

PENN HERB CO. LTD.



Spice Shakers
Page 15



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full details!

BEST CUSTOMER SALE CATALOG

OLBAS[®]
HERBAL REMEDIES

SALE
Page 67 **FAST RELIEF** for
Cough & Cold Symptoms
See Pages 34 - 36

- What Are Your Top Ten Health Goals for 2010? 2
- Restore Passion, Pleasure and Performance 55
- Lose Those Extra Pounds Before Summer..... 60
- FREE Shipping!** See order form for details.

America's Most Unique Source for Medicinal Herbs and Natural Remedies

2010 Catalog #0110B **ORDER TOLL-FREE: 1-800-523-9971 or www.PennHerb.com**



1 Monitor Your Blood Pressure & Control Stress.



Here Are Two Natural Ways To Help You Relieve Pressure

- Pressu-Relieve® is our top-selling herbal formula that helps you relax, calm down and soothe stress
- Our Super-Potent, 2500mg Odorless Garlic really helps maintain healthy blood pressure

See pages 26-27 for more information

S23AX Pressu-Relieve® 60 Vcaps 500mg \$10.75
SALE! Buy 120 Caps # PS23AX for only \$19.98
Suggested Use: 1-2 Caps 3 times daily.

V33 Odorless Garlic 100 Softgels 2500mg
equivalency Reg. \$10.75 **SALE! \$7.95**
SALE! Buy 200 Softgels # PV33 Only \$14.98
Suggested Use: 2 Caps 1-2 times daily

2 Lose Weight and Get Into Tip-Top Shape.



Trim & Slim® and Acai Berry Can Help You Reach Your Weight Loss Goals

- Acai Berries help promote healthy weight and a flatter tummy, plus it elevates mood and detoxifies your body
- Trim & Slim® combines two of nature's best fat fighting herbs in one potent capsule
- Together they work to help you slim down naturally - without drugs or a prescription

See pages 60-61 for more information

V92 Acai Berry Extract 60 Vcaps **Sale \$18.95**
SAVE MORE! Buy One for \$18.95, Get 2nd One For Only 3¢
Get 2 x 60 Vcaps #PV92T for only \$18.98
Suggested Use: 1 Vcap 1-2 times daily

S38X Trim & Slim® 60 Vcaps 700mg \$10.25
SALE! Buy 120 Capsules #PS38X for \$18.98
Suggested Use: 1-2 Caps 3 times daily.

3 Keep Your Mind Sharp and Remember More.

Improve Your Concentration & Memory

- Our Mental Alertness™ formula combines 3 potent herbs, Ginkgo Biloba, Ginseng and Gotu Kola, known for their ability to boost mental alertness



See page 52 for more information

S61X Mental Alertness™ 60 Vcaps 450mg \$9.75
SALE! Buy 120 Caps #PS61X for only \$17.98
Suggested Use 1-2 capsules 3 times daily

4 Boost Your Immunity.



With All the Germs Going Around - You Need a Strong Immune System

- The immune system is your first line of natural defense against infections, bacteria, colds, flu, and other nasty things
- A strong immune system is directly related to a healthy life
- Immune Boost™ helps to protect and strengthen your immune system

See pages 50-51 for more information

S59X Immune Boost™ 600mg 60 Vcaps \$10.50
SALE! Buy 120 Caps #PS59X for only \$18.98
Suggested Use: 1-2 caps 3 times daily

5 Be More Flexible.

Cushion, Lubricate and Nourish Your Joints



- Glucosamine and Chondroitin with trace minerals helps provide renewed flexibility and mobility
- Joint-Ease™ is a balanced blend of 8 healthy herbs that provides nutritional support to maintain cartilage, joint, and muscle function, contributing to a healthy and active lifestyle
- Makes a big difference in your quality of life!

See pages 30-32 for more information.

COMBO SALE! Save \$11.55!
For maximum joint comfort, flexibility and mobility, take these 2 formulas together
TSV1 - Joint Effort Combo Reg. \$41.50
SPECIAL SALE! \$29.95 -Expires 3/31/10

6 Get a Good Night's Sleep.

Are You Getting Enough Sleep? Most Adults Need Between 7 and 8 Hours Every Night



- Proper sleep is necessary to rebuild, relax and refresh your body
- Get a great night's sleep naturally!

See page 57 for more information

S36X Herbal Tranquil-A-Tea 550mg 60 Vcaps \$15.50
SALE! Buy 120 Caps #PS36X for only \$28.98
Suggested Use: 1-2 Caps 3 times daily.

7 Keep Your Heart and Cardiovascular System Healthy.

Nutritionally Support and Protect Your Heart



- CoQ10 is essential to a healthy heart
- Red Yeast Rice helps you fight bad cholesterol

See pages 47-49 for more information

COMBO SALE! - Save \$17.75!
Get these 2 formulas together
TSV18 - Cholesterol Combo Value \$53.70
SPECIAL SALE! \$35.95 -Expires 3/31/10

8 Detox Your Body.

Get Rid of that Sluggish, Tired Feeling and Feel Alive!



- Give your body a chance to repair and strengthen itself
- Our Bowel Cleanser Formula™ works fast

See pages 37-42 for more information
S10X Bowel Cleanser™ 60 Vcaps 600mg \$10.75
SALE! Buy 120 Capsules # PS10X for \$19.98
Suggested Use: 1-2 Caps 3 times daily.

9 Feed Your Eyes.

Your Eyes Need Care and Nourishment Too



- Lutein is a potent antioxidant that helps protect your eyes from age-related macular degeneration and damaging forms of light
- Our herbal Eyebright Formula™ has been used by thousands to promote clear, healthy vision

V76 - Lutein 20 mg 60 Gels Reg. \$21.50 Sale \$15.95
S19AX Eyebright Formula 60 Vcaps 575mg \$14.50

See page 59 for more information
COMBO SALE! Save \$8.05!
For the ultimate in eye health, take these 2 formulas together
SV30 - Healthy Vision PLUS Combo Value \$36.00
SALE! \$27.95

10 Spice Up Your Love Life.

Restore Passion and Pleasure

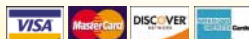


- Our super-potent Nature Vitality® Formula works to restore desire & stamina

See Pages 54-55 for more information

S34X Nature Vitality® 60 Vcaps 525mg \$16.25
SALE! Buy 120 Caps #PS34X for only \$29.98
Suggested Use: 1-2 Caps 3 times daily.

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





Dear Friends:

From our family to yours - welcome to Nature's Wonderland®! Since 1924, it has been our goal to provide our customers with the finest quality herbs and remedies available. Your health is important to you, and it's important to us too. That's why we constantly search the world to find the best herbs and natural remedies that will help improve your health and keep you healthy.

We are proud to welcome Dr. Susan Smith Jones, PhD to the Penn Herb Family! Susan is a leading voice for health and fitness in America and worldwide today, and the author of 20 books. For over 35 years she has relied on herbs and natural remedies from Penn Herb Company. Look for tips on using herbs and natural remedies from Dr. Susan in this catalog and also in our weekly Email newsletter, "HerbNews." Subscribe online anytime!

As one of our customers, you have the right to expect and get the finest quality herbs and nutritional products anywhere. That's why we promise you the following customer benefits:

- ✓ **QUALITY ASSURANCE GUARANTEE:** We want you to be completely satisfied with every purchase from us. If you are not 100% satisfied with the quality of any of our products, let us know and we will make things right.
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- ✓ **FREE SHIPPING** on all continental US orders over \$100!

The Betz Family and our "Penn Herb Family" of associates take great pride in our worldwide reputation for quality products and friendly service. Getting the best herbs and natural remedies has never been easier! We look forward to hearing from you.

Healthfully yours, *The Betz Family*

P.S. The complete index is on Page 65. If you don't see what you need, browse the complete catalog online anytime at www.PennHerb.com.



The Betz Family



Corporate Offices: 10601 Decatur Road, Philadelphia, PA 19154



Retail Store: 603 North 2nd Street, Phila, PA 19123
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 Closed: Sunday & Holidays



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 Not Shown: Elizabeth, Koronda, Nitza

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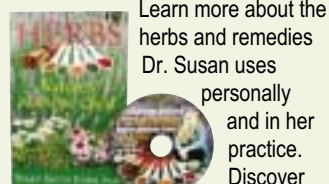
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24 Hour - Secure online ordering

WE ACCEPT



HERBS:

Nature's Medicine Chest
By Susan Smith Jones, PhD



Learn more about the herbs and remedies Dr. Susan uses personally and in her practice. Discover helpful tips to improve your health and keep your body in tip-top shape.

Includes a FREE CD! (\$10 Value)

Topics Covered:

- Strengthening the Immune System
- Soothing Colds, Flu & Allergies
- Lose Weight & Find More Energy
- Protecting Your Heart
- Keeping Your Joints Flexible
- Improving Your Sexual Vitality
- And much more!

LIMITED TIME OFFER

GET A FREE AUDIO CD WITH THE BOOK!

\$15.95 Value **ONLY \$5.95** Item #9100

Aloes, Cape

- A potent system cleanser
- Flushes away toxins and impurities
- Works wonders for occasional constipation



14X Cape Aloes 775mg 60 Vcaps \$11.50

SALE! Buy 120 Vcaps

P14X for only \$20.98

Suggested Use: 1 Vcap daily

Blueberry Leaves

- Helps protect your eyes and promote crystal clear vision
- Reduces eye fatigue, while it promotes better vision at night
- One way blueberry works is by increasing blood flow and oxygen to your eyes
- Promotes blood sugar health



56X Blueberry Leaves 525mg 60 Vcaps \$8.50

SALE! Buy 120 Vcaps

#P56X for only \$15.98

Suggested Use: 1-2 Vcaps 3 times daily



Dr. Susan's Favorite Herbs

"To be truly healthy, we need to do more than eat a colorful, natural foods diet, jog around the block, and get plenty of sleep. Incorporating the best herbs in our nutritional program is paramount for creating radiant health. For the past 40 years, my herbs and remedies have come from Penn Herb Company and, as a result, I have never taken medication in my life and haven't been sick in over 20 years. Living a natural lifestyle, with the help of Penn Herb Company, is the only way to go for me."

-Susan Smith Jones, PhD

Author of 20 books, including her latest best-sellers *Herbs: Nature's Medicine Chest, Recipes for Health Bliss, The Healing Power of NatureFoods, Health Bliss and Be Healthy-Stay Balanced*

Herb Capsules	Most Common Benefits	1 Bottle - 60 Vcaps		SALE! Get 2 Bottles	
		Item #	Price	Item #	120 Vcaps
Acai Berry, 650mg	Boosts metabolism, enhances energy, flushes out toxins	V92	\$18.95	PV92	\$34.98
Agar Agar, 575mg	Japanese seaweed curbs appetite	4X	\$13.50	P4X	\$25.98
Alfalfa Herb, 575mg	Nutrient-rich herb boosts stamina and vitality	9X	\$7.75	P9X	\$13.98
Aloes, Cape, 775mg	Powerful relief for occasional constipation	14X	\$11.50	P14X	\$20.98
Astragalus, 575mg	Chinese tonic supports healthy immune system function	31AX	\$8.50	P31AX	\$15.98
Bitter Melon Extract, 400mg	Supports healthy glucose metabolism	V87	\$9.95	PV87	\$17.98
Black Cohosh, 650mg	Women's health herb promotes hormonal balance	49X	\$9.75	P49X	\$17.98
Black Walnut Hulls, 675mg	Supports intestinal cleansing	437X	\$9.00	P437X	\$16.98
Bladderwrack, 800mg	Iodine-rich sea vegetable boosts metabolism	53X	\$8.50	P53X	\$15.98
Blessed Thistle, 400mg	Promotes healthy digestion and women's health	54X	\$8.25	P54X	\$14.98
Blueberry Leaves, 525mg	Maintains sharp vision and blood sugar health	56X	\$8.50	P56X	\$15.98
Blue Cohosh, 650mg	Soothes PMS and menstrual discomforts	57X	\$9.50	P57X	\$17.98
Burdock Root, 625mg	Traditional liver, skin and blood cleanser	72X	\$8.50	P72X	\$15.98
Butcher's Broom, 675mg	Supports healthy leg veins	74AX	\$9.00	P74AX	\$16.98
Cascara Sagrada, 625mg	Gentle support for healthy bowel function	88X	\$9.00	P88X	\$16.98
Cat's Claw, 575mg	Peruvian tonic promotes immune health and joint function	91AX	\$8.50	P91AX	\$15.98
Cayenne, 675mg	Fires up healthy circulation and heart health	315X	\$8.00	P315X	\$14.98
Chaparral, 450mg	Powerful antioxidant and blood cleanser	99X	\$8.00	P99X	\$14.98
Chaste Tree Berries, 375mg	Balances the female cycle	101AX	\$8.00	P101AX	\$14.98
Chickweed, 475mg	Soothing herb promotes fat metabolism	106X	\$8.25	P106X	\$14.98
Cinnamon Bark, 700mg	Supports blood sugar health and cholesterol wellness	110X	\$7.75	P110X	\$13.98
Cramp Bark, 375mg	Soothes muscular discomforts	128X	\$10.50	P128X	\$18.98
Damiana, 475mg	South American libido booster	135X	\$8.25	P135X	\$14.98
Devil's Claw Bark, 575mg	Promotes joint comfort and flexibility	139AX	\$9.25	P139AX	\$16.98
Dong Quai, 700mg	Promotes female balance and well-being	146AX	\$8.25	P146AX	\$14.98
Echinacea Root, 575mg	Supports healthy immune system function	149X	\$9.50	P149X	\$17.98
Elecampane Root, 675mg	Promotes healthy lungs and bronchial passages	154X	\$9.00	P154X	\$16.98
Eleuthero, 500mg	Helps body adapt to stress; boosts stamina	178DX	\$8.00	P178DX	\$14.98
Eyebright, 475mg	Maintains vision health and soothes allergy eyes	159X	\$9.50	P159X	\$17.98
Fenugreek, 800mg	Supports healthy blood sugar & cholesterol levels	161X	\$7.75	P161X	\$13.98
Fo-Ti, 675mg	Oriental longevity herb promotes stamina & vitality	168AX	\$8.75	P168AX	\$15.98
Garcinia Cambogia, 650mg	Asian fruit boosts metabolism and curbs appetite	172AX	\$9.00	P172AX	\$16.98
Gentian Root, 500mg	Potent stomach tonic encourages proper digestion	174X	\$12.25	P174X	\$22.98
Ginger Root, 650mg	Promotes healthy digestion and circulation	176X	\$8.00	P176X	\$14.98
Ginkgo Leaf, 475mg	Enhances memory and mental performance	176AX	\$8.00	P176AX	\$14.98
Ginseng, Korean Red, 700mg	Energizing herb boosts endurance, and stamina	178CX	\$13.00	P178CX	\$24.98
Goldenseal Root, 650mg	Supports healthy immune response	182X	\$19.50	P182X	\$36.98
Green Tea, 650mg	Powerful antioxidant energizes metabolism	184AX	\$8.75	P184AX	\$15.98
Guarana, 700mg	Pick-me-up tonic boosts stamina and mental alertness	189X	\$9.25	P189X	\$16.98
Gymnema Sylvestre, 625mg	Ayurvedic sugar destroyer supports blood sugar health	190AX	\$8.25	P190AX	\$14.98
Hawthorn Berries, 625mg	Supports healthy heart function and blood flow	192X	\$8.50	P192X	\$15.98
Hibiscus Flowers, 725mg	Supports blood pressure and cholesterol health	199X	\$8.75	P199X	\$15.98
Hops, 225mg	Encourages restful sleep and calms the nerves	201X	\$8.25	P201X	\$14.98
Horsetail, 525mg	Mineral-rich herb for healthy hair, skin and nails	205X	\$8.25	P205X	\$14.98
Juniper Berries, 575mg	Diuretic herb helps maintain healthy fluid balance	225X	\$9.00	P225X	\$16.98
Kava Kava, 425mg	Supports deep relaxation and emotional well-being	227X	\$10.75	P227X	\$19.98
Kelp, 850mg	Iodine-rich herb supports healthy thyroid function	228X	\$8.50	P228X	\$15.98
Kudzu, 575mg	Studies show Kudzu may help reduce alcohol cravings	230X	\$8.00	P230X	\$14.98
Lemon Balm, 475mg	Eases tension, stress and calms nervous irritability	32X	\$8.75	P32X	\$15.98
Milk Thistle Seed, 650mg	Supports healthy liver function & detoxification	269AX	\$8.25	P269X	\$14.98

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





Herb Capsules	Most Common Benefits	1 Bottle - 60 Vcaps		SALE! Get 2 Bottles	
		Item #	Price	Item #	120 Vcaps
Motherwort, 450mg	Promotes heart health and female well-being	271X	\$8.25	P271X	\$14.98
Mullein Leaves, 475mg	Soothing support for the respiratory system	276X	\$8.25	P276X	\$14.98
Myrrh, 675mg	Supports immune and respiratory health	624X	\$9.75	P624X	\$17.98
Neem, 575mg	Ayurvedic cleansing and immune supporting herb	280AX	\$8.75	P280AX	\$15.98
Nettle Leaf, 525mg	Supports allergy response	281X	\$8.50	P281X	\$15.98
Oregano Oil, Wild, 510mg	Potent immune system support	294KX	\$16.50	P294KX	\$29.98
Oregon Grape, 450mg	Supports blood cleansing and healthy liver function	295X	\$9.25	P294X	\$16.98
Passion Flower, 475mg	Promotes relaxation and calms nervous irritability	306X	\$8.00	P306X	\$14.98
Pau d'Arco, 725mg	South American tonic fortifies immune defenses	308X	\$8.50	P308X	\$15.98
Pleurisy Root, 550mg	Supports healthy lung function	329X	\$11.00	P329X	\$19.98
Red Clover, 450mg	Blood cleanser and purifier, supports lymphatic system	352X	\$8.75	P352X	\$15.98
Red Raspberry, 500mg	Female vitality herb supports reproductive health	351X	\$8.75	P351X	\$15.98
Sarsaparilla, 600mg	Male and female vitality tonic, promotes healthy skin	373X	\$8.75	P373X	\$15.98
Saw Palmetto, 700mg	Promotes prostate health, especially for men over 50	375X	\$10.25	P375X	\$18.98
Senna Leaf, 550mg	Relieves occasional constipation, bowel cleanser	381X	\$8.00	P381X	\$14.98
Schizandra Berries, 750mg	Antioxidant herb supports healthy liver function	376AX	\$9.75	P376AX	\$17.98
Scullcap, 400mg	Restlessness, stress and occasional sleeplessness	378X	\$9.50	P378X	\$17.98
Slippery Elm Bark, 500mg	Soothes respiratory and gastrointestinal tracts	389X	\$9.25	P389X	\$16.98
Spirulina, 575mg	Green superfood promotes energy, stamina and vitality	399AX	\$9.25	P399X	\$16.98
St. John's Wort, 500mg	Supports emotional well-being and positive mood	368X	\$8.75	P368X	\$15.98
Stone Root, 550mg	Supports healthy veins, including delicate rectal area	403X	\$9.75	P403X	\$17.98
Turmeric, 625mg	Potent antioxidant supports joint and liver function	423X	\$7.75	P423X	\$13.98
Uva Ursi, 625mg	Supports urinary tract, kidney and bladder health	426X	\$8.75	P426X	\$15.98
Valerian Root, 575mg	Calms, relaxes and promotes restful sleep	427X	\$9.25	P427X	\$16.98
White Willow Bark, 400mg	Soothes minor aches and pain	455X	\$8.25	P455X	\$14.98
Wild Cherry Bark, 575mg	Soothing upper respiratory system support	448X	\$8.00	P448X	\$14.98
Wild Yam, 575mg	Supports hormonal balance and menopausal health	453X	\$9.75	P453X	\$17.98
Yellow Dock, 625mg	Helps build healthy blood, natural source of digestible iron	468X	\$8.25	P468X	\$14.98
Yohimbe, 800mg	Works to improve blood flow to the genital region	V93	\$13.75	PV93	\$24.98

Cayenne Pepper



- Promotes healthy circulation and cardiovascular system
- Contains special flavonoids that help to promote strong arterial walls
- Promotes healthy cholesterol already in the normal range
- Naturally warms the body for increased flexibility & comfort

315X Cayenne Pepper 675mg 60 Vcaps \$8.00

SALE! Buy 120 Vcaps

P315X for only \$14.98

Suggested Use: Take 1 or 2 Vcaps three times daily with water at mealtimes.

Kava Kava



- Helps soothe stress, anxiety, and relieves tensions of the day
- Relaxes your body and brings tranquility and peace to the mind without habit-forming drugs
- Helps lift your spirits for a more positive outlook on life

227X Kava Kava 425mg 60 Caps \$10.75

SALE! Buy 120 Capsules

P227X for only \$19.98

Suggested Use: 1-2 capsules 3 times daily

Turmeric Root



- Packed with curcuminoids: immune system strengthening compounds
- A very effective antioxidant that destroys free radicals - unstable oxygen molecules that can damage cells in your body
- Helps fight joint stiffness and supports joint health

423X Turmeric Root 625mg 60 Vcaps \$7.75

SALE! Buy 120 Vcaps

P423X for only \$13.98

Suggested Use: 1-2 Vcaps 3 times daily

Golden Seal Root



- Beneficial for the mucous membranes and the internal linings of the nasal passages
- Purifies your entire body by activating the liver and flushing out toxins

182X Goldenseal Root 650mg 60 Vcaps \$19.50

SALE! Buy 120 Vcaps

P182X for only \$36.98

Suggested Use: 1-2 Vcaps 3 times daily

Gymnema Sylvestre



- Helps maintain healthy blood sugar levels by inhibiting the absorption of dietary carbs into sugar
- Curbs your desire for sugary snacks, helps cut down your cravings for sweets

190AX Gymnema Sylvestre 625mg 60 Vcaps \$8.25

SALE! Buy 120 Vcaps

P190AX for only \$14.98

Suggested Use: 1-2 Vcaps 3 times daily

Hibiscus Flowers



- Shown in recent studies to effectively maintain normal blood pressure and cholesterol levels
- Also makes a delicious, tangy tea that provides Vitamin C

199X Hibiscus Flowers 725mg 60 Vcaps \$8.75

SALE! Buy 120 Vcaps

P199X for only \$15.98

Suggested Use: 1-2 Vcaps 3 times daily

Milk Thistle



- Protect yourself - and your liver - from toxins
- A healthy liver is essential for health and to eliminate toxins

269AX Milk Thistle Seed 650mg 60 Vcaps for \$8.25

SALE! Buy 120 Vcaps

P269AX for only \$14.98

Suggested Use: 1-2 Vcaps 3 times daily

Saw Palmetto Berries



- Soothes & helps to maintain healthy prostate function
- Promotes optimal reproductive health, especially for men over 50

375X Saw Palmetto Berries 700mg 60 Vcaps \$10.25

SALE! Buy 120 Vcaps

P375X for only \$18.98

Suggested Use: 1-2 Vcaps 3 times daily

Stone Root



- Helps stimulate, cleanse and tone sensitive mucous membranes in the digestive system
- Being studied for use in a variety of related conditions, including hemorrhoids and varicose veins

403X Stone Root 550mg 60 Vcaps \$9.75

SALE! Buy 120 Vcaps

P403X for only \$17.98

Suggested Use: 1-2 Vcaps 3 times daily

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Nature's Wonderland® Herbs and Herbal Capsules

All Nature's Wonderland® herbs are specially selected for quality, freshness, and purity. We carefully monitor and inspect each manufacturing step including milling, pulverization, sifting, encapsulation and packaging. You can be assured that we provide the finest quality herbs available anywhere.

Forms Available:

Most herbs are available in several forms. Please specify the form you prefer when ordering. When a form desired is not available, we will substitute what is available - unless you tell us not to.

Whole - W

Used for making tea, chewing, etc. Commonly used whole herbs are small seeds, berries or flowers and also some barks and roots.

Cut - C (Also known as "Tea Form")

Most commonly used for making tea, eyewash, douche, or compresses. Tea form usually gives results more quickly.

Powder - P

Makes instant tea, enables ingestion of complete herb for maximum benefit. Powder form is also used for filling capsules, and is best for making salves and poultices.

Capsules (#00 Size Vcaps®)

Easy to take, convenient to carry, saves tea preparation time. Capsules also help you obtain a more evenly regulated dosage and ingestion of the complete herb for maximum benefit. All herbal capsules are manufactured using Vcaps®, vegetarian capsules which contain absolutely no animal derived ingredients. Each bottle is flushed with inert nitrogen before sealing and capping to ensure that your herb capsules are delivered fresh.

Prices:

Single Herbs

Herb prices are listed for 1 oz., 4 oz., and 16 oz. quantities. There is no additional charge for powder unless specified. We will make any mixture for a slight additional charge, see "Mixed Herbs" below.

Single Herbs in #00 Capsules

We encapsulate all of our own herb capsules in vegetarian Vcaps®. Most single herbs are available in capsules. Prices listed are for 60 capsules.

Mixed Herbs

Mixtures can be made for you. Please specify form desired. Find price of each herb in the table. Note: If formula calls for less than 1 oz., use full 1 oz. price. If formula calls for amounts not listed, add up smaller amounts to equal amount desired (5 oz. = 4 oz. + 1 oz). TOTAL cost for items, then ADD MIXING CHARGE as follows: 2-5 items - \$2.50. 6 or more items \$3.50.



WHOLE CUT POWDER CAPSULES

Item	Common Name	Botanical Name	Forms	1 oz. Price			4 oz. Price			16 oz. Price			Quantity	Price
				Whole	Cut	Powder	Whole	Cut	Powder	Whole	Cut	Powder		
A														
466	Absinthium	<i>Artemisia absinthium</i>	C P	2.15	6.75	25.00	325	60	8.00					
1	Acacia Flowers	<i>Pseudo acacias</i>	C P	2.95	9.85	37.50			Not Available					
600	Acacia Gum	<i>Myrica cerifera</i>	W P	4.00	14.50	55.00			Not Available					
315	African Bird Pepper	<i>Capsicum annum</i>	C P	1.85	3.65	12.50	675	60	8.00					
4	Agar Agar	<i>Gracilaria lichenoides</i>	P	4.35	15.50	60.00	575	60	13.50					
5	Agrimony Herb	<i>Agrimonia eupatoria</i>	C P	1.95	5.80	21.25	500	60	8.50					
8	Ague Root	<i>Aletris farinosa</i>	C P	13.45	53.00	210.00			Not Available					
6	Alder Bark, Black	<i>Prinos verticillatus</i>	C P	1.85	4.15	14.50			Not Available					
7	Alder Bark, Tag	<i>Alnus serrulata</i>	C P	2.80	9.25	35.00			Not Available					
8	Aletris Root	<i>Aletris farinosa</i>	C P	13.45	53.00	210.00			Not Available					
9	Alfalfa Herb	<i>Medicago sativa</i>	C P	1.85	3.40	11.50	575	60	7.75					
10	Alfalfa Seed	<i>Medicago sativa</i>	W P	1.85	5.50	20.00	675	60	8.50					
11	Alfa-Mint Tea		C	1.85	4.75	17.00			Not Available					
12*	Alkanet Root	<i>Batschia canescens</i>	C P	2.80	9.25	35.00			Not Available					
13	Allspice	<i>Eugenia pimenta</i>	W P	2.10	6.45	23.75			Not Available					
14	Aloes, Cape	<i>Aloe ferox</i>	P	3.25	11.15	42.50	775	60	11.50					
129	Alum Root	<i>Geranium maculatum</i>	C P	3.25	11.15	42.50	575	60	10.50					
15	Anamu	<i>Petrivera alliacea</i>	P	2.80	9.25	35.00	500	60	9.50					
16	Angelica Root	<i>Angelica officinalis</i>	C P	1.95	5.80	21.25	500	60	8.25					
17	Angelica Seed	<i>Angelica officinalis</i>	W P	3.40	11.75	45.00			Not Available					
19	Anise Seed	<i>Pimpinella anisum</i>	W P	2.15	6.75	25.00			Not Available					
20	Anise, Star	<i>Illicium verum</i>	W P	1.85	4.75	17.00			Not Available					
SM20A	Antispasmodic Mix - see "Back to Eden"			(\$21.75 / 5 1/2 oz. pkg.)			675	60	13.25					
21	Apple Tree Bark	<i>Pyrus malus</i>	C P	2.00	6.15	22.50			Not Available					
600	Arabic Gum	<i>Acacia vera</i>	W P	4.00	14.50	55.00			Not Available					
22	Arbor Vitae Leaves	<i>Thuja occidentalis</i>	C P	2.50	8.00	30.00			Not Available					
24*	Arnica Flowers	<i>Arnica montana</i>	C P	2.15	6.75	25.00			Not Available					
25	Arrow Root	<i>Maranta arundinacea</i>	P	1.85	3.65	12.50			Not Available					
601	Asafoetida Gum	<i>Ferula assa-foetida</i>	P	3.60	12.35	47.50			Not Available					
26	Ash Bark, Prickly	<i>Xanthoxylum americanum</i>	C P	4.00	14.50	55.00	425	60	10.75					
28	Ash Bark, White	<i>Fraxinus excelsior</i>	C P	1.85	5.00	18.00			Not Available					

Item	Common Name	Botanical Name	Forms	1 oz. Price			4 oz. Price			16 oz. Price			Quantity	Price
				Whole	Cut	Powder	Whole	Cut	Powder	Whole	Cut	Powder		
B														
29	Ash Berries, Prickly	<i>Xanthoxylum americanum</i>	W P	3.25	11.15	42.50			Not Available					
29A	Ashwagandha Root	<i>Withania somnifera</i>	C P	2.15	6.75	25.00	675	60	9.00					
30	Asparagus Root	<i>Asparagus officinalis</i>	WCP	3.40	11.75	45.00			Not Available					
30A	Asparagus Shoot	<i>Asparagus officinalis</i>	P	2.50	8.00	30.00			Not Available					
244	Asthma Weed	<i>Lobelia inflata</i>	C P	2.35	7.35	27.50	500	60	9.00					
31A	Astragalus Root	<i>Astragalus hoancthy</i>	C P	1.85	5.50	20.00	575	60	8.50					
32	Balm Herb	<i>Melissa officinalis</i>	C P	2.15	6.75	25.00	475	60	8.75					
33†	Balm of Gilead Buds	<i>Populus candicans</i>	W	4.35	15.50	60.00			Not Available					
35	Barberry Bark of Root	<i>Berberis vulgaris</i>	C P	1.85	5.50	20.00	400	60	8.00					
411	Basil Herb, Sweet	<i>Ocimum basilicum</i>	C P	1.85	3.25	10.50			Not Available					
37	Bay Laurel Berries	<i>Laurus nobilis</i>	W P	1.85	4.50	16.00			Not Available					
38	Bay Leaves	<i>Laurus nobilis</i>	WCP	1.95	5.80	21.25			Not Available					
36	Bayberry Bark of Root	<i>Myrica cerifera</i>	C P	2.80	9.25	35.00	575	60	9.50					
39	Bean Shells	<i>Phaseolus vulgaris</i>	C P	1.95	5.80	21.25			Not Available					
296B	Bear Root	<i>Ligusticum porteri</i>	C P	4.65	16.75	65.00			Not Available					
426	Bearberry Leaves	<i>Arctostaphylos uva ursi</i>	C P	2.15	6.75	25.00	625	60	8.75					
608B	Benzoin Gum	<i>Styrax benzoin</i>	P	2.50	8.00	30.00			Not Available					
41	Beth Root	<i>Trillium pendulum</i>	C P	3.40	11.75	45.00			Not Available					
56	Bilberry Leaves	<i>Vaccinium myrtillus</i>	C P	1.95	5.80	21.25	625	60	8.50					
42	Birch Bark	<i>Betula alba</i>	C P	1.85	4.90	17.50			Not Available					
43	Birch Leaves	<i>Betula alba (folia)</i>	C P	1.85	4.65	16.50			Not Available					
44	Bistort Root	<i>Polygonum bistorta</i>	C P	2.15	6.75	25.00			Not Available					
14	Bitter Aloes	<i>Aloe ferox</i>	P	3.25	11.15	42.50	775	60	11.50					
291	Bitter Orange Peel	<i>Citrus aurantium</i>	C P	2.00	6.15	22.50			Not Available					
6	Black Alder Bark	<i>Prinos verticillatus</i>	C P	1.85	4.15	14.50			Not Available					
49	Black Cohosh Root	<i>Cimicifuga racemosa</i>	C P	2.65	8.65	32.50	650	60	9.75					
51	Black Indian Hemp	<i>Apocynum cannabinum</i>	C P	4.00	14.50	55.00	650	60	12.75					
52	Black Root	<i>Leptandra virginica</i>	C P	7.75	29.25	115.00			Not Available					
149	Black Sampson Rt.	<i>Echinacea purpurea</i>	C P	2.65	8.65	32.50	575	60	9.50					

