and 30 min. before bedtime. For help sleeping/to stop snoring/for night-time relief of sickness or pain: 6-10 drops (in water or juice) 1 hour before bedtime. Externally - May be diluted or used full strength and applied topically to: Cuts, burns, bites, stings, skin blemishes and conditions, scars, or applied as a poultice to sprains, strains, or painful joints.

TEA USAGE: Directions on bag.

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 45

Amount Per Serving	%DV
Proprietary Blend 1500 mg	*
Aloe, Senna Leaves, Rhubarb Root, Manna, Theriac Venezian, Angelica Root, Zedoary Root, Camphor, Myrrh, Carline Thistle Root, Saffron.	

*Daily Value not established.

Veggie Capsule Ingredient: Pine Tree Pulp



TURMERIC ROOT

90 Capsules	\$29.99
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Suggested Adult Usage:

Take 1 capsule 3 times a day, 30 minutes before each meal.

Preparations of Turmeric contain different ratios of curcuminoids and vary in effectiveness. You don't want a cheap formula; you will just be flushing your money away! Hope for Health's Turmeric has 90 capsules with 95% pure curcuminoids that are fast-acting, long-lasting, and highly absorbable. This is the best, most potent product on the market today!

TURMERIC...

- A powerful anti-inflammatory that may help to relieve painful joints and other inflammatory conditions.
- A powerful antioxidant - antioxidants scavenge molecules in the body known as free radicals, which damage cell membranes, tamper with DNA, and even cause cell death.
- Turmeric may boost levels of the brain hormone BDNF, which increases the growth of new neurons and fights various degenerative processes in the brain.
- Has been shown to lead to several changes on the molecular level that may help eliminate unhealthy cell growth and promote healthy cell growth.
- Is an antiseptic and helps eliminate yeast and parasites.
- Stimulates the gallbladder to produce bile, which may help improve digestion. The German Commission E, which determines which herbs can be safely prescribed in Germany, has approved turmeric for digestive problems. And one double-blind, placebo-controlled study found that turmeric reduced symptoms of bloating and gas in people suffering from indigestion.

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings Per Container: 90

Amount Per Serving	% DV*
Turmeric Root Extract 400 mg	†
<i>Curcuma longa</i> (Standardized to 95% Curcuminoids)	

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

†Percent Daily Value not established.



ULTRA FIGHTER

90 Capsules	\$17.99
180 Capsules	\$29.99

Suggested Adult Usage:

If you feel like you might be coming down with something: Take 2 capsules, 2-4 times per day on an empty stomach (otherwise with food if not tolerated well).

If you are currently under the weather: Take 2-4 capsules every 4 hours on an empty stomach (otherwise with food if not tolerated well) until the symptoms subside (no longer than 10 days at a time).

Feel sick? Immune system down? Sensing sickness coming on? Fight back today! Ultra Fighter is our one-two punch for taking down the bugs trying to take YOU down! There is nothing like not feeling good and not being able to do anything about it. That is where our all-natural Ultra Fighter comes in! We have the answer for those times when you feel you are coming down with a bug!

Knock out the scratchy throat, the aches and discomfort, the chills, and congestion with Ultra Fighter before the bug has time to knock YOU down! Throw the first punch with Ultra Fighter!

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings Per Container: 45

Amount Per Serving	%DV
Echinacea Extract	300 mg *
Garlic Extract (odorless)	200 mg *
Burdock Root Powder	150 mg *
Ganoderma Mycelium	100 mg *
Molkosan	100 mg *
Red Clover Blossoms Powder	100 mg *
Turmeric Extract	100 mg *
Olive Leaf Extract	75 mg *
Astragalus Root	50 mg *
Barberry	50 mg *
Grapefruit Seed Oil Extract	50 mg *
Neem Oil	50 mg *
Pau D'Arco	40 mg *
Goldenseal Powder	25 mg *
Caprylic Acid	20 mg *

*Daily Value not established.

Veggie Capsule Ingredient: Pine Tree Pulp

HERBS & SUPPLEMENTS: A-Z



VISION 20/20

120 Capsules

\$22.99

Suggested Adult Usage:

Take 2-4 capsules a day with food.

Our Vision 20/20 is packed with a plethora of vitamins and minerals that are known to be crucial to eye health. Taking care of our vision is one of the best things we can do for ourselves. We need to “feed” our eyes with all the nutrition they need so that they may give us long, lasting service all our lives! Try Vision 20/20 today and “see” the difference.

SCIENTIFIC STUDY:

Long-term daily multivitamin supplement use may lower risk of eye health problems in men, according to a study of nearly 15,000 male physicians published in *Ophthalmology*, the journal of the American Academy of Ophthalmology. While many eye problems become more common as one ages, it is by no means inevitable that your vision will deteriorate. Most senior eye problems are correctable with proper eye care. If your vision is getting worse, don't just accept it as a part of aging.

SUPPLEMENT FACTS

Serving Size: 4 capsules Servings Per Container: 30			
Amount Per Serving	% DV*	Amount Per Serving	% DV*
Vitamin A (as 15% Beta Carotene, 25% Vitamin A Palmitate)	32500 IU 850%	Selenium (as L-Selenomethionine)	200 mcg 360%
Vitamin C (as Ascorbic Acid)	500 mg 833%	Copper (as Copper Amino Acid Chelate)	3 mg 150%
Vitamin E (as d-Alpha Tocopheryl Acetate)	200 IU 400%	Manganese (as Manganese Citrate)	10 mg 500%
Thiamine (as Thiamine HCl)	20 mg 1333%	Chromium (as Chromium Polynicotinate)	200 mcg 167%
Riboflavin	25 mg 1471%	Molybdenum (as Molybdenum Amino Acid Chelate)	125 mcg 167%
Niacin (as 85% Nicotinamide, 15% Niacin)	60 mg 300%	L-Taurine	500 mg †
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 1800%	Quercetin	300 mg †
Vitamin B6 (as Pyridoxine HCl)	30 mg 1500%	NAC	250 mg †
Folic Acid	800 mcg 2000%	(S-Acetyl) Cysteine	250 mg †
Vitamin B12 (as Cyanocobalamin)	50 mcg 833%	L-Methionine	300 mg †
Calcium (as Calcium Citrate)	100 mg 10%	Ginkgo Biloba Leaf Extract (24% Ginkgolignosides, 6% Terpenoid Lactones)	60 mg †
Potassium (as Potassium Chloride)	99 mg 3%	Glutamic Acid	50 mg †
Iodine (from Potassium Iodide)	20 mcg 13%	L-Glutamine	50 mg †
Magnesium (as Magnesium Citrate)	250 mg 62%	Bilberry	40 mg †
Zinc (as Zinc Citrate)	50 mg 333%	Calcium myristate (fruit powder)	20 mg †
		Silica	10 mg †
		Biotin (from Horsetail herb)	500 mcg †
		Boron (as Boron Citrate)	600 mcg †

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

Vegetarian Capsule Ingredient: Pine Tree Pulp



VITAMIN D3

90 Capsules

\$11.99

Suggested Adult Usage:

Take 1-2 capsules a day with food.

With fast-paced lifestyles and increased fear of the skin-damaging effects of the sun, many people today may suffer from a Vitamin D3 deficiency. Since few foods offer adequate Vitamin D3, natural supplementation is a practical way to ensure an adequate level of this important nutrient is always available in your bloodstream.