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Item	Common Name	Botanical Name	Whole, Cut, or Powder	Quantity			Price
				1 oz. Price	4 oz. Price	16 oz.	
47	Blackberry Leaves	<i>Rubus villosus</i>	C P	1.85	5.15	18.50	Not Available
48	Blackberry Root	<i>Rubus villosus</i>	C P	1.85	5.15	18.50	575 60 8.25
53	Bladderwrack Plant	<i>Fucus vesiculosus</i>	C P	1.85	5.50	20.00	800 60 8.50
54	Blessed Thistle Herb	<i>Cnicus benedictus</i>	C P	2.00	6.15	22.50	400 60 8.25
55†	Blood Root	<i>Sanguinaria canadensis</i>	C P	5.90	21.75	85.00	Not Available
57	Blue Cohosh Root	<i>Caulophyllum thalic</i> <i>trifid</i>	C P	2.50	8.00	30.00	650 60 9.50
58	Blue Flag Root	<i>Iris versicolor</i>	C P	3.10	10.50	40.00	525 60 10.00
59*	Blue Stone	<i>Copper sulfate</i>	C P	1.85	3.25	10.00	Not Available
429	Blue Vervain	<i>Verbena hastata</i>	C P	2.15	6.75	25.00	450 60 8.50
432	Blue Violet Leaves	<i>Viola odorata</i>	C P	2.35	7.35	27.50	525 60 8.25
56	Blueberry Leaves	<i>Vaccinium myrtillus</i>	C P	1.95	5.80	21.25	525 60 8.50
68	Bogbean Leaves	<i>Menyanthes trifoliata</i>	C P	4.00	14.50	55.00	Not Available
60	Boldo Leaves	<i>Peumus boldus</i>	C P	1.85	4.90	17.50	Not Available
61	Boneset Herb	<i>Eupatorium perfoliatum</i>	C P	2.15	6.75	25.00	475 60 8.50
62	Borage Herb	<i>Borago officinalis</i>	C P	2.65	8.65	32.50	500 60 9.25
63*	Boric Acid		P	1.85	3.25	11.00	Not Available
189	Brazilian Cocoa	<i>Paullinia cupana</i>	C P	2.35	7.35	27.50	700 60 9.25
359	Briar Hips	<i>Rosa canina</i>	C P	2.35	7.35	27.50	750 60 9.50
405	Brimstone		P	1.85	3.25	9.50	1175 60 8.00
67	Buchu Leaves	<i>Barsoma betulina</i>	P	5.00	18.00	70.00	500 60 12.00
68	Buckbean Leaves	<i>Menyanthes trifoliata</i>	C P	4.00	14.50	55.00	Not Available
203	Buckeyes	<i>Aesculus hippocastanum</i>	W	2.65	8.65	32.50	Not Available
69	Buckthorn Bark	<i>Rhamnus frangula</i>	C P	1.85	5.50	20.00	400 60 8.00
71	Bugleweed Herb	<i>Lycopus virginicus</i>	C P	2.50	8.00	30.00	500 60 9.00
72	Burdock Root	<i>Arctium lappa</i>	C P	1.85	5.25	19.00	625 60 8.50
73	Burdock Seed	<i>Arctium lappa</i>	W	4.65	16.75	65.00	Not Available
74A	Butcher's Broom	<i>Ruscus aculeatus</i>	C P	2.10	6.45	23.75	675 60 9.00
76	Button Snake Root	<i>Liatris spicata</i>	C P	2.80	9.25	35.00	Not Available

C

78*	Calabar Beans	<i>Physostigma venenosum</i>	W	2.10	6.45	23.75	Not Available
77†	Calamus Root	<i>Acorus calamus</i>	C P	1.85	4.50	16.00	Not Available
79	Calendula Flowers	<i>Calendula officinalis</i>	C P	1.95	5.80	21.25	550 60 8.50
97	Camomile Flowers	<i>Matricaria chamomilla</i>	W P	2.65	8.65	32.50	400 60 8.75
80	Canada Fleabane	<i>Erigeron canadense</i>	C P	2.10	6.45	23.75	Not Available
81	Canada Snake Rt.	<i>Asarum canadense</i>	C P	2.80	9.25	35.00	Not Available
14	Cape Aloes	<i>Aloe ferox</i>	P	3.25	11.15	42.50	775 60 11.50
315	Capsicum	<i>Capsicum annum</i>	C P	1.85	3.65	12.50	675 60 8.00
84	Caraway Seed, Common	<i>Carum carvi</i>	W P	1.85	4.25	15.00	Not Available
85	Cardamon Fruit	<i>Ellettria cardamomum</i>	W	3.75	13.25	50.00	Not Available
367	Carob Pods	<i>Ceratonia siliqua</i>	WC	2.15	6.75	25.00	Not Available
88	Cascara Sagrada Bark	<i>Rhamnus purshiana</i>	C P	2.15	6.75	25.00	625 60 9.00
110	Cassia Bark	<i>Cinnamomum cassia</i>	C P	1.85	3.25	10.00	700 60 7.75
91A	Cat's Claw Bark	<i>Uncaria tomentosa</i>	C P	1.95	5.80	21.25	575 60 8.50
91	Catnip Herb	<i>Nepeta cataria</i>	C P	2.10	6.45	23.75	450 60 8.50
315	Cayenne Pepper	<i>Capsicum annum</i>	C P	1.85	3.65	12.50	675 60 8.00
22	Cedar, False White	<i>Thuja occidentalis</i>	C P	2.50	8.00	30.00	Not Available
92	Celandine Herb (Greater)	<i>Chelidonium majus</i>	C P	2.80	9.25	35.00	450 60 9.25
95	Celery Seed	<i>Apium graveolens</i>	W P	1.85	3.25	9.75	625 60 7.75
96	Centaury Herb	<i>Centaureum erythraea</i>	C P	2.80	9.25	35.00	Not Available
97	Chamomile Flowers	<i>Matricaria chamomilla</i>	W P	2.65	8.65	32.50	400 60 8.75
99	Chaparral Herb	<i>Larrea mexicana</i>	C P	1.85	5.00	18.00	450 60 8.00
101	Charcoal, Willow	<i>Salix alba</i>	P	1.85	4.65	16.50	350 60 7.75
101	Charcoal, Wood	<i>Salix alba</i>	P	1.85	4.65	16.50	350 60 7.75
101A	Chaste Tree Berries	<i>Vitex agnus castus</i>	W P	1.85	4.90	17.50	375 60 8.00
102	Chervil Leaves	<i>Anthriscus cerefolium</i>	C P	2.50	8.00	30.00	Not Available
105	Chia Seed	<i>Salvia hispanica</i>	W P	2.15	6.75	25.00	650 60 9.25
106	Chickweed Herb	<i>Stellaria media</i>	C P	1.85	5.40	19.50	475 60 8.25
107	Chicory Root	<i>Cichorium intybus</i>	C P	1.85	5.00	18.00	675 60 8.50

D

366	Dalmation Sage Leaves	<i>Salvia officinalis</i>	C P	1.85	4.90	17.50	425 60 8.00
135	Damiana Leaves	<i>Turnera diffusa</i>	C P	2.00	6.15	22.50	475 60 8.25
136	Dandelion Leaves	<i>Taraxacum officinalis</i>	C P	1.85	5.50	20.00	550 60 8.50
137	Dandelion Root	<i>Taraxacum officinalis</i>	C P	1.85	5.50	20.00	550 60 8.25
138	Dandelion Root, Roasted	<i>Taraxacum dens-leonis</i>	C P	2.65	8.65	32.50	Not Available
139	Deer's Tongue	<i>Liatris odoratissima</i>	C P	4.00	14.50	55.00	Not Available
139A	Devil's Claw Rt.	<i>Harpango procumbens</i>	C P	2.35	7.35	27.50	575 60 9.25
140	Devil's Shoe Str.	<i>Tephrosia virginiana</i>	C P	2.65	8.65	32.50	Not Available
141	Diamond V XPC		P	N/A	N/A	9.25	Not Available
142	Dill Seed	<i>Anethum graveolens</i>	W P	1.85	3.25	9.25	Not Available
142B	Dill Weed (Spice)	<i>Anethum graveolens</i>	C P	1.85	3.65	12.50	Not Available
144	Dog Grass Root	<i>Triticum repens</i>	C P	1.85	5.40	19.50	550 60 8.25
145*	Dogwood Bark, American	<i>Cornus florida</i>	C P	1.85	4.65	16.50	Not Available
146A	Dong Quai	<i>Angelica sinensis</i>	WCP	2.00	6.15	22.50	700 60 8.25
147	Dulse	<i>Rhodymeria palmata</i>	C P	3.25	11.15	42.50	Not Available
364	Dyer's Saffron Flower	<i>Carthamus tinctorius</i>	W P	3.25	11.15	42.50	600 60 10.75

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Item	Common Name	Botanical Name	Forms	Quantity			Price	
				1 oz. Price	4 oz. Price	16 oz.		
E								
Item	Common Name	Botanical Name	Whole, Cut, or Powder	Capsules				
149	Echinacea Root (Purpurea)	<i>Echinacea purpurea</i>	C P	2.65	8.65	32.50	575 60	9.50
149A	Echinacea Root (Angustifolia)	<i>Echinacea angustifolia</i>	C P	5.00	18.00	70.00	450 60	13.00
150	Elder Berries	<i>Sambucus nigra</i>	W P	3.10	10.50	40.00	Not Available	
151	Elder Flowers	<i>Sambucus nigra</i>	W P	3.75	13.25	50.00	500 60	11.00
154	Elecampane Root	<i>Inula helenium</i>	C P	2.10	6.45	23.75	675 60	9.00
178D	Eleuthero	<i>Eleutherococcus senticosus</i>	P	1.85	5.50	20.00	500 60	8.00
389	Elm Bark	<i>Ulmus fulva</i>	WCP	2.80	9.25	35.00	500 60	9.25
389A	Elm Bark, Wool	<i>Ulmus fulva</i>	W	2.50	8.00	30.00	Not Available	
156	Epsom Salt, U.S.P.	<i>Magnesium sulfate</i>	P	1.85	3.25	7.00	Not Available	
157	Eucalyptus Leaves	<i>Eucalyptus globulus</i>	WCP	1.85	4.40	15.50	550 60	8.00
158	Euphorbia Herb	<i>Euphorbia pilulifera</i>	C	1.85	3.25	10.50	Not Available	
159	Eyebright Herb	<i>Euphrasia officinalis</i>	C P	2.95	9.85	37.50	475 60	9.50

F								
Item	Common Name	Botanical Name	Forms	1 oz. Price	4 oz. Price	16 oz.	Quantity	Price
425	False Unicorn Root	<i>Helonias dioica</i>	C P	18.25	73.00	290.00	700 60	51.00
160	Fennel Seed	<i>Foeniculum vulgare</i>	W P	1.85	3.40	11.50	575 60	7.75
161	Fenugreek Seed	<i>Trigonella foenum-graecum</i>	W P	1.85	3.25	9.25	800 60	7.75
162	Fever Few	<i>Tanacetum parthenium</i>	C P	2.15	6.75	25.00	400 60	8.50
163	Figwort Herb	<i>Scrophularia nodosa</i>	C P	2.35	7.35	27.50	Not Available	
166	Five Finger Grass	<i>Potentilla canadensis</i>	C P	3.60	12.35	47.50	Not Available	
167	Flaxseed	<i>Linum usitatissimum</i>	W P	1.85	3.65	12.50	600 60	7.75
80	Fleabane Herb	<i>Erigeron canadense</i>	C P	2.10	6.45	23.75	Not Available	
296	Florentine Orris Root	<i>Iris florentina</i>	C P	1.95	5.80	21.25	Not Available	
296A	Florentine Orris Root (Fancy)	<i>Iris florentina</i>	C P	2.15	6.75	25.00	Not Available	
405	Flowers of Sulphur		P	1.85	3.25	9.50	1175 60	8.00
168A	Fo Ti Root	<i>Polygonum multiflorum</i>	C P	1.95	5.80	21.25	675 60	8.75
625	Frankincense	<i>Boswellia thurifera</i>	W P	2.10	6.45	23.75	Not Available	
169	Fringe Tree Bark of Root	<i>Chionanthus virginica</i>	C P	5.30	19.25	75.00	Not Available	
342A	Fuller's Earth		P	2.15	6.75	25.00	Not Available	
170	Fumitory Herb	<i>Fumaria officinalis</i>	C P	1.85	5.15	18.50	Not Available	

G								
Item	Common Name	Botanical Name	Forms	1 oz. Price	4 oz. Price	16 oz.	Quantity	Price
172	Galangal Root	<i>Alpinia galanga</i>	WCP	1.85	5.50	20.00	Not Available	
172A	Garcinia Cambogia	<i>Garcinia cambogia</i>	P	2.15	6.75	25.00	650 60	9.00
366	Garden Sage	<i>Salvia officinalis</i>	C P	1.85	4.90	17.50	425 60	8.00
173	Garlic Powder	<i>Allium sativum</i>	P	1.85	3.50	12.00	650 60	7.75
173A	Garlic, Minced	<i>Allium sativum</i>	C	1.85	3.75	13.00	Not Available	
174	Gentian Root	<i>Gentiana lutea</i>	C P	4.35	15.50	60.00	500 60	12.25
175	Germander Herb	<i>Teucrium chamaedrys</i>	C	2.10	6.45	23.75	Not Available	
393	Giant Solomon Seal Root	<i>Convallaria polygonatum</i>	C P	3.25	11.15	42.50	650 60	11.00
176	Ginger Root	<i>Zingiber officinale</i>	WCP	1.85	3.65	12.50	650 60	8.00
176A	Ginkgo Leaves	<i>Ginkgo biloba</i>	C P	1.85	4.50	16.00	475 60	8.00
177	Ginseng Leaves & Tops	<i>Panax ginseng</i>	C P	2.80	9.25	35.00	Not Available	
178A	Ginseng Root, American	<i>Panax quinquefolia</i>	P	7.45	28.00	110.00	650 60	13.00
178B	Ginseng Root, Chinese Red	<i>Panax ginseng</i>	P	7.45	28.00	110.00	725 60	15.00
178B	Ginseng Root, Chinese Red, Whole Roots	<i>Panax ginseng</i>	W	9.85	38.00	150.00	Not Available	
178C	Ginseng Root, Korean Red	<i>Panax ginseng</i>	P	7.45	28.00	110.00	700 60	13.00
178	Ginseng Root, Korean White	<i>Panax ginseng</i>	P	5.60	20.50	80.00	675 60	11.50
178	Ginseng Root, Korean White, Whole Roots	<i>Panax ginseng</i>	W	10.75	41.75	175.00	Not Available	
229A	Glucomanan	<i>Amorphophallus konjac</i>	P	3.10	10.50	40.00	650 60	10.50
179	Goat's Rue	<i>Galega officinalis</i>	P	2.15	6.75	25.00	425 60	8.25

Item	Common Name	Botanical Name	Forms	Quantity			Price	
				1 oz. Price	4 oz. Price	16 oz.		
H								
Item	Common Name	Botanical Name	Whole, Cut, or Powder	Capsules				
180	Golden Rod Herb	<i>Solidago odora</i>	C P	1.85	5.50	20.00	Not Available	
181	Golden Seal Herb	<i>Hydrastis canadensis</i>	C P	3.75	13.25	50.00	475 60	10.25
182	Golden Seal Root	<i>Hydrastis canadensis</i>	C P	8.05	30.50	120.00	650 60	19.50
208	Gotu Kola Herb	<i>Hydrocotyl asiatica</i>	C P	1.85	4.65	16.50	475 60	8.00
184	Grains of Paradise	<i>Amomum granum paradisi</i>	W	3.40	11.75	45.00	Not Available	
346	Gravel Root	<i>Eupatorium purpureum</i>	C P	2.95	9.85	37.50	475 60	9.50
184A	Green Tea	<i>Camellia sinensis</i>	C P	2.00	6.15	22.50	650 60	8.75
185	Grindelia Robusta	<i>Grindelia robusta</i>	C P	2.35	7.35	27.50	Not Available	
186	Ground Ivy Herb	<i>Glechoma hederacea</i>	C P	2.65	8.65	32.50	400 60	8.75
187	Ground Pine Herb	<i>Ajuga chamaepitys</i>	C P	1.85	3.40	11.50	Not Available	
188	Guaiac Wood	<i>Guaiacum officinalis</i>	C P	2.15	6.75	25.00	Not Available	
619	Guar Gum	<i>Cyamopsis tetragonolobus</i>	P	1.85	5.50	20.00	Not Available	
189	Guarana	<i>Paullinia cupana</i>	C P	2.35	7.35	27.50	700 60	9.25
190	Gum Bark, Black	<i>Nyssa multiflora</i>	C P	1.85	4.00	14.00	Not Available	
190A	Gymnema Sylvestre		C P	1.85	4.75	17.00	625 60	8.25

H								
Item	Common Name	Botanical Name	Forms	1 oz. Price	4 oz. Price	16 oz.	Quantity	Price
192	Hawthorn Berries	<i>Crataegus oxyacantha</i>	WCP	1.85	5.40	19.50	625 60	8.50
337	Heal All Herb	<i>Prunella vulgaris</i>	C P	3.75	13.25	50.00	475 60	10.75
297	Heartsease Herb	<i>Viola tricolor</i>	C P	1.95	5.80	21.25	Not Available	
197	Henna Leaves	<i>Lawsonia inermis</i>	C P	2.10	6.45	23.75	Not Available	
199	Hibiscus Flowers	<i>Hibiscus sabdariffa</i>	C P	1.85	5.50	20.00	725 60	8.75
200	Hickory Bark	<i>Carya alba</i>	C P	1.85	3.25	10.50	Not Available	
54	Holy Thistle Herb	<i>Cnicus benedictus</i>	C P	2.00	6.15	22.50	400 60	8.25
201	Hops	<i>Humulus lupulus</i>	C P	2.95	9.85	37.50	225 60	8.25
202	Horehound Herb	<i>Marrubium vulgare</i>	C P	2.15	6.75	25.00	425 60	8.25
202A	Horny Goat Weed	<i>Epimedium sagittatum</i>	C P	2.95	9.85	37.50	500 60	9.50
203	Horse Chestnuts	<i>Aesculus hippocastanum</i>	W	2.65	8.65	32.50	Not Available	
204A	Horseradish	<i>Armoracia rusticana</i>	P	2.50	8.00	30.00	Not Available	
205	Horsetail Herb	<i>Equisetum arvense</i>	C P	1.95	5.80	21.25	525 60	8.25
56	Huckleberry Leaves	<i>Vaccinium myrtillus</i>	C P	1.95	5.80	21.25	525 60	8.50
207	Hydrangea Root	<i>Hydrangia arborescens</i>	C P	2.95	9.85	37.50	475 60	9.50
208	Hydrocotyle Asiatica	<i>Hydrocotyl asiatica</i>	C P	1.85	4.65	16.50	475 60	8.00
209	Hyssop Herb	<i>Hyssop officinalis</i>	C P	1.95	5.80	21.25	500 60	8.25

I								
Item	Common Name	Botanical Name	Forms	1 oz. Price	4 oz. Price	16 oz.	Quantity	Price
210	Iceland Moss	<i>Cetraria islandica</i>	C P	2.65	8.65	32.50	Not Available	
211	Indian Cup Plant Root	<i>Silphium perfoliatum</i>	C P	1.85	4.90	17.50	Not Available	
51	Indian Hemp Root	<i>Apocynum cannabinum</i>	C P	4.00	14.50	55.00	650 60	12.75
212	Indian Physic Root	<i>Gillenia trifoliata</i>	C P	2.35	7.35	27.50	Not Available	
217	Irish Moss, Sun Bleached	<i>Chondrus crispus</i>	C P	2.50	8.00	30.00	825 60	10.50
218	Iron Weed Leaves	<i>Veronica angustifolia</i>	C P	1.85	4.65	16.50	Not Available	
219	Iron Weed Root	<i>Veronica angustifolia</i>	C P	1.85	5.40	19.50	Not Available	

J								
Item	Common Name	Botanical Name	Forms	1 oz. Price	4 oz. Price	16 oz.	Quantity	Price
221†	Jaborandi Leaves	<i>Pilocarpus jaborandi</i>	C P	2.65	8.65	32.50	Not Available	
222†	Jalap Root	<i>Ipomaea jalapa</i>	W P	4.65	16.75	65.00	Not Available	
223	Jambul Seed	<i>Eugenia jambolana</i>	WCP	2.35	7.35	27.50	Not Available	
224A	Jasmine	<i>Jasminum odoratissimum</i>	C P	3.10	10.50	40.00	Not Available	
353	Jersey Tea Root	<i>Ceanothus americanus</i>	C P	3.40	11.75	45.00	575 60	10.75
225	Juniper Berries	<i>Juniperus communis</i>	WCP	2.15	6.75	25.00	575 60	9.00

K								
Item	Common Name	Botanical Name	Forms	1 oz. Price	4 oz. Price	16 oz.	Quantity	Price
226	Kamala Powder	<i>Mallotus philippinensis</i>	P	3.40	11.75	45.00	Not Available	
4	Kanten	<i>Gracilaria lichenoides</i>	P	4.35	15.50	60.00	575 60	13.50
620	Karaya Gum	<i>Sterculia urens</i>	P	4.65	16.75	65.00	Not Available	
227	Kava Kava Root	<i>Piper methysticum</i>	C P	4.00	14.50	55.00	425 60	10.75
228	Kelp	<i>Fucus vesiculosus</i>	P	1.85	4.15	14.50	850 60	8.50

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Item	Common Name	Botanical Name	Whole, Cut, or Powder	Quantity			Price
				1 oz. Price	4 oz. Price	16 oz.	
228A	Kelp Granules	<i>Fucus vesiculosus</i>	C	1.85	3.25	11.00	Not Available
84	Kimmel Seed	<i>Carum carvi</i>	W P	1.85	4.25	15.00	Not Available
229	Knot Grass	<i>Polygonum aviculare</i>	C P	2.35	7.35	27.50	Not Available
229A	Konjac Root	<i>Amorphophallus konjac</i>	P	3.10	10.50	40.00	650 60 10.50
178	Korean Ginseng Powder	<i>Panax ginseng</i>	P	5.60	20.50	80.00	500 60 11.50
178	Korean Ginseng Whole Roots	<i>Panax ginseng</i>	W	10.75	41.75	175.00	Not Available
230	Kudzu	<i>Pueraria lobata</i>	C P	2.15	6.75	25.00	575 60 8.00

L

231	Lady's Mantle Herb	<i>Alchemilla vulgaris</i>	C P	2.35	7.35	27.50	Not Available
308	Lapacho	<i>Tabebuia avellanedae</i>	C P	1.85	5.00	18.00	725 60 8.50
233	Lavender Flowers	<i>Lavandula officinalis</i>	W P	3.60	12.35	47.50	Not Available
32	Lemon Balm Herb	<i>Melissa officinalis</i>	C P	2.15	6.75	25.00	475 60 8.75
232A	Lemon Peel	<i>Citrus limon</i>	C P	1.85	5.50	20.00	Not Available
232B	Lemon Peel Granules	<i>Citrus limon</i>	G	1.85	4.65	16.50	Not Available
234	Lemon Verbena Leaves	<i>Aloysia triphylla</i>	C P	2.50	8.00	30.00	Not Available
233A	Lemongrass	<i>Cymbopogon citratus</i>	C P	1.85	4.90	17.50	Not Available
236	Licorice Root	<i>Glycyrrhiza glabra</i>	C P	2.10	6.45	23.75	525 60 8.50
237	Licorice Root Sticks (6")	<i>Glycyrrhiza glabra</i>	W	2.65	8.65	32.50	Not Available
238	Life Everlasting Flowers	<i>Gnaphalium dioicum</i>	C P	2.35	7.35	27.50	Not Available
239	Life Everlasting Leaves	<i>Gnaphalium dioicum</i>	W	(1/8 oz. / \$2.25)			Not Available
240	Life Root Plant	<i>Senecia aureus</i>	C P	3.75	13.25	50.00	Not Available
444	Lily Root, Pond	<i>Nymphaea odorata</i>	C P	4.00	14.50	55.00	Not Available
242	Lime Flowers and Leaves	<i>Tilia europea</i>	C P	2.50	8.00	30.00	Not Available
242	Linden Flowers and Leaves	<i>Tilia europea</i>	C P	2.50	8.00	30.00	Not Available
167	Linseed	<i>Linum usitatissimum</i>	W P	1.85	3.65	12.50	600 60 7.75
244	Lobelia Herb	<i>Lobelia inflata</i>	C P	2.35	7.35	27.50	500 60 9.00
247	Lovage Root	<i>Ligusticum levisticum</i>	C P	2.15	6.75	25.00	Not Available
249	Lungwort Leaves	<i>Pulmonaria officinalis</i>	C P	2.95	9.85	37.50	Not Available

M

250A	Maca Root	<i>Lepidium meyenii</i>	P	2.65	8.65	32.50	675 60 9.75
251	Mace	<i>Myristica fragrans</i>	C P	1.85	3.25	11.00	Not Available
252	Madder Root	<i>Rubia tinctorum</i>	C	2.65	8.65	32.50	Not Available
156	Magnesium Sulfate, U.S.P.	<i>Magnesium sulfate</i>	P	1.85	3.25	7.00	Not Available
253	Magnolia Bark	<i>Magnolia glauca</i>	C P	2.65	8.65	32.50	Not Available
254	Maiden Hair Herb	<i>Adiantum capillus-veneris</i>	C P	2.95	9.85	37.50	Not Available
255	Male Fern Root	<i>Aspidium filix mas</i>	C P	2.65	8.65	32.50	Not Available
256	Malva Flowers, Blue	<i>Malva sylvestris</i>	C P	8.05	30.50	120.00	Not Available
257	Malva Leaves, Blue	<i>Malva sylvestris</i>	C P	2.15	6.75	25.00	Not Available
258†	Mandrake Root	<i>Podophyllum peltatum</i>	C P	3.25	11.15	42.50	Not Available
79	Marigold Flowers	<i>Calendula officinalis</i>	C P	1.95	5.80	21.25	550 60 8.50
260	Marjoram Herb, Sweet	<i>Origanum marjorana</i>	C P	1.85	3.25	10.50	Not Available
294	Marjoram Herb, Wild	<i>Origanum vulgare</i>	C P	2.00	6.15	22.50	Not Available
261	Marshmallow Leaves	<i>Althea officinalis</i>	C P	3.10	10.50	40.00	Not Available
262	Marshmallow Root	<i>Althea officinalis</i>	C P	2.50	8.00	30.00	575 60 9.50
463	Master of the Woods	<i>Aperula odorata</i>	C P	2.15	6.75	25.00	450 60 8.75
264	Mate Leaves	<i>Ilex paraguaiensis</i>	C P	1.85	4.90	17.50	525 60 8.00
258†	May Apple Root	<i>Podophyllum peltatum</i>	C P	3.25	11.15	42.50	Not Available
267	Meadowsweet Herb	<i>Spiraea ulmaria</i>	C P	2.00	6.15	22.50	450 60 8.50
268	Melilot Herb	<i>Melilotus vulgaris</i>	C P	1.85	5.15	18.50	Not Available
32	Melissa Herb	<i>Melissa officinalis</i>	C P	2.15	6.75	25.00	475 60 8.75

Item	Common Name	Botanical Name	Whole, Cut, or Powder	Quantity			Price
				1 oz. Price	4 oz. Price	16 oz.	
135	Mexican Damiana Leaves	<i>Turnera diffusa</i>	C P	2.00	6.15	22.50	475 60 8.25
269	Milk Thistle Herb	<i>Silybum marianum</i>	C P	2.35	7.35	27.50	450 60 8.75
269A	Milk Thistle Seed	<i>Silybum marianum</i>	W P	1.85	4.65	16.50	650 60 8.25
237	Mish-Mua (6")	<i>Glycyrrhiza glabra</i>	W	2.65	8.65	32.50	Not Available
270	Mistletoe Herb	<i>Viscum album</i>	C P	2.15	6.75	25.00	Not Available
271	Motherwort Herb	<i>Leonurus cardiaca</i>	C P	2.00	6.15	22.50	450 60 8.25
426	Mountain Cranberry Leaves	<i>Arctostaphylos uva ursi</i>	C P	2.15	6.75	25.00	625 60 8.75
273	Mugwort Herb	<i>Artemisia vulgaris</i>	C P	2.10	6.45	23.75	450 60 8.50
274	Muiru Puama Root	<i>Ptychopetalum olacoides</i>	C P	2.35	7.35	27.50	425 60 8.75
275	Mullein Flowers	<i>Verbascum thapsus</i>	W P	2.10	6.45	23.75	500 60 8.75
276	Mullein Leaves	<i>Verbascum thapsus</i>	C P	1.95	5.80	21.25	475 60 8.25
279	Mustard Seed, Black	<i>Sinapis nigra</i>	W P	1.85	3.25	8.75	Not Available
280	Mustard Seed, Yellow	<i>Sinapis alba</i>	W P	1.85	3.25	8.75	Not Available
624	Mu-Yao	<i>Balsamodendron myrrha</i>	C P	2.50	8.00	30.00	675 60 9.75
624	Myrrh Gum	<i>Balsamodendron myrrha</i>	C P	2.50	8.00	30.00	675 60 9.75
206	Myrtle Leaves	<i>Myrtus communis</i>	C P	1.85	5.50	20.00	500 60 8.25

N

440	Nasturtium Herb	<i>Nasturtium officinale</i>	C P	2.35	7.35	27.50	500 60 9.00
280A	Neem Leaves	<i>Azadirachta indica</i>	C P	2.15	6.75	25.00	575 60 8.75
281	Nettle Leaves	<i>Urtica dioica</i>	C P	2.00	6.15	22.50	525 60 8.50
282	Nettle Root	<i>Urtica dioica</i>	C P	1.85	5.15	18.50	475 60 8.00
284	Nutmeg	<i>Myristica moschata</i>	W P	2.10	6.45	23.75	Not Available

O

286	Oak Bark, Red	<i>Quercus rubra</i>	C P	1.85	4.65	16.50	Not Available
287	Oak Bark, White	<i>Quercus alba</i>	C P	1.95	5.80	21.25	525 60 8.50
288	Oat Straw	<i>Avena sativa</i>	C P	1.95	5.80	21.25	325 60 8.00
625	Olibanum Gum	<i>Boswellia thurifera</i>	W P	2.10	6.45	23.75	Not Available
289A	Onion Granules	<i>Allium cepa</i>	C	1.85	4.25	15.00	Not Available
289	Onion Powder	<i>Allium cepa</i>	P	1.85	3.75	13.00	Not Available
290	Orange Flower Petals	<i>Citrus sinensis</i>	P	2.35	7.35	27.50	Not Available
291	Orange Peel, Bitter	<i>Citrus aurantium</i>	C P	2.00	6.15	22.50	Not Available
292	Orange Peel, Sweet	<i>Citrus sinensis</i>	C P	1.85	4.50	16.00	Not Available
293	Orange Tree Lvs	<i>Citrus aurantium</i>	P	1.85	3.90	13.50	Not Available
294	Oregano Herb	<i>Origanum vulgare</i>	C P	2.00	6.15	22.50	Not Available
295	Oregon Grape Rt.	<i>Berberis aquafolium</i>	C P	2.80	9.25	35.00	450 60 9.25
294	Origanum Herb	<i>Origanum vulgare</i>	C P	2.00	6.15	22.50	Not Available
296	Orris Root	<i>Iris florentina</i>	C P	1.95	5.80	21.25	Not Available
296A	Orris Root (Fancy)	<i>Iris florentina</i>	C P	2.15	6.75	25.00	Not Available
296B	Osha Root	<i>Ligusticum porteri</i>	C P	4.65	16.75	65.00	Not Available

P

375	Palmetto Berries	<i>Serenoa serrulata</i>	C P	2.65	8.65	32.50	700 60 10.25
297	Pansy Herb	<i>Viola tricolor</i>	C P	1.95	5.80	21.25	Not Available
298	Papaw Leaves	<i>Carica papaya</i>	C P	1.95	5.80	21.25	Not Available
298	Papaya Leaves	<i>Carica papaya</i>	C P	1.95	5.80	21.25	Not Available
299	Papaya-Mint Tea		C	1.85	5.50	20.00	Not Available
300	Paprika	<i>Capsicum annuum</i>	P	1.85	4.65	16.50	Not Available
264	Paraguay Tea	<i>Ilex paraguaiensis</i>	C P	1.85	4.90	17.50	525 60 8.00
302	Parsley Leaves	<i>Petroselinum sativum</i>	C P	1.95	5.80	21.25	450 60 8.25
303	Parsley Root	<i>Petroselinum sativum</i>	C P	2.35	7.35	27.50	650 60 9.50
304	Parsley Seed	<i>Petroselinum sativum</i>	W P	2.65	8.65	32.50	Not Available
306	Passion Flower Herb	<i>Passiflora incarnata</i>	C P	1.85	5.15	18.50	475 60 8.00
307	Patchouly Leaves	<i>Pogostemon patchouli</i>	C P	3.40	11.75	45.00	Not Available
308	Pau d'Arco	<i>Tabebuia avellanedae</i>	C P	1.85	5.00	18.00	725 60 8.50
309	Peach Tree Leaves	<i>Prunus persica</i>	C P	2.65	8.65	32.50	575 60 9.50

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Item	Common Name	Botanical Name	Forms	Quantity			Price
				1 oz. Price	4 oz. Price	16 oz.	
			Whole, Cut, or Powder			Capsules	
310	Pellitory of Wall Herb	<i>Parietaria officinalis</i>	C P	2.80	9.25	35.00	Not Available
312	Pennyroyal Herb	<i>Mentha pulegium</i>	C P	1.85	4.90	17.50	425 60 8.00
313	Peony Root	<i>Paeonia officinalis</i>	C P	2.35	7.35	27.50	Not Available
314	Pepper, Black	<i>Piper nigrum</i>	W P	2.15	6.75	25.00	Not Available
315	Pepper, Cayenne	<i>Capsicum annuum</i>	C P	1.85	3.65	12.50	675 60 8.00
315A	Pepper, Green	<i>Piper nigrum</i>	W	3.10	10.50	40.00	Not Available
315B	Pepper, Pink	<i>Schinus terebinthifolius</i>	W	3.60	12.35	47.50	Not Available
315	Pepper, Red	<i>Capsicum annuum</i>	C P	1.85	3.65	12.50	675 60 8.00
316	Pepper, White	<i>Piper album</i>	W P	1.85	3.25	10.00	Not Available
314	Peppercorns, Black	<i>Piper nigrum</i>	W P	2.15	6.75	25.00	Not Available
315A	Peppercorns, Green	<i>Piper nigrum</i>	W	3.10	10.50	40.00	Not Available
315B	Peppercorns, Pink	<i>Schinus terebinthifolius</i>	W	3.60	12.35	47.50	Not Available
316	Peppercorns, White	<i>Piper album</i>	W P	1.85	3.25	10.00	Not Available
317	Peppermint Lvs.	<i>Mentha piperita</i>	C P	1.85	4.25	15.00	425 60 7.75
319	Periwinkle Herb	<i>Vinca minor</i>	C P	1.85	5.00	18.00	500 60 8.25
109	Peruvian Bark	<i>Cinchona succirubra</i>	C P	2.15	6.75	25.00	525 60 8.75
322	Pickling Spice Mix		C	1.85	4.40	15.50	Not Available
443	Pine Bark, White	<i>Pinus strobus</i>	C P	2.35	7.35	27.50	300 60 8.25
325	Pine Needles	<i>Pinus strobus</i>	C P	2.35	7.35	27.50	Not Available
326	Pink Root	<i>Spigelia marilandica</i>	C P	10.15	39.25	155.00	Not Available
327	Pipsissewa Herb	<i>Chimaphila umbellata</i>	C P	3.25	11.15	42.50	625 60 10.75
328	Plantain Leaves	<i>Plantago major</i>	C P	2.00	6.15	22.50	575 60 8.50
329	Pleurisy Root	<i>Asclepias tuberosa</i>	C P	3.60	12.35	47.50	550 60 11.00
451	Plum Bark, Wild	<i>Prunus spinosa</i>	C P	2.35	7.35	27.50	Not Available
330†	Poke Berries	<i>Phytolacca decandra</i>	W	2.95	9.85	37.50	Not Available
331†	Poke Root	<i>Phytolacca decandra</i>	C P	2.00	6.15	22.50	Not Available
333	Poplar Bark	<i>Populus tremuloides</i>	C P	2.35	7.35	27.50	Not Available
335	Poppy Seed, Blue	<i>Papaver caeruleum</i>	W	1.85	4.90	17.50	Not Available
336C	Potassium Nitrate, Food Grade	<i>Potassium nitrate</i>	P	2.65	8.65	32.50	Not Available
336	Potassium Nitrate, Technical Grade	<i>Potassium nitrate</i>	P	1.85	3.65	12.50	Not Available
26	Prickly Ash Bark	<i>Zanthoxylum americanum</i>	C P	4.00	14.50	55.00	425 60 10.75
29	Prickly Ash Berries	<i>Zanthoxylum americanum</i>	W P	3.25	11.15	42.50	Not Available
127	Primrose	<i>Primula officinalis</i>	C P	2.65	8.65	32.50	Not Available
327	Prince's Pine Herb	<i>Chimaphila umbellata</i>	C P	3.25	11.15	42.50	625 60 10.75
337	Prunella Herb	<i>Prunella vulgaris</i>	C P	3.75	13.25	50.00	475 60 10.75
340	Psyllium Husks	<i>Plantago psyllium</i>	W P	2.00	6.15	22.50	750 60 9.00
339	Psyllium Seed, Blond	<i>Plantago psyllium</i>	W P	1.85	4.15	14.50	750 60 8.25
342A	Pure Siliceous Earth		P	2.15	6.75	25.00	Not Available
343	Pyrethrum Flowers	<i>Pyrethrum carneum</i>	P	4.35	15.50	60.00	Not Available

Q

344	Quassia Chips	<i>Simarouba excelsa</i>	C P	2.00	6.15	22.50	Not Available
446	Queen Anne's Lace	<i>Daucus carota</i>	C P	2.15	6.75	25.00	Not Available
267	Queen of the Meadow Herb	<i>Spiraea ulmaria</i>	C P	2.00	6.15	22.50	450 60 8.50
346	Queen of the Meadow Root	<i>Eupatorium purpureum</i>	C P	2.95	9.85	37.50	475 60 9.50

R

239	Rabbit Tobacco Leaves	<i>Gnaphalium dioicum</i>	W	(1/8 oz. / \$2.25)			Not Available
348	Ragweed Herb	<i>Ambrosia artemisiifolia</i>	C P	2.15	6.75	25.00	Not Available
351	Raspberry Leaves, Red	<i>Rubus idaeus</i>	C P	2.15	6.75	25.00	500 60 8.75
352	Red Clover Blossoms	<i>Trifolium pratense</i>	C P	2.35	7.35	27.50	450 60 8.75
286	Red Oak Bark	<i>Quercus rubra</i>	C P	1.85	4.65	16.50	Not Available
351	Red Raspberry Leaves	<i>Rubus idaeus</i>	C P	2.15	6.75	25.00	500 60 8.75
353	Red Root	<i>Ceanothus americanus</i>	C P	3.40	11.75	45.00	575 60 10.75

Item	Common Name	Botanical Name	Forms	Quantity			Price
				1 oz. Price	4 oz. Price	16 oz.	
			Whole, Cut, or Powder			Capsules	
366	Red Sage	<i>Salvia officinalis</i>	C P	1.85	4.90	17.50	425 60 8.00
354	Red Sandalwood	<i>Pterocarpus santalinus</i>	C P	3.25	11.15	42.50	Not Available
354	Red Saunders Wood	<i>Pterocarpus santalinus</i>	C P	3.25	11.15	42.50	Not Available
355	Rest Harrow Root	<i>Ononis spinosa</i>	C P	2.35	7.35	27.50	Not Available
357	Rhubarb Root	<i>Rheum palmatum</i>	C P	1.95	5.80	21.25	675 60 8.75
357A	Rooibos Tea	<i>Aspalathus linearis</i>	C	1.85	3.65	12.50	Not Available
358	Rose Buds and Petals	<i>Rosa gallica</i>	W P	1.85	4.15	14.50	Not Available
359	Rose Hips	<i>Rosa canina</i>	C P	2.35	7.35	27.50	750 60 9.50
360	Rosemary Leaves	<i>Rosemarinus officinalis</i>	C P	1.85	3.75	13.00	475 60 7.75
363	Rupturewort Herb	<i>Herniaria glabra</i>	C P	2.50	8.00	30.00	Not Available

S

88	Sacred Bark	<i>Rhamnus purshiana</i>	C P	2.15	6.75	25.00	625 60 9.00
364	Safflower Flowers	<i>Carthamus tinctorius</i>	W P	3.25	11.15	42.50	600 60 10.75
364	Saffron Flowers, American	<i>Carthamus tinctorius</i>	W P	3.25	11.15	42.50	600 60 10.75
112	Sage Herb, Clary	<i>Salvia sclarea</i>	C P	1.85	5.25	19.00	Not Available
366	Sage Leaves, Dalmation	<i>Salvia officinalis</i>	C P	1.85	4.90	17.50	425 60 8.00
366	Sage Leaves, Garden	<i>Salvia officinalis</i>	C P	1.85	4.90	17.50	425 60 8.00
366	Sage Leaves, Red	<i>Salvia officinalis</i>	C P	1.85	4.90	17.50	425 60 8.00
369	Salep Root	<i>Orchis mascula</i>	W	7.45	28.00	110.00	Not Available
336C	Saltpeper, Food Grade	<i>Potassium nitrate</i>	P	2.65	8.65	32.50	Not Available
336	Saltpeper, Technical Grade	<i>Potassium nitrate</i>	P	1.85	3.65	12.50	Not Available
174	Sampson Snake Root	<i>Gentiana lutea</i>	C P	4.35	15.50	60.00	500 60 12.25
354	Sandalwood, Red	<i>Pterocarpus santalinus</i>	C P	3.25	11.15	42.50	Not Available
370	Sandalwood, Yellow	<i>Santalum album</i>	C P	3.60	12.35	47.50	Not Available
373	Sarsaparilla Root, Mexican	<i>Smilax officinalis</i>	C P	2.15	6.75	25.00	600 60 8.75
374†	Sassafras Bark of Root	<i>Sassafras officinale</i>	C P	3.60	12.35	47.50	Not Available
375	Saw Palmetto Berries	<i>Serenoa serrulata</i>	C P	2.65	8.65	32.50	700 60 10.25
376A	Schizandra Berry	<i>Schisandra chinensis</i>	W P	2.35	7.35	27.50	750 60 9.75
378	Scullcap Herb	<i>Scutellaria lateriflora</i>	C P	3.25	11.15	42.50	400 60 9.50
53	Sea Wrack Plant	<i>Fucus vesiculosus</i>	C P	1.85	5.50	20.00	800 60 8.50
337	Self Heal Herb	<i>Prunella vulgaris</i>	C P	3.75	13.25	50.00	475 60 10.75
380	Senega Root	<i>Polygala senega</i>	C P	2.00	6.15	22.50	Not Available
380	Senega Snake Root	<i>Polygala senega</i>	C P	2.00	6.15	22.50	Not Available
381	Senna Leaves	<i>Cassia angustifolia</i>	C P	1.85	4.25	15.00	550 60 8.00
382	Senna Pods	<i>Cassia angustifolia</i>	WCP	1.85	4.15	14.50	550 60 8.00
E58D	Sesame Seed	<i>Sesamum indicum</i>	W			4.00	Not Available
205	Shave Grass Herb	<i>Equisetum arvense</i>	C P	1.95	5.80	21.25	525 60 8.25
384	Sheep Sorrel Herb	<i>Rumex acetosella</i>	C P	2.35	7.35	27.50	Not Available
385	Shepherd's Purse Herb	<i>Capsella bursa pastoris</i>	C P	1.95	5.80	21.25	425 60 8.25
386	Silver Weed	<i>Potentilla anserina</i>	C P	1.85	5.50	20.00	Not Available
378	Skullcap Herb	<i>Scutellaria lateriflora</i>	C P	3.25	11.15	42.50	400 60 9.50
388	Skunk Cabbage Root	<i>Ictodes foetidus</i>	C P	4.35	15.50	60.00	Not Available
389	Slippery Elm Bark	<i>Ulmus fulva</i>	WCP	2.80	9.25	35.00	500 60 9.25
389A	Slippery Elm Bark, Wool	<i>Ulmus fulva</i>	W	2.50	8.00	30.00	Not Available
390	Smartweed Herb	<i>Polygonum punctatum</i>	C P	2.35	7.35	27.50	Not Available
392	Soapwort Root	<i>Saponaria officinalis</i>	C P	2.50	8.00	30.00	Not Available
393	Solomon Seal Root	<i>Convallaria polygonatum</i>	C P	3.25	11.15	42.50	650 60 11.00
394	Southernwood Herb	<i>Artemisia abrotanum</i>	C P	2.15	6.75	25.00	Not Available
365	Spanish Saffron	<i>Crocus sativus</i>	W	1 ounce - \$147.50			Not Available
365J	Spanish Saffron	<i>Crocus sativus</i>	W	1 gram - \$6.95			Not Available

* Poisonous item - Do not use internally. † Not recommended for internal use. These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





Item	Common Name	Botanical Name	Forms	Price			Quantity	Price
				1 oz. Price	4 oz. Price	16 oz.		
395	Spearmint Leaves	<i>Mentha spicata</i>	C P	1.85	4.40	15.50	500 60	8.00
396	Speedwell Herb	<i>Veronica officinalis</i>	C P	2.15	6.75	25.00	Not Available	
399	Spikenard Root	<i>Aralia racemosa</i>	C P	4.00	14.50	55.00	450 60	11.00
399A	Spirulina	<i>Spirulina platensis</i>	P	2.50	8.00	30.00	575 60	9.25
400	Squaw Vine Herb	<i>Mitchella repens</i>	C P	5.60	20.50	80.00	475 60	14.25
367	St. John's Bread	<i>Ceratonia siliqua</i>	WC	2.15	6.75	25.00	Not Available	
368	St. John's Wort, Herb	<i>Hypericum perforatum</i>	C P	2.15	6.75	25.00	500 60	8.75
20	Star Anise	<i>Illicium verum</i>	W P	1.85	4.75	17.00	Not Available	
8	Star Grass	<i>Aletris farinosa</i>	C P	13.45	53.00	210.00	Not Available	
401A	Stevia Herb	<i>Stevia rebaudiana</i>	C P	2.10	6.45	23.75	Not Available	
402	Stillingia Root	<i>Stillingia sylvatica</i>	C P	4.65	16.75	65.00	Not Available	
281	Stinging Nettle Leaves	<i>Urtica dioica</i>	C P	2.00	6.15	22.50	525 60	8.50
282	Stinging Nettle Root	<i>Urtica dioica</i>	C P	1.85	5.15	18.50	475 60	8.00
422A	Stomach Bitters Mix		C	2.15	6.75	25.00	Not Available	
403	Stone Root	<i>Colinsonia canadensis</i>	C P	3.25	11.15	42.50	550 60	9.75
404	Strawberry Leaves	<i>Fragaria vesca</i>	C P	1.85	5.00	18.00	Not Available	
413	Styrax Sweet Gum Bark	<i>Liquidambar styraciflua</i>	C P	2.15	6.75	25.00	Not Available	
173A	Suan, Minced	<i>Allium sativum</i>	C	1.85	3.75	13.00	Not Available	
405	Sulphur		P	1.85	3.25	9.50	1175 60	8.00
406	Sumach Bark	<i>Rhus glabra</i>	C P	2.15	6.75	25.00	Not Available	
407	Sumach Berries	<i>Rhus glabra</i>	W P	1.85	4.65	16.50	Not Available	
409	Summer Savory	<i>Satureja hortensis</i>	C P	1.85	5.25	19.00	Not Available	
411	Sweet Basil Herb	<i>Ocimum basilicum</i>	C P	1.85	3.25	10.50	Not Available	
77†	Sweet Flag Root	<i>Acorus calamus</i>	C P	1.85	4.50	16.00	Not Available	
413	Sweet Gum Bark	<i>Liquidambar styraciflua</i>	C P	2.15	6.75	25.00	Not Available	
260	Sweet Marjoram	<i>Origanum marjorana</i>	C P	1.85	3.25	10.50	Not Available	
237	Sweet Wood Root Sticks (6")	<i>Glycyrrhiza glabra</i>	W	2.65	8.65	32.50	Not Available	
463	Sweet Woodruff Herb	<i>Aperula odorata</i>	C P	2.15	6.75	25.00	450 60	8.75

T

7	Tag Alder Bark	<i>Alnus serrulata</i>	C P	2.80	9.25	35.00	Not Available	
308	Taheebo	<i>Tabebuia avellanedae</i>	C P	1.85	5.00	18.00	725 60	8.50
415†	Tansy Herb	<i>Tanacetum vulgare</i>	C P	2.15	6.75	25.00	Not Available	
416	Tarragon Herb	<i>Artemisia dracunculus</i>	C P	2.95	9.85	37.50	Not Available	
22	Thuja Leaves	<i>Thuja occidentalis</i>	C P	2.50	8.00	30.00	Not Available	
418	Thyme Herb	<i>Thymus vulgaris</i>	C P	1.85	4.90	17.50	450 60	8.00
419	Toad Flax Herb	<i>Antirrhinum linaria</i>	C P	2.10	6.45	23.75	Not Available	
420†	Tonka Beans	<i>Dipterix odorata</i>	W P	3.25	11.15	42.50	Not Available	
421	Tormentilla Root	<i>Potentilla tormentilla</i>	C P	3.10	10.50	40.00	Not Available	
422A	Trojanka Bitters Mix		C	2.15	6.75	25.00	Not Available	
423	Tumeric Root	<i>Curcuma longa</i>	C P	1.85	5.25	19.00	625 60	7.75
423	Tumeric Root	<i>Curcuma longa</i>	C P	1.85	5.25	19.00	625 60	7.75
424	Twin Leaf Root	<i>Jeffersonia diphylla</i>	C P	2.80	9.25	35.00	Not Available	

U

425	Unicorn Root, False	<i>Helonias dioica</i>	C P	18.25	73.00	290.00	700 60	51.00
8	Unicorn Root, True	<i>Aletris farinosa</i>	C P	13.45	53.00	210.00	Not Available	
426	Uva Ursi Leaves	<i>Arctostaphylos uva ursi</i>	C P	2.15	6.75	25.00	625 60	8.75

V

427	Valerian Root	<i>Valeriana officinalis</i>	C P	2.50	8.00	30.00	575 60	9.25
428	Vanilla Beans	<i>Vanilla aromatica</i>	W	7.15	26.75	105.00	Not Available	
428A	Vanilla Beans (3)	<i>Vanilla aromatica</i>	W	\$4.95 for 3 beans		Not Available		
139	Vanilla Leaf	<i>Liatris odoratissima</i>	C P	4.00	14.50	55.00	Not Available	

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Item	Common Name	Botanical Name	Forms	Price			Quantity	Price
				1 oz. Price	4 oz. Price	16 oz.		
429	Verbena Herb	<i>Verbena hastata</i>	C P	2.15	6.75	25.00	450 60	8.50
234	Verbena Herb (Lemon)	<i>Aloysia triphylla</i>	C P	2.50	8.00	30.00	Not Available	
429	Vervain Herb, Blue	<i>Verbena hastata</i>	C P	2.15	6.75	25.00	450 60	8.50
430	Velvet Root	<i>Andropogon muricatus</i>	C P	1.85	5.25	19.00	Not Available	
432	Violet Leaves, Blue	<i>Viola odorata</i>	C P	2.35	7.35	27.50	525	
433*	Virginia Snake Rt	<i>Aristolochia serpentaria</i>	C P	5.90	21.75	85.00	Not Available	

W

434	Wahoo Bark of Root	<i>Euonymus atropurpureus</i>	C P	4.35	15.50	60.00	Not Available	
435	Wahoo Bark of Tree	<i>Euonymus atropurpureus</i>	C P	5.30	19.25	75.00	Not Available	
436	Walnut Bark, Black	<i>Juglans nigra</i>	C P	2.35	7.35	27.50	475 60	9.00
437	Walnut Hulls, Black	<i>Juglans nigra</i>	C P	2.10	6.45	23.75	675 60	9.00
438	Walnut Leaves, Black	<i>Juglans nigra</i>	C P	2.10	6.45	23.75	550 60	8.75
440	Water Cress Herb	<i>Nasturtium officinale</i>	C P	2.35	7.35	27.50	500 60	9.00
442	Watermelon Seed	<i>Citrullus vulgaris</i>	W P	1.85	5.25	19.00	Not Available	
442A	Watermint Herb	<i>Mentha aquatica</i>	C P	1.85	4.15	14.50	Not Available	
287	White Oak Bark	<i>Quercus alba</i>	C P	1.95	5.80	21.25	525 60	8.50
443	White Pine Bark	<i>Pinus strobus</i>	C P	2.35	7.35	27.50	300 60	8.25
444	White Pond Lily Rt	<i>Nymphaea odorata</i>	C P	4.00	14.50	55.00	Not Available	
333	White Poplar Bark	<i>Populus tremuloides</i>	C P	2.35	7.35	27.50	Not Available	
455	White Willow Bark	<i>Salix alba</i>	C P	2.00	6.15	22.50	400 60	8.25
129	Wild Alum Root	<i>Geranium maculatum</i>	C P	3.25	11.15	42.50	575 60	10.50
446	Wild Carrot Herb	<i>Daucus carota</i>	C P	2.15	6.75	25.00	Not Available	
448	Wild Cherry Bark	<i>Prunus serotina</i>	C P	1.85	4.15	14.50	575 60	8.00
81	Wild Ginger Root	<i>Asarum canadense</i>	C P	2.80	9.25	35.00	Not Available	
449	Wild Indigo Root	<i>Baptisia tinctoria</i>	C P	6.25	23.00	90.00	Not Available	
450	Wild Lettuce Leaves	<i>Lactuca virosa</i>	C P	2.15	6.75	25.00	Not Available	
295	Wild Oregon Grape Root	<i>Berberis aquifolium</i>	C P	2.80	9.25	35.00	450 60	9.25
297	Wild Pansy Herb	<i>Viola tricolor</i>	C P	1.95	5.80	21.25	Not Available	
451	Wild Plum Bark	<i>Prunus spinosa</i>	C P	2.35	7.35	27.50	Not Available	
453	Wild Yam Root	<i>Dioscorea villosa</i>	C P	2.80	9.25	35.00	575 60	9.75
455	Willow Bark, White	<i>Salix alba</i>	C P	2.00	6.15	22.50	400 60	8.25
456	Wintergreen Leaves	<i>Gaultheria procumbens</i>	C P	1.85	5.25	19.00	Not Available	
457	Witch Hazel Bark	<i>Hamamelis virginiana</i>	C P	2.35	7.35	27.50	500 60	9.00
458	Witch Hazel Leaves	<i>Hamamelis virginiana</i>	C P	2.50	8.00	30.00	475 60	8.75
460	Wood Betony Herb	<i>Betonica officinalis</i>	C P	2.00	6.15	22.50	400 60	8.25
175	Wood Sage Herb	<i>Teucrium chamaedrys</i>	C	2.10	6.45	23.75	Not Available	
463	Woodruff Herb	<i>Aperula odorata</i>	C P	2.15	6.75	25.00	450 60	8.75
466	Wormwood Herb	<i>Artemisia absinthium</i>	C P	2.15	6.75	25.00	325 60	8.00

Y

467	Yarrow Herb	<i>Achillea millefolium</i>	C P	2.15	6.75	25.00	350 60	8.50
468	Yellow Dock Root	<i>Rumex crispus</i>	C P	1.85	5.00	18.00	625 60	8.25
182	Yellow Root (Golden Seal)	<i>Hydrastis canadensis</i>	C P	8.05	30.50	120.00	650 60	19.50
370	Yellow Sandalwood	<i>Santalum album</i>	C P	3.60	12.35	47.50	Not Available	
264	Yerba Mate Leaves	<i>Ilex paraguaiensis</i>	C P	1.85	4.90	17.50	525 60	8.00
470	Yerba Santa Leaves	<i>Eriodictyon glutinosum</i>	C P	4.00	14.50	55.00	500 60	13.00
471	Yohimbe Bark	<i>Pausinystalia yohimbe</i>	C P	2.35	7.35	27.50	Not Available	

Z

472	Zedoary Root	<i>Amonum zerumbet</i>	C P	2.50	8.00	30.00	Not Available	
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See Page 15 For a Complete Listing of Spices
See Pages 12 & 13 For Herbal Extracts
See Page 14 For Essential Oils



Premium Quality Liquid Herbal Extracts



- Only the finest organically grown, ethically wildcrafted, or selectively imported herbs are used to produce our high quality herbal extracts. Herbs are gathered by skilled harvesters with sensitivity to the environment, only at the peak of their potency. We spare no expense in obtaining the best herbs available. They are never fumigated or irradiated.
- When processing herbs into liquid extracts, different herbs require different procedures. Our fresh herbs are extracted within hours of harvest. Dried herbs are ground minutes before extraction. The herbs macerate for 1-6 months and eventually are pressed under 300 tons of pressure to separate the liquid. These exacting standards produce extraordinary extracts that deliver maximum potency.
- Concerned about alcohol content? Many extracts are made with alcohol. However, each serving contains only about as much alcohol as a ripe banana, the equivalent of 1/10 of a teaspoon. All extracts that are alcohol free are listed as such.
- NATURE'S WONDERLAND® Liquid Herbal Extracts are packaged in convenient, dark amber dropper bottles. They are easy to take, there is NO preparation time, and they give you exact dosage.



Item #	Herbal Extract	Origin	Botanical Name	1 Oz
LIQUID HERBAL EXTRACTS				
24K	Arnica (Flowers)	Imported	<i>Arnica montana</i>	11.95
29AK	Ashwaganda (Root)	Organic	<i>Withania somnifera</i>	10.95
31AK	Astragalus (Root)	Imported	<i>Astragalus membranaceus</i>	10.95
56AK	Bilberry (Berry)	Wildcrafted	<i>Vaccinium myrtillus</i>	10.50
49K	Black Cohosh (Root)	Organic	<i>Cimicifuga racemosa</i>	10.50
437K	Black Walnut (Hulls)	Organic	<i>Juglans nigra</i>	10.95
57K	Blue Cohosh (Root)	Wildcrafted	<i>Caulophyllum thalictroides</i>	10.95
72K	Burdock (Root)	Organic	<i>Arctium lappa</i>	10.50
91AK	Cats Claw (Bark)	Wildcrafted	<i>Uncaria tomentosa</i>	10.95
315K	Cayenne (Fruit)	Organic	<i>Capsicum annuum</i>	10.50
97K	Chamomile (Flowers)	Organic	<i>Matricaria recutita</i>	10.95
101AK	Chaste Tree Berry	Wildcrafted	<i>Vitex agnus-castus</i>	10.50
110K	Cinnamon (Bark)	Imported	<i>Cinnamomum cassia</i>	9.95
110KF	Cinnamon (Bark) (Alcohol Free)	Imported	<i>Cinnamomum cassia</i>	10.95
114K	Clove (Seed)	Organic	<i>Syzygium aromaticum</i>	9.95
122K	Comfrey (Root) (External use only)	Organic	<i>Symphytum</i>	10.95
128K	Cramp Bark	Wildcrafted	<i>Viburnum opulus</i>	10.95
135K	Damiana (Herb)	Wildcrafted	<i>Turnera diffusa</i>	10.50
137K	Dandelion (Root)	Organic	<i>Taraxacum officinale</i>	10.50
139AK	Devil's Claw (Tuber)	Imported	<i>Harpagophytum procumbens</i>	10.50
146AK	Dong Quai (Root)	Imported	<i>Angelica sinensis</i>	10.95
149AK	Echinacea (Root)	Organic	<i>Echinacea angustifolia</i>	10.95
149AKF	Echinacea (Root) (Alcohol Free)	Organic	<i>Echinacea angustifolia</i>	11.95
150K	Elderberry (Berry)	Organic	<i>Sambucus nigra</i>	10.50
178DK	Eleuthero (Root)	Imported	<i>Elutherococcus senticosus</i>	10.50
159K	Eyebright (Herb)	Wildcrafted	<i>Euphrasia officinale</i>	10.95
160K	Fennel (Seed)	Organic	<i>Foeniculum vulgare</i>	10.50
161K	Fenugreek (Seed)	Wildcrafted	<i>Trigonella foenum-graecum</i>	10.50
162K	Feverfew (Herb)	Organic	<i>Tanacetum parthenium</i>	10.95
168AK	Fo-Ti (Root)	Imported	<i>Polygonum multiflorum</i>	10.95
173K	Garlic (Bulb)	Organic	<i>Allium sativum</i>	10.50
174K	Gentian (Root)	Organic	<i>Gentiana lutea</i>	10.50
176K	Ginger (Root)	Organic	<i>Zingiber officinale</i>	10.95
176AK	Ginkgo (Leaf)	Wildcrafted	<i>Ginkgo biloba</i>	10.95
176AKF	Ginkgo (Leaf) (Alcohol Free)	Wildcrafted	<i>Ginkgo biloba</i>	11.95
178AK	Ginseng (Root), American	Cultivated	<i>Panax quinquefolium</i>	15.50
178BK	Ginseng (Root), Red Chinese	Imported	<i>Panax ginseng</i>	15.50
182K	Goldenseal (Root)	Organic	<i>Hydrastis canadensis</i>	11.95
208K	Gotu Kola (Herb)	Organic	<i>Centella asiatica</i>	10.95
346K	Gravel Root (Root)	Wildcrafted	<i>Eupatorium purpureum</i>	10.50
190AK	Gymnema Sylvestre (Leaf)	Imported	<i>Gymnema sylvestre</i>	10.95
192K	Hawthorn (Berry)	Organic	<i>Crataegus</i>	10.95
200AKF	Hoodia (Cactus)(Alc Free)	Imported	<i>Hoodia Gordonii</i>	30.95
201K	Hops (Strobiles)	Organic	<i>Humulus lupulus</i>	10.95
205K	Horsetail (Herb)	Organic	<i>Equisetum arvense</i>	10.50
227K	Kava Kava (Root)	Wildcrafted	<i>Piper methysticum</i>	11.95

Item #	Herbal Extract	Origin	Botanical Name	1 Oz
227KF	Kava Kava (Root) (Alcohol Free)	Wildcrafted	<i>Piper methysticum</i>	12.95
230K	Kudzu (Root)	Wildcrafted	<i>Pueraria lobata</i>	10.95
233K	Lavender (Flowers)	Organic	<i>Lavandula officinalis</i>	10.95
32K	Lemon Balm (Herb)	Organic	<i>Melissa officinalis</i>	10.95
236K	Licorice (Root)	Organic	<i>Glycyrrhiza glabra</i>	10.95
244K	Lobelia (Herb)	Organic	<i>Lobelia inflata</i>	10.95
250AK	Maca (Root)	Imported	<i>Lepidium meyenii</i>	10.95
262K	Marshmallow (Root)	Organic	<i>Althea officinale</i>	10.50
269AK	Milk Thistle (Seed)	Organic	<i>Silybum marianum</i>	10.95
269AKF	Milk Thistle (Seed) (Alcohol Free)	Organic	<i>Silybum marianum</i>	11.95
271K	Motherwort (Herb)	Organic	<i>Leonurus cardiaca</i>	10.50
274K	Muir Puama (Root)	Imported	<i>Ptychopetalum olacoides</i>	10.95
276K	Mullein (Leaf)	Wildcrafted	<i>Verbascum thapsus</i>	10.95
624K	Myrrh Gum	Imported	<i>Commiphora molmol</i>	10.95
280AK	Neem (Herb)	Imported	<i>Azadirachta indica</i>	10.95
281K	Nettles (Leaf)	Organic	<i>Urtica dioica</i>	10.50
288AKV	Olive Leaf	Organic	<i>Olea europaea</i>	10.95
294K	Oregano Oil (Leaf)	Wildcrafted	<i>Origanum vulgare</i>	27.95
295K	Oregon Grape Root	Wildcrafted	<i>Mahonia aquafolium</i>	10.50
296BK	Osha (Root)	Wildcrafted	<i>Ligusticum porteri</i>	10.50
306K	Passion Flower (Herb)	Organic	<i>Passiflora incarnata</i>	10.50
308K	Pau D' Arco (Bark)	Wildcrafted	<i>Tabebuia impetiginosa</i>	10.50
329K	Pleurisy (Root)	Wildcrafted	<i>Asclepias tuberosa</i>	10.95
336CK	Propolis	Imported	<i>Propolis</i>	13.50
351K	Raspberry, Red (Leaf)	Organic	<i>Rubus idaeus</i>	10.50
352K	Red Clover (Tops)	Organic	<i>Trifolium pratense</i>	10.50
353K	Red Root	Wildcrafted	<i>Ceanothus</i>	10.50
354AK	Reishi Mushroom	Organic	<i>Ganoderma lucidium</i>	11.95
356AK	Rhodiola (Root)	N/A	<i>Rhodiola rosea</i>	11.95
373K	Sarsaparilla (Root)	Wildcrafted	<i>Smilax</i>	10.50
375K	Saw Palmetto (Berry)	Organic	<i>Serenoa repens</i>	10.95
376AK	Schizandra (Berry)	Organic	<i>Schisandra chinensis</i>	10.50
378K	Skullcap (Herb)	Organic	<i>Scutellaria lateriflora</i>	10.95
389K	Slippery Elm (Bark)	Wildcrafted	<i>Ulmus fulva</i>	10.95
368AK	St. John's Wort (Flowers)	Organic	<i>Hypericum perforatum</i>	10.95
368AKF	St. John's Wort (Flowers) (Alcohol Free)	Organic	<i>Hypericum perforatum</i>	10.95
401AK	Stevia (Leaf)	Imported	<i>Stevia rebaudiana</i>	8.95
418K	Thyme (Leaf)	Organic	<i>Thymus vulgaris</i>	10.50
423K	Turmeric (Root)	Imported	<i>Curcuma longa</i>	10.95
426K	Uva Ursi (Leaf)	Wildcrafted	<i>Arctostaphylos uva-ursi</i>	10.50
427K	Valerian (Root)	Organic	<i>Valeriana officinalis</i>	10.95
427KF	Valerian (Root) (Alcohol Free)	Organic	<i>Valeriana officinalis</i>	11.95
455K	White Willow (Bark)	Wildcrafted	<i>Salix Alba</i>	10.50
448K	Wild Cherry (Bark)	Wildcrafted	<i>Prunus virginiana</i>	10.50
288AK	Wild Oats (Seeds)	Organic	<i>Avena sativa</i>	10.50
453K	Wild Yam (Root)	Wildcrafted	<i>Dioscorea villosa</i>	10.50
466K	Wormwood (Leaf)	Organic	<i>Artemisia absinthium</i>	10.50
467K	Yarrow (Tops)	Wildcrafted	<i>Achillea millefolium</i>	9.95
468K	Yellow Dock (Root)	Wildcrafted	<i>Rumex crispus</i>	10.50
471K	Yohimbe (Bark)	Imported	<i>Corynanthe johimbe</i>	11.95