FACTS ABOUT VITAMIN D3

- As a steroid hormone, Vitamin D3 plays an important role in emotional development and gross motor coordination.
- Vitamin D3 aids in wound repair by helping prevent infections inside the wounds.
- Vitamin D3 promotes healthy teeth and bones in both children and adults. It enhances calcium absorption, improves bone mass, and aids bone building.
- Sufficient levels of Vitamin D are crucial for calcium absorption. Without adequate Vitamin D, your body cannot absorb calcium, rendering calcium supplements useless.
- Chronic Vitamin D deficiency cannot be reversed overnight: it takes months of Vitamin D supplementation and sunlight exposure to rebuild the body's bones and nervous system.

SUPPLEMENT FACTS

Serving Size: 1 capsule
Servings Per Container: 90

Amount Per Serving	%DV
Vitamin D3	5000 IU *

*Daily Value not established.

Veggie Capsule Ingredient: Pine Tree Pulp



ZINC CHELATED

100 tablets

\$9.99

Suggested Adult Usage:

Take 1-2 tablets a day with food.

You may already be familiar with Zinc as a support for your immune system, however, did you know that Zinc is an essential trace mineral and is one of the most abundant minerals found in the body? There are a many ways that a Zinc supplement may improve all aspects of your family's health!

ZINC may help to...

- Improve eye health
- Improve skin health
- Provide respiratory support
- Increase athletic performance
- Support male reproductive health
- Support female reproductive health
- Support healthy cell growth
- Support a healthy immune system
- Improve cardiovascular health
- Provide pancreas support
- Provide antioxidant support
- Detoxify the body of heavy metals
- Boost brain function
- Improve mood

SUPPLEMENT FACTS

Serving Size: 1 tablet
Servings Per Container: 100

Amount Per Serving	% DV*
Zinc Chelated	50 mg 333%

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

Hope for Health | Product Guide

Section Three - Skin Care Products



**ALL OUR PRODUCTS ARE ALWAYS RESPONSIBLY SOURCED,
ETHICALLY CREATED, AND NEVER TESTED ON ANIMALS**

*This section features our skin care product line.
Hope for Health takes great care in creating hand-made pure products
to enhance and protect your skin!*

*Did you know that the skin is the largest organ of the body? It has a total area of approximately
20 square feet! The skin protects our body from microbes and the elements.*

Protect this vital body organ with Hope for Health's unique and thoughtful skin care products!

Soaps & Washes	51
Lotions	51
Calendula Cream	52
Colloidal Copper	52
Comfort Cream	53
Skin Infusion Lotion	53
Swedish Bitters Cream & Soap	54
European Green Clay	54

Order online:

www.hopeforhealthusa.com

Call: 1-800-468-7884

or E-mail: office@hopeint.org

SKIN CARE PRODUCTS

From choosing natural soaps and lotions, to stocking up on more medicinal salves and creams, this section is perfect for your skin care needs. Can't figure out what will be best for you? Give us a call. We will be happy to help!

SOAPS & WASHES



4 Oz. Bar Soap **\$5.99**

Chamomile • Clay • Swedish Bitters

8 Oz. Liquid Soap **\$4.99**

**Chamomile • Frankincense & Myrrh
Lavender**

16 Oz. Body Wash **\$8.99**

**Chamomile & Lavender
Frankincense & Myrrh**

BENEFITS OF SOAPS AND BODY WASHES:

- Your skin is your largest organ; don't add more chemicals found in many soaps, feed your skin pure and natural ingredients!
- Olive Oil is extremely safe and gentle, delicate enough for a baby's sensitive skin!
- Coconut Oil provides all the energy your skin needs for restoration and maintenance.
- Vitamin E in Palm Oil is a strong antioxidant that helps to fight free radicals that damage the skin.
- Castor Oil is perfect for sensitive skin. It's gentle, moisturizing, and conditioning properties will not disappoint!
- Our soaps are hypo-allergenic, non-toxic, and biodegradable!
- They gently cleanse, remove dirt, and naturally moisturize your skin.
- Age spots, uneven skin tone, sagging skin, and unhealthy dull skin will rejoice with the nutrients contained in all of Hope for Health's soaps! Soon your skin will have a healthy, rejuvenated glow!

INGREDIENTS

Base Bar & Liquid Soap: Saponified Palm Oil, Saponified Coconut Oil, Saponified Olive Oil, and Saponified Castor Oil

Base Body Wash: Saponified Palm Oil, Saponified Coconut Oil, Saponified Olive Oil, Saponified Castor Oil, Vitamin E, and Borax

A BEFORE AND AFTER OF A REAL CUSTOMER AFTER USING THE CHAMOMILE BAR SOAP!



BEFORE



AFTER

LOTIONS



8 Oz. Lotion **\$6.99**

**Chamomile • Frankincense & Myrrh
Jasmine & Water Lily • Lavender**

WHY SHOULD I USE LOTION?

- Helps to improve circulation to skin
- Reduces chapping and dryness
- Speeds skin regeneration
- Speeds recovery and soothes wounds, cuts, and scrapes
- Takes the sting out of insect bites
- Locks in moisture, protects skin from damage
- Anti-inflammatory, antibacterial, anti-allergenic, and antioxidant
- First-aid defense for burns: repairs faster and hurts less
- All lotions are 100% natural and handmade with your skin care needs in mind!
- **Chamomile Lotion** may soothe irritations, relieve itching, and lessen the effects of stings and burns!
- **Lavender Lotion:** If you or a little one have trouble settling down at night, Lavender Lotion is an excellent stress reliever. It may calm you both down so you can enjoy a deep sleep!

EXTRAORDINARY BENEFITS OF FRANKINCENSE & MYRRH LOTION:

- Boosts the immune system
- Reduces wrinkles, anti-aging properties
- Helps to detoxify and works as a fungicide
- Decreases blemishes and scars
- Acts as an anti-inflammatory

INGREDIENTS

Base Lotion: Vegetable Glycerin, Steric Acid, Emulsifying Wax, Coconut Oil, Vitamin E Oil, and Distilled Water



SKIN CARE PRODUCTS

CALENDULA CREAM



4 Oz. Jar

\$14.99

Calendula Cream can be used whenever the skin needs help repairing. A sunburn, itchy rash, or an abrasion caused from falling off a bike are all helped with the use of Calendula Cream. It has so many uses, it should be a staple in the medicine chest. When disaster strikes, reach for Calendula Cream!

CALENDULA CREAM:

- **First Aid:** Accidents happen, and it's important to have something in the medicine cabinet that can be used in first-aid situations. Calendula Cream is one of the best candidates for skin tragedies such as: burns, bites, scrapes, scratches, abrasions, and more! It will help the skin repair faster and hurt less. It does this by reducing pain and inflammation while minimizing the chance of infection on the wound site. Just apply Calendula Cream liberally to the affected area for cool relief and skin protection. There is no sting or burn, just a feeling of relief (*which is especially important for children*)!
- **Itchy Skin:** Have you ever suffered from an itchy skin condition that causes discomfort and scratching and more scratching, leading to scabbing? This can really be a problem with children because it is difficult for them not to scratch an itchy, irritated area. Calendula Cream both relieves the itching and speeds the repair of the broken tissue, thus ending the itch cycle. Applying a generous layer of Calendula Cream can be a great relief! It soothes the skin and relieves itching. So if you or someone you know has an unbearable condition, try our Calendula Cream and find relief!
- **Pimples • Minor burns • Bee/wasp stings • Sunburns**
- **Dry scaly skin • Chronic skin problems • Age spots**
- **Red/itchy skin • Uneven skin tone • Sagging skin**

DANGERS OF STEROID CREAMS

Steroid cream is a commonly prescribed preparation for problematic skin. Anyone with long-term skin problems knows how quickly it reduces inflammation and speeds the recovery process. What they may NOT know is that steroids block the immune system, which is something people living in this killer-bacteria and virus-filled world cannot afford.