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





Item #	Herbal Extract	Size	Price
Liquid Herbal Formulas			
SK10	Adren-Aid	1 fl. oz.	10.50
SK20	Aller-Calm	1 fl. oz.	10.95
SK30	Anxiet-Ease	1 fl. oz.	11.95
SK40	Cholesterlow	1 fl. oz.	10.50
SK50	Cough Relief	1 fl. oz.	10.95
SK60	Detoxify	1 fl. oz.	10.95
SK70	Digest-Ease	1 fl. oz.	10.50
SK80	Diuretic	1 fl. oz.	10.50
SK90	Ear Clear Oil	1 fl. oz.	10.50
SK100	3 Echinacea	1 fl. oz.	10.95
SK110	Echinacea/Goldenseal	1 fl. oz.	11.95
SK120	Fem-Cycle	1 fl. oz.	10.50
SK130	Fem-Silver	1 fl. oz.	10.95
SK140	Fertility-Preg	1 fl. oz.	10.95
SK170	Green Tea Formula	1 fl. oz.	10.50
SK200	Gum Tonic	1 fl. oz.	10.95
SK210	Head-Aid	1 fl. oz.	10.50

Item #	Herbal Extract	Size	Price
SK220	Heart Formula	1 fl. oz.	9.95
SK230	Herp-Ease	1 fl. oz.	10.50
SK240	Immuno-Tonic	1 fl. oz.	10.50
SK250	Joint Tonic	1 fl. oz.	10.50
SK260	Kava Gold	1 fl. oz.	10.95
SK270	Liver Detox	1 fl. oz.	10.95
SK280	Lymph Tonic	1 fl. oz.	10.50
SK290	Men's Silver (Prostate)	1 fl. oz.	10.95
SK300	Mental Master	1 fl. oz.	10.50
SK310	Musc-Skel	1 fl. oz.	10.95
SK320	Mushroom Master	1 fl. oz.	11.95
SK340	Parasite	1 fl. oz.	10.95
SK370	Relax	1 fl. oz.	10.95
SK380	Respir-Ease	1 fl. oz.	10.50
SK400	Sinus Relief	1 fl. oz.	10.95
SK410	Throat-Ease	1 fl. oz.	11.95
SK420	Woman's Energy Balance	1 fl. oz.	10.50
SK440	ZZZZZ	1 fl. oz.	10.95

Item #	Herbal Extract	Size	Price
Kid's Remedy Corner			
SK500	Kid's Aller-Calm	1 fl. oz.	10.95
SK510	Kid's Attention Plus	1 fl. oz.	10.95
SK520	Kid's Biotic	1 fl. oz.	10.95
SK530	Kid's Cough	1 fl. oz.	10.95
SK540	Kid's Ear Clear Oil	1 fl. oz.	10.95
SK550	Kid's Echinacea Plus	1 fl. oz.	10.95
SK560	Kid's Mellow Plus	1 fl. oz.	10.95
SK570	Kid's Potty Helper	1 fl. oz.	10.95

Item #	Herbal Extract	Size	Price
Specialty Products			
SK600	Colloidal Silver Plus (Oral)	1 fl. oz.	9.95
SK610	Ginger Zinger Syrup	4 fl. oz.	10.95
SK620	Oak & Ivy (Topical Spray)	2 fl. oz.	11.95
SK630	Peppermint Breath Spray	1 fl. oz.	6.95

Ashwagandha Standardized Extract

- Relieves occasional stress, promotes stamina, energy, and vitality
- Helps the body adapt to physical and mental stress, promotes youthful longevity, strengthens and balances body systems, and restores sexual energy

1 Vcap™ provides: Ashwagandha (Withania somnifera (rhizome)) standardized for 6.35% withanolides -500mg.

Retail **25% OFF**
 #V86 - 60 Vcaps™ \$14.75 **\$10.95**
 Ashwagandha Standardized Extract, 500 mg

Bitter Melon Standardized Extract

- Supports healthy blood sugar levels, promotes digestive health and healthy liver function
- Used by many as a part of their program for healthy carbohydrate and glucose metabolism

1 Vcap™ provides: Bitter Melon (Momordica charantia fruit) standardized for 5.5% bitter principles - 400mg.

Retail **25% OFF**
 #V87 - 60 Vcaps™ \$13.50 **\$9.95**
 Bitter Melon Standardized Extract, 400 mg

Boswellia Standardized Extract

- An Ayurvedic herb beneficial for joint health, cartilage health, comfort and flexibility
- Contains boswellic acids, which exert a safe yet effective influence on joint comfort and flexibility
- Boswellia can be used along with Glucosamine, MSM and Bromelain

1 Vcap™ provides: Boswellia (Boswellia serrata resin) standardized for 66.35% Boswellic acids - 500mg.

Retail **25% OFF**
 #V88 - 60 Vcaps™ \$15.75 **\$11.75**
 Boswellia Standardized Extract, 500 mg

Gymnema Sylvestre Standardized Extract

- Known as a 'sugar destroyer' because of its ability to block the taste of sweetness
- Promotes healthy glucose metabolism and pancreatic function
- Favored by many with blood sugar concerns and those who want to cut down on sugary snacks
- Gymnema's benefits are enhanced in combination with Bitter Melon, Fenugreek, and Chromium

1 Vcap™ provides: Gymnema sylvestre leaf (standardized for 25% gymnemic acids) - 300mg.

Retail **25% OFF**
 #V89 - 60 Vcaps™ \$13.50 **\$9.95**
 Gymnema Sylvestre Standardized Ext, 300 mg

Hawthorn Standardized Extract

- Supports a healthy heart
- Protects cardiovascular health
- Supports healthy blood pressure and flow
- Provides powerful antioxidant flavonoids
- Standardized to minimum 1.8% vitexin

Each capsule contains: Hawthorn Leaf & Flower Extract standardized to 1.8% vitexin 300mg; Hawthorn Berry 200mg.

Retail **25% OFF**
 #V77 - 60 Vcaps™ \$13.50 **\$9.95**
 Hawthorn Standardized Extract, 300mg

Tribulus Standardized Extract

- Improves sexual performance
- Increases sexual desire
- Supports male reproductive health
- Strengthens vitality, stamina and energy

Each capsule contains: Tribulus terrestris (aerial parts and fruit) standardized extract (minimum 45% saponins) - 500mg.

Retail **25% OFF**
 #V84 - 60 Capsules \$10.75 **\$7.95**
 Tribulus Standardized Extract, 500mg

Turmeric Standardized Extract

- Contains an active nutrient called curcumin, a powerful antioxidant that supports joint function
- In recent studies, curcumin has been found to limit the activity of COX-2, the enzyme involved in promoting inflammation
- By reducing the effects of these enzymes, curcumin may also reduce inflammation and pain
- Turmeric really helps joints feel more comfortable, while supporting better mobility

Each Vcap™ provides: Turmeric (Curcuma longa root) standardized for 21.3% curcumin 250mg.

Retail **25% OFF**
 #V90 - 60 Vcaps™ \$15.25 **\$11.25**
 Turmeric Standardized Extract, 250mg

Yohimbe Standardized Extract

- Works to improve blood flow to the genital area
- Boosts sexual energy, arousal and sexual satisfaction
- Strengthens vitality, stamina and energy, improves sexual performance and desire
- Experience newfound desire and enhanced performance with Yohimbe!

Each capsule contains: Yohimbe standardized extract - 800mg, 2% yohimbe alkaloid content for guaranteed potency.

Retail **25% OFF**
 #V93 - 60 Capsules \$18.75 **\$13.95**
 Yohimbe Standardized Extract, 800mg



- Essential oils are the highly concentrated, volatile, aromatic essences of plants that have many uses including aromatherapy, perfume, and sachets
- Nature's Wonderland® Essential Oils are 100% pure and are packaged in airtight, light restrictive cobalt blue glass bottles that include a unique "dropper top" for ease of use
- We offer only the highest quality essential oils from around the world

Discover the Aromatic Delights of Pure Essential Oils!

Peppermint Essential Oil

Vitalizing, refreshing, cooling

- Peppermint has a powerful, sweet, menthol aroma which makes the sinuses tingle when inhaled
- Widely used as a food flavoring in chewing gum, candy, breath mints, toothpaste or mouthwash
- Produces an immediate and pronounced sensation of coolness when inhaled or applied to the skin
- Inhaling its clean, penetrating vapors can help clear the head and keep you alert



548-30 - Peppermint Essential Oil
30 ml \$11.25

Lavender Essential Oil

Soothing, calming, relaxing, healing

- A soaking bath with Lavender oil is a wonderful way to relax - simply add 5-10 drops to your bath water
- To help you or your baby sleep better, disperse the scent of lavender throughout the room during naps and at bedtime
- Historically used in ancient Egyptian perfumes and incense, also as a disinfectant and deodorant
- **Hint:** Mix a few drops of Lavender oil with sweet almond oil to create your own massage oil



529-30 - Lavender Essential Oil
30 ml \$11.75

Eucalyptus Essential Oil

Purifying, invigorating



- Aromatherapists use it for its energizing, clarifying aroma
- Useful in many cold preparations like cough drops, throat lozenges and chest rubs
- The active constituent in eucalyptus oil is cineol, also known as eucalyptol, which has antiseptic and expectorant properties, and an energizing scent
- Excellent as an activating massage oil for aching muscles

523-30 - Eucalyptus Essential Oil
30 ml \$7.75

Wintergreen Essential Oil

Refreshing, bracing, invigorating



- Utilized extensively by Native Americans for sore joints, muscle aches, rashes, toothaches, headaches and irritated throats
- Helpful for many to relieve symptoms like stuffy nose and sinuses
- An important perfumery and flavoring oil, often used in toothpaste and mouthwash

560-1 - Wintergreen Oil
1 Fl. Oz. \$9.50

Aromatherapy Handbook

Soothing Remedies to Restore, Rejuvenate and Heal



Aromatherapy Soothing Remedies

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Essential Oil Diffusers

Transform Your Home or Car Into a Pleasant, Fragrant Environment You'll Enjoy!



12V Car Model #F71C

ONLY \$11.95

Room Model #F71F

NOW \$54.95

Essential Oils				
Item #	Essential Oil	Prices		
		5 ml	10 ml	30ml
500	Allspice	4.95	7.65	17.00
501	Almond, Bitter*	2.95	3.95	8.50
502	Anise Seed	2.95	4.50	10.00
504	Apple Blossom*	2.95	4.50	10.00
505A	Basil, Sweet	3.45	5.30	11.75
505B	Bay Leaf	4.90	7.55	16.75
507	Bergamot, Natural	5.50	8.45	18.75
507A	Birch, Sweet Southern	2.95	4.30	9.50
509	Cade	3.15	4.85	10.75
510	Cajeput	2.95	4.15	9.25
511	Camphor Oil, Japan	2.95	3.95	8.75
511A	Caraway Seed	3.50	5.40	12.00
511B	Cardamon	8.50	13.05	29.00
512	Cedar Wood, Texas	2.95	4.15	9.25
512A	Celery Seed	3.75	5.75	12.75
516	Cinnamon (Cassia)	2.95	4.15	9.25
517	Cinnamon Leaf, Ceylon	2.95	4.15	9.25
518	Citronella, Ceylon	2.95	4.15	9.25
520	Clove, Natural	2.95	4.15	9.25
520A	Copaiba	3.15	4.85	10.75
521	Coriander	3.60	5.50	12.25
521B	Cumin	5.35	8.20	18.25
522B	Dill Weed	3.15	4.85	10.75
523	Eucalyptus	2.95	3.95	7.75
523A	Fennel, Sweet	3.00	4.60	10.25
538A	Frankincense Oil	10.25	15.75	35.00
524	Gardenia*	2.95	4.50	10.00
524A	Ginger	4.30	6.65	14.75
526	Hemlock, American	2.95	4.50	10.00
526A	Hyssop	14.35	22.05	49.00
542	Incense Perfume*	2.95	4.40	9.75
527	Jasmine, Imitation*	2.95	4.50	10.00
527A	Jasmine, Natural	33.80	52.00	115.50
528	Juniper	6.30	9.70	21.50
528	Juniper Berry	6.30	9.70	21.50
529	Lavender Flower, USP	3.45	5.30	11.75

Essential Oils				
Item #	Essential Oil	Prices		
		5 ml	10 ml	30ml
529A	Lavender, Spike	2.95	4.50	10.00
530	Lemon, California	2.95	4.30	9.50
530A	Lemongrass	2.95	4.40	9.75
531	Lilac*	2.95	4.40	9.75
531A	Lime, Mexican	2.95	4.30	9.50
533	Magnolia*	3.10	4.75	10.50
560	Methyl Salicylate	1 oz. - \$9.50		
534	Mimosa*	2.95	4.40	9.75
535	Musk Oil*	2.95	4.30	9.50
536A	Myrrh	14.85	22.85	50.75
537	Narcissus*	2.95	4.50	10.00
538	Nutmeg, East India	3.85	5.95	13.25
538A	Olibanum	10.25	15.75	35.00
539	Orange, Bitter	3.20	4.95	11.00
540	Orange, California	2.95	3.95	8.00
541	Orchid Magnolia Fragrance*	2.95	4.30	9.50
542	Oriental Perfume*	2.95	4.40	9.75
543	Oregano, Spanish	4.70	7.20	16.00
543	Origanum	4.70	7.20	16.00
544	Palmarosa	2.95	4.15	9.25
545	Patchouli	5.35	8.20	18.25
547	Pennyroyal	3.60	5.50	12.25
548	Peppermint	3.30	5.05	11.25
500	Pimento	4.95	7.65	17.00
549	Pine Needle, Siberian	2.95	4.30	9.50
550	Prince Arabian (Perfume Blend)	9.65	14.85	33.00
551	Rose Blend*	2.95	4.40	9.75
551	Rose Bleue*	2.95	4.40	9.75
552	Rosemary, Spanish	2.95	3.95	8.50
552B	Sage, Clary	5.45	8.35	18.50
552C	Sage, Dalmation	4.05	6.20	13.75
553	Sandalwood, East India	72.10	110.95	246.50
556	Spearmint	2.95	4.30	9.50
556A	Tarragon	13.70	21.05	46.75

Essential Oils				
Item #	Essential Oil	Prices		
		5 ml	10 ml	30ml
557A	Thyme, White	3.00	4.60	10.25
558	Turpentine, Rect.	1 oz. - \$7.75		
558A	Vetiver, Haitian	6.30	9.70	21.50
559	Violet*	2.95	4.30	9.50
560	Wintergreen	1 oz. - \$9.50		
562	Wisteria*	2.95	4.40	9.75

* Made from synthetic sources

Related Specialties				
Item #	Item	Prices		
		1 oz.	4 oz.	8 oz.
563	Almond Oil, Sweet	4.95	8.95	
564B	Coconut Oil	3.95	6.95	
566	Glycerine, U.S.P.	2.70	4.15	9.25
567	Lanolin (2 oz. only)	2 oz. - \$4.95		
567A	Menthol Crystals	7.50		
568	Neatsfoot Oil	2.50		
569	Olive Oil, Pure Virgin	4.50	7.95	
571	Rose Water		3.75	
572	Rose Water & Glycerine		4.25	
569	Sweet Oil	4.50	7.95	
563	White Almond Oil	4.95	8.95	

Waxes and Balsams				
Item #	Item	Prices		
		1 oz.	2 oz.	16 oz.
607	Beeswax, White (cube)	1.15		
608	Beeswax, White (block)			11.95
607A	Beeswax, Yellow (cube)	.95		
608A	Beeswax, yellow (block)			9.95
609	Camphor, Synthetic, Block	2.75		

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Spices: The very word conjures up visions of exotic tastes and places around the world... and well it should. Throughout history, spices have been searched for in far-away ports for their culinary and medicinal value.

NEW!



- Our love affair with spices continues today. When you have the spices of the world at your fingertips, you can create the delicious and exotic dishes of far-away cultures.
- Using spices in your cooking is not only tasty, but healthy too! The medicinal value of turmeric, cayenne pepper, cinnamon, fenugreek, garlic, ginger and many other spices is widely accepted in cultures around the world.
- We are proud to introduce our new Nature's Wonderland® line of Premium Spices that are guaranteed to add flavor and zest to your favorite foods! Each one of our Premium Spices is packaged in a convenient shaker-top bottle, sealed tight for freshness. Each spice is hand-selected to be the highest quality available.
- Why buy spices from Penn Herb Company, when most are available at your supermarket? The answer is price, quality and selection. We offer only the highest quality spices at a reasonable price.



Item #	Spice	Form	Ozs	Price	Item #	Spice	Form	Ozs	Price
13JP	Allspice	Powder	2.2	\$4.50	251JP	Mace	Ground	1.8	\$4.50
13JW	Allspice	Whole	1.4	\$4.50	260JC	Marjoram	Crushed	0.5	\$3.95
19JW	Anise Seed	Whole	1.7	\$4.50	260JP	Marjoram	Ground	1.2	\$3.95
20JW	Anise, Star	Whole	0.6	\$3.95	279JP	Mustard Seed, Black	Ground	2.0	\$3.95
25JP	Arrow Root	Powder	2.4	\$4.25	279JW	Mustard Seed, Black	Whole	2.9	\$3.95
411JC	Basil, Sweet	Crushed	0.7	\$3.95	280JP	Mustard Seed, Yellow	Ground	1.9	\$3.95
38JW	Bay Leaves	Whole	0.2	\$3.50	280JW	Mustard Seed, Yellow	Whole	3.1	\$3.95
84JW	Caraway Seed	Whole	2.1	\$3.95	284JP	Nutmeg	Ground	2.6	\$4.95
85JW	Cardamon Fruit	Whole	1.7	\$8.50	284JW	Nutmeg	Whole	2.0	\$4.50
95JP	Celery Seed	Powder	1.9	\$3.95	289AJC	Onion	Minced	2.2	\$4.50
95JW	Celery Seed	Whole	1.9	\$3.95	289JP	Onion	Powder	2.2	\$4.50
102JC	Chervil Leaves	Crushed	0.4	\$3.95	294JC	Oregano	Crushed	0.5	\$3.95
107BJP	Chili Powder	Powder	1.9	\$3.95	294JP	Oregano	Powder	1.2	\$3.95
107DJC	Chives	Chopped	0.2	\$3.95	300JP	Paprika	Ground	2.2	\$3.95
108AJC	Cilantro Leaves	Crushed	0.3	\$3.95	302JC	Parsley Leaves	Flakes	0.5	\$3.95
110JW	Cinnamon	Sticks	1.3	\$3.95	302JP	Parsley Leaves	Powder	1.8	\$3.95
110JP	Cinnamon	Powder	2.6	\$3.95	315JC	Pepper, Cayenne	Crushed	1.4	\$3.95
110BJP	Cinnamon Maple Sugar	Granules	3.6	\$4.95	315JP	Pepper, Cayenne	Ground	2.4	\$3.95
114JP	Cloves	Ground	2.0	\$4.95	314JP	Peppercorns, Black	Ground	2.3	\$4.50
114JW	Cloves	Whole	1.4	\$4.95	314JW	Peppercorns, Black	Whole	2.4	\$4.50
125JP	Coriander Seed	Ground	1.7	\$3.95	315AJW	Peppercorns, Green	Whole	1.2	\$4.50
125JW	Coriander Seed	Whole	1.2	\$3.95	315BJW	Peppercorns, Pink	Whole	0.9	\$4.50
130JP	Cream Of Tartar	Powder	4.0	\$4.95	316JP	Peppercorns, White	Ground	2.5	\$3.95
132JP	Cumin Seed	Ground	2.3	\$4.50	316JW	Peppercorns, White	Whole	2.6	\$3.95
132JW	Cumin Seed	Whole	2.0	\$4.50	335JW	Poppy Seed	Whole	2.5	\$4.50
133JP	Curry Powder	Ground	2.3	\$4.50	360JC	Rosemary Leaves	Crushed	1.1	\$3.95
142BJC	Dill Weed	Chopped	0.8	\$3.95	360JP	Rosemary Leaves	Powder	1.4	\$3.95
142JW	Dill Seed	Whole	2.3	\$3.95	379AJP	Seafood Seasoning	Ground	2.1	\$4.50
160JP	Fennel Seed	Ground	2.0	\$3.95	365JW	Spanish Saffron	Whole	1 gm	\$6.95
160JW	Fennel Seed	Whole	1.8	\$3.95	366JC	Sage	Crushed	0.5	\$3.95
161JP	Fenugreek Seed	Powder	2.5	\$3.95	366JP	Sage	Powder	1.1	\$3.95
161JW	Fenugreek Seed	Whole	3.3	\$3.95	409JC	Savory, Summer	Crushed	0.8	\$3.95
173AJC	Garlic	Minced	2.8	\$4.50	409JP	Savory, Summer	Ground	1.4	\$3.95
173JP	Garlic	Powder	3.0	\$4.50	E58DJW	Sesame Seed	Whole	2.4	\$3.95
176JP	Ginger Root	Powder	1.9	\$4.50	416JC	Tarragon	Crushed	0.4	\$3.95
198AJC	Herbs De Provence	Crushed	0.8	\$3.95	418JC	Thyme	Crushed	1.1	\$3.95
204AJP	Horseradish	Powder	1.4	\$4.95	418JP	Thyme	Powder	1.4	\$4.50
220JC	Italian Seasoning	Crushed	0.8	\$3.95	423JP	Turmeric	Powder	2.2	\$3.95
225JW	Juniper Berries	Whole	1.3	\$4.50	428AJW	Vanilla Beans	Whole	3 ea	\$5.95



We are proud to offer you our private line of



Nature's Wonderland® Premium Vitamins and Supplements



- Made from the finest ingredients available to provide you with the best nutritional value
- All of our vitamins and supplements are laboratory tested to meet strict quality control standards for potency and purity
- They're available to you everyday **AT 25% OFF THE REGULAR RETAIL PRICE!**
- Nature's Wonderland® products are backed by the Penn Herb Company Quality Assurance Guarantee!

35 Nutrients In 1 Tablet Gives You Sustained-Release Mega Coverage!

In today's hectic world, full of processed foods and fast-paced lifestyles, many of us do not get the daily recommended allowance of vitamins, minerals and other nutrients we need to stay healthy.

Here's the potent One-a-Day multivitamin formula that does away with cumbersome bottles and the guesswork of strength and dosage.



- Multi Vitamin & Mineral Complex is a sustained release, high potency formula that gives you ALL the essential vitamins you need in one tablet
- Features four key antioxidants, plus vitamins and minerals in a base containing 72 trace minerals - for ultimate effectiveness!

One Tablet Daily is All You Need!

Complete formula! Each once-a-day tablet gives you:

■ Vitamin A 10,000 IU	■ Selenium 25 mcg
■ Vitamin C 250 mg	■ Copper 500 mcg
■ Vitamin D 400 IU	■ Manganese 5 mg
■ Vitamin E 150 IU	■ Chromium 100 mcg
■ Vitamin B-1 100 mg	■ Molybdenum 50 mcg
■ Vitamin B-2 100 mg	■ Potassium 10 mg
■ Niacin 100 mg	■ Boron 500 mcg
■ Vitamin B-6 100 mg	■ Vanadium 50 mcg
■ Folic Acid 400 mcg	■ Choline 100 mg
■ Vitamin B-12 100 mcg	■ Inositol 100 mg
■ Biotin 100 mcg	■ PABA 50 mg
■ Pantothenic Acid 100 mg	■ Rutin 25 mg
■ Calcium 50 mg	■ Betaine 25 mg
■ Iron 10 mg	■ Glutamic Acid 25 mg
■ Iodine 150 mcg	■ Spirulina 50 mg
■ Magnesium 30 mg	■ Barley Grass 50 mg
■ Zinc 15 mg	■ Citrus Bioflavonoids 25 mg
	■ Psyllium Husk Fiber 25 mg

V79 Multi Vitamin & Mineral Complex
60 Sustained-Release Tabs Reg. \$20.00 Sale \$14.95

SALE! Buy 120 Tablets #PV79 for only \$26.98

Suggested Use: Take 1 tablet daily preferably with breakfast.

Acetyl-L-Carnitine



- Promotes brain metabolism, memory and cognitive function
- Useful for mild memory problems associated with aging
- Plays a role in breaking down fat cells and energy production

Each capsule contains: Acetyl-L Carnitine (L-CarniPure®, pharmaceutical grade) 500mg.

Retail **25% OFF**
#V69 - 60 Capsules \$33.50 **\$24.95**
Acetyl-L-Carnitine, 500mg

Aloe Vera Concentrated Softgels (200:1)



- Super concentrated, helps soothe digestive system and promote healthy digestion
- Supports healthy joints and cartilage
- Contains amino acids, vitamins, minerals and enzymes

Each Softgel Provides: 25 mg of 200:1 concentrated Aloe Vera, equivalent to 5000mg Aloe Vera Gel.

Retail **25% OFF**
#V22 - 100 Softgels \$17.50 **\$13.50**
Aloe Vera Softgels, 5000mg

Vitamin A Softgels



- Helps maintain eye health and night vision
- Supports healthy, glowing skin and hair, and is good for the immune system

#V1 - Each Softgel Provides: Vitamin A 10,000 IU, Soybean Oil, Gelatin, Glycerin, Water. Vitamin content derived from natural fish liver oil.

#V2 - Each Softgel Provides: Vitamin A 25,000 IU, Soybean Oil, Gelatin, Glycerin, Water. Vitamin content derived from natural fish liver oil.

Retail **25% OFF**
#V1 - 10,000 IU \$5.50 **\$4.50**
#V2 - 25,000 IU \$7.50 **\$5.95**

Vitamin A, 100 Softgels

Vitamin A & D Softgels



- Necessary for healthy bones and teeth
- Vitamin D helps the body absorb vitamin A

Each Softgel Provides: Vitamin A 10,000 IU; Vitamin D 400 IU; Soybean Oil; Gelatin; Glycerin; Water.

Retail **25% OFF**
#V3A - 100 Softgels \$6.75 **\$4.95**

Vitamins A & D, 10,000 / 400 IU

Acai Berry Extract

Look Better, Feel Better, & Get a Flatter Tummy!

- Boosts your metabolism and stamina
- Enhances energy and promotes wellness
- Flushes out excess waste and toxins from your body and promotes a healthy immune system
- Super-concentrated 4:1 standardized extract
- Each capsule contains: Acai Berry (Euterpe oleraceae martius) (fruit) 4:1 Extract 650mg.



SALE!

Nature's Wonderland® Pure Acai Berry Vcaps are packed with 650mg of potent 4:1 Acai Berry Extract. It takes a whopping 4 pounds fruit to make just 1 pound of our Acai Extract!

V92 Acai Berry Extract Reg. \$25.25 60 Vcaps \$18.95

SALE! Buy one at \$18.95 - Get 2nd One For Only 3¢!
Buy 2 x 60 Vcaps # PV92T for only \$18.98

Suggested Use: 1 Vcap 1 - 2 times daily





Alpha Lipoic Acid with Grape Seed Extract



- Antioxidant that helps neutralize harmful free radicals in cells
- Vital to the production of energy, boosts the antioxidant function of vitamins B, C and E
- Enhanced with Grape Seed Extract and BioPerine® for maximum absorption

Each Vcap™ Provides: Alpha Lipoic Acid 600mg; Grape Seed standardized extract 30mg; BioPerine® 5mg.

Retail **25% OFF**

#V70 - 60 Vcaps™ \$40.00 **\$29.95**
Alpha Lipoic Acid with Grape Seed, 600mg

Amino 3000 - 20 Amino Acids



- Blend of 20 essential and non-essential amino acids derived from soy and whey
- Amino acids help your body to build and replace body tissue and repair cells and are vital for the production of hormones and enzymes
- Helps promote: Cardiovascular Health, Immune System Health, Mental Clarity, Muscle Growth, Energy, Healthy Skin, Hair and

Nails

Contains: L-Alanine, L-Arginine, L-Aspartic acid, L-Cysteine, L-Glutamic Acid, L-Glutamine, L-Glycine, L-Histidine, L-Hydroxyproline, L-Isoleucine, L-Leucine, L-Lycine, L-Methionine, L-Ornithine, L-Phenylalanine, L-Proline, L-Serine, L-Threonine, L-Tryptophane, L-Tyrosine, and L-Valine; Vitamin B6 - 13mg.

Retail **25% OFF**

#V20A - 120 Caps \$17.50 **\$12.95**
Amino 3000, 20 Amino Acids

Bee Pollen
Nature's Most Complete Food



- This energy booster contains a wealth of healthy nutrients including proteins, amino acids, vitamins and minerals
- It is used regularly by athletes to improve performance and endurance
- Positive results have been observed by many with tender stiff joints, and by those who suffer from hay fever and allergies

Each capsule contains: 500mg Bee Pollen powder.

#V23 Bee Pollen 500mg 100 Capsules
Reg. \$12.00 **SALE! \$8.95**
SALE! Buy 200 capsules #PV23 only \$16.98
Suggested Use: 2 capsules 1-3 times daily

KidVites™ Children's Vitamins

Guaranteed Nutritional Coverage For Your Child

- Takes the guesswork out of your children's vitamin needs
- Our delicious BERRY BLAST vitamins give your child 26 vitamins and minerals, vital for growth and development
- There's no artificial colors, flavors, milk, wheat, yeast, or gluten



KidVites- Give Your Children the Gift of Nutritional Health

#V57A KidVites Berry Blast
60 Chewable Tablets Reg. \$10.25 **Sale \$7.50**
SALE! Buy 120 Tablets #PV57A for only \$13.98
Suggested Use: 2 Tablets daily

Here's what two tablets gives your child:

■ Vitamin A 5,000 IU	■ Iron 5 mg
■ Vitamin C 60 mg	■ Iodine 150 mcg
■ Vitamin D 200 IU	■ Lutein 500 mcg
■ Vitamin E 30 IU	■ Lycopene 500 mcg
■ Vitamin B-1 1.5 mg	■ Magnesium 10 mg
■ Vitamin B-2 1.7 mg	■ Zinc 3 mg
■ Niacin 20 mg	■ Manganese 10 mg
■ Vitamin B-6 2 mg	■ Chromium 120 mcg
■ Folic Acid 400 mcg	■ Molybdenum 75 mcg
■ Vitamin B-12 6 mcg	■ Choline 2 mg
■ Biotin 300 mcg	■ Inositol 2 mg
■ Pantothenic Acid 10 mg	■ PABA 2 mg
■ Calcium 20 mg	

Antioxidants (Super)



- Broad spectrum antioxidant flavonoid formula that helps neutralize harmful free radicals in cells and supports immune system function
- Contains nature's most potent free radical fighters including: Milk Thistle, Grape Seed, Green Tea and Curcumin

Each tablet contains: Green Tea extract 100mg; Milk Thistle extract 50mg; Curcumin extract 50mg; Quercetin 50mg; Bromelain 50mg; Cranberry Powder extract 50mg; Rosemary extract 50mg; Grapeseed extract 15mg; Ginkgo Biloba extract 15mg; Ginger Root 15mg; Hawthorn Berry 15mg; Bilberry extract 10mg; Cellulose, Rice Flour, Magnesium Stearate, Silica.

Retail **25% OFF**

#V215 - 60 Vcaps™ \$22.75 **\$16.95**
#V21 - 120 Vcaps™ \$40.25 **\$29.95**

Super Antioxidants, Broad Spectrum

Ashwagandha Standardized Extract

- This Ayurvedic tonic relieves occasional stress, promotes stamina, energy, and vitality
- Helps the body adapt to physical and mental stress, promotes youthful longevity, strengthens and balances body systems, and restores sexual energy



1 Vcap™ provides: Ashwagandha (Withania somnifera (rhizome)) standardized for 6.35% withanolides -500mg.

Retail **25% OFF**

#V86 - 60 Vcaps™ \$14.75 **\$10.95**
Ashwagandha Standardized Extract, 500 mg

Beta-Carotene

- A non-toxic form of vitamin A that supports immune system function
- Helps maintain the health of the eyes, improves night vision, and supports healthy, glowing skin and hair

Each softgel contains: Vitamin A 15mg (25,000 IU as Beta Carotene); Lecithin 10mg (61% Phosphatides); Vitamin E (as mixed tocopherols) 5 IU; Soybean oil; Gelatin Glycerin; Water.

Retail **25% OFF**

#V24 - 90 Softgels \$14.75 **\$10.95**
Beta-Carotene, 25,000 IU

Vitamin B-6



- Maintains nervous system health, and is necessary for normal brain function and energy metabolism
- Supports cardiovascular health and is essential in red blood cell formation

Each tablet contains: Vitamin B-6 (as Pyridoxine Hydrochloride) 50mg, Dicalcium Phosphate, Cellulose, Stearic Acid, Magnesium Stearate, Croscarmellose Sodium.

Retail **25% OFF**

#V4 - 100 Tablets \$8.00 **\$5.95**
Vitamin B-6, 50 mg

Vitamin B-12 - Cherry Flavor Chewable

- Helps form and regenerate red blood cells, so it helps prevent anemia and increase energy
- Improves memory, maintains a healthy nervous system, and assists immune function

Each lozenge contains: Folic Acid 100mcg; Vitamin B-12 (as Cyanocobalamin) 1000mcg; Fructose; Mannitol; Cellulose; Stearic Acid; Natural Cherry Flavor; Magnesium Stearate.

Retail **25% OFF**

#V5 - 100 Lozenges \$10.25 **\$7.50**
Vitamin B-12, 1000 mcg

Bitter Melon Standardized Extract

- Supports healthy blood sugar levels, promotes digestive health and maintains healthy liver function
- Used by millions all over the world as a part of their program for healthy carbohydrate and glucose metabolism
- For enhanced benefits, take Bitter Melon together with Gymnema

1 Vcap™ provides: Bitter Melon (Momordica charantia fruit) standardized for 5.5% bitter principles - 400mg.

Retail **25% OFF**

#V87 - 60 Vcaps™ \$13.50 **\$9.95**
Bitter Melon Std Extract, 400 mg

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Blue Green Algae (Klamath Lake)



- A unique superfood that contains over 40 minerals, trace minerals, vitamins, amino acids and antioxidants
- Increases energy, stamina, and vitality
- Helps improve digestion and accelerates healing

4 Capsules provide: Protein 1.5g/1500mg; Vitamin A (100% mixed beta-carotene) 1035 IU; B-12 .5mcg; Iron 700mcg; Chlorophyll 5.2mg, Blue Green Algae 2,000mg.

Retail **25% OFF**

#V26 - 90 Vcaps™ \$30.75 **\$22.95**

Blue Green Algae, 500 mg

Boswellia Standardized Extract

- An Ayurvedic herb beneficial for joint health, cartilage health, comfort and flexibility
- Contains boswellic acids, which exert a safe yet effective influence on joint comfort and flexibility
- Boswellia can be used along with Glucosamine, MSM and Bromelain



1 Vcap™ provides: Boswellia (Boswellia serrata resin) standardized for 66.35% Boswellic acids - 500mg.

Retail **25% OFF**

#V88 - 60 Vcaps™ \$15.75 **\$11.75**

Boswellia Standardized Extract, 500 mg

Chromium Chelavite® GTF



- Promotes metabolism of sugar
- Supports healthy blood sugar levels
- Helps regulate fat and carbohydrate metabolism
- Yeast free, with GTF (Glucose Tolerance Factor)

Each tablet contains: Chromium Chelavite® (as chromium-niacin amino acid chelate) 200mcg. GTF (as amino acid)

V68 - GTF Chromium 200mcg 100 Tablets
Reg. \$9.50 SALE **\$6.95**

SALE! Buy 200 Tablets #PV68 for only \$12.98

Suggested Use: One Tablet 1-2 Times Daily

Brewers Yeast

- A natural source of many nutrients, including amino acids and B-complex vitamins for energy metabolism
- Supports a healthy heart and cardiovascular system

AMOUNT PER SERVING (3 TABLETS): Protein 900mg; Thiamin (Vitamin B-1) 250mcg; Riboflavin (Vitamin B-2) 110mcg; Niacin 670mcg; Vitamin B-6 50 10mcg; Folic Acid 30mcg; Brewer's Yeast 1,950mg.



Retail **25% OFF**

#V27 - 500 Tabs \$14.75 **\$10.95**

Brewers Yeast, 650 mg

Cod Liver Oil Softgels



- Helps maintain healthy skin, hair, bones and a healthy immune system
- Supports cardiovascular health and helps maintain eye health
- Loaded with the Omega-3 fatty acids DHA & EPA
- Each tablet contains: Cod Liver Oil 650 mg; Gelatin, Glycerin, Water.

V29 Cod Liver Oil, 650mg

100 Softgels Reg. \$10.75 Sale **\$7.95**

SALE! Buy 120 Tablets #PV29 for only \$14.98

Suggested Use: 1 soft gel 1-3 times daily

Carbo Lean, Starch & Carb Neutralizer

- Carbohydrate neutralizer derived from white kidney bean extract
- Reduces the absorption of dietary carbohydrates and starch
- Scientifically proven to neutralize starch BEFORE it turns into fat



Neutralizes Starches Like Pasta BEFORE They Turn to Fat

Each capsule contains: Phase 2® Starch Neutralizer (extract of Phaseolus vulgaris) (Beans): 500mg.

Retail **25% OFF**

#V75 - 60 Vcaps™ \$21.50 **\$15.95**
Carbo Lean Neutralizer, 500mg

Super Vitamin C With Rose Hips & Calcium



- Supports the immune system and cardiovascular health
- Rose Hips has antioxidant properties, and is a natural source of Vitamin C
- Includes Calcium, essential for strong bones

Each tablet contains: Vitamin C (as ascorbic acid and Rose Hips- Rosa canina) 500mg, Calcium 40mg.

Retail **25% OFF**

#V72 - 100 Tabs \$13.50 **\$9.95**

Super Vitamin C With Rose Hips, 500mg Vitamin C Complex (Ester-C)

- Buffered form of Vitamin C with naturally occurring metabolites
- Helps you avoid gastrointestinal distress which many suffer when taking ascorbic acid Vitamin C
- Enhanced with 200mg of Citrus Bioflavonoids, which provide antioxidant activity



Each Tablet Provides: Vitamin C (From Ester-C Calcium Ascorbate) 1000mg; Calcium (from Ester-C Calcium Ascorbate) 115mg; Citrus Bioflavonoids (37% Hesperidin) 200mg; Acerola Powder 75mg; Rose Hips Powder 75mg; Rutin 50mg.

Retail **25% OFF**

#V325 - 60 Tablets \$16.95 **\$11.95**
Ester-C Complex, 1000mg

High Performance OptiSorb-C

- OptiSorb-C outperforms regular Vitamin C for unmatched antioxidant protection
- This buffered, non-acidic Vitamin C supplement also contains Alpha Lipoic Acid, an antioxidant known to help regenerate Vitamin C in the body
- Also includes the potent boosters Threonic Acid, Bioflavonoids



Each Tablet Provides: Vitamin C (from Threonic Acid Enhanced Buffered Calcium Ascorbate) 500mg; Calcium (from Buffered Calcium Ascorbate) 59mg; Citrus Bioflavonoids (37% total bioflavonoids as Hesperidin) 100mg; Alpha Lipoic Acid 50mg; Acerola Powder 25mg; Rose Hips Powder (Rosa canina) (Seed) 25mg; Rutin 25mg.

Retail **25% OFF**

#V32A - 90 Vcaps™ \$14.75 **\$10.95**
OptiSorb-C, 500mg

Chewable Vitamin C Lozenges

- Chewable, orange juice flavor, 500mg lozenges - Kids love them
- Effective and soothing for sore or irritated throat
- Enhanced with acerola and citrus bioflavonoids for optimum assimilation



Each lozenge contains: Vitamin C, 500mg (50% as Ascorbic acid and 50% as Sodium Ascorbate); Acerola 5mg; Citrus Bioflavonoids (37% Hesperidin) 5mg; Orange Juice Powder 100mg; Xylitol, Sorbitol, Stearic Acid, Magnesium Stearate, Beta-Carotene, Silica.

Retail **25% OFF**

#V7B - 50 Lozenges \$7.50 **\$5.50**

Chewable Vitamin C, Natural Orange Flavor 500mg

Calcium and Magnesium

- Essential for promoting strong bones, muscle contraction and nerve impulses
- Formulated in the preferred 2 to 1 ratio, for increased absorption and better bioavailability



Each tablet contains: Calcium 500mg; Magnesium 250mg; Cellulose, Magnesium Stearate (vegetable source), and Stearic Acid (vegetable source). Vegetarian Formula.

Retail **25% OFF**

#V28 - 100 Tabs \$10.00 **\$7.50**
Calcium 500mg and Magnesium 250mg

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





CoEnzyme Q10 (CoQ10) With Hawthorn Berry

- Coenzyme Q10 (CoQ10) is produced by the human body and is necessary for the basic functioning of cells
- CoQ10 levels are reported to decrease with age and to be low in those with heart conditions, as well as some chronic diseases
- Some prescription drugs may also lower CoQ10 levels.
- CoQ10 supports cardiovascular health while it helps neutralize harmful free radicals in cells
- It also plays a vital role in energy production



Our CoQ10 is the highest quality pharmaceutical grade available, and is enhanced with Hawthorn Berries, for trusted cardiovascular support. These vital antioxidants work together for enhanced absorption and efficacy. Each capsule contains: Coenzyme Q10 100mg, Hawthorn Berry powder 400mg., vegetable cellulose (capsule).

See Pages 47-48 for more items for Cardiovascular health.

V315 CoQ10 100mg, with Hawthorn Berry
400mg 30 Vcaps Reg. \$30.75 SALE! \$22.95

SALE! Buy 60 Vcaps # V31 for only \$39.95
SAVE MORE! Buy 120 Vcaps # PV31 for \$75.98

Suggested Use: 1 capsule 1-2 times daily

Coral Calcium



- Highly absorbable form of calcium blended with vitamins C, D, Boron and Magnesium: all essential for promoting strong bones
- Ecologically safe; from above sea level deposits of fossilized corals

- Features Concentrace®, a super concentrated absorbable source of trace minerals

AMOUNT PER SERVING (2 TABLETS): Vita. C 75mg; Vita. D 400 IU; Vita. E 200 IU; Calcium 400mg; Magnesium 200mg; Zinc 15mg; Selenium 40mcg; Copper 40mcg; Manganese 10mcg; Chromium 140mcg; Molybdenum 20mcg; Chloride 43mg; Vanadium 40mcg; Boron 94mg; Coral calcium 1274mg. OTHER INGREDIENTS: Vegetarian Capsules, Stearic Acid, Magnesium Stearate.

#V58 - 60 Vcaps™ **Retail \$26.75 25% OFF \$19.95**
Coral Calcium, 1274mg

Colostrum

- Supports immune function and assists the body in the maintenance of healthy bacterial response
- A nutrient dense supplement with high concentration of valuable proteins
- Contains high concentrations of immunoglobulins and Lactoferrin
- Maintains lean muscle tissue
- Encourages healthy gastro-intestinal function



Each capsule contains: Dried Bovine Colostrum 500mg., Gelatin, Magnesium Stearate, Silica.

#V30A - 100 Caps **Retail \$23.50 25% OFF \$17.50**
Colostrum, 500mg

Cranberry 8:1 Whole Fruit Concentrate

- Recurring urinary tract imbalance affects tens of millions, especially women
- Cranberry juice is an effective, natural way to maintain healthy urinary tract function



- Our high-potency, concentrated extract delivers the full spectrum of antioxidant phytonutrients and flavonoids

Each capsule contains: 10mg; Cranberry fruit concentrate (700mg of 8:1 concentrate)

#V91 - 60 Vcaps™ **Retail \$21.50 25% OFF \$15.95**
Cranberry Concentrate, 700mg

DHEA

- A natural hormone that is involved in the production of testosterone and estrogen that provides many rejuvenating benefits for men and women
- Essential as we grow older, since natural levels of this vital nutrient decrease
- Helps maintain healthy body weight and supplies Calcium and Vitamin C



Each capsule contains: Vitamin C 25mg, Calcium 105mg, DHEA (Dehydroandrosterone) 25mg.

#V60 - 60 Capsules **Retail \$13.50 25% OFF \$9.95**
DHEA with Vit C and Calcium, 25mg

Natural Vitamin E Softgels

- Supports cardiovascular health
- Powerful antioxidant that protects cells from damage caused by free radicals
- Helps maintain healthy nerves, muscles, and strengthens capillary walls
- Composed of natural D-Alpha tocopherols



Each Softgel provides: Vitamin E (as unesterified d-alpha tocopherol plus mixed tocopherols: d-beta, d-delta and d-gamma tocopherol); Vegetable Oil concentrate, Gelatin, Glycerin & Water. Entire vitamin content derived from 100% natural vegetable oil sources.

	Retail	25% OFF
#V8 - E-100 IU, 100	\$10.75	\$7.95
#V9 - E-200 IU, 100	\$13.50	\$9.95
#V10 - E-400 IU, 100	\$16.25	\$12.95
#V11 - E-1000 IU, 50	\$21.50	\$15.95

Natural Source Vitamin E Softgels

Super Evening Primrose

- Rich vegetarian source of Omega-6 essential fatty acid Gamma Linolenic Acid (GLA)



- A long time favorite of women to help promote hormone tranquility
- Eases mild discomfort of PMS

Our 1300mg Super Evening Primrose Oil gives you:
■ 120mg GLA

- Helps maintain a healthy cardiovascular system and is favored by those with cholesterol concerns
- Important for healthy inflammatory and immune response
- As a bonus, it is excellent for keeping skin healthy, supple and youthful looking!
- Each high potency capsule contains: Evening Primrose Oil 1,300mg; Gamma Linolenic Acid (GLA) 120mg, Gelatin, Glycerin, and Water.

#V49 Super Evening Primrose 1300mg
60 Softgels Reg. \$16.25 SALE! \$11.95

SALE! Buy 120 Softgels #PV49 for only \$21.98
Suggested Use: 1 Capsule 1-2 times daily

Flax Oil, Certified Organic

- A natural source of Omega-3, 6 and 9
- Helps support a healthy heart and overall cardiovascular health
- Provides an energy source for the body and promotes healthy hair, skin and nails
- Cold-pressed, certified organic



AMOUNT PER SERVING (3 SOFTGELS): Omega-3 (Alpha Linolenic Acid) 1,500mg; Organic Flax Seed Oil 3,000mg; Omega-6 (Linoleic Acid) 420 mg; Omega-9 Fatty Acids (Oleic Acid) 570 mg, Gelatin, Water, Carob.

#V62A - 90 Softgels **Retail \$10.75 25% OFF \$7.95**
Flax Oil, Certified Organic, 1000mg

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



2500 mg
Odorless!

Our Super Potent Odorless Garlic Extract Keeps Your Cardio System Healthy!

For over 5000 years, Garlic has been the remedy of choice for people who want to stay healthy. Today Garlic has become the focus of even more scientific research. Benefits include:

- Rich in Allicin to help maintain cholesterol and blood pressure levels in the normal range
- Fights arterial plaque, protects your immune system and has antioxidant activity
- Garlic also has been found to be of benefit in helping to make blood platelets less sticky

Our Super Potent Odorless Garlic Extract Softgels (no telltale breath) contain 100:1 extract, aged 18 months. Gives you the equivalent of 2500 mgs of Garlic Extract for optimum body health!

#V33 Odorless Garlic 100 Softgels
Reg. \$10.75 SALE! \$7.95

SAVE! Buy 200 Softgels # PV33 only \$14.98
Suggested Use: 2 Caps 1-2 times daily

Grape Seed Extract, Citrus Bioflavonoids



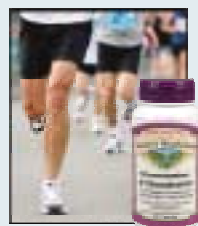
- Powerful antioxidant for a healthy heart derived from red grape seeds
- Supports immune health, helps neutralize harmful free radicals in cells
- Promotes blood vessel and circulatory health
- Citrus bioflavonoids provide extra

antioxidant protection

Each capsule contains: Grape seed Extract 60mg; Citrus Bioflavonoids 300mg.

#V35 - 30 Vcaps™ Retail ~~\$26.75~~ **25% OFF \$19.95**
Grape Seed Extract, 60 mg

Glucosamine and Chondroitin



- Helps cushion, lubricate and nourish your joints
- Supports healthy cartilage and joint function
- Helps the body replenish the precious lubricating fluids that keep cartilage nourished
- Enhanced with ConcenTrace® Trace Minerals to help boost absorption into your joints

Here's what this exclusive formula gives you:

4 Capsules Contain:

- 60mg Magnesium
- 1200mg Chondroitin
- 160mg Calcium
- 800mg Trace Minerals
- 1500mg Glucosamine

V34 Glucosamine / Chondroitin
60 Capsules Reg. \$29.50 SALE! \$21.95
SAVE! Buy 120 Capsules # PV34 only \$39.98
Suggested Use: 4 capsules daily

Gymnema Sylvestre Standardized Extract



- Known as a 'sugar destroyer' because of its ability to block the taste of sweetness
- Promotes healthy glucose metabolism and pancreatic function
- Favored by many with blood sugar concerns and those who want to cut down on sugary snacks
- Gymnema's benefits are enhanced in combination with Bitter Melon, Fenugreek, and Chromium

1 Vcap™ provides: Gymnema sylvestre leaf (standardized for 25% gymnemic acids) 300mg.

#V89 - 60 Vcaps™ Retail ~~\$26.75~~ **25% OFF \$19.95**
Gymnema Sylvestre Std. Ext, 300 mg

Hawthorn Standardized Extract

- Supports a healthy heart
- Protects cardiovascular health
- Supports healthy blood pressure and flow
- Provides powerful antioxidant flavonoids
- Standardized to minimum 1.8% vitexin



Hawthorn helps normalize, strengthen and maintain cardiovascular health naturally. It has a gentle tonic action, providing long term support for the heart muscle. Contains flavonoids and powerful antioxidants which strengthen and dilate capillaries, resulting in healthy blood flow and supply of oxygen to the heart, while maintaining normal blood pressure.

Each capsule contains: Hawthorn Leaf & Flower Extract standardized to 1.8% vitexin 300mg; Hawthorn Berry 200mg.

#V77 - 60 Vcaps™ Retail ~~\$26.75~~ **25% OFF \$19.95**
Hawthorn Extract, 300mg

True Hoodia Slim Plex

- Hoodia is a succulent plant that grows in the Kalahari Desert and is used by African tribesmen to stave off hunger
- Concentrated, equivalent to 3000mg pure plant
- Chromate® Chromium is added to enhance fat and carbohydrate metabolism
- Green Tea, an energizing antioxidant, makes this the ultimate dieting and appetite control formula



Each capsule contains: Niacin .55 mg; Chromium 100mcg; Hoodia (Hoodia gordonii) 20:1 concentrate 150mg; Cocoa Extract 200mg; Green Tea Extract (Camellia sinensis leaf), 100mg.

#V78 - 60 Vcaps™ Retail ~~\$26.75~~ **25% OFF \$19.95**
True Hoodia Slim-Plex, 3000 mg Equiv.

Hyaluronic Acid with MSM

- Promotes joint health, mobility and flexibility
- For those who need to ease the flexing of their joints, and especially their knees, by restoring cushioning to joints
- For men and women who are beginning to see the first signs of aging, as well as seniors



- Helps skin retain moisture, preserving youthful appearance

Two capsules contain: Sodium (from Sodium Hyaluronate) 9mg, Hyaluronic Acid (from Sodium Hyaluronate) 100mg, MSM (Methylsulphonylmethane) 900mg.

#V81 - 60 Vcaps™ Retail ~~\$26.75~~ **25% OFF \$19.95**
Hyaluronic Acid 50 mg, MSM 450mg

Iron Complex, Chelated

- Plays a critical role in the formation of hemoglobin and red blood cells, and in transporting oxygen throughout the body
- Helps prevent iron-deficiency anemia
- Contains Ferrochel™ Iron Chelate, which is highly absorbed, well tolerated and non constipating
- Combined with Vitamins C & B12, Folic Acid, Dong Quai and Red Raspberry, to tone and strengthen the entire female system



Each Tablet Contains: Vitamin C (ascorbic acid) 50mg; Folate 200mcg; Vitamin B-12 50mcg; Iron (as 158mg Ferrochel™ Iron Bisglycinate) 27mg; Dong Quai Root 100mg; Red Raspberry Leaf 100mg; Calcium Phosphate, Cellulose, Stearic Acid, Magnesium Stearate, Silica.

#V36 - 100 Tablets Retail ~~\$10.75~~ **25% OFF \$7.95**
Chelated Iron Complex, 27mg



Lecithin Softgels

- Supports memory and brain function
- Maintains cardiovascular health
- Nervous system support
- Acts as an emulsifier of fat
- Helps keep the liver healthy
- An important natural source of Choline, Inositol and Linoleic acid



AMOUNT PER SERVING (3 SOFTGELS): Soybean Lecithin 3600mg, Phosphatidyl Choline 540mg; Phosphatidyl Ethanolamine 430mg; Phosphatidyl Inositol 330mg, Gelatin, Glycerine and Water.

#V40 - 80 Softgels Retail \$7.00 **25% OFF \$4.95**
Lecithin Softgels, 1200mg

L-Arginine ...The Amino Acid For Men's Sexual Health



- Increases sperm count and volume
- Boosts nitric oxide, a compound that relaxes blood vessels to assist blood flow to erectile tissue
- Promotes a healthy immune system

- L-Arginine also helps dilate (open up) blood vessels
- It helps promote the production of HGH (Human Growth Hormone), which fights the effects of aging
- Nature's Wonderland® L-Arginine capsules give you 500mg top-quality pharmaceutical grade from vegetarian sources

The Special Supplement For a Man's Sexual Health Needs

V63 L-Arginine 500mg 100 Capsules Reg. \$16.25 **SALE! \$11.95**
SALE! Buy 200 capsules #PV63 for only \$21.98
Suggested Use: 2 capsules 1-3 times daily

L-Glutamine

- Beneficial for exercise recovery
- Supports muscle mass, helps build and protect muscle tissue
- Supports healthy immune function
- Maintains intestinal health



Each Capsule Provides: L-Glutamine (free form) 500mg; Rice Flour, Magnesium Stearate. Contains no sugar, salt, starch, yeast, wheat, corn, soy, egg, or milk.

#V37 - 100 Capsules Retail \$13.50 **25% OFF \$9.95**
L-Glutamine, 500mg

Are You Concerned About Macular Degeneration? You should be!

Macular degeneration is the leading cause of blindness in adults.



- Lutein's positive effect on eye and vision health includes protection from age-related macular degeneration
- Lutein is a potent antioxidant that helps protect your retina from potentially damaging forms of light
- Evidence suggests that to benefit from Lutein's eye protective action, you need a minimum of 6mg per day
- Nature's Wonderland® Lutein is derived from natural Marigold flowers, with a supporting blend of additional antioxidant carotenoids

Each Nature's Wonderland® Lutein Softgel provides:
 ■ 20 mg of Lutein

Lutein: Think Of It as Insurance For Your Eyes.

V76 Lutein 20 mg 60 Soft Gels Reg. \$21.50 Sale \$15.95
SALE! Buy 120 softgels # PV76 only \$28.98!
Suggested Use: 1 softgel daily

L-Lysine

- An essential amino acid for healthy skin
- Necessary for tissue maintenance and repair and important for the health and integrity of the skin
- Can also help to reduce or prevent painful cold sores and fever blisters
- Must be supplied by supplementation, since it cannot be made by your body



Each Tablet Provides: L-Lysine (from L-Lysine hydrochloride) 500mg; Cellulose, Silica, Magnesium Stearate (vegetable source).

#V38 - 100 Tablets Retail \$8.00 **25% OFF \$5.95**
L-Lysine, 500 mg

L-Tyrosine Capsules

- Supports mental alertness, stress reduction and encourages a positive mood
- Promotes healthy glandular function
- Stimulates muscle growth and reduces body fat



Each Capsule Provides: L-Tyrosine 500mg; Magnesium Stearate, gelatin (capsule).

#V39 - 100 Capsules Retail \$14.75 **25% OFF \$10.95**
L-Tyrosine, 500mg

Liver Tablets

- Natural form of iron that stimulates the production of red blood cells
- Supplies energy-supporting B vitamins, protein, and other naturally occurring vitamins and minerals
- Obtain all the nutritional benefits of liver without the inconvenience



5 Tablets Provide: Protein 2 g; Vitamin A 85 IU; Riboflavin (Vitamin B-2) 195mcg; Vitamin B-12 8mcg; Liver Powder 3,400mg; Stearic Acid; Magnesium Stearate; Croscarmellose Sodium. Nature's Wonderland™ liver is derived from hormone-free Argentinian beef liver.

#V41 - 200 Tablets Retail \$9.50 **25% OFF \$6.95**
Liver, 680mg

The All-Natural Nightcap: Melatonin

Do you experience any of the following:



- Occasional sleeplessness?
- Trouble getting to sleep?
- Disrupted sleep & wake cycles?
- Jet lag when traveling?
- Failure to get a restful, restorative sleep?

You are not alone. Over 40 million people suffer from sleep disorders!

- As the body ages, the natural hormone called melatonin - which helps you get a full night's sleep - declines
- Our natural 3mg Melatonin tablets boost your melatonin levels so you can sleep like a baby and wake refreshed without drugs or morning grogginess!

V42 Sublingual Melatonin 3mg. 100 Tablets Reg. \$10.75 **SALE \$7.95**
SALE! Buy 200 Tablets #PV42 for only \$14.98
Suggested Use: One Tablet Before Bedtime

Minerals - Chelated, High Potency

- Chelated, high potency full spectrum multi-mineral formula
- Essential to your body - without minerals, vitamins cannot be properly assimilated
- Helps normalize metabolism, growth, development and cellular activity
- Deficiency in just one mineral can often lead to serious health problems
- Helps your body maintain optimal health



AMOUNT PER SERVING (2 TABLETS): Vitamin D 200 IU; Calcium 1.0g; Iron 20mg; Iodine 150mcg; Magnesium 500mcg; Chromium 100mcg; Molybdenum 50mcg; Potassium 99mg; Zinc 22.5mg; Selenium 50mcg; Copper 1mg; Manganese 5mg; L-Glutamic Acid (HCl) 50mg; Boron 3mg; Vanadium 50mcg.

#V61 - 60 Tablets Retail \$10.75 **25% OFF \$7.95**
High Potency Full Spectrum Minerals

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



Super EPA Omega-3 Fatty Acids... For A Healthy Cardio System

Your body needs Essential Fatty Acids as much as vitamins. Why?

- EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease, maintains a healthy heart and cardiovascular system
- These fatty acids have the ability to help keep blood flowing smoothly, while also helping to promote "good" cholesterol and curb high triglyceride levels
- Helps give you healthy skin and can aid in fighting joint stiffness and helps you have greater mobility
- Nature's Wonderland® Super EPA Omega-3 fatty acids natural fish oil concentrate is screened for the absence of heavy metals and other contaminants, manufactured under strict quality control standards
- Double strength, cholesterol free
- AMOUNT PER SERVING (2 SOFTGELS): Vitamin E 10 IU, Omega-3 Fatty Acids 1.2g/1,200mg, EPA 720mg, DHA 480mg, Fish Oil concentrate, Gelatin, Glycerin



V64 Super EPA Fatty Acids 60 softgels
 Reg. \$18.75 Sale \$13.95
SALE! Buy 120 softgels # PV64 only \$24.98!
 Suggested Use: 2 softgels daily with meals

MSM



- Important in maintaining healthy bones, joints, cartilage, and muscles
- Contributes to healthy teeth, skin, nails and hair
- All-natural, premium food grade
- Made to the highest quality standards and tested to ensure a 99.7% purity level

Each capsule provides: MSM (Methylsulphonylmethane) 1,000mg, Gelatin, Magnesium Stearate, Stearic Acid.

Retail **25% OFF**
 #V43 - 60 Caps \$13.50 **\$9.95**
MSM, 1000mg

Noni, Hawaiian (Morinda Citrifolia)



- Supports immune system health
- Adaptogenic tonic promotes vitality and is an excellent source of antioxidants
- Freeze-dried Noni juice with a natural fusion of antioxidants, vitamin C, and bioflavonoids

Each capsule provides: Hawaiian Noni, freeze-dried (Morinda citrifolia) 450mg. OTHER INGREDIENTS: Cellulose (capsule), Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Silica.

Retail **25% OFF**
 #V65A - 90 Capsules \$33.50 **\$24.95**
Noni, Hawaiian, 450mg

Papaya Enzymes, Chewable



- An "after meals" chewable digestive tablet
- Combines four enzymes to support healthy digestion
- Vegetarian formula that assists the body in digesting proteins, starch, fats and fiber

Enhanced with chlorophyll and peppermint to keep your breath fresh

AMOUNT PER SERVING (2 LOZENGES): Papain 100mg; Papaya Fruit Powder 80mg; Bromelain 20mg; Lipase 10mg; Cellulase 5mg; Alpha-amylase 2mg, Sorbitol; Mannitol; Stearic Acid, Magnesium Stearate, Silica, Peppermint Powder, Peppermint Oil, Sodium Copper Chlorophyllin.

Retail **25% OFF**
 #V44 - 120 Lozenges \$6.75 **\$4.95**
Papaya Enzymes, Chewable

Pomegalex™ Pomegranate Extract



- Provides you with strong support against the effects of aging
- Protects against abnormal cell growth
- Potent antioxidants protect cells against DNA damage and support healthy cellular function
- Contains Pomegranate Extract, plus Trans-Resveratrol

Each capsule contains: Pomegranate Fruit standardized extract 200mg; Ellagic Acid 80mg; Japanese Knotweed Root Extract and Grape Skin Extract 130mg; Trans-Resveratrol 20mg.

Retail **25% OFF**
 #V83 - 60 Vcaps™ \$22.75 **\$16.95**
Pomegalex™ Pomegranate Extract, 200mg

Oregano Oil

- The powerful immune-supporting benefits of Wild Oregano Oil are compared to Tea Tree Oil, Echinacea, Grapefruit Seed extract AND Goldenseal combined!
- Our Wild Mediterranean Oregano Oil provides 70% Cavacrol- the herb's active natural compound

AMOUNT PER SERVING (1 VEGGIE CAP): Oil of Oregano (contains 45mg pure Oregano oil which delivers 32mg carvacrol) 510mg.



Retail **25% OFF**
 #294KX - 60 Caps \$21.95 **\$18.95**
Oregano Oil, 510mg

Phosphatidyl Serine with Ginkgo Biloba

- Promotes healthy brain and nerve function
- Facilitates the activity of neurotransmitters involved in learning, memory and mood
- Fights age-related mental decline
- Contains Ginkgo Biloba for its positive influence on memory and cognitive focus



Each softgel contains: Phosphatidylserine and Lysophosphatidylserine 100mg, Other Soy Phospholipids 90mg, Ginkgo biloba standardized leaf extract 60mg.