Steroid cream is fat soluble, and every time you apply it, it goes straight into the body and temporarily reduces the functioning of your immune system. Using steroids on chronic skin conditions means using them on an ongoing basis. That means a chronically impaired immune system!

INGREDIENTS

Cream: Cold Pressed, Extra Virgin Olive Oil, 100% Natural Beeswax, & Calendula Essential Oil

COLLOIDAL COPPER



3.9 Oz. Soap

\$8.99

4.3 Oz. Spray

\$18.99

4 Oz. Facial Crème

\$19.99

Suggested Use: For topical use only. Apply as needed. Spray & Soap can be applied to hair and scalp.

Do you want smoother, softer skin with fewer wrinkles? Do you struggle with extremely dry skin? The solution just may be Colloidal

Copper, which is a **NATURAL** approach to skin problems without all the side effects of other remedies. Copper is to the skin what vitamin C is to the immune system! It is an **ESSENTIAL** mineral for healthy skin. Relief is just a spray away!

COLLOIDAL COPPER:

- Acts as a potent antioxidant • Helps skin to retain moisture
- May help regulate heart rhythm • May help balance thyroid
- Decrease pain and inflammation • Accelerates wound repair
- Helps maintain normal cholesterol levels
- Increases red blood cell formation
- Stimulates the production of collagen and elastin, which may help to firm the skin and diminish fine lines, sagging, and wrinkles
- Supports the skin's ability to repair itself by increasing the activity of copper-dependent enzymes
- May help increase blood vessel formation and oxygenation within the skin

Why Colloidal? This term refers to a substance that consists of ultra-fine particles that are suspended in a medium of a different matter (i.e. a non-soluble mineral suspended in water). Copper particles are over 1,000 times smaller than a human blood cell and the water is clear. This ultra small particle size allows the copper to easily travel throughout the body and be eliminated on a continuous basis, with no risk of build-up.

Say Goodbye To Wrinkles - There is no doubt that Colloidal Copper when applied under the eyes will stimulate collagen production and sculpt away wrinkles and fine lines when applied topically every day.

Copper is one of a relatively small group of metallic elements that are essential to human health. We literally can't live without it! As we age, we lose minerals and develop signs of deficiencies. Some of the external signs of a copper deficiency are: thin or sagging skin, fine lines, wrinkles, age spots, and gray hair. Skin becomes dull and lifeless as cell renewal slows. Applying Colloidal Copper to the skin is an excellent way of delivering additional copper to the body.

INGREDIENTS

Facial Creme: Colloidal Copper (Ultra Purified Water, .999% Pure Copper – 10ppm), Certified Organic Cocos Nucifera (Coconut) Oil Extra Virgin, Certified Organic Helianthus Annuus (Sunflower) Seed Oil, Emulsifying Wax NF, Rice Bran Oil, Certified Organic Simmondsia Chinensis (Jojoba) Seed Oil, Certified Organic Rosa Canina Seed (Rosehip Seed) Oil, Certified Organic Theobroma Cacao (Cocoa) Seed Butter, Certified Organic Butyrospermum Parkii (Shea Butter), Phenoxyethanol (and) Benzoic Acid (and) Dehydroacetic Acid.

Soap: Colloidal Copper (Ultra Purified Water, .999% Pure Copper – 10ppm), Saponified oils of: Organic Olive oil, Coconut oil, Organic Palm Kernel oil, Organic Palm oil, Organic Soybean oil, Rice Bran oil, Avocado oil, Organic Shea Butter, Mixed Tocopherols (Vitamin E), Turmeric, and yellow oxide.

Skin Toner Spray: Colloidal Copper (Ultra Purified Water, .999% Pure Copper – 10ppm)

SKIN CARE PRODUCTS

COMFORT CREAM



4 Oz. Jar

\$14.99

Suggested Adult Use: Apply as needed to affected areas. (up to 4-6 times daily). *Should not be applied to deep wounds.

Comfrey Root has been used around the world for hundreds of years for the treatment of injuries and pain. Now, Hope for Health has formulated a high-quality, super-potent comfrey root herbal infused healing balm.

If you suffer from pain, either from injury or a chronic condition, Comfort Cream can give you the “comfort” you’ve been looking for. Comfort Cream will soothe the skin, decrease recovery time, improve joint mobility, and reduce pain, inflammation, swelling, and discomfort.

Our 100% pure and highly concentrated comfrey root extract contained in Comfort Cream reduces pain, inflammation, and discomfort from sprains, strains, and bruising. It is particularly helpful in accelerating recovery of broken bones and painful joints.

COMFORT CREAM can be used for...

- Sports injuries (sprains & strains) • Knee and back pain/injuries
- Bruises and poor circulation • Swelling/inflammation
- Joint pain/decreased mobility • Joint/bone/cartilage injuries
- Tissue damage/poor skin tone/skin problems
- Joint/bone/cartilage injuries

DID YOU KNOW?

- Traditionally, comfrey was known as “knit bone” and “bruisewort” for its ability to help hasten recovery of broken bones, sprains, strains, and bruises. In addition to helping the bones, it can also reduce the occurrence and severity of scar tissue.
- Cosmetic companies make use of comfrey’s valuable skin benefits by adding it to bath oils, shampoos, conditioners, and skin creams.
- Studies have shown that comfrey root can cause cells to divide at an increased rate, thus stimulating cell growth and tissue repair. This is why it is so beneficial for improving skin conditions and the overall look and tone of the skin!
- In a double-blind, placebo-controlled study of 142 people with acute ankle sprain, use of comfrey cream for only 8 days significantly enhanced the rate of recovery.
- A 2009 double-blind, randomized clinical trial was done on 120 patients with the average age being 36.9 years old. According to the study, “The results of this clinical trial were clear-cut and consistent across all variables. Comfrey root extract showed a remarkably potent and clinically relevant effect in reducing acute back pain.”

INGREDIENTS

Cream: Cold Pressed Extra Virgin Olive Oil, 100% Natural Beeswax, and 100% Pure and Highly Concentrated Comfrey Root Essential Oil

SKIN INFUSION LOTION



8 Oz. Lotion

\$6.99

Suggested Use: Apply as needed to affected areas.

If you are suffering from the pain, itching, burning, blisters, or sensitive skin that can accompany inflammation of the skin or nerves, you know who you are! If so, please give our soothing Skin Infusion a try. It may be the relief you’ve been searching for!

SKIN INFUSION LOTION contains...

Chamomile: An unassuming daisy-like plant, chamomile is a storehouse for a number of powerful chemical compounds. One of which is bisabolol, that acts as an antispasmodic, relaxing the smooth muscles and relieving tension and pain. For various skin problems, chamomile has an intense soothing effect on the problem area with its calming anti-inflammatory properties. Chamomile also:

- Has been shown to be a potential antiviral agent against viral conditions that can cause sores on the skin.
- Can be applied directly to the skin to help reduce pain, swelling, inflammation, burning, rash, and irritation.
- Helps relieve the dryness and itching caused by various skin conditions.
- Contains a chemical called apigenin that calms down the central nervous system and helps promote rest while reducing nerve pain.
- Chamomile is known as a natural pain reliever and an antispasmodic (calms the nerves). It has shown to be particularly helpful for muscle and nerve pain.

Lady’s Mantle: An ingredient in lotions, lady’s mantle softens dry skin and relieves skin irritations. Rich in antioxidant flavonoids and astringent tannins, Lady’s Mantle possesses excellent tissue firming properties and was once recognized as one of the best known wound repairing herbs. Lady’s Mantle also:

- Has anti-inflammatory properties that help repair sores and soothe inflamed wounds.
- Causes an astringent effect on the skin, and helps to protect the newly formed elastin fibers. Elastin is required for skin elasticity, and is a protein in the skin, which together with collagen and glycosaminoglycans makes up the connective tissue.
- Can be used to promote the repair of sores and septic wounds.
- Contains properties that help tone the veins and help with vascular health.