Retail **25% OFF**
 #V82 - 60 Softgels \$49.50 **\$36.95**
Phosphatidyl Serine 100mg, Ginkgo 60mg

Potassium Iodide 99mg (Iodine, 225mg)

- Iodine is a nutrient necessary for healthy thyroid function
- Helps regulate energy production
- Supports the body's normal detoxification process and promotes healthy water balance



Each tablet contains: Iodine 225mg; Sodium 5mg; Potassium 99mg; Sodium Alginate 100mg.

Retail **25% OFF**
 #V67 - 180 Tablets \$10.75 **\$7.95**
Potassium, 99mg; Iodine, 225mg

Potassium Gluconate

- Helps maintain the electrolyte balance that assists in promoting a healthy heart
- Regulates normal fluid balance in the body, thus preventing your body from "holding water"
- Helps stimulate the kidneys to eliminate toxins
- Essential for muscle activity and nerve transmission



Each tablet contains: Potassium 99mg; Stearic acid, Magnesium Stearate and Cellulose.

Retail **25% OFF**
 #V45 - 100 Tablets \$6.75 **\$4.95**
Potassium Gluconate, 99mg

Prenatal Vitamins - SEE PAGE 63

Pumpkin Seed Oil

- Provides Omega 3 and 6 EFA's and additional nutritional support for the prostate gland
- Promotes healthy bladder and urinary function
- A rich source of zinc, vitamins A and E, protein, amino acids, and trace minerals.



Each softgel contains: Pumpkin Seed Oil (Curbita pepo) 1000mg.

Retail **25% OFF**
 #V50 - 60 Softgels \$12.00 **\$8.95**
Pumpkin Seed Oil, 1000mg





Red Yeast Rice



Concerned About Your Numbers Being Too High?

- Red Yeast Rice helps promote cardiovascular health while it maintains cholesterol levels that are already within a normal range

- Trials at UCLA School of Medicine confirmed that red yeast rice reduced cholesterol levels by an average of 40 points in 12 weeks when combined with a low-fat diet
- Since Red Yeast Rice may deplete CoQ10 levels similar to statin drugs, it is important that you take #V31 CoQ10 along with this supplement or any statin drug - See pg 19

Our Potent Red Yeast Rice Helps You Fight Bad Cholesterol

V74 600mg Red Yeast Rice
60 Vcaps Reg. \$22.95 SALE! \$16.95

SALE! Buy 120 Capsules # PV74 Only \$30.98

Suggested Use: 1 capsule 1-2 times a day

Resveratrol with Red Wine Extract

- Cardiovascular support
- Powerful anti-aging effects
- Supports healthy inflammatory response
- With Red Wine Extract, Green Tea Extract and Grape Seed Extract
- Vegetarian Formula



Each capsule contains: Red Wine Extract (Alcohol-Free) 100mg, Natural Trans-Resveratrol 50mg, Green Tea Extract 100mg, Grape Seed Extract 50mg.

#V85 - 60 Vcaps™ Retail ~~\$21.50~~ **25% OFF \$15.95**
Resveratrol, 50mg

Royal Jelly

- Rich source of vitamins, minerals, proteins, free amino acids and digestive enzymes
- Puts a natural "caffeine-free" energy boost in your day
- Supports healthy immune system function

Each softgel contains: Royal Jelly (minimum 5% 10-HDA) 303mg (3.3:1 freeze-dried concentrate, equivalent to 1000mg fresh Royal Jelly), Rice Bran Oil, Gelatin, Water, Bees Wax, Glycerin, Silica.



#V47 - 60 Softgels Retail ~~\$22.75~~ **25% OFF \$16.95**
Royal Jelly, 1000mg

Selenium

- An essential trace mineral
- Supports the immune system
- Some scientific evidence suggests it may reduce the risk of certain forms of cancer (FDA has determined that this evidence is limited and not conclusive)



Each tablet contains: Selenium (as L-Selenomethionine) 100mcg.

#V51 - 100 Tablets Retail ~~\$8.00~~ **25% OFF \$5.95**
Selenium, 100mcg

Silica Complex with Calcium and Zinc

- Helps promote healthy hair, skin and nails
- Contains Calcium, Manganese, Zinc and Boron for building strong bones
- Made from Horsetail Extract
- Thoroughly screened for potency and purity.



Each tablet contains: Calcium 50mg; Zinc 5mg; Manganese 2mg; Horsetail Extract (4:1) 500mg; Silica (from Horsetail Extract) 40mg; Oat Straw 100mg; Bentonite Mineral Powder 10mg; Boron 1mg, Cellulose, Stearic Acid, Magnesium Stearate.

#V53 - 90 Tablets Retail ~~\$13.50~~ **25% OFF \$9.95**
Silica Complex, 500mg

Spirulina Tablets

- Boosts energy levels, curbs the appetite
- Helps purify and build the blood
- Strengthens the immune system
- An incredibly rich source of protein, containing all 8 essential amino acids
- Highest known vegetable source of B-12
- Provides all the necessary minerals, trace minerals, cell salts, digestive enzymes, as well as an abundance of chlorophyll



6 Tablets Provide: Spirulina 3,000mg; Calories 10; Sodium 40mg; Total Carbohydrate 0.5g; Protein 2,000mg; Vitamin A 11,250 IU; Thiamin (Vitamin B-1) 75mcg; Riboflavin (Vitamin B-2) 110mcg; Vitamin B-12 2mcg; Calcium 15mg; Gamma Linoleic Acid (GLA) 30mg; Chlorophyll 25mg; Iron 1.5mg. (Grown in the USA)

#V48 - 100 Tablets Retail ~~\$10.75~~ **25% OFF \$7.95**
Spirulina, 500mg

Tribulus Standardized Extract

- Improves sexual performance
- Increases sexual desire
- Supports male reproductive health
- Strengthens vitality, stamina and energy



Each capsule contains: Tribulus terrestris (aerial parts and fruit) standardized extract (minimum 45% saponins) - 500mg.

#V84 - 60 Capsules Retail ~~\$10.75~~ **25% OFF \$7.95**
Tribulus Standardized Extract, 500mg

B-50 Stress Formula with Vitamin C Soothes Out Stress

- A balanced formula of all B Vitamins
- Protects against nutritional stress depletion
- Fortified with Vitamin C



In today's hectic, fast paced world, life's daily pressures can rob your body of vital vitamins without your even knowing it!

- With our balanced B-50 Stress Formula you get six soothing B vitamins fortified with Vitamin C
- Helps protect your immune system, guards against premature cell aging, and fights the ravages of stress

V6 B-50 Stress Formula with Vitamin C 60 Capsules Reg. \$13.50 SALE! \$9.95

SALE! Buy 120 Capsules # PV6 only \$17.98

Suggested Use: 1 capsule daily

Turmeric Standardized Extract

- Contains an active nutrient called curcumin, a powerful antioxidant that supports joint function
- In recent studies, curcumin has been found to limit the activity of COX-2, the enzyme involved in promoting inflammation
- By reducing the effects of these enzymes, curcumin may also reduce inflammation and pain
- Turmeric really helps joints feel more comfortable, while supporting better mobility



Each Vcap™ provides: Turmeric (Curcuma longa root) standardized for 21.3% curcumin 250mg.

#V90 - 60 Vcaps™ Retail ~~\$15.25~~ **25% OFF \$11.25**
Turmeric Standardized Extract, 250mg

Yucca Root

- Helps to promote bone and joint health, mobility and flexibility
- A plant source of the bone supporting nutrients Calcium and Phosphorous, plus the cartilage nourishing minerals Silica and Manganese



Each capsule contains: Yucca Root (Yucca schidigera) 500mg.

#V54 - 100 Caps Retail ~~\$16.00~~ **25% OFF \$11.95**
Yucca Root, 500mg

Zinc Tablets

- Supports prostate health
- Maintains healthy sex drive
- Assists the body in wound healing
- Boosts immune system health
- Preserves clear vision



Each Tablet Contains: Zinc (gluconate) 50mg; Magnesium Stearate; Cellulose; Silica.

#V55 - 100 Tablets Retail ~~\$5.50~~ **25% OFF \$3.95**
Zinc, 50mg

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



It's The Season for Sneezin' ... Fight Back and Defend Your Body With Our Sinu-Care™ Formula!

Ragweed has small, green flowers that unleash copious amounts of pollen freely into the winds of late summer, and it then becomes the source of much human misery.

Allergies, clogged sinuses, and stuffy nose can make you downright miserable. Sinu-Care™ is a natural way to get fast relief and defend yourself.

- We've blended 7 herbs known for their ability to soothe allergy miseries and to help promote clear, free breathing
- Sinu-Care™ works to relax air passages and promote respiratory health. Here's what this formula gives you:

- **Sage**- Prescribed by herbalists for centuries to help soothe throat irritations and coughs.
- **Nettle Leaves**- This herb soothes coughs and is reported to be of great help with hay fever.
- **Mullein**- This herb contains Mucilage and Saponins which help soothe irritated mucous membranes in the respiratory system.
- **Speedwell, Celandine Herb, Knot Grass and Chickory**- These four herbs are often used to support free breathing.

If you suffer from sinus problems or allergies our Sinu-Care™ formula can bring you relief... Guaranteed!



BEST SELLER!

S51X Sinu-Care™ 60 Vcaps 425mg. \$10.25

SALE! Buy 120 Caps # PS51X for only \$18.98

Suggested Use: 1-2 Caps 3 times daily.

S51T Sinu-Care™ 3oz Tea \$8.75

SALE! Buy 6oz # PS51T for only \$15.98

Stuffed Up Nose and Clogged Sinuses?

Our Sinus & Lung Care™ Formula Promotes Clear, Free Breathing

- Our respiratory and immune systems are being bombarded constantly by pollen, pollution and toxins that we breathe in
- It's no wonder that we get clogged sinuses, congestion and an overworked immune system
- Fight back with our time tested **Sinus & Lung Care™ Formula**
- This formula contains Rosemary and Boneset, which help promote clear free breathing
- Also included in this formula are two herbs, Pleurisy and Horehound, which help to shore up the bronchial passages and immune system



Clear Up the Natural Way With Our Sinus & Lung Care™ Formula!

S2X Sinus & Lung Care™ 60 Vcaps 525mg \$10.50

SALE! Buy 120 Caps # PS2X for \$19.98

Suggested Use: 1-2 Caps 3 times daily.

S2T Sinus & Lung Care™ 3 oz Tea \$9.00

SALE! Buy 6oz # PS2T for \$16.98

Powerful, Sugar Free Lozenges Clear the Head, Soothe the Throat, Give You POWER TO BREATHE®!

These tasty Black Currant lozenges help you fight coughs due to colds and minor bronchial irritation. They also have a natural anesthetic action that provides instant, cool, soothing relief for sore throat. Take one and breathe in deeply... you will notice almost immediately how the powerful, cooling vapors give you an intense feeling of increased airflow in your lungs and sinuses! Features soothing Menthol, Eucalyptus and Vitamin C - a key immune system nutrient, and a potent free-radical fighter.



Active ingredient: Menthol 10mg. **Other ingredients:** Black Currant flavor, citric acid, eucalyptus oil, isomalt, natural color, Vitamin C.



Handy blister cards slip easily in your pocket or purse!

Black Currant Flavor

POWERFUL Vapors



Olbas Lozenges

#LOZ 24 per box \$6.50

Help Yourself to Clear, Free Breathing While Promoting Stronger Lungs!

- The respiratory system is your lifeline to good health
- When blocked, clogged or congested, life can be miserable
- Smoke, pollution, allergies, and unhealthy air wreak havoc on your lungs and bronchial passages, leaving sinuses clogged and lungs gasping to get life giving oxygen



- Breathe freely once again with our comprehensive Breathe-Free™ Formula of 7 herbs known to help keep your respiratory system clean and clear. Here's why it works:

- **Celandine**- This herb assists in draining fluids. It also helps relieve and soothe muscle spasms.
- **Rosemary**- Rich in flavonoids and phenolic acids, which help maintain healthy immune systems and safeguard your respiratory system.
- **Angelica**- Offers soothing support for healthy lungs.
- **Buckthorn, Speedwell, Wild Plum and Centaury**- Help cleanse the respiratory system, promoting stronger lungs.

Don't struggle with difficult breathing any longer. Get our Breathe-Free™ herb formula!

S5X Breathe-Free™ 60 Vcaps 450mg \$10.25

SALE! Buy 120 Caps # PS5X for \$18.98

Suggested Use: 1-2 Caps 3 times daily.

S5T Breathe-Free™ 3oz Tea \$8.50

Relieves Sinus Pressure, Nasal Congestion, Allergies, Headaches and More!

- The World's 1st Capsaicin Pepper based homeopathic nasal sprays
- Relieves chronic and occasional congestion, allergy symptoms, cluster, migraine and sinus headaches
- Promotes normal sinus drainage and does not dry out your nasal passages
- Metered dose, no drips. All natural, non-caustic. Safe to use as needed.



A64J - Sinus Buster® Original .68 Fl.Oz. \$16.95

A64Q- Sinus Buster® Mild .68 Fl.Oz. \$16.95

A64M- Sinus Buster® Anti-Cold .68 Fl.Oz. \$16.95

A64K - Sinus Buster® Allergy .68 Fl.Oz. \$16.95

A64N - Sinus Buster® Headache .68 Fl.Oz. \$16.95

A64T - Sinus Buster® Women .68 Fl.Oz. \$16.95

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





Fight Free-Radical Damage With Super Antioxidants!



- Discover this powerful blend of nature's most potent free-radical fighters
- Includes: Green Tea, Milk Thistle, Quercetin, Rosemary, Grapeseed, Ginkgo Biloba, Ginger Root, Hawthorn Berry, and Bilberry
- Free radicals can cause oxidative stress, leaving your system full of toxins. Countering these effects will give you increased energy and stamina, support your immune system, and promote better overall health.

Discover Increased Energy, Stamina and Better Health with Super Antioxidants!

V215 Super Antioxidants, 60 Vcaps Reg. \$22.75 **SALE! \$16.95**

V21 Super Antioxidants, 120 Vcaps Reg. \$40.25 **SALE! \$29.95**

SALE! Buy 240 capsules # PV21 for only \$55.98
Suggested use: 2 capsules 1-2 times daily

Protect Your Heart & Body With Selenium



Yeast Free!

- Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer*
- Selenium is a potent antioxidant that works to protect your cells from abnormal invasion and premature aging due to free radicals
- This essential trace mineral also supports the immune system
- It helps to promote cardiovascular, prostate and colon health, too!

* FDA has determined that this evidence is limited and not conclusive.

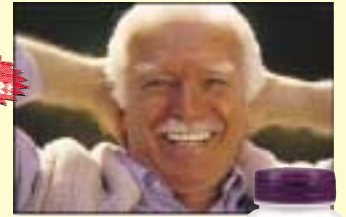
V51 Selenium 100mcg 100 Tablets Reg. \$8.00 **Sale \$5.95**

SALE! Buy 200 tablets # PV51 for only \$10.98!
Suggested use: 1 tablet daily

How to Protect Your Heart, Mind, and Liver from Premature Aging!

Alpha Lipoic Acid with Grape Seed Extract: Two of Nature's Most Powerful Antioxidants

- Safeguard your body from everyday toxins and fight premature aging
- Alpha Lipoic Acid is the universal antioxidant because it neutralizes free radicals, while it enhances the strength of other antioxidants like vitamins C and E
- Enhanced with Grape Seed Extract, this combo works by fighting premature cell



BEST SELLER!



aging throughout your body, so you can maintain vibrant health and feel young again!

V70 Alpha Lipoic Acid 600mg, with Grape Seed Extract 30mg, 60 Vcaps Reg. \$40.00 **SALE! \$29.95**

SALE! Buy 120 capsules # PV70 for only \$55.98
Suggested use: 1 capsule 1-2 times daily

Grapeseed Antioxidant: Your Cardiovascular System's Healthy Guardian!



Promotes Healthy Blood Vessels!

- Grapes are rich in antioxidants that help wipe out cell-destroying free radicals that roam your body
- Also helps to keep blood vessels flexible and elastic
- The health enhancing plant chemicals in grapeseed also help to maintain healthy circulation and cholesterol levels.
- Each potent capsule gives you 60mg of Grapeseed Extract plus 300mg Citrus Bioflavonoids.

V35 60mg Grapeseed Antioxidant with Citrus Bioflavonoids 30 capsules Reg. \$8.00 **SALE \$5.95**

SALE! Buy 60 capsules # PV35 for Only \$10.98
Suggested Use: 1-4 capsules daily

Discover the Many Secret Health Benefits of Green Tea!

- Research indicates Green Tea promotes energy and is a superior antioxidant
- A beneficial supplement in weight loss programs because it accelerates the metabolism
- Helps maintain healthy cholesterol levels and a healthy heart



184AX Green Tea Capsules 550mg 60 Vcaps \$8.75

SALE! Buy 120 Vcaps # P184AX only \$15.98

Suggested Use: 1-2 Vcaps 3 times daily

184AC4 Green Tea Cut 4 oz. \$6.15

NOW: Feel Youthful & Energize Your Lifestyle!

Discover for Yourself why DHEA is called the "Hormone of Youth!"



- Helps Boost Energy Levels
- Promotes Sexual Health in Men & Women
- Helps the Body Burn Fat
- An Important Anti-Aging Nutrient

DHEA is naturally produced by your adrenal glands. However, by the time you turn 50, only 30% of the needed amount is produced, so supplementation is necessary. DHEA is vital for helping to fight age related problems.

Why is this hormone so important? DHEA plays an important role in sexual health. It converts itself to other hormones required by the body. In men it converts to testosterone. In women it converts to estrogen. It also helps you keep body weight under control, boosts your immune system, and protects your heart.

Our DHEA is superior to many others because we've added 25mg of Vitamin C (the protector nutrient) and 105mg of Calcium (for bone strength).

Rejuvenate Youthful Vigor With DHEA!

V60 DHEA with Vitamin C 25mg 60 Capsules Reg. \$19.95 **SALE! \$9.95**

SALE! Buy 120 Capsules #PV60 for only \$17.98
Suggested Use: 1 capsule daily

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



Cholesterol or Blood Pressure Concerns? Try Hibiscus Flowers!

- Current research reveals that Hibiscus Flowers may help those who worry about cholesterol or blood pressure
- Hibiscus has been shown in several studies to effectively maintain normal blood pressure and cholesterol levels



- It is proving to have an important role in helping the circulatory system and in cleansing the blood

199C4 Hibiscus Flowers Tea 4 Oz. \$5.50
 # 199X Hibiscus Flowers 725mg 60 Vcaps \$8.75
SALE! Buy 120 Vcaps # P199X for only \$15.98
 Suggested Use: 1-2 Vcaps 3 times daily

HINT: Also makes a delicious, tangy beverage tea! Try it hot or iced.

Anxieties? Un-knot Your Nerves With Our Calming Herbal Extract

- Calming and soothing
- Helps you relax, calms stress, creates inner tranquility
- Our calming blend gives you the comforting support you need to help you cope with emotional and mental stress
- Simply add 30-60 drops in water or juice, 2-3 times daily or as needed
- Contains: Fresh Night Blooming Cereus Stem, Certified Organic Vanuatu Kava Kava Root, Certified Organic Fresh St. John's Wort Flowers, Certified Fresh Lobelia Herb, Fresh Pulsatilla Herb



SK30 Anxiat-Ease Liquid Extract
 1 Fl. Oz. \$11.00

SALE! Buy 2 Fl. Oz # PSK30 for only \$19.98
 Suggested Use: 30-60 Drops in Water 2-3 times daily

Valerian: Nature's Stress and Sleep Solution

- Valerian has long been recognized in traditional herbal medicine for its calming effect
- Herbal guides describe it as a root that relaxes and strengthens the nervous system
- NO addictive or narcotic side effects



427X Valerian Root, 575mg 60 Vcaps \$9.25
SALE! Buy 120 Vcaps # P427X for only \$16.98
 Suggested Use: 1-2 Vcaps 3 times daily

Maintain Healthy Blood Pressure With Our Potent Odorless Garlic!

- For over 5000 years, Garlic has been used by people to stay healthy
- Today Garlic has become the focus of new scientific research
- It has been revealed that this health enhancing food can help maintain healthy cholesterol and blood pressure levels
- Rich in Allicin for cholesterol and blood pressure concerns, and fights arterial plaque
- Our Super Potent Odorless Garlic Extract Softgels (no telltale breath) give you the equivalent of 2500 mgs of Garlic Extract for optimum body health!



V33 Odorless Garlic 100 Softgels
 Reg. \$10.75 SALE! \$7.95

SALE! Buy 200 Softgels # PV33 Only \$14.98
 Suggested Use: 2 Caps 1-2 times daily

The Better B12 For Nervous System Function

Methylcobalamin is an active coenzyme form of vitamin B-12. It is used by the central nervous system and also plays a role in maintaining a healthy sleep-wake cycle. It donates methyl groups to the myelin sheath that insulates certain nerve fibers.



- Maintains normal nerve function
- Maintains healthy sleep-wake cycle
- Cherry Flavored Sublingual Tablets

B4E - Vitamin B12 Methylcobalamin - 5mg,
 30 Sublingual Tablets \$17.50

Calm Down and Get Inner Peace with Emotional Rescue™ Formula!



- Do you suffer from pressures, anxieties, and emotional ups and downs?
- Now you can help yourself (without a prescription or drug side effects) to a more positive mental state - while calming your nerves and stress
- Our Emotional Rescue™ Formula can promote inner peace and a brighter outlook... guaranteed!
- Here's what makes this the choice of thousands to elevate their moods:
 - **St. Johns Wort** - This herb contains hypericin, which has proven to be a natural mood elevator and helps promote a brighter outlook on life.
 - **Gotu Kola** - Herbalists have recommended this herb for nervousness and to help with stamina.
 - **Black Cohosh** - This root has promising results for soothing jangled nerves and irritability.
 - **Kava Kava** - Promotes inner peace, relaxation and a good nights rest.

Get back on the fast track to feeling good again!

S62X Emotional Rescue™
 60 Vcaps 575mg \$11.00

SALE! Buy 120 Caps #PS62X for only \$19.98
 Suggested Use: 1-2 Caps 3 times daily

S62T Emotional Rescue™ Tea 3oz \$9.50

SALE! Buy 6oz #PS62T for \$17.98

Blood Pressure Herb Tea

- Made from wild apocynum venetum grown in a pollution-free area in northeast China
- Used in Chinese medicine as a cardio tonic and diuretic, to maintain normal blood pressure and to strengthen the heart
- Also contains green tea and jasmine flower



C40E - Blood Pressure Tea 20 Tea Bags \$5.95

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





The Natural Mind and Body Soother!

Kick Back, Calm Down, and Chill Out with Kava Kava!



- This herb is often known as the "South Pacific Soother"
- Why? Because of its ability to soothe stress, anxiety, and relieve the tensions of the day
- The natural ingredient in Kava Kava (Kavalactones) has been found to relax the body and bring tranquility and peace to the mind without habit-forming drugs
- Kava Kava can also help lift spirits for a more positive outlook on life. Relax and kick back naturally with Kava Kava!

227X 425mg Kava Kava 60 Caps \$10.75
SALE! Buy 120 Capsules # P227K only \$19.98
 Suggested Use: 1-2 capsules 3 times daily

Depress-ex: Turn The Lights Back On



- This mood elevating herbal blend supports mood, eases tension, relaxes muscles, and sharpens mental focus
- Does not cause nervousness or insomnia
- Relieves mild despondency
- 100% satisfaction guaranteed

■ Vegetarian formula

B39A - Depress-ex, 60 Caps \$20.95

Calming Black Cohosh Root

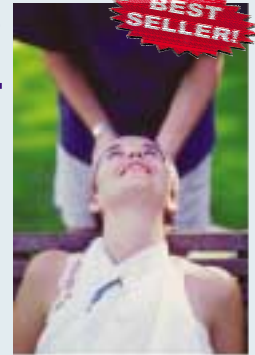


- Helps ease nervousness, anxiety and restlessness

49X Black Cohosh Root 650mg 60 Vcaps \$9.75
SALE! Buy 120 Vcaps # P49X only \$17.98
 Suggested Use: 1-2 Vcaps 3 times daily

How To Relieve The Daily Pressures of This Hypertensive World: Reduce Stress and RELAX With Pressu-Relieve®

BEST SELLER!



It Promotes Mental Peace to Calm You Down, So You Can Enjoy Life Again!

- Are you stressed out? Are the pressures of life making your blood boil? R-E-L-A-X, calm down and enjoy life again with Pressu-Relieve®
- This blend of natural calming herbs helps take you out of the "pressure cooker" world, unfrazzle your mind, relax your body, and relieve the pressure

■ Thousands use it daily to reduce stress and nervous tension, plus it helps calm vital body systems

Here are the herbs that make this soothing formula so effective:

- **Black Cohosh**- This calming herb is renowned for its helping to bring inner body peace to your nervous system so you can get a great nights sleep.
- **Golden Rod**- Used for centuries in Europe for nervous bladder problems and to reduce fluid accumulation.
- **Hawthorn Berries**- This herb helps strengthen your total cardiovascular system while increasing the flow of blood and oxygen. Also helps to maintain healthy blood pressure.
- **Sarsaparilla Root**- Used since the 1600's to help stimulate the body's vital systems and to flush away body toxins.



S23AX Pressu-Relieve® 60 Vcaps 500mg. \$10.75

SALE! Buy 120 Caps # PS23AX for only \$19.98

Suggested Use: 1-2 Caps 3 times daily.

S23AT Pressu-Relieve® 3oz Tea \$10.00

SALE! Buy 6oz # PS23AT for only \$18.98

Get Pressu-Relieve® Today and Start Relieving The Pressure In Your Life!

Our Balanced B-50 Stress Formula with Vitamin C Soothes Out Stress

- A Balanced Formula of all B Vitamins
- Protects gainst Nutritional Stress Depletion
- Fortified with Vitamin C



In todays hectic, fast paced world, lifes daily pressures can rob your body of vital vitamins without your even knowing it! Here are just some of the conditions stress can trigger:

- Low mood, irritability, difficulty sleeping
- Lack of energy, weak immune system and more

That's why it makes good sense to be sure you're getting enough of the vital B vitamins that constant stress depletes.

- With our balanced B-50 Stress Formula you get six B vitamins fortified with Vitamin C (the protector vitamin)
- They protect your immune system and guard against premature cell aging

For peace of mind and to fight the ravages of stress, make B-50 Stress Formula with C a part of your health program!



V6 B-50 Stress Formula with Vitamin C 60 Capsules Reg. \$13.50 SALE! \$9.95

SALE! Buy 120 Capsules # PV6 for only \$17.98

Suggested Use: 1 capsule daily

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Blood Sugar Concerns? Get Gluco-Ease-Plus™ and Help Ease Your Mind - and Improve Your Health!

Best Seller



Help yourself with this excellent sugar metabolism tonic. It's exactly what's right for exactly what's wrong...Guaranteed!

- Millions of people are in a constant struggle to keep their blood sugar in a healthy state. With their doctor's help, proper diet and Gluco-Ease Plus™, lots of people are coping
- This is the one formula many people have turned to for help with blood sugar concerns
- It works in harmony with your body to help maintain healthy blood sugar levels

Here's why this proven formula should be a part of your daily health program:

- **Gymnema Sylvestre**- Research indicates this herb can not only suppress the taste of sweet foods (making them less desirable) it also can help maintain healthy blood sugar levels. Research is also looking into its ability to support healthy cholesterol levels.
- **Jambul Seeds**- For centuries Jambul Seed has been used to help maintain healthy blood sugar levels.
- **Huckleberry Leaves**- Rich in powerful antioxidants and known for their blood sugar regulating properties.
- **Horsetail, Couch Grass, Uva Ursi and Prince's Pine**- These four herbs can help stimulate the excretion of uric acid by the kidneys.

S13AX Gluco-Ease-Plus™ 60 Vcaps 525mg \$10.75
SALE! Buy 120 Caps #PS13AX for only \$19.98
 Suggested Use: 1-2 Caps 3 times daily.
 # S13AT Gluco-Ease-Plus™ 3oz Tea \$9.50
SALE! Buy 6oz Tea #PS13AT for only \$17.98

Help Address Your Blood Sugar Concerns with Gymnema Sylvestre!

- In India, this herb is called the "Destroyer of Sugar"
- It lessens your ability to taste sweetness



Curb Your Desire For Sugary Snacks!

- This can help you cut down cravings for sweets - so you can say no to junk food
- Gymnema Sylvestre also is being used with a great deal of success by folks with blood sugar issues and a need for balanced blood sugar levels

190AC4 Gymnema Sylvestre 4 oz Tea \$4.75
 # 190AC16 Gymnema Sylvestre 1 Lb Tea \$17.00
 # 190AX Gymnema Sylvestre 625mg 60 Vcaps \$8.25
SALE! Buy 120 Vcaps # P190AX only \$14.98
 Suggested Use: 1-2 Vcaps 3 times daily

Nopal: Here is a New Discovery From The Desert For Blood Sugar Concerns



- Nopal has a notable systemic effect in maintaining a proper level of glucose in the blood of healthy individuals
- Also supports healthy cholesterol levels
- Provides gastrointestinal support, acts as a colon cleanser, and balances the digestive system
- Regulates metabolism and provides you with more energy and less fatigue by helping your body to maintain healthy blood sugar levels
- Helps elevate mood, suppress the appetite and provide essential nutrients

B35Q - Nopal Strepta™, 500mg 180 Caps \$14.95

Naturally Sweet Stevia Leaf



- Delicious natural sweetner
- Valued for its pleasant taste and also for its medicinal properties
- Promotes healthy blood sugar
- Enjoy in your favorite tea or beverage
- Convenient dropper bottle

401AK - Stevia Leaf Liquid Extract 1 Fl. Oz. \$7.95

SALE! Buy 2 Fl. Oz # P401AK for only \$13.90
 Suggested Use: Add 2-8 drops as needed.

Help Maintain Stable Blood Sugar Levels With GTF Chromium

Chromium is essential in healthy, normal carbohydrate metabolism



- This helps the body maintain normal, stable blood sugar levels
- Nature's Wonderland® Chromium Chelavite® is a superior, readily absorbable form of Chromium with the beneficial Glucose Tolerance Factor (GTF) for maintenance of healthy blood sugar levels
- Research shows that this form of Chromium is highly absorbable- 50% more than other forms
- Available in 200mcg tablets

V68 - GTF Chromium 200mcg 100 Tablets Reg.\$9.50 SALE \$6.95

SALE! Buy 200 Tablets #PV68 for only \$12.98
 Suggested Use: One Tablet 1-2 Times Daily

One-A-Day, Doctor Recommended Diabetic Supplement

- An exclusive patented formula recommended by health professionals for people with diabetes
- Contains specific nutrients that promote glucose metabolism and healthy nerve function
- Contains Chromium, Vanadium and Alpha Lipoic Acid, Vitamins A, B, Folic Acid, Biotin, Pantothenic Acid, Magnesium, Zinc, Selenium, Copper, Manganese, and Chromium Picolinate
- Over 40 years of extensive research has shown its ability to promote glucose tolerance



B28A - Alpha betic 30 Caplets \$16.95

Discover The "Sweet Secret" of the Stevia Powder!

Stevia was once heavily guarded by the native tribes of South America. But now the secret is out! Stevia is the consumer's choice as a sugar-free and calorie-free herbal alternative for hot & cold beverages as well as for many of your favorite recipes. The indigenous tribes of Central and South America have safely used Stevia for hundreds of years.

- Pleasant taste
- Many healthy benefits
- Zero glycemic index
- Calorie-free, aspartame-free, saccharin-free

401B - Stevia Extract Powder 100 packets \$12.95
SALE! Buy 200 Packets # P401B only \$23.98
 Suggested Use: Use 1 packet or more as desired.



NO UNPLEASANT AFTERTASTE!

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Discover the Sugar-Regulating Benefits of a Tropical Fruit Called Bitter Melon



- In the Amazon, indigenous tribes grow bitter melon in their gardens for food and medicine
- In numerous studies, bitter melon was clinically shown to have a positive effect in maintaining normal blood sugar levels
- The fruit has also shown the ability to enhance the cell's ability to absorb glucose

and to promote sugar balance, while maintaining healthy levels of total cholesterol

- Nature's Wonderland® 400mg Bitter Melon Vcaps®(Momordica charantia) are concentrated and standardized for 5.5% bitter principles

V87 Bitter Melon, Standardized, 400mg 60 Vcaps™ Reg. \$13.50 SALE! \$9.95

SALE! Buy 120 Capsules # PV87 only \$17.98

Suggested Use: 1 capsule 3 times daily

Pancreas Support Formula



- Pancreas Support Formula is a blend of selected regulating herbs that help support the function of the pancreas
- The Pancreas is essential in

maintaining healthy blood sugar levels

- Blended in the tradition of Master Herbalist, Dr. John Christopher
- Contains: Cayenne Pepper, Golden Seal Root, Juniper Berries, Licorice Root, Mullein Leaves, Uva Ursi Leaves.

SM7X Pancreas Support Formula 60 Vcaps 575mg \$14.50

SALE! Buy 120 Caps #PSM7X for only \$26.98

Suggested Use: 1-2 Caps 3 times daily

Sugar Controller Herb Tea



- Made of Morus (Mulberry Leaf), which is high in pectin, adenine, choline, vitamins B1 and A
- Used in Chinese

medicine for maintaining normal blood sugar and blood fat level, and facilitating easy bowel movement

- Has a delicious, natural flavor

C41F - Sugar Controller Tea 20 Tea Bags \$5.95

You Can Help Maintain Healthy Blood Sugar Levels With Cinnamon!

Studies Show that Cinnamon can Help Cells Maintain Proper Sugar Levels and Convert Blood Sugar to Energy



- We all know that Cinnamon has been used for centuries as a tasty spice. Now, new research shows this fragrant spice can also be very helpful to support sugar metabolism, while it maintains healthy levels of cholesterol and triglycerides
- A study at the Human Nutrition Research Center in Beltsville, MD found that those who took cinnamon experienced lower blood sugar spikes after eating
- This has given new hope for all those with blood sugar concerns
- Seasoning your food with Cinnamon also helps

Better Control With Cinnamon and Gluco-Ease

I have been taking Cinnamon along with Gluco-Ease for about 12 years now to help me manage my blood sugar levels. They both have helped me to have better control.

- D.T., Philadelphia, PA

with digestive support while easing occasional indigestion

110P4 Cinnamon Bark Powder 4 Oz. \$3.25

110X Cinnamon Bark 700mg 60 Vcaps \$7.75

SALE! Buy 120 Vcaps # P110X for only \$13.98

Suggested Use: 1-2 Vcaps 3 times daily

Hint: Use Cinnamon Powder in cooking, baking, or sprinkle on

Fenugreek: Discover the Healthy Benefits of This Powerful Seed

Fenugreek is a food and a spice commonly eaten in many parts of the world. But its medicinal benefits far outweigh its culinary value...

- Fenugreek has a long history of various medicinal uses in Ayurvedic and Chinese medicine
- It is beneficial to aid digestion and as a general tonic to improve metabolism and overall health
- Present interest in fenugreek focuses on its potential benefits for people with blood sugar or cholesterol concerns
- Numerous animal studies and preliminary trials in humans have found that fenugreek can help support healthy blood sugar and serum cholesterol levels
- It may also help in supporting normal triglyceride levels
- Studies also indicate that it has immune stimulating and antioxidant properties, and may protect the liver against alcohol toxicity



161X Fenugreek Seed 800mg 60 Vcaps \$7.75

SALE! Buy 120 Vcaps # P161X for only \$13.98

Suggested Use: 1-2 Vcaps 3 times daily

Discover The Healthy Benefits of Konjac!

This healthy fiber may help maintain healthy cholesterol, blood sugar and triglyceride levels.

- Konjac fiber is from the root of the Konjac plant (Amorphophallus konjac) that grows in China and Japan. It has been enjoyed as a healthy food staple in the Orient for thousands of years
- Its primary fiber, Glucomannan delays gastric emptying and slows the release of sugar into the bloodstream, which helps to maintain normal levels of blood glucose
- Additionally, the Glucomannan in Konjac Root improves blood-lipid profiles and can help maintain healthy cholesterol levels and normal blood pressure
- As a bonus, calorie-free Konjac fiber helps manage healthy weight loss, since it creates a feeling of fullness in the stomach



229AX Konjac Root 650mg 60 Vcaps \$10.50

SALE! Buy 120 Vcaps # P229AX for only \$19.98

Suggested Use: 1-2 Vcaps 3 times daily

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Joint Stiffness? Loss of Flexibility? Joint-Ease™ Truly Brings Relief!

- If you're in a constant battle with joint

stiffness, loss of mobility and independence, it's time to put nature's herbal pharmacy on your side

- Joint-Ease™ is a balanced, synergistic blend of 8 herbs that provides nutritional support to maintain cartilage, joint, and muscle function

- This time-proven formula can help young and old alike maintain ease of mobility, contributing to a healthy and active lifestyle

Contains these herbs:

- **Black Cohosh**- This root has been used by millions of folks to help address joint stiffness and discomfort, and maintain their proper functioning.

- **Uva Ursi & Meadowsweet**-

These two herbs have a positive effect in helping to control uric acid crystal build up in the body, which can lead to joint discomfort.

- **Bittersweet, Prickly Ash Bark, Poke Root, Indian Physic, Black Root**-

These herbs are used by herbalists to help those who experience a lack of mobility.

Joint-Ease™ can make a big difference in the quality of life you can experience.

S4X Joint-Ease™ 60 Vcaps 525mg \$12.00

SALE! Buy 120 Capsules # PS4X only \$22.98

Suggested Use 1-2 Caps 3 Times a Day

S4T Joint-Ease™ Tea 3oz \$12.75

SALE! Buy 6oz # PS4T for only \$23.98



Get New Found Mobility and Renewed Flexibility with Our Special Glucosamine Chondroitin Formula

Here's what this exclusive formula gives you:

4 Capsules:

- 60mg Magnesium
- 1200mg Chondroitin
- 160mg Calcium
- 800mg Trace Minerals
- 1500mg Glucosamine

- Contains Glucosamine and Chondroitin PLUS trace minerals from Utah's Great Salt Lake to boost absorption
- Promotes maximum joint flexibility and mobility

- **Helps You Get Around Easier!**
- Cushions, lubricates and nourishes your joints

Over time, joints become less flexible. Synovial fluid, the precious lubricating substance that keeps cartilage nourished, can be depleted... leaving bones rubbing together. Research has demonstrated that Glucosamine and Chondroitin can provide the building blocks of collagen, which is the

foundation of healthy cartilage.

- Our special formula is a superior joint soothing combination. Why?
- Because it adds a

Save \$10.55!

For maximum joint comfort, flexibility and mobility, take these 2 formulas together



SV1 - Joint Effort Combo
S4X PLUS V34 - 60 Caps each
Reg. \$41.50 SALE! \$30.95

multitude of Trace Minerals

- Trace Minerals help boost absorption of Glucosamine and Chondroitin into your joints

V34 Glucosamine / Chondroitin
60 Capsules Reg. \$29.50 SALE! \$21.95

SALE! Buy 120 Capsules # PV34 only \$39.98

Suggested Use: 4 capsules daily

From Depths of the Sea Comes Healthy Cod Liver Oil!

- Helps lubricate joints and strengthen bones by helping Calcium to be absorbed better
- Contains both Vitamin A and Vitamin D3, which are necessary for healthy skin, hair, bones, teeth, and gums
- Loaded with healthy Omega-3 fatty acids which are vital for healthy arteries and your cardiovascular system
- Consumption of Omega-3 fatty acids may reduce the risk of coronary heart disease*
- Clear vision is also dependant on Vitamin A
- Safe and effective: for centuries people have used Cod Liver Oil as a tonic



Each softgel provides
■ 2500 IU Vitamin A
■ 270 IU Vitamin D3
■ 650mg Cod Liver

* FDA evaluated the data and determined that, although there is scientific evidence supporting the claim, the evidence is not conclusive

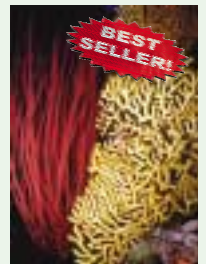
V29 2500 IU Vitamin A Cod Liver Oil
100 Softgels Reg. \$10.75 SALE! \$7.95

SALE! Buy 200 Softgels # PV29 only \$14.98

Suggested Use: 1 Softgel 1-3 times daily

Coral Calcium Plus ... Nature's Healthy Gift For Your Body and Bones

- A concentrated blend containing 1,274 mgs of Coral Calcium
- Ecologically safe: harvested from non-living Coral in Japan
- Highly absorbable form of Calcium that also contains 82 naturally occurring trace minerals and elements from the pristine shores of Utah's Great Salt Lake



- Includes 400 IU's Vitamin D, 200 IU's of Natural Vitamin E and 75 mgs of Vitamin C for antioxidant protection
- Helps build healthy bones and protects your cells from premature aging

V58 Coral Calcium Plus Concentrate®
60 Vcaps Reg. \$26.75 SALE! \$19.95

SALE! Buy 120 Capsules # PV58 only \$36.98

Suggested Use: 2 Capsules daily

Why is Horsetail Herb So Important For Healthy Bones?



One key is that Horsetail is a rich source of Silicon.

- Horsetail is also rich in bioflavonoids along with potassium, manganese and other trace minerals
- It contains silica and silicic acids, which play an important role in bone formation, help mend broken bones and form collagen, an important protein found in connective tissue, skin, bone, cartilage, and ligaments
- In animal research, silicon supplementation was shown to increase bone density
- Preliminary research studies with humans appears to validate the bone strengthening properties of silicon supplementation
- As a bonus, Horsetail also promotes healthy hair, skin and nails due to its high mineral and silica content

Keep Your Bones Strong With Horsetail Herb!

205X Horsetail Herb 525mg 60 Vcaps \$8.25

SALE! Buy 120 Vcaps # P205X for only \$14.98

Suggested Use: 1-2 Vcaps 3 times daily

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Get Strong Bones and Calm Nerves With Our Calcium & Magnesium!



- Millions of Americans do not get enough Calcium, an essential mineral
- Calcium is the mineral you need to keep your bones strong

- It is also vital for a healthy heart and nervous system
- Calcium and Magnesium are known to be "anti stress" minerals, because they both play a role in helping calm your nerves and assisting you in falling asleep
- Magnesium helps Calcium work to its fullest extent in your body, and it is essential for healthy nerve and muscle function
- Two enemies of Magnesium are diuretics and alcohol, so supplementation is recommended

Our Calcium and Magnesium Formula contains highly absorbable Calcium 1000mgs and 500mgs of absorbable Magnesium per serving in a perfect 2 to 1 ratio.

V28 Calcium / Magnesium 100 Tablets Reg. \$10.00 SALE! \$7.50

SALE! Buy 200 tablets # PV28 only \$13.98
Suggested Use: 2 tablets daily

Turmeric: Help Keep Your Joints Pain-Free!

- Turmeric is best known as a spice that gives a distinctive flavor and yellow color to curry powder and mustard, and contains an active nutrient called curcumin, which is a powerful antioxidant
- In recent studies, curcumin has been found to limit the activity of several chemicals including two enzymes, lipoxygenase (LOX) and cyclooxygenase-2 (COX-2), that are involved in promoting and maintaining inflammation
- By reducing the effects of these enzymes, curcumin may also reduce inflammation and the pain associated with it
- That's why Turmeric really helps joints feel more comfortable, while supporting better mobility
- As an antioxidant, Turmeric is proving to be even more effective than vitamins C and E



423X Turmeric Root 625mg 60 Vcaps \$7.75
SALE! Buy 120 Vcaps # P423X for only \$13.98

Suggested Use: 1-2 Vcaps 3 times daily

V90 Turmeric Standardized Extract, 250mg 60 Vcaps™ \$11.25

SALE! Buy 120 Vcaps # PV90 for only \$19.98

Suggested Use: 1 Vcaps 3 times daily

Take Advantage of the Healthy Benefits of Turmeric!

Joint and Back Stiffness? Get Relief with Devil's Claw Root!



- The root of this African plant is widely used to fight joint discomfort and stiffness
- It contains a special natural substance that works against these unpleasant symptoms
- Also provides welcome relief from indigestion and gas

139AX Devil's Claw Root 575mg 60 Vcaps \$9.25

SALE! Buy 120 Vcaps # P139AX for only \$16.98

Suggested Use: 1-2 Vcaps 3 times daily

Discover How Devil's Claw Root Helps You!

139C4 Devil's Claw Root (Cut) 4 Oz. \$7.35

Want Your Joints To Feel Like They Did 20 Years Ago?

Try This Natural Rejuvenator Combo:

Hyaluronic Acid & MSM!

Here's the perfect combination that will help lubricate your joints and also give you younger looking skin!



- Hyaluronic Acid** - Helps lubricates joints and promote the building of synovial fluids. Also keeps skin hydrated and supple
- MSM** - The building block of cartilage that helps nourish joint tissues, keeps joints moving smoothly, and nourishes skin
- Our formula contains only ultra pure food grade MSM (99.9% pure)

Rejuvenate Your Skin and Lubricate Your Joints with Hyaluronic Acid And MSM!

V81 Hyaluronic Acid 50mg With MSM 450mg 60 Vcaps Reg. \$26.75 SALE! \$19.95

SALE! Buy 120 Capsules #PV81 for only \$34.98

Suggested Use: Take 2 Vcaps 1-2 times daily

Joint Stiffness? Lack of Mobility? Potent Yucca Root Gives Fast Relief!

- Lots of folks give rave reviews about this joint supporting root. Why? Because it helps to keep them mobile by promoting joint comfort



- Plant saponins in Yucca have natural steroid-like properties which help soothe aching joints and stiffness and also help fight the release of harmful substances which can slow the formation of vital cartilage

- A plant source of the bone supporting nutrients Calcium and Phosphorous, plus the cartilage nourishing minerals Silica and Manganese

Help Your Joints Stay Flexible with Yucca!

V54 Yucca 500mg 100 Capsules Reg. \$16.00 Sale \$11.95

SALE! Buy 200 Capsules # PV54 for only \$21.98

Suggested Use: 2 capsules 1-3 times daily



Our 99% Pure MSM is Guaranteed to Improve Joint Mobility!

- MSM is a naturally occurring sulfur compound that has been proven in clinical research to be of great benefit for joint flexibility

- It's the perfect supplement for stronger, healthier joints, helping to bring you greater mobility and independence
- Studies also indicate an 82% average improvement in pain relief for muscle aches and pains
- MSM is an important nutritional building block for cartilage, muscles, skin
- MSM also promotes better digestion, younger looking skin and healthy hair
- Beware...not all MSM is the same! We offer only ultra pure food grade MSM (99.9% pure)

If Stiff Joints and a Lack of Mobility are Controlling Your Life, Try Our Potent MSM 1000mg Capsules...They Really Work!

V43 MSM 1000mg 60 Caps Reg. \$13.50 SALE! \$9.95

SALE! Buy 120 Capsules # PV43 for only \$17.98

Suggested Use: 2 capsules 1-2 times daily

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Say "No" To Joint Stiffness With Bone, Flesh & Cartilage Formula

Extremely Fast Recovery!
 "My husband took the BFC formula after his rotary cuff surgery. The doctor commented on his extremely fast recovery and ability to move and lift his arm after only a few weeks."
 - L.H., Philadelphia, PA



- Dr. Christopher developed this recipe of nine herbs, and recommended it to his patients with great success
- Thousands have found blessed relief from stiff joints, sprains, and muscle aches. This time-tested formula is fortified with Marshmallow Root, a powerful natural soother that has proven to be highly effective for helping to promote joint flexibility while fighting stiffness

Get BFC Formula and Feel Better Fast!

SM28X Bone, Flesh & Cartilage Formula 60 Vcaps 475mg. \$11.50

SALE! Buy 120 Caps # PSM28X for only \$20.98
 Suggested Use: 1-2 Caps 3 times daily.

SM28C Bone, Flesh & Cartilage Formula 3 oz Tea \$12.00

SALE! Buy 6oz # PSM28C for only \$21.98

The Most Complete Bone And Joint Formula Available Today!

- Arth-X Formulas are the most complete and effective dietary supplements available for those who experience joint stiffness and discomfort

- No other bone and joint supplement contains all of the minerals and trace minerals of these formulas
- Provides magnesium, boron, full spectrum minerals and trace minerals, combined with calcium and an array of herbs and enzymes, to help increase joint mobility and functionality

FEEL THE DIFFERENCE IN 30 DAYS OR YOUR MONEY BACK!

- **ARTH-X** provides magnesium, boron, full spectrum and trace minerals combined with calcium, herbs and enzymes which help maintain healthy joints.

B16B - Arth-X 90 Tabs \$17.50

B22M - Arth-X 180 Tabs \$27.95

- **ARTH-X PLUS** is enhanced with Glucosamine Sulfate and Calcium Hydroxyapatite in an advanced formula.

B21M - Arth-X PLUS 90 Tabs \$25.50

B21R - Arth-X PLUS 180 Tabs \$44.50

- **ARTH-X PLATINUM** is the most complete Bone, Joint, and Ligament Formula with the highest quality Glucosamine, Chondroitin, MSM, ConcenTrace© trace minerals and Serrapeptase, for healthy inflammatory response.

B14J - Arth-X PLATINUM 90 Tabs \$31.50

B31P - Arth-X PLATINUM 180 Tabs \$51.95

Pain Relieving Arnica Gel

- Relieves pain, swelling and stiffness from falls, blows, sports injuries and over-exertion
- Makes black and blue marks go away faster



A54B - Arniflora Arnica Gel 2.75 Oz. \$11.95

Soothing Balm Relieves Aches & Pains

- Brings warm, soothing relief for muscle aches, and stiff joints
- Also excellent as a chest rub when suffering from coughs and cold weather miseries



A59E - Penn Rub Ointment 2 Oz. \$8.95

Enjoy Life To The Fullest- Without Nagging Backache

- Helps ease back discomfort
- Increases range of movement and flexibility
- Reduces aches and restores healthy connective tissue



B22N - Super Flex Back Formula 60 Tabs \$21.95



Advanced Joint Formula That Actually Repairs Joint and Muscle Tissue

- Helps support healthy joints and connective tissue
- Helps to cushion joints during activity

B22P - Super Flex Joint Formula 60 Tabs \$17.95

Be Beautiful Inside And Out With Our Silica Complex!

- Our Silica Complex is packed with minerals that are essential for strengthening bones
- This formula also helps nourish your hair and skin so they look and feel more youthful
- A natural blend that contains Silica, Calcium, Zinc, Manganese, Horsetail Extract, Oat Straw, Bentonite Mineral Powder, and Boron
- Each of these minerals and nutrients is targeted to feed your hair, skin, nails, and bones what they may be lacking
- Try our Silica Complex - it helps you by nourishing your bones while it rejuvenates your body for a new, youthful vibrant look!



Turn Back the Hands of Time! Nature Gives You the Blueprint to Look Beautiful - the Rest is Up to You!

V53 Silica Complex 500mg 90 Tablets Reg. \$13.50 Sale \$9.95

SALE! Buy 180 Capsules # PV53 for only \$17.98
 Suggested Use: 1 tablet 1-3 times daily

Omega-3.6.9 Supports Joint Flexibility

- A premium source of EPA and DHA from fish oil and GLA from borage oil
- Ideal for supporting joint flexibility, nourishing hair, skin and nails, and increasing energy levels and mental clarity
- Ensures adequate intake of essential fatty acids from both fish and plant sources
- 2 Softgels contain DHA: 180 mg, GLA: 66 mg, EPA: 270 mg, OA: 160 mg, Vitamin E (d-alpha tocopherol): 30 IU



B48N - Complete Omega 3-6-9 60 Softgels, 1000mg \$18.95

Vegetarian Glucosamine With MSM

- Contains the only vegetarian-source Glucosamine available
- Helps lubricate joints and promote overall healthy joint function
- Not obtained from shellfish or animal sources



B22S - Flexmend™ Glucosamine 90 Tabs \$21.95

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





**Olbas Cough Syrup...
Soothing, Effective... and
All-Natural With
NO Side Effects!**

- Five herbal extracts, six essential oils and wildflower honey are masterfully blended into this highly effective yet pleasant tasting cough syrup from Switzerland

My Dad had a cough, and went to the doctor, but got no relief from the medications. I got him **Olbas Cough Syrup** and now he is doing much better! The cough has lessened, and he is improving greatly! Thank God for Olbas products- they are the best!
-Don, via email

- Gives you welcome relief from coughs, plus it cools and soothes your throat and bronchial irritations
- Great for both children and adults
- All Natural

Ingredients: Wildflower Honey, Water, Extracts of Thyme, Licorice, Plantain, Pine and Chestnut, Essential Oils of: Peppermint, Eucalyptus, Cajeput, Wintergreen, Juniper and Clove, Citric Acid.

LCS4 Olbas Cough Syrup 4 Fl. Oz. Bottle \$8.95



**Surrounded By Illness?
Defend Yourself With
Respiratory Defense™**

- Being around kids at school or sick co-workers is a sure way for your family to pick up something that can cause illness!
- At the first sign of stuffy nose or bronchial congestion, or before entering any crowded area, defend yourself with Respiratory Defense.™
- It's great to support your immune system, especially during times of body stress
- Helps maintain normal mucous production, the body's system for expelling germs. Look at all the beneficial herbs in this formula:

- Wild Cherry Bark, Lobelia and Scullcap** - These herbs help promote clear respiratory passages, while curbing coughs and nasal drip.
- Licorice, Lungwort and Irish Moss** - Soothe the throat and lungs when irritated by coughs.
- Other herbs:** Elecampane, Yerba Santa, Buckthorn Bark, Black Root, Sarsaparilla, Yellow Dock Root, Burdock Root and Anise.

**# S7X Respiratory Defense™
60 Vcaps 525mg \$11.75**

SALE! Buy 120 Caps # PS7X for \$21.98
Suggested Use: 1-2 Caps 3 times daily.

S7T Respiratory Defense™ 3 oz Tea \$12.25
SALE! Buy 6oz # PS7T for \$22.98

"It works...Used by our family for over 3 generations. At the first sign of a cough or cold, we brew up a pot of this tasty tea, add a little honey and lemon, and we're fixed up in no time!"
- Bill Betz, Jr.

BEST SELLER



**Maximum Strength
Herbal Cough
Drops Clear Your
Head & Soothe
Your Throat**

- Provide instant, cool, soothing relief for sore throats and coughs while they promote free breathing
- These long lasting lozenges are powerful and soothing.
- Their strength and effectiveness is extraordinary!

Olbas Pastilles. Amazing! When nothing else would relieve my congestion they did. As far as my sore throat, I have NEVER had anything take away the pain immediately and COMPLETELY the way they did. Thanks again!

- R. H. , Leesport, PA

effectiveness is extraordinary!

**# LPS Olbas Pastilles
27 Loz, 1.6 Oz. Box \$6.50**

Natural Bronquilan® Herbal Extract

- If you have stuffiness, difficulty breathing, allergy, sinus or respiratory problems, life can be truly miserable
- Contains over 25 herbal ingredients and vitamins aimed at strengthening the bronchial area and maintaining ultimate breathing function



A36J - Bronquilan® 6 Fl. Oz. \$21.95

How to Stop Coughs and Stuffy Sinuses From Bothering You

Defend yourself with our Cough & Sinus Formula.

- This exclusive formula brings together some of nature's top immune system defenders
- Strengthen your body's natural resistance system against foreign invaders
- Put nature's herbal defenders on your side:
 - Golden Seal Root** - This herb contains an ingredient called Berberine, which can help activate white blood cells that are responsible for destroying bacterias and viruses.
 - Garlic** - Contains Allicin, a potent natural substance that has been found to provide antibacterial activity protection.
 - Scullcap** - Helps calm the body down, relieves stress and is especially helpful when you're under the weather.



**# S68X Cough & Sinus Formula
60 Vcaps 675mg \$17.25**

SALE! Buy 120 Caps #PS68X for only \$31.98
Suggested Use: 1-2 Caps 3 times daily

**Strengthen Your Cold Weather
Immune System!**

Open Airways Quickly With RespirActin®

- This pleasant tasting liquid opens airways quickly, providing clearer breathing and relief from allergies, hay fever, coughing, runny nose, and post nasal drip
- Soothes throat irritations, is exceptional for maintaining healthy lung function
- May also aid oxygen transport



B47K - RespirActin® 8 Fl. Oz. \$19.95

B47- RespirActin® 32 Fl. Oz. \$49.95

Power To Breathe®...Naturally!

- Powerful Vapors Make Your Nasal Passages Feel Cleaner
- Helps You Endure Seasonal Discomfort
- Original Swiss Essential Oil Formula



For More Olbas Remedies, See Pg 34
LIN - Olbas Inhaler Each \$5.50

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OLBAS[®] HERBAL REMEDIES

POWER To Breathe[®] Naturally!

- Relieve Aches and Pains
- Enhance Breathing Passages
- Cool Sore Throats
- Calm Coughs

We all need a little comfort from time to time, especially when we're not feeling well. That's where Olbas Herbal Remedies are unique. They help you feel better...naturally!




What is Olbas Oil?

Originating in Basel, Switzerland over 100 years ago, Olbas Oil contains six essential oils - each with a unique value of its own. These oils are carefully extracted from traditional plants and blended by Swiss herbalists, making the formula truly unique, and providing extraordinary benefits.



Peppermint Oil (Mentha Piperita) is an aromatic stimulant that quickly enhances breathing passages.



Eucalyptus Oil (Eucalyptus Globulus) promotes oxygen absorption and relaxes the respiratory muscles.



Cajeput Oil (Melaleuca Leucadendron) is very soothing to bronchial and sinus passages.



Wintergreen Oil (Gaultheria Procumbens) has a warm, soothing effect when used in massage.



Juniper Berry Oil (Juniperus Communis) supports the immune system and stimulates the metabolism.



Clove Oil (Caryophyllus Aromaticus) is a strong, stimulating aromatic.

Olbas Oil: Aromatherapy Massage Oil & Inhalant



Inhalation: This completely natural essential oil formula delivers invigorating and soothing sensations to the nasal and bronchial areas. Inhaling the vapors from a tissue sprinkled with Olbas Oil quickly stimulates and enhances the breathing passages. Try adding 20 drops of Olbas Oil to a bowl of hot water, place a towel over the head and breathe vapors in deeply for 5 to 10 minutes.

Massage: Apply Olbas Oil generously and gently massage the body. Stimulates surface circulation and delivers comfort to tired muscles and joints. Can be used for full body massage or as a spot massage at pressure points for quick effect.



Forehead

feel refreshing on the forehead.

Ingredients: Essential oils of Peppermint, Eucalyptus, Cajeput, Wintergreen, Juniper and Clove.



- Inhalation
- Massage

Head: Massage a drop or two directly on the forehead and temples.

Sore, Aching Feet: Massage directly on feet or add 25-50 drops of Olbas Oil to a dishpan of hot or cold water and soak feet for 10 to 15 minutes.

Compress: Add 10-20 drops of Olbas Oil to a bowl of hot or cold water. Submerge a cloth in the water, wring it out and place it on the desired area. Hot compresses feel soothing for aching bodies; cold compresses



Olbas Oil		
#LL10	0.32 Fl. Oz.	\$8.95
#LL25	0.82 Fl. Oz.	\$18.95
#LL50	1.65 Fl. Oz.	\$29.95

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Powerful Vapors Give You Rapid Action!

- ✦ **Makes Your Nasal Passages Feel Cleaner**
- ✦ **Helps You Endure Seasonal Discomfort Any Time Of Year**
- ✦ **Original Swiss Essential Oil Formula**

Powerful Olbas vapors provide a pleasant, refreshing, and cooling sensation to your nasal passages and give you the **Power To Breathe®... Naturally!**

Helps you endure seasonal discomfort, low humidity and other unwelcome nasal encounters. Fast-acting, natural formula provides an immediate fresh and clean feeling in the nose, sinuses and lungs.

Olbas Inhaler also gives you a truly unique sensation that invigorates your body and elevates your mood.

Non-habit forming with no harmful decongestant drugs, yet its all natural ingredients work wonders!

- ✦ **Hint For Athletes and Sports Users: Increased Airflow Means Better Performance!**

Ingredients: Menthol, Oils of Peppermint, Cajeput and Eucalyptol.

Olbas Inhaler
#LIN Each \$5.50

BEST SELLER!



Wished He Had Tried Olbas Inhaler Earlier!

I have been on prescription drugs for hay fever for my entire life. This past summer I started using the Olbas inhaler early in the summer and for the first time in my life I did not have to take any drugs for hay fever - and this was a bad year!
I just wish I had tried it earlier.

- D.G., via Email

POWER To Breathe!®

Naturally!

He'll Feel Better FAST With Olbas Cough Syrup!

- ✦ **All Natural Formula**
- ✦ **Soothing and Effective**
- ✦ **Delicious Taste!**



ALL Natural

Most Effective Cough Remedy!
I am completely amazed at the effectiveness of Olbas Cough Syrup!! I bought Olbas just to give it a try and have had 3 consecutive nights of uninterrupted sleep. It is the most effective cough remedy I have encountered, and it will be my preferred remedy in the future.
- J. W., Ann Arbor, MI

Five herbal extracts, six essential oils and wildflower honey are masterfully blended into this

highly effective yet pleasant tasting cough syrup. Helps strengthen healthy lung function, and supports the mucous membranes in the respiratory tract, promoting clear and healthy bronchial passages. Provides natural antioxidants that support the immune system, easing the stresses of winter's insults and environmental pollutants. Great for both children and adults.

Ingredients: Wildflower Honey, Water, Extracts of Thyme, Licorice, Plantain, Pine and Chestnut, Essential Oils of: Peppermint, Eucalyptus, Cajeput, Wintergreen, Juniper and Clove, Citric Acid.

Olbas Cough Syrup
#LCS4 4 Oz. Bottle \$8.95

Powerful, Sugar Free Lozenges Fight Coughs, Clear the Head and Soothe the Throat

These tasty Black Currant lozenges help you fight coughs due to colds and minor bronchial irritation. They also have a natural anesthetic action that provides instant, cool, soothing relief for sore throat. Take one and breathe in deeply... you will notice almost immediately how the powerful, cooling vapors give you an intense feeling of increased airflow in your lungs and sinuses! Features soothing Menthol, Eucalyptus and Vitamin C - a key immune system nutrient, and a potent free-radical fighter.



Active ingredient: Menthol 10mg. **Other ingredients:** Black Currant flavor, citric acid, eucalyptus oil, isomalt, natural color, Vitamin C.



Handy blister cards slip easily in your pocket or purse!

Black Currant Flavor

POWERFUL Vapors



Olbas Lozenges
#LOZ 24 per box \$6.50

Clears Your Head, Soothes Your Throat, Stops Your Cough!

These **MAXIMUM STRENGTH** cough suppressant lozenges will make your nasal passages feel clearer - **Guaranteed!**

Powerful, cooling vapors gently rise from your throat to your sinuses for a head clearing effect you must experience to believe!

Olbas Pastilles also provide instant, cool, soothing relief for sore throats and coughs. They effectively suppress your cough while numbing sore throat pain, both during the day, as well as at nighttime, so you can get the rest you need.

These long lasting lozenges are as **powerful** as they are **soothing**. The strength and effectiveness of these cough drops is extraordinary!

Active ingredient: Menthol 10mg. (Antitussive, cough suppressant, oral anesthetic)

Other ingredients: Modified Starch, Sucrose, Glucose, Eucalyptus Oil, Juniper Berry Oil, Wintergreen Oil, Chlorophyll, Clove Oil.



Would Pay Double !!
I had the flu for almost 3 weeks and couldn't get rid of a wicked cough. I was told by a friend about Olbas Pastilles. I saw the price, and was a little taken back, but after the results I would have paid double! Thanks Olbas!
- R. M., Stone Mtn, GA

Olbas Pastilles
#LPS 27 per box \$6.50

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OLBAS[®] HERBAL REMEDIES



BEST SELLER!

Olbas Sampler Kit
#LSK Each \$34.95

Get 9 Olbas Remedies In One Box!

Here's a great way to try all the Olbas Remedies!

The **Olbas Sampler Kit** is a beautifully packaged gift box with sample or full sizes of all 9 Olbas remedies. An excellent way to try all of the Olbas remedies yourself, and have them available in your medicine chest when you need them!

Also makes an excellent gift! Give this box of soothing remedies to someone you love - and show them you care. Almost everyone gets a cold, a cough or the sniffles from time to time. Here's a way you can help them - naturally!

Olbas remedies are great to take along when traveling, too. They provide wonderful first aid for insect bites, sunburn, those inevitable bumps and bruises, and help greatly if you get a stuffy nose or clogged up ears on the airplane. Get your **Olbas Sampler Kit** today!

The Olbas Sampler Kit Includes:

- ✦ Oil - .32 Fl. Oz.
- ✦ Cough Syrup - 1 Fl. Oz.
- ✦ Salve - 1 Oz. Tube
- ✦ Pastilles - 27 Pastille Box
- ✦ Inhaler
- ✦ Herbal Tea & Lozenges - Samples
- ✦ Bath - 1 Fl. Oz.
- ✦ Sport Massage Oil - .5 Fl. Oz.