Melilot: Helps reduce pain, swelling, and inflammation. Used to clean, soothe, and repair sores or blisters.

Sage: Contains astringent and antiseptic properties that help to relieve skin ulcers, blisters, and rashes.

Oatmeal: Softens and soothes the skin. Oats are very beneficial to the skin and have been used successfully over hundreds of years for the relief of many types of skin problems. Particularly helpful for itching and pain.

Oak Bark: A powerful astringent, antiseptic, and anti-inflammatory. Protects injured tissues by accelerating skin cell regrowth. Helps create a protective coat under which regeneration of new healthy tissues may take place.

Licorice Root: A skin soother, licorice root helps to reduce itching, inflammation, and pain.

SKIN CARE PRODUCTS

SWEDISH BITTERS SALVE AND SOAP



4 Oz. Salve	\$14.99
4 Oz. Bar Soap	\$5.99

Suggested Adult Use:

Soap: Wash affected area with soap once or twice a day. Can be used daily to cleanse the face and body.

Salve: After washing with soap, apply salve to the affected area. Can be applied liberally as needed throughout the day.

Do you suffer from an uncomfortable or embarrassing skin problem? Perhaps you would just like to get rid of some annoying blemishes. Are you buying products that don't seem to be helping? Well, the search is over! Swedish Bitters Salve is a highly powerful herbal-infused cream that helps to improve circulation to the skin, reduce chapping and dryness, speed skin regeneration and strengthening, and improve the overall look and tone of the skin.

SWEDISH BITTERS HERBAL INFUSION contains...

- **Aloe** - This herb is wonderful for helping to relieve burns, sunburns, wounds, and insect bites. It also helps relieve itching from various causes. Speeds the regeneration and growth of healthy skin tissue.
- **Myrrh** - This herb has direct anti-microbial and antiseptic effects that help fight infection. When applied topically, it accelerates wound repair and decreases pain.
- **Saffron** - Helps improve skin problems, bruises, and superficial sores. Reduces pain and inflammation.
- **Senna Leaf** - Contains anti-bacterial, antiseptic, and detoxifying properties that help cleanse and improve appearance of the skin.
- **Camphor** - Helps relieve skin problems, minor pain, and itching. Also helps speed recovery of: bruises, sprains, and strains.
- **Rhubarb Root** - Helps reduce pain and speeds healthy skin regrowth associated with burns and traumatic injuries.
- **Zedoary Root** - A natural anti-inflammatory, reduces pain, and swelling.
- **Manna** - Helps speed skin regeneration. Improves appearance of scar tissue.
- **Theriac Venezian** - Its natural anti-inflammatory effects make it helpful for reducing pain and inflammation.
- **Carline Thistle Root** - Fights infection. Decreases pain and inflammation.
- **Angelica Root** - Nourishes the skin and promotes a healthy, vibrant, and blemish-free complexion.

What Can I Use Swedish Bitters Salve and Soap For?

- Burns/Scalds • Itching/Dry Skin • Bruises • Wounds/Cuts/Scrapes
- Chronic Skin Conditions • Insect Bites/Stings • Warts
- Poison Ivy/Oak/Sumac

INGREDIENTS

Salve: Swedish Bitters Herbal Infusion, Olive Oil, Hemp Seed Butter, and Beeswax

Soap: Swedish Bitters Herbal Infusion, Saponified Vegetable Oil, Saponified Olive Oil, Saponified Coconut Oil, Saponified Castor Oil, Distilled water

EUROPEAN GREEN CLAY



180 Capsules	\$17.99
4 Oz. Bar Soap	\$5.99
1 lb. Powder	\$14.99
2 lb. Powder	\$23.99
5 lb. Powder	\$35.99
55 lb. Powder	\$350.00

Green Clay is used in alternative health practices for its wealth of benefits, both internally and externally!

Detoxification/Cleansing

The detoxification properties of Green Clay are widely revered by alternative health practitioners and environmental managers. According to a study published in the journal, *Clay Minerals*, the absorption of different clays was studied, and Green Clay was found to be the most ideal and cost-effective way to clean heavy metals from industrial wastewater! It works the same way when taken internally to clean your digestive system and eliminate toxins! According to detox specialist, Sandy Halliday, Green Clay is beneficial for removing toxins which can build up and cause many physical symptoms such as food allergies, headaches, digestive problems, and general fatigue or lethargy. Green Clay has a natural negative electrical charge which pulls positively charged toxins from the bloodstream and tissue cells into the intestine and sends them out of the body as waste.

Green Clay For First Aid

As a soothing, repairing balm for cuts, scrapes, small wounds, sprains, minor burns, insect bites, and aching muscles, Green Clay can be made into a poultice and applied directly to the affected area. The clay works for cuts, scrapes, and wounds by drawing out the infection. It is said to be comforting for aching muscles and joints, especially when combined with the essential oils of rosemary or lavender. To make a first aid paste, pour ¼ cup pure water into a glass bowl and sprinkle clay on top until a nice paste consistency is formed. Make sure it is dry enough to hold form but moist enough to not dry out. Apply to the area and cover so that it retains moisture. DO NOT let the clay dry out. After 2-4 hours, remove poultice and gently rinse if not too painful. Wait two hours and then repeat.

When individuals with severe burns had the burned area covered with a poultice of clay, each one noticed immediate relief, with some claiming the pain had subsided completely. In addition, when having the entire body covered in burns, laying in a clay bath provided dramatic results! Burn victims reported a major relief of pain and faster wound repair with less scarring than with conventional methods.

A Beautifying Agent

The absorbent properties of Green Clay work in beauty therapies by drawing out impurities and toxins from the skin, toning and firming it and stimulating circulation. Estheticians use it to tighten pores, exfoliate dead skin, and reveal a smoother, fresher complexion. It is known to clear problem skin and fix blemishes, usually in the form of a clay mask. If you have a dry or sensitive skin complexion, you should use a clay mask only once a week, as the clay will absorb moisture from the skin along with any impurities.

Hope for Health | Product Guide

Section Four - Pregnant and Nursing Mothers ~ Children



This section offers products that help those who are currently pregnant or nursing, or children under 12 years old. Hope for Health does not recommend any herbs due to possible side effects. The products on this page are safe as they contain only 100% food.

Order online:
www.hopeforhealthusa.com
Call:
1-800-468-7884
or E-mail:
office@hopeint.org

BEET POWDER (ORGANIC)



10 Oz. Powder **\$22.99**

Super nutrition and fiber!

Cleanses the blood, liver, spleen, and intestines. Step up your immune system and build red blood cells! Supports bone and heart health.

See more information on pages 19 & 33

C-BLAST



90 Caplets **\$17.99**

180 Caplets **\$28.99**

Whole-food source of vitamin C! Highly absorbable. This is a blast of power for the immune system. It also helps to improve skin tone, increase energy, support healthy blood pressure, and help to maintain healthy cholesterol levels. Great for bone health and for colds.

See more information on pages 26 & 34

EUROPEAN GREEN CLAY



180 Capsules **\$17.99**

4 Oz. Bar Soap **\$5.99**

1 lb. Powder **\$14.99**

2 lb. Powder **\$23.99**

5 lb. Powder **\$35.99**

55 lb. Powder **\$350.00**

Green Clay may be used internally to detoxify the entire body, as well as to replenish the body with minerals.

Externally, Green Clay can be used for wounds, burns, scars, and much more.

See more information on page 54

FRUITILICIOUS



10 Oz. Powder **\$28.99**

32 Oz. Powder **\$70.99**

This is a super food PACKED with whole fruits, berries, and nutrients. Fruitilicious can be made into a drink that is easy to take on the go.

This formula contains antioxidants, helping to strengthen the immune system. It supports healthy weight loss, and helps to increase energy.

See more information on pages 21 & 39

Hope for Health | Product Guide

Section Five - Books and Tracts

You may not realize that the ministry, *Hope International*, is the creator of *Hope for Health*.

All profits from *Hope for Health* help to advance the ministry efforts.

We have found that when health is poor, it is difficult to think about spiritual matters.

Therefore, our prayer is that these products, combined with improved lifestyle,
will allow you to draw closer to the Lord.

May your walk with Him be on a firm foundation!

Hope International has sold inspirational books for over 40 years!

The books featured in this section deal primarily with health.

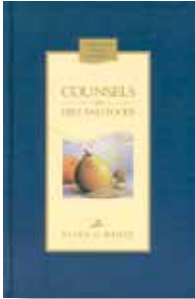
We do sell other books by Ellen G. White, and will happily give you a deal
on paperback books if you are handing out books as part of your ministry.

Feel free to call us for more information.

To God be the glory for His guidance and love! He is with you always!



BOOKS & MATERIALS



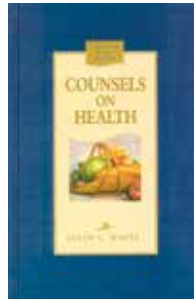
Counsels On Diet & Foods

Ellen G. White

We all hope to achieve optimum health; here is great advice on how you can start reaching that goal today! Topics include: relationship of diet to spirituality, vegetarianism, fasting, and more!

Ellen White's writings in the field of health have stood the test of time and the advances of science. This is a powerful aid for you and your entire family!

511 pages (both)
Hardcover....\$12.99
Paperback.....\$5.99



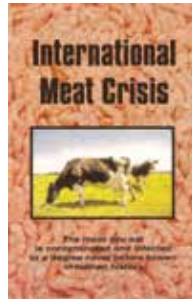
Counsels on Health

Ellen G. White

Living well equals living healthy! Here are practical principles that promote healthy living. Whether you are a health provider for many or one; you will find this to be an invaluable tool.

Throughout her lifetime Ellen White devoted much effort and thought to alleviating the sorrows of the sick and suffering. Her amazing insights will guide you to living healthy and whole!

Hardcover, 687 pages
\$12.99



International Meat Crisis

Vance Ferrell

In the 21st century, we have entered upon a level of contamination and disease in food animals that is beyond anything earlier experienced in human history. This is the full story of why this happened, and why your health is in danger!

Paperback,
174 pages
\$2.99



The Vaccination Crisis

Vance Ferrell

If you have a child, or a grandchild, or have a friend, this is an invaluable resource book for their health! We cannot stress enough how important the information in this book is! It contains a wealth of data on the potential dangers and effects of vaccines. It also provides outstanding information on how to deal with schools trying to enforce vaccines on your children.

Paperback, 304 pages
\$3.99



You Can Quit Tobacco

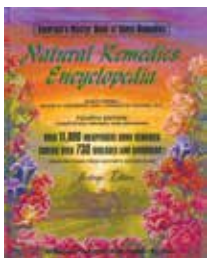
Vance Ferrell

One of the most COMPLETE books on quitting tobacco you can find! It is all carefully and simply explained to make it as easy to follow as possible.

You will be amazed to find how EASY it will be to stop smoking!

Paperback, 97 pages
\$2.99 each
10 or more - \$1.50 ea
100 or more - \$0.50 ea

Natural Remedies Encyclopedia



Vance Ferrell
(Hardcover, 840 pages)

\$49.99

Regularly \$80.00!

This encyclopedia offers you over 11,000 inexpensive home remedies and covers more than 730 diseases and disorders with prescriptions from nature's storehouse. This book is far more comprehensive than any comparable health book on the market.

- Hailed as the best reference book on natural remedies by physicians and laymen alike.
- Find-it-fast indexes to help you find what you need, when you don't have time to waste!
- Designed as an easy reference for the average person, the *Natural Remedies Encyclopedia* is an easy-to-follow yet comprehensive reference manual for everyone to use.



Eight Laws of Health

We are offering a set of brochures covering the eight laws of health.

Each brochure is packed with information on ways to improve your health naturally. We would be delighted to send this set to you **free** of charge.

Get Your FREE Set Today!

Call: 1-800-468-7884

Visit: www.hopeforhealthusa.com

Hope for Health | Frequently Asked Questions

From how to use products to why we choose not to use animal ingredients in our formulas, this section contains a carefully-compiled and comprehensive list of our most frequently asked questions.

1. Is a Health Consultation REALLY Free? What's The Catch?

YES!! Our health consultation is 100% free! There is no catch!

2. How Are We Able To Offer Free Health Advice?

We are able to do this because we have a very dedicated group of health care professionals who are more interested in people than they are in money. They work at Hope for Health at a wage that is far less than what they could get from other health institutions. We rely on donations from generous people who want to help others, and on the sales of our health products to help defray the costs of our free health counseling.

3. Do I Have To Buy Your Products? Can I Just Get Them From My Local Health Food Store?

Yes you can, but you are not promised the quality of product that we offer. Sadly, many health companies are just businesses there for the profit. There is a chance that the product you buy may not be made with the same strict manufacturing practices, highest quality ingredients, and personal integrity as ours are. In addition, every penny of profit from the products goes back into our health program so we are able to offer FREE health counseling. If you appreciate the free counseling you receive, buying the products will help to keep the program going for the next person!

4. Why Do We Promote Such Simple Means For Restoring Health?

We believe that some of the most effective means of helping people regain their health are found in nature. Fresh air, sunshine, exercise, rest, pure water, a healthful diet, natural herbs, and trust in the Creator can often lead to complete restoration of health, when properly and judiciously used. We believe that even though there is much money to be made in health care these days, many "conventional" methods of helping can actually aggravate an already poor state of health, rather than help.

5. Where Does The Money Go That We Receive From Herbal Sales And Donations?

All of the money we make goes back into the work to help more people. There are no stockholders and there are no fees that are paid to people for dividends, etc. All of the money goes right back into reaching more and more people.

6. I Would Like To Sell Your Products. Do You Offer Any Discount Pricing?

Yes we most certainly do! Please see our "Discount Pricing" information on page 4.

7. Why Are Your Vitamins And Herbs So Economically priced?

Since many people equate "quality" with "high price," many herbal supplement companies are able to sell products at a high price, regardless of their true value. Yet, because it's so expensive, people assume that it MUST be better, healthier, higher quality, etc. However, at Hope For Health, we don't need to charge an outrageous price just to make people think it is good. We know our products ARE good! We get testimonials each day about how our products and lifestyle suggestions are helping more and more people live healthier, happier lives. We want people to look and feel their best, and we have no interest in charging them a fortune to do it!

8. Are The Capsules Vegetarian?

Yes! They are 100% plant based (Pine Tree Pulp).

9. Why Do I Need To Make The Clay Ahead Of Time?

The reason that we recommend making the clay ahead of time is because allowing it to sit over time makes it more effective! Each clay molecule is like a tiny sponge, that when submerged in water over time, slowly absorbs the water and expands- turning it into a much larger clay molecule (or sponge). The larger the surface area of each clay molecule, the more toxins it can remove from the body. Think of a hundred tiny sponges versus a hundred huge sponges going through your body! Typically it takes around 8 hours for the clay molecules to fully expand, which is why overnight is the suggested time. Longer than that is unnecessary.

10. What If I Forget To Make My Clay The Night Before?

Go ahead and make the clay water and drink it when you normally take it. While that one glass may be slightly less effective (drinking smaller sponges versus bigger ones), it will still help, and no harm will be done. If you forget to take the clay altogether that day, just continue on schedule the following day.

11. Can I Take The Clay At Another Time Of Day?

In the morning on an empty stomach is best, however, if this does not work for your schedule, you can also take it at night. Wait 4 hours after your last meal prior to taking the clay. Do not take medications for 1-2 hours before or until 1-2 hours after drinking the clay.

12. Why Do We Choose Not To Include Animal Products Or By-Products In Our Herbal Supplements?

We at Hope for Health have developed a particular philosophy of product purity and quality, and a total abstinence from animal products.* We believe that many of our illnesses originate with the consumption of animal products and the way most of these animals are raised and kept. Knowing that the majority of animals used today for food and supplements are mistreated, carry illnesses, and are fed antibiotics, growth hormones, and even other dead and sick animals, we choose not to include them in our products. We do not believe that the possible benefits of the animal products outweigh the risks. The scientific community is teeming with information and studies that prove the negative effects of consuming animal products. If you are trying to get away from the illnesses from meat, why would you then choose to ingest it in your vitamin and mineral supplements? At one time science supported the consumption of meat; it no longer does. In addition to the health consequences, we choose not to take part in or contribute to the needless suffering of animals.

*However, we personally do not take issue with bee by-products or lanolin (*see below*), as we are satisfied with the farming practices used by our sources and the quality of these ingredients. For this reason, these products do contain bee by-products: Living Green Super Food - Royal Jelly • Mega Multi - Royal Jelly, Bee Pollen • All Creams & Salves- Beeswax

13. What Is Lanolin?

Lanolin is a waxy substance derived from sheep's wool, and is sometimes referred to as wool wax. In nature, the lanolin that sheep secrete makes their wool water-resistant and protects their coats from the environment. Lanolin is gathered after the sheep has been shorn, therefore causing no harm to the animal.

14. Why Do We Use Vitamin D3 (From Lanolin) Instead Of D2?

Vitamin D2 (also called ergocalciferol) and D3 (called cholecalciferol) are not created equal! Vitamin D absorption is very much affected by which type of vitamin D that you are taking. Vitamin D2 was the first synthetic form of vitamin D, but studies show that it is a far inferior form of vitamin D and does not get absorbed into the body nearly as well as vitamin D3. Research supports this extremely well:

- “D2 (ergocalciferol) has lower bioactivity, poorer stability, and shorter duration of action, resulting in approximately 33% lower potency compared with vitamin D3” - ‘The Value of Vitamin D3 over Vitamin D2 in Older Persons’ Barbara J. Zarowitz PharmD, FCCP, BCPS, CGP, FASCP
- “Vitamin D2, or ergocalciferol, should not be regarded as a nutrient suitable for supplementation or fortification.” - ‘The Case Against Ergocalciferol (Vitamin D2) as a Vitamin Supplement’ Houghton LA, Vieth R.
- “...Vitamin D2 is only about 20-40% as effective as cholecalciferol ...” - Michael F. Holick, ‘The Vitamin D Epidemic and its Health Consequences’.

15. Are You Opposed To Prescription Drugs?

No. We give no one absolutes. There is definitely a place for prescription drugs. Our emphasis is in trying to achieve health in as natural of a way as possible. Please do not stop taking your prescription medications without discussing it with your health care provider first.

16. If I Take These, Can I Stop Taking My Prescribed Medications?

CHECK with your doctor. We never suggest that you quit taking the medications you are on without the advice of your doctor. We suggest that you talk to your doctor about including the natural remedies in your health plan. You and your doctor can discuss reducing or possibly eliminating your prescription dependence. While some medications are safe to suddenly stop taking, some can cause life-threatening conditions. Please check with your doctor before discontinuing any prescribed therapy.

17. How Long Does It Take For Natural Herbal Supplements To Work?

Every person is different. Everyone has a different diet, different needs, and different lifestyle/environmental situations. Just as your doctor will try out a medication for a period of time before determining if it has been effective, we always suggest giving the natural supplement at least 6-8 weeks to see if you experience any improvement. Often, the herb is discontinued prematurely and it does not have a proper chance to start working in the body. Then the individual gets frustrated, thinking the problem lies in the herb. Be patient. Give your body time to rest and repair.

18. How Long Will I Have To Take These Products?

Again, it depends on what you're using it for, how healthful your diet is, if you're exercising, if you're drinking enough water—so many factors. Talk to one of our health counselors about diet and lifestyle suggestions that may hasten your body's natural ability to repair itself.

19. Are These Products Safe To Take With My Prescribed Medications?

Overall, herbs and other natural therapies are safe to use; however they can interact with prescription and over-the-counter drugs. We ALWAYS tell our clients to tell their doctor or pharmacist about all the supplements you are taking to avoid potentially dangerous supplement-drug interactions.

20. Are The Herbal Ingredients Organic?

Our company strives to use the finest ingredients possible at a reasonable price for the customer. This includes many organic ingredients. Many, but not all, of the ingredients are organic.

21. Does One Vitamin Or Mineral Work The Same Way For Everyone?

Absolutely not! Just as one drug may work better for one person and not as well for another, the same applies to herbal remedies. We are all made differently. Everyone is exposed to different environmental situations, different work, different stress, different diets, etc. There are many herbs that work in a similar fashion or work differently but help the same problem, just like with pharmaceuticals. If one doesn't work for you, don't give up. Try another one; it may work better for your body's composition. That is why we carry more than one product for each condition.

22. Of The Products You Have Recommended, Which Product Is REALLY The Best?

This is a question we get a lot and it is so hard to answer. As a rule, certain herbs work for certain problems. For example, everyone knows Echinacea boosts the immune system and fights infections. Everyone also knows that vitamin C boosts the immune system and fights infections as well. You can take both for extra protection, or you can choose one that you think would work better. One person may notice that vitamin C fights the infection better, while another person may be sure Echinacea works better. It really depends on the person. Doctors often have to use trial and error to find a medication that works best for a certain person, and herbal supplements are much the same – we can give you general recommendations, but you may need to try them and see which one works best for you! If only one product worked much better than all the rest, we would not offer other options!

23. If I Take One Product That You Suggest, Will I Have To Take The Others You Recommended?

Of course not. What we tell you are just suggestions of what we think work best and what others have found to work. Only take what you want to take. But keep in mind, if we tell you that certain products work better together, we do know what we're talking about, and if one doesn't work as fast by itself, you may want to try the combo.

24. Can Children Take Your Supplements?

Some of our products are safe for children to take; however the amount is dependent on age and weight. Please check our product guide on page 55 for a list of products that can be taken safely by children. If you have further questions please call us 828-649-0278 to speak with a health care counselor.

25. Can I Take All Of These (That I Have Ordered) Together?

More than likely, the products can all be safely taken together (*except for clay*), however if you are unsure, please check with our health counselors and your pharmacist. You may have to take different products at different times of the day (*and some on an empty stomach while others should be taken with meals, for instance*).

26. Do I Have To Take Supplements With Food Or Without?

Most vitamin and mineral supplements work best taken with food, but check the product label to see if there is an exception to this general rule. Overall, taking these supplements with food improves absorption and minimizes stomach irritation. For example, taking B complex vitamins with food will help to avoid the queasiness that these vitamins can trigger. On the other hand, herbs and certain enzymes may end up aiding the digestive process or being diluted rather than doing their job. It is best to take probiotics (*acidophilus and other beneficial bacteria*) on an empty stomach, about 30 minutes before a meal and other herbal preparations on an empty stomach unless otherwise directed.

27. The Bottle Says Take 1-3 Daily, How Many Do I Take?

When the bottle gives you an amount that is not specific, it depends on the person. First of all, do you weigh 90 pounds or 300? The standard suggested amount is based on a 150 pound person. So if you are 90 pounds you might need less than is recommended, if you are 300 pounds you might need more! If you are smaller, typically you can take a lower

*These statements have not been evaluated by the FDA. This product is not intended to prevent, diagnose, treat, or cure any disease.

amount (*sometimes even half*). Having said that, I've seen very small individuals who need more than someone who is larger, just because their body metabolizes things differently. It just depends on the person. I always suggest that people try the smallest amount that fits their body weight (*If you weigh 90 pounds, you can try half the suggested amount - if you weigh 150 pounds, start with the lowest suggested amount, etc.*). If that works, great! You save money and have to take fewer pills. If you don't notice a difference, you can increase the amount you take. Don't be afraid to adjust the amount you take (*within the suggested amount*). Listen to your body and increase the amount that you take slowly. If you aren't getting the results you're looking for, talk to one of our health counselors for possible suggestions or solutions.

28-A. Do Your Products Have Side Effects?

While we are completely confident in the safety of our products, because they are potent, there can be potential side effects such as headache or nausea. As a rule, the side effects of these products are very, very mild, but if you suffer any discomfort that you think is from our product, stop taking it immediately and check with one of our health counselors for more information or other options.* In addition, if you have any allergic reaction to a certain herb - stop using it immediately. While it is not common to have an allergy to any of our herbs, it is possible.

*See 26-B.

28-B. The Healing Crisis

While **not** a "side effect", a healing crisis is a reaction that occurs when the body tries to eliminate toxins at a faster rate than they can be properly disposed of. This can cause a lack of energy, aches and pains, nausea, or symptoms that are like a case of the flu. The more toxic one's bodily systems are, the more severe the detoxification, or healing crisis. It is the result of every body system working, in concert, to eliminate waste products through all elimination channels and set the stage for regeneration. **The end result:** old cells and tissues are replaced with new healthy cells and tissues, and your body will be well on its way to better health and vitality.

The healing crisis is characterized by a temporary increase in symptoms during the cleansing or detox process which may be mild or severe. Initially you may feel worse and therefore conclude that the product is not working, but these reactions are instead signs that the product is working and that your body is going through the process of cleansing itself of impurities, toxins, and imbalances. This can occur immediately - or within several days, or even several weeks, of a detox. Don't worry, these reactions are **temporary**. Symptoms usually pass within 1-3 days, but on rare occasions can last several weeks. Some people feel somewhat ill during the first few days of a cleanse because it is at that point that your body dumps toxins into the blood stream for elimination. With a more serious condition there may be many small crises to go through before the final one is possible. In any case, a cleansing & purifying process is underway, and stored wastes are in a free-flowing state. (*This is a good thing!*)

Why This Occurs:

When any rejuvenating or cleansing program causes a large scale die-off of bacteria, a significant amount of endotoxins (*toxins within the bacteria itself*) are released into the body. The more bacteria present, and the stronger their endotoxins, the stronger the cleansing reaction. When any plan or detox causes the organs of the body (*particularly the liver, which is a storehouse of drug and poison residues*) to release their stored poisons and toxins, a cleansing reaction may occur. Any program, such as fasting, which causes a rapid breakdown of fat cells (*which are a storehouse for toxins*), can cause a healing crisis as toxins previously lodged in the fat cells are released into the blood stream.

If you are suffering from a major illness, the symptoms you experience during the healing crisis may be identical to the illness itself. Sometimes discomfort during the healing crisis is of greater intensity than when you were developing the chronic illness. Symptoms of previous illnesses may reappear for a short time. The healing crisis will usually bring about past conditions in whatever order the body is capable of handling at that time. People often forget the illnesses or injuries they have had in the past, but are usually reminded during the crisis. After your body has effectively started eliminating the toxic substances, the healing crisis should end and you should feel a noticeable increase in energy and overall health.

29. Why Do Some Of Your Products Contain Alcohol?

We never recommend consuming alcohol, even in small quantities, just for the sake of drinking it. However, when it comes to medical necessity, we believe there can be benefits that outweigh risks, such as getting an X-ray for a broken bone (even though x-rays are known to be unhealthy) or taking life-sustaining medication that you wouldn't normally take, but may be necessary to stay alive. We consider the small amount of alcohol in some of our extracts to be a small risk, when compared with the substantial benefits the herbs can impart to your body. Experience has proven that liquid herbal extracts bypass the digestive process and enter the bloodstream rapidly, which makes them one of the most effective ways for the body to absorb medicinal herbs. Once assimilated, the herbs start working in your body within minutes. Alcohol is often one of the most effective means to extract the medicinal properties from the herbs and it also has the ability to preserve the extract from spoiling. At the dosage suggested, you are getting a highly potent herbal formulation with very little alcohol consumed.

30. Are Your Bottles BPA-Free?

Yes, our bottles are completely free of Bisphenol A (BPA), a toxic compound commonly found in plastic bottles and containers.

31. Do You Grow and Make The Herbs There, Or Do You Get Them From Somewhere Else?

We select wild-crafted, organic, and natural products that are grown all over the world to use in our formulas. We have a very trustworthy manufacturer that formulates our products for us and produces them in small batches. They are GMP certified (*Good Manufacturing Practices*) and they only accept the highest quality herbal ingredients.

32. Who Packages Your Products?

We work with a highly reputable manufacturer that has been in the herbal business for over 20 years. They accept only the purest grade ingredients and turn away batches that do not live up to their excellent standards. They work with over half a dozen chemists and nutrition experts who check each and every formula for safety and effectiveness.

33. How Do I Know Your Supplements Are Quality Products?

The Freshest Ingredients

To produce the highest quality supplements possible, we start with the purest, freshest ingredients. Hope For Health brand products use ingredients from only the most reputable suppliers in the industry—suppliers with the proven ability to meet our rigid standards for purity and freshness. Our state-of-the-art facilities enable us to produce quantities tailored to our immediate needs, ensuring minimal storage time and optimal freshness. Our products are packaged in white food-grade plastic and colored glass bottles that protect against light degradation for maximum shelf life.

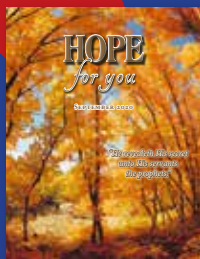
Tested For Purity

All products manufactured for Hope For Health are produced in a GMP Certified facility and are laboratory tested to meet FDA standards for identity, purity, and composition. All ingredients used in Hope For Health brand supplements require documentation from the supplier, including a Certificate of Analysis, ensuring that they meet our product specifications. They are then tested for heavy metals, microbiology and contaminants—and are discarded if they fail to meet our strict standards. Every batch is laboratory tested to guarantee freshness and potency levels. Ingredients are also tested at various stages throughout the production process to verify purity and potency. All finished products are inspected by our Quality Control specialists and tested for potency and stability by independent third-party laboratories to ensure that each supplement contains exactly what is stated on the label.

Good Manufacturing Practices

Hope For Health is absolutely committed to maintaining the highest quality products and the utmost integrity in business practices. This is why we use a manufacturer that is in strict compliance with current *Good Manufacturing Practice* (GMP) for manufacturing, packaging, and storage.

We would love to send
your friends 3 sample issues
of Hope for You!



Name:	Name:
Address:	Address:
City, State, Zip:	City, State, Zip:
Name:	Name:
Address:	Address:
City, State, Zip:	City, State, Zip:

Feel free to email your list to: office@hopeint.org, or use additional sheets of paper if you have more names than this space allows.

Hope for Health **Product Order Form**

Billing Address:

Name
Address:
City, State, Zip:
Telephone:
Email:

Shipping Address (if different from Billing Address):

Name:
Address:
City, State, Zip:
Telephone
Email

QUANTITY	PRODUCT TITLE	PRICE EACH	TOTAL

This order is prepaid by ☐ Check/Money Order ☐ MasterCard ☐ Visa ☐ Discover
Please make checks payable to Hope for Health

Card Number: _____ - _____ - _____

Expires: ____/____/____ Signature: _____

Total from pg. 2	
Subtotal	
Shipping (See Chart)	
Order Total	

Ordering is Easy!

USA Shipping & Handling Charges (Call for International Shipping Rates)

Mail: 151 Ascension Lane • Marshall, NC 28753

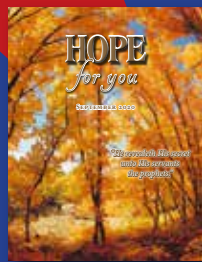
Online: www.hopeforhealthusa.com

Call: 1-800-468-7884

\$0.01 - \$25.00	\$6.00
\$25.01 - \$50.00	\$9.00
\$50.01 - \$100.00	\$13.00
\$100.01 or more!	FREE!!

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Name:	Name:
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City, State, Zip:	City, State, Zip:
Name:	Name:
Address:	Address:
City, State, Zip:	City, State, Zip:

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Telephone:
Email:

Shipping Address (if different from Billing Address):

Name:
Address:
City, State, Zip:
Telephone
Email

QUANTITY	PRODUCT TITLE	PRICE EACH	TOTAL

This order is prepaid by ☐ Check/Money Order ☐ MasterCard ☐ Visa ☐ Discover
Please make checks payable to Hope for Health

Card Number: _____ - _____ - _____

Expires: ____/____/____ Signature: _____

Total from pg. 2	
Subtotal	
Shipping (See Chart)	
Order Total	

Ordering is Easy!

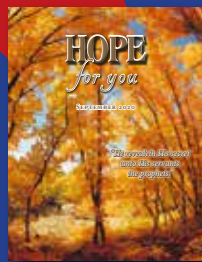
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\$100.01 or more!	FREE!!

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QUANTITY	PRODUCT TITLE	PRICE EACH	TOTAL

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Ordering is Easy!

USA Shipping & Handling Charges (Call for International Shipping Rates)

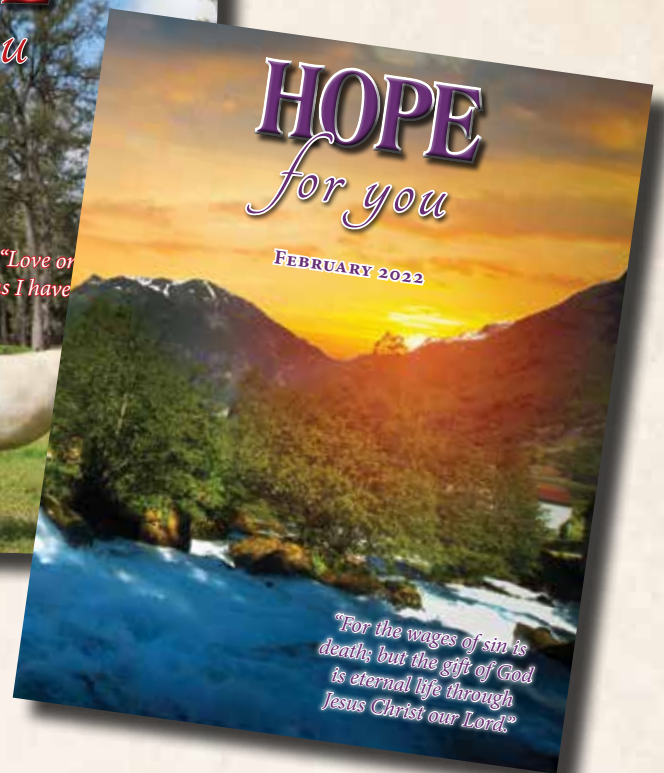
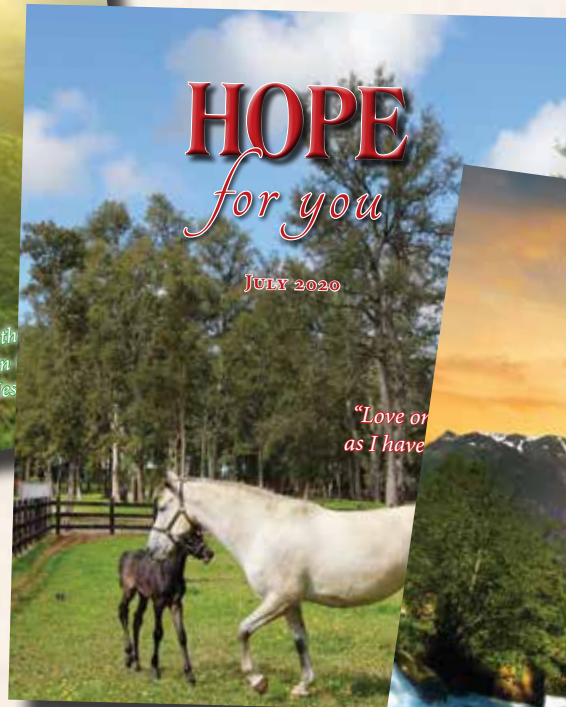
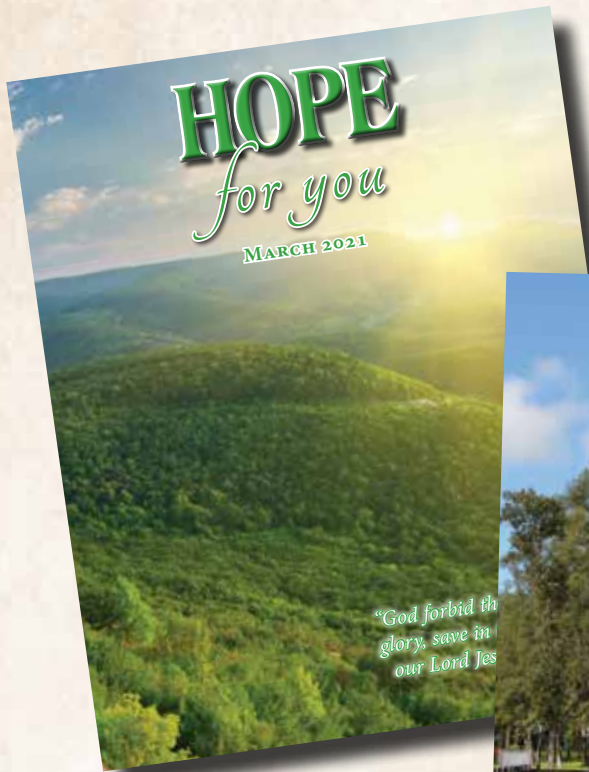
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\$25.01 - \$50.00	\$9.00
\$50.01 - \$100.00	\$13.00
\$100.01 or more!	FREE!!

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- Health Tips and Information
- Stories for the Young at Heart
- Words for Parents

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We believe that God has a plan and purpose for His people in these tumultuous times, and we seek to spread an encouraging word to uplift Christ and His truth. We have an extensive health ministry, and believe that God's will is for all His children to "Prosper and be in health," (3 John 2) even as our souls prosper in following His will and guidance.

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