Soothes & Relaxes, Tingles & Invigorates!



A delightful, therapeutic fragrant herbal bath that soothes and relaxes your aching muscles as it tingles and invigorates all the body's senses.



Most Soothing Herbal Bath!
I finally found the most soothing bath product ever! I just love climbing into a hot tub when I've poured in Olbas Herbal Bath. This is a WONDERFUL product!
- T.S., via Email

Marvelous after a hard day of work or sport. Excellent as a footbath for tired, aching feet. Blended with chlorophyll, **Olbas Bath** also acts as a natural deodorant!

Use **Olbas Bath** in the tub or whirlpool for a bubble bath or in the shower to stimulate the senses. A truly exceptional experience that can be enjoyed by the entire family!

Ingredients: Blended using essential oils of Peppermint, Eucalyptus, Cajeput, Wintergreen, Juniper, and Clove. No SLS or SLES are used in the mild foaming soap base, and all additional ingredients come from natural sources.

Olbas Bath

#LBA4 4 Fl. Oz. \$8.95
#LBA8 8 Fl. Oz. \$15.95

Deliciously Soothing Herb Tea: FAST RELIEF Anytime!



Discover for yourself the delicious taste and healthy benefits of this 100% natural herbal tea from the Swiss Alps!

Only Thing That Works!
Olbas Herbal Tea is the only thing that works for my bronchial lung condition, when not even vitamins or antibiotics help. It opens, relaxes, and soothes my lungs so that I can breathe easily, all day.
- C.S., Kendall Park, NJ

Carefully blended in Switzerland, **Olbas Instant Herbal Tea** is a mixture of 20 soothing herbs that are harvested from the earth's finest crops, enhanced with pure essential oils that make Olbas Remedies famous.

Provides a delightfully warm, soothing feeling you will enjoy anytime of the day or evening. Especially beneficial for relief from chills and when suffering from seasonal distress during winter. Suitable for adults and children, and may be enjoyed hot or iced. Easy to prepare instant tea. Makes up to 65 cups per package.

Ingredients: Grape Sugar, Peppermint, Chamomile, Fennel, Thyme, Iceland Moss, Licorice, Lungwort, Star Anise, Marigold, Yarrow, Elder, Lime, Blackberry, Sage, Eucalyptus, Plantain, Cyani, Cowslip, Mullein, Malva, Fruit Pectin, Menthol, Peppermint Oil and Eucalyptus Oil.

Olbas Herbal Tea

#LTEA 7 Oz. \$15.95

Deep, Penetrating Salve for Pain in Muscles and Joints. Stops Coughing, Too!

- ✦ Soothes Backache & Muscle Strains
- ✦ Relieves Minor Arthritis Pain
- ✦ Stops Coughing Due To Colds



Healing Olbas Salve
Love the Olbas products! Have been massaging the Salve into husband's problem calf and it's almost healed! Thanks!
- V.R., Scotts Valley, CA

Aches and pains getting you down? **Olbas Analgesic Salve** is particularly effective to soothe backache and discomforts from arthritis, strains, bruises and sprains.

Also an effective remedy for coughs and colds; apply generously to chest area. The penetrating natural vapor action helps you breathe better and relieves coughing so you can sleep soundly!

Also provides fast relief from sunburn pain. Natural and greaseless.

Active ingredient: Menthol. **Other ingredients:** Water, Hydrogenated Peanut Oil, Glyceryl Stearate SE, White Soft Paraffin, Peppermint Oil, Eucalyptus Oil, Cetearyl Alcohol, Sodium Cetearyl Sulfate, Propylene Glycol, Cetyl Alcohol, Cajeput Oil, Wintergreen Oil, Juniper Oil, Clove Oil.

Olbas Analgesic Salve

#LSA 1 Oz. Tube \$9.95

Vitamin Rich Massage and Skin Conditioning Oil

Helps tone and condition muscles and joints, both before and after exercise. Also effective to soften and protect dry, chapped skin, and to relieve discomforts from sunburn and windburn. Provides a delightful, cool feeling and imparts a pleasant fragrance.

- ✦ Tones & Conditions Muscles
- ✦ Soothes Aches
- ✦ Protects Skin From The Elements

Ingredients: Glycine Soja (Soybean Oil), Caprylic/Capric/Succinic Triglyceride (from Coconut & Palm Oil), Isopropyl Myristate (from Isopropyl Alcohol and Myristic Acid), Retinyl Palmitate (Vitamin A), Oleyl Erucate (Essential Fatty Acids), Hypericum Extract (St. John's Wort), Peppermint Oil, Eucalyptus Oil, Cajeput Oil, Orange Fragrance, Methyl Salicylate (Wintergreen), Juniper Oil, Fern Fragrance, Clove Oil, Solvent Blue 35.

Olbas Sport Massage Oil

#LSP4 4 Fl. Oz. \$19.95
#LSP8 8 Fl. Oz. \$34.95



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Need a Strong Laxative... When All Else Fails?

Cape Aloes acts FAST to purge the bowels in six to twenty-four hours. It works when other remedies don't.

- Cape Aloes is a palm-like succulent plant native to South Africa's Cape Region

- Should not to be confused with the commonly known Aloe Vera variety, which is often used in skin preparations

- Cape Aloes is the source of the purgative "bitter aloes", which is used in herbal medicine as a potent stimulant laxative

- It acts particularly on the lower bowel, cleansing it of deep seated impurities, toxins, and accumulated waste

- Cape Aloes is a very effective remedy for those that suffer from irregularity and need temporary relief of constipation



14X Cape Aloes 775mg 60 Vcaps \$11.50
SALE! Buy 120 Vcaps # P14X for only \$20.98
Suggested Use: 1 Vcap daily



Strong Formula

- Our Bowel Cleanser Formula™ is the natural way to cleanse your bowels and get that fresh, clean feeling again
- This is a strong formula that works fast - so you can quickly gain superior gastro-intestinal health
- We've combined four proven herbs known to keep your system regular and clean. If you want to get back in the swing of things fast and get rid of that sluggish tired feeling, then our Bowel Cleanser Formula™ is what you want

Here's why folks use it everyday:

- **Cape Aloes**- Soothing aloes are well known for helping to flush out deep-seated impurities.
- **Rhubarb and Buckhorn Bark**- These herbs are used by herbalists to gently help constipation, while flushing out unfriendly bacteria.
- **Peppermint**- Helps refresh the lower gastro-intestinal tract while relieving gas and bloating. Peppermint works wonders on indigestion and can help reduce the time food stays in the stomach.

Don't let irregularity spoil your busy day. Our Herbal Bowel Cleanser Formula™ is guaranteed to cleanse and refresh your system for new found vim and vigor.

Note: For a milder laxative formula, use \$40 Herbal Purifying Laxative™. See Page 38.

How Can You Get Rid of That Sluggish, Heavy Tired Feeling?

Detoxify, Refresh, and Cleanse Your Bowels With Our Bowel Cleanser!

If your bowels are out of sorts, chances are your whole body will be too. Your bowels are like the plumbing pipes in your house. Over time they can become clogged, creating a breeding ground for toxins, sludge and unfriendly bacteria.

\$10X Bowel Cleanser™ 60 Vcaps 600mg \$10.75
SALE! Buy 120 Capsules # PS10X for \$19.98
Suggested Use: 1-2 Caps 3 times daily.

Blood Purifying Formula: From A Master Herbalist

The blood stream is life itself, and keeping it clean contributes to good overall health.

- Contributes to maintaining good cholesterol levels, building elasticity in veins and arteries, and keeping the colon clean
- Blended according to Dr. John Christopher's suggestions in his book, Dr. Christopher's 3-Day Cleansing Program, Mucusless Diet and Herbal Combinations
- Contains: Buckthorn Bark, Burdock Root, Cascara Sagrada, Chaparral Herb, Licorice Root, Oregon Grape Root, Peach Tree Leaves, Poke Root, Prickly Ash Bark, Red Clover Flowers, Sarsaparilla Root, Stillingia Root.



Keep your colon clean with our time-proven Blood Purifying Formula!

SM2X Blood Purifying Formula
60 Vcaps 550mg \$12.25
SALE! Buy 120 Caps # PSM2X for only \$22.98
Suggested Use: 1-2 Caps 3 times daily.
SM2C4 Blood Purifying Formula
Tea Form 4 oz \$16.00
SALE! Buy 8 oz # PSM2C4 Tea for only \$29.98

Need a Stool Softener?

Reliable Cascara
Sagrada Bark Works
as Gentle, Mild
Laxative!



- Cascara Sagrada Bark has been used since the 16th century in England for natural, gentle relief from constipation
- It was listed in the U.S. pharmacopoeia in 1890 and found to be mild enough for use in treating constipation in the elderly
- Cascara is cited in European medicinal texts as beneficial for relief of chronic constipation and for conditions where a softer stool is desired, such as in the case of hemorrhoids
- In comparison to other laxative herbs such as Aloes and Senna, Cascara Sagrada is considered to be one of nature's milder laxatives - that's why many find that it is less likely to cause nausea or intestinal cramps
- Also used to help flush and cleanse the liver

88X Cascara Sagrada 60 Vcaps 625mg \$9.00
SALE! Buy 120 Vcaps # P88X for only \$16.98
Suggested Use: 1 Vcap 1-2 times daily
88C4 Cascara Sagrada 4 oz Tea \$6.75
88C16 Cascara Sagrada 1 Lb Tea \$25.00
Suggested Use: 1 Cup of tea, 1-2 times daily

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Regular Formula

Do You Lack Normal Energy Due to Occasional Constipation?

Help Yourself to Natural Relief From Constipation With our Herbal Purifying Laxative™

- When your digestive system backs up, you can become sluggish, bloated, and lack that "Get up and go" feeling
- Now you can help gently detoxify, refresh and cleanse your TOTAL digestive system with our proven formula of eight natural herbs:
- **Senna Leaves**- A laxative which relieves occasional constipation and promotes intestinal cleansing. Gently stimulates movement in the large intestine.

- **Malva Flowers, Saffron, Peppermint** - These herbs stimulate intestinal movement, while soothing gastric upset. They also help relieve gas and bloating
- **Uva Ursi, Linden Flowers and Leaves and Elder Flowers** - These herbs promote urinary tract health, fight indigestion and promote relief of constipation.
- **Buckthorn Bark and Pansy Leaves** - Both of these herbs assist with smooth bowel movements.

More than just a bowel cleanser, this synergistic blend is formulated to help keep the entire intestinal system clean and toxin-free. Keeping the colon clean results in more energy and an overall feeling of well-being for most people.

Note: For a stronger laxative formula, use **S10X Bowel Cleanser**. See Page 37.

S40X Herbal Purifying Laxative™
60 Vcaps 525mg \$11.00

SALE! Buy 120 Caps # PS40X for only \$19.98
Suggested Use: 1-2 Caps 3 times daily.

S40T Herbal Purifying Laxative™
Tea 3oz \$10.25

SALE! Buy 6oz # PS40T Tea for only \$18.98



The Gentle Way to Stay Regular - Without Bulk Fiber

- H2GO uses nature's most effective stool softener - water - to keep you regular day after day
- The secret is "Active Magnesia", which draws water into the colon like a sponge
- This softens the stool and makes elimination easy, comfortable and regular, while thoroughly cleansing the colon
- Gentle and effective, with no harsh stimulants, laxatives or bulky fiber

"H2Go helps to keep me regular. I used to use milk of magnesia before I found about H2Go. I like it very much." - R.L.

A98K - H2GO, 90 Tablets \$21.95

Acai Berry

- Flushes out excess waste and toxins from your body and promotes a healthy immune system
- Super-concentrated 4:1 standardized extract



V92 - Acai Berry
650mg 60 Vcaps \$18.95

SALE! Buy 120 Vcaps # PV92 only \$34.98
Suggested Use: 1-2 Vcaps 3 times daily

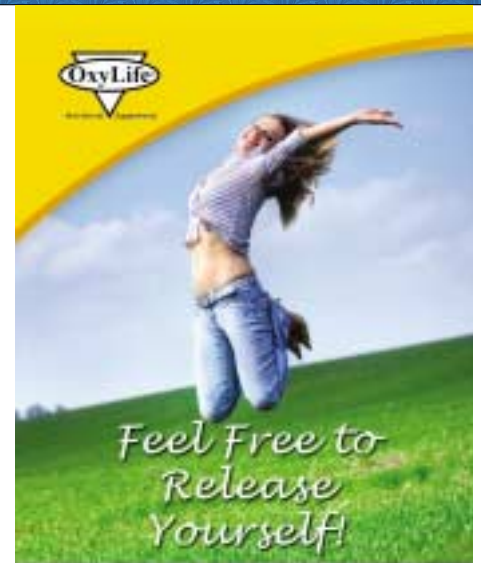
Golden Super Cleanse: Detoxifying Laxative With Golden Seal



- This time-tested formula of seven cleansing herbs is effective in removing toxins from the body caused by alcohol, caffeine, nicotine and environmental pollutants
- The primary ingredient, Goldenseal, is widely known for its internal cleansing ability and is considered by many to be the finest general medicinal aid in the herbal kingdom
- Better than Golden Seal alone, this formula combines additional cleansing herbs: Red Clover, Burdock and Dandelion Root with Cape Aloes, a stimulant laxative
- Despite its strength and effectiveness, Golden Super Cleanse is completely safe and gentle
- Supplied in easy to swallow coated tablets with no goldenseal taste!

A98E - Golden Super Cleanse
50 Tabs \$12.95

A98F - Golden Super Cleanse
100 Tabs \$22.95



Feel Free to Release Yourself!

ROYAL FLUSH

RAPID NATURAL BOWEL MOVEMENT

- Weight loss
- Increased energy
- Purifying your digestive system
- Prevents frequent bloating
- Prevents water retention
- Helps diminish and eradicate symptoms caused by IBS

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

OxyLife Inc. P.O. Box 940-1 Duke
York, PA 17359
Tel: Fax: 877-882-9800
Fax: 810-482-9814
www.oxylife.com



#A98M \$27.95

Comprehensive Intestinal Cleansing Formula For Quick & Easy Results

Colon Green is a Superb Intestinal Cleansing Formula Featuring Psyllium, Alfalfa, Acidophilus, Herbs and Enzymes



- Here is an advanced, yet simple to use internal cleansing program to help the body rid itself of accumulated intestinal wastes and help maintain regularity
- Includes the highest quality of Psyllium as a gentle, stress-free source of soluble fiber and super-stable probiotics to support upper and lower intestinal health
- Also provides Lactobacilli, Acidophilus, Alfalfa Concentrate, eleven detoxifying herbs and three vegetarian enzymes to provide cleansing bulk and intestinal "sweeteners" supportive of healthy intestinal functioning

100% Satisfaction Guaranteed!

B40G - Colon Green™, 150 Caps \$14.95

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Uncomfortable, Irritated Bowels?



Calm and Soothe Them Naturally with our Soothing Bowel Support™ Formula

- Is your intestinal system making you a prisoner to the restroom?
- Lots of folks have irritated digestive

systems, occasional diarrhea and upset stomach making life a constant search for the restroom

- Our formula of 8 soothing herbs has helped bring confidence and relief to many. Here's why:

- **Cinchona, Birch & Shepherd Purse** - Help promote intestinal harmony and help with occasional diarrhea
- **Licorice Root** - Helps soothe the irritated lining of intestinal walls.
- **Blood Root & Celandine** - Herbs that synergistically enhance the formula's benefits

Enjoy New-Found Confidence!

S55AX Soothing Bowel Support™
60 Vcaps 550mg \$13.25

SALE! Buy 120 Caps # PS55AX for only \$23.98
Suggested Use: 1-2 Caps 3 times daily.

S55AT Soothing Bowel Support™
Tea 2 1/2 oz \$13.75

SALE! Buy 5oz # PS55AT Tea for only \$25.98

Oxy-Cleanse® - Unique Oxygen Bowel Cleanser



- Gently cleans, detoxifies and rejuvenates the entire colon
- Breaks down hardened deposits and nourishes oxygen starved cells
- No cramping or bloating! With a

unique oxygen based process, this represents a revolution in colon care

- Its multifaceted approach helps you achieve easy, regular bowel activity quickly, safely and effectively

B46M - Oxy-Cleanse Oxygen Colon Conditioner 75 Caps \$20.95

Sweep Your Colon Clean With Non-Irritating Psyllium Husks

- Psyllium husk is the dried outer shell of the Psyllium seed



- It is a very effective bulk-forming laxative beneficial for constipation
- Also an excellent source of both soluble and insoluble fiber
- Acts as an intestinal cleanser, removing putrefactive toxins and sweeping the colon clean, without irritating

the delicate mucous membranes

- Effective as a stool softener
- Since it increases several times in size when combined with water, it is also used by some as a weight loss aid, since it creates a feeling of fullness and can help curb the appetite
- Helps prevent cholesterol absorption

340X Psyllium Husks 750mg 60 Vcaps \$9.00

SALE! Buy 120 Vcaps # P340X for only \$16.98
Suggested Use: 1-2 Caps 3 times daily.

Cleanse, Refresh and Flush Out Impurities With Our Lower Bowel Formula™



An unhealthy intestinal tract impacted with mucus, toxins and sludge can trigger:

- Gas
- Bloating
- Indigestion
- Body Odor
- Headaches
- Backaches
- Mood Swings
- Constipation
- and more...

- When your intestinal plumbing is backed up, life can be miserable. Lower Bowel Formula helps you feel better.

- Helps flush out thick mucus buildup and other toxic substances that can interfere with your health.

- Our Lower Bowel Formula has Cascara Sagrada, Barberry, Cayenne, Ginger, Lobelia, Red Raspberry, Turkey Rhubarb, Fennel and Golden Seal Root.

Cleanse Your Intestinal Tract the Natural Way!

SM1X Lower Bowel Formula
60 Vcaps 525mg \$11.50

SALE! Buy 120 Caps # PSM1X for only \$20.98
Suggested Use: 1-2 Caps 3 times daily.

SM1P4 Lower Bowel Formula
Powder Form 4 oz \$13.75

SALE! Buy 8 oz # PSM1P4 Tea for only \$24.98

Top-selling Herbal Laxative Blended for Gentle, Dependable Results

- Promotes elimination and internal cleansing
- Time-tested herbs soothe and cleanse the digestive tract

Colon Clenz™

- Colon Clenz™ is a complex formulation of botanical ingredients that help normalize the entire digestive tract, with emphasis on the colon. Rather than simply acting as a powerful laxative agent, Colon Clenz helps normalize and gently regulate colon function.

- Senna alone can be harsh. That's why Colon Clenz contains a balanced blend of herbs known to effectively help promote regularity while gently cleansing the internal environment. In addition, Colon Clenz offers special herbs that help soothe the digestive tract and help ease elimination. This carefully blended formula enjoys tremendous repeat business because customers know they can count on Colon Clenz to work dependably.



Ultra Colon Clenz™

- Ultra Colon Clenz™ features the same herbs as Colon Clenz, but for freshness and fiber, Apple Pectin, Chlorophyll, Fennel and Peppermint are added.



I've used many colon products, none worked very well. They took 8-10 or more hours to work. I had to take 10 or more capsules. With your Ultra Colon Clenz, I take 1 or 2 capsules and it works in 4 hours without discomfort.

- Wendy, Utah

Colon Clenz™

A98B - Colon Clenz 60 Vegi Caps \$11.95

A98C - Colon Clenz 120 Vegi Caps \$18.95

Ultra Colon Clenz™

A98D - Ultra Colon Clenz 60 Vegi Caps \$14.95

A98H - Ultra Colon Clenz 120 Vegi Caps \$23.95

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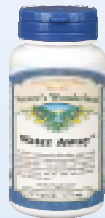
BEST SELLER!

Bloated & Overweight Because of Excess Water? Flush it Away With Water Away™ or Water Away Plus™ Herbal Diuretics!

- You know the feeling: you're bloated, your legs feel heavy, your face and arms are puffy. Excess water retention is making your clothes feel too tight, and life downright miserable!
- Want to get rid of that excess water and feel and look yourself fast? Try Water Away™ or extra strength Water Away Plus™. These herbal formulas gently flush excess water away. Here's what the formulas contain:

- **Uva Ursi & Buchu**- These herbs have been used for centuries to help cleanse and refresh the kidneys and bladder, reducing bloating and excess water.
- **Juniper and Couch Grass**- Used to control deposits of uric acid. Juniper also has been used for excess water.
- **Pipsissewa**- Used by the Pennsylvania Dutch settlers as a tonic and diuretic for the kidneys.
- **Lovage & Celery**- These herbs help promote the flow of urine through the kidneys.

Regular Water Away™ (S14X) is a milder formula and includes Cascara Sagrada, a mild laxative, and Chamomile to soothe the digestive tract.



S46X Water Away Plus™ Herbal Diuretic
60 Vcaps 475mg. \$12.50

SALE! Buy 120 caps #PS46X for only \$22.98

Suggested Use: 1-2 caps 3 times daily

S46T Water Away Plus™ Herbal Diuretic
Tea 3oz \$14.75

SALE! Buy 6oz Tea #PS46T for only \$26.98

S14X Water Away™ Herbal Diuretic
60 Vcaps 475mg. \$12.25

SALE! Buy 120 caps #PS14X for only \$22.98

Suggested Use: 1-2 caps 3 times daily

S14T Water Away™ Herbal Diuretic
Tea 3oz \$14.75

SALE! Buy 6oz Tea #PS14T for only \$26.98

Enhance Your Bladder Muscles With Pumpkin Seed Oil

The Natural Choice for Bladder, Kidney and Prostate Health

- Pumpkin seed oil features a nutritional profile ideally suited for men and women
- For men, it provides a balanced blend of Omega-3 and Omega-6 essential fatty acids with unique nutritive benefits for prostate health
- It also promotes healthy bladder and urinary function, and helps address urinary incontinence
- Pumpkin seed oil is a rich source of zinc, vitamins A and E, protein, amino acids, and trace minerals
- Our high-bioavailability softgels are a great way to make pumpkin seed oil part of your daily nutritional routine



Like Insurance For Your Kidneys, Bladder and Prostate!

V50 Pumpkin Seed Oil 1000mg 60 Softgels
Reg. \$12.00 **SALE! \$8.95**

SALE! Buy 120 Softgels #PV50 for only \$16.98
Suggested Use: 2 softgels 1-3 times daily with meals.

Supports Healthy Bladder Function



- Healthy bladder function is crucial to a person's mobility and overall quality of life
- High dosages of a specific rare pumpkin, Curbita, have a unique ability to enhance bladder function, leading to a strengthening of the bladder muscles as

well as the entire urinary system

- Provides support for healthy bladder function for both men and women, and helps address urinary incontinence
- Each soft gel capsule contains 1000 mg of this rare European pumpkinseed oil

D75C - Curbita Bladder Capsules, 1000 mg
30 Soft Gel Caps \$21.95

Maximum Potency Cranberry Extract



- For years, health experts have recommended Cranberries to help promote urinary tract health
- In a clinical trial it was shown that just a single Cran Balance capsule per day proved effective in maintaining a healthy urinary tract
- Made with 100% pure cranberry fruit, Cran Balance provides more antioxidant activity than cranberry juice cocktail with 25% more dietary fibers

B52Q Cran Balance™ Maximum Potency
Cranberry Extract, 30 Veg Caps \$15.95

New Energy Kidney Rejuvenator



- The #1 health crisis in America today is kidney related health issues
- Nutritional support for your kidneys now may prevent needing a doctor from paying attention to them later
- Kidney Rejuvenator is a pivotal link that keeps the body free from waste

B61N - New Energy Kidney Rejuvenator,
1455 mg 90 Tabs \$27.95

Cranberry 8:1 Whole Fruit Concentrate



- Recurring urinary tract imbalance affects tens of millions, especially women
- Cranberry juice is an effective, natural way to maintain healthy urinary tract function
- Our high-potency, concentrated extract delivers the full spectrum of antioxidant phytonutrients and flavonoids

Each capsule contains: 10mg; Cranberry fruit concentrate (700mg of 8:1 concentrate)

#V91 - 60 Vcaps™
Retail \$21.50 **25% OFF \$15.95**
Cranberry Concentrate, 700mg

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**Protect Yourself...
and Your Liver...
From Toxins - With Milk Thistle**

**Milk Thistle Seed Contains
Silymarin, a Powerful
Protector for the Liver**



- The liver is your body's second largest organ and plays a vital role in your health
- It produces bile to breakdown fats, plus it detoxifies and flushes away toxins, alcohol and pollutants
- Milk Thistle Seed contains Silymarin, which helps to stop toxins from penetrating into liver cells

Milk Thistle Seed...it's a natural way to help your liver if you smoke,

**# 269AX Milk Thistle Seed 650mg
60 Vcaps for \$8.25
SALE! Buy 120 Vcaps # P269AX only \$14.98**
Suggested Use: 1-2 Vcaps 3 times daily

**Secret 17 Herb Tonic & Detoxification Formula
Discovered In The Mountains of West Virginia**

Catfish Bitters™ Cleanses, Invigorates & Strengthens Your Body!



We discovered this health enhancing tonic in the mountains of West Virginia. The secret formula was passed down to a mountain herbalist named "Catfish Gray", who has thousands of believers in the powers of this health invigorating formula of 17 cleansing herbs **William Betz Sr. with Catfish Gray**



- Only now are we discovering how great this herbal tonic really is. This natural tonic gently helps detoxify your system, cleansing your whole body of toxins, pollutants, and sludge
- This unique natural formula promotes total body health and renewed vigor
- These effective natural herbs are why thousands of folks have made **Catfish Bitters™** a vital part of their health program: **Golden Seal Root, Ginseng Root, Spikenard Root, Queen of Meadow Root, Black Cohosh Root, Blood Root, Wild Cherry Bark, Solomon Seal Root, Lobelia Herb, Slippery Elm Bark, Yarrow, Burdock Root, Yellow Dock Root, Pipsissewa, Red Clover, Sarsaparilla and Peppermint.**

S60X Catfish Bitters™ 60 Vcaps 525mg \$12.75
SALE! Buy 120 Capsules #PS60X for \$23.98
Suggested Use: 1-2 Caps 3 times a day.
S60T Catfish Bitters™ Tea - 3oz \$14.75
SALE! Buy 6oz #PS60T Tea for \$27.98

If you want to help yourself feel like you did 20 years ago, then try this legendary herbalist's formula. Experience what other folks have discovered to help them feel better fast. It's Guaranteed to Work!

Liver & Gallbladder Remedy From A Master Herbalist

- This herbal combination is helpful in promoting a properly functioning liver and gall bladder, which strengthens and improves the blood cleansing process
- **Liver & Gallbladder Mix™** is a natural herbal combination that has been blended according to Dr. John Christopher's suggestions
- Contains: Barberry Bark, Catnip, Cramp Bark, Fennel Seed, Ginger Root, Peppermint, Wild Yam Root.



**# SM3X Liver & Gallbladder Mix™
60 Vcaps 475mg \$11.50**
SALE! Buy 120 Caps # PSM3X for only \$20.98
Suggested Use: 1-2 Caps 3 times daily.

Get That "Flat Tummy" Feeling!

- **Experience Renewed Energy**
- **Feel Light, Un-Bloated and Clean Inside**

Dual-Action Cleanse™

A diet of processed, chemical-filled foods can slow you down and "clog you up" inside. Your abdomen may even look bloated and distended. This formula unclogs your colon so you stay light, clean and toxin free inside.

- A two-part system that is formulated to maximize one's elimination without causing loose stools or uncomfortable cramping. It encourages healthy bowel movements while assisting in cleansing the vital organs and lymphatic system.
- Leaves you feeling clean inside, increases your energy and helps you lose the "weight of waste."
- Gentle, safe, and effective two-part program combining more than 50 botanical ingredients.

"After a few days I began to have that flat tummy feeling. I felt empty. I felt light."
"My energy levels went through the roof!"
"I just really recommend it to everyone to try at least once, to get all that old stuff out of you."
- M. K.

**Dual-Action Cleanse™
#A98J - 30 Day Supply, Both Products
WAS \$79.95 SALE \$43.88**

NOW: A Proven Herbal Discovery That Can Help You Say "No" To Smoking!



- Our proven herbal formula contains a potent ingredient found in the herb Lobelia, which makes the taste of tobacco and nicotine undesirable
- But that's just for starters. We've added four more herbs (Magnolia, Quassia, Scullcap and Peppermint), which can help soothe frazzled nerves and calm you down
- If you want to quit the smoking habit, and put yourself on a healthier course, our Nico-Hab-Stop formula can help

Thousands Have Quit with Nico-Hab-Stop. You Can Too. Try it... It's Guaranteed to Work.

**# S53X Nico-Hab-Stop
60 Vcaps 450mg \$10.75**
SALE! Buy 120 Capsules #PS53X for \$19.98
Suggested Use: 1-2 Caps 3 times a day.
S53T Nico-Hab-Stop Tea- 3oz \$10.50
SALE! Buy 6oz #PS53T Tea for \$18.98

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BEST SELLER!



Warning: Toxins, Bacteria and Pollution Are Invading Your Body Every Day!

Flush Them Out With Our Herbal Detoxification Formula™

- It's a known fact. The body is a gathering place for toxins, bacteria, pollution and unwanted mucus
- Now there's a natural way to help detoxify your body while strengthening your immune system. It's our Herbal Detoxification Formula™ of 9 herbs, and it works to help rejuvenate your health:

- **Buckthorn**- This herb helps cleanse your system, removing wastes.
- **Red Clover**- Helps clear mucus and phlegm from the lungs. It is an

excellent blood purifier, and promotes the cleansing action of the liver, spleen, kidneys, and bowels.

- **Burdock**- This herb is also known to herbalists as "nature's blood purifier". It has been used for centuries to increase the flow of fluids within the body.
- **Licorice**- It is excellent for healthy lung function, and contains a wealth of compounds that protect body systems.
- **Alfalfa**- This herb is rich in minerals, amino acids, vitamins and antioxidants and is a great whole body cleanser.
- **Poke Root, Stillingia, Barberry and Prickly Ash**- These four herbs are known for their ability to cleanse the body.

S25AX Herbal Detoxification Formula™
60 Vcaps 475mg \$10.75

SALE! Buy 120 Capsules #PS25AX for \$19.98

Suggested Use: 1-2 caps 3 times daily

S25AT Herbal Detoxification Tea Formula 3oz \$10.25

SALE! Buy 6oz #PS25AT for \$18.98

Get our Herbal Detoxification Formula™ and detox to a healthier you today!

Are You Concerned About Excessive Alcohol Use?



- Studies show Kudzu May Help Lessen Desire For Alcohol
- Kudzu has been used for over 2,000 years

in Chinese medicine as an aid for those who want to cut back on alcohol

- A Harvard study conducted with animals confirmed that compounds found in Kudzu reduced desire for alcohol by 50%!
- How does Kudzu work? The secret is likely in one of Kudzu's active ingredients, puerarin
- In China, puerarin is used medically to increase blood flow to the brain and heart, particularly in emergencies. Logically, wherever blood goes, alcohol goes. So the brain says 'enough' in less time
- The result is that people feel satisfied with less alcohol.

Cut Down Your Alcohol Intake For Better Health!

230X Kudzu 575mg 60 Vcaps \$8.00

SALE! Buy 120 Vcaps# P230X only \$14.98

Suggested Use: 1-2 Vcaps 3 times daily

Rid Your System of Every Day Toxins With Blood-Purifier™



- Toxins in the air you breathe, water you drink and chemicals you use can eventually make you sick after daily exposure
- Here is a formula you

can take daily that helps rid your system of internal impurities. This formula contains three powerful blood purifying herbs known to cleanse your system effectively:

- **Red Clover Blossoms** are used as a tonic to promote good health. This herb is also widely used as a blood purifier.
- **Violet** has similar properties, cleanses the system and is often used in alternative therapies.
- **Vervain** supports healthy liver function. The liver cleans the system of drugs, alcohol and poisons by cleansing the bloodstream.

Protect Your Health by Keeping Your System Clean!

S58X Blood Purifier™
60 Vcaps 450mg \$10.25

SALE! Buy 120 Capsules #PS58X for \$18.98

Suggested Use: 1-2 Caps 3 times a day.

S58T Blood Purifier™ Tea - 3oz \$9.00

SALE! Buy 6oz #PS58T Tea for \$16.98

Are You Overworking Your Liver and Gall Bladder?



The liver is your body's filtration system. It also plays a vital role in the digestion of fats

- Alcohol, coffee and other toxins can put a heavy burden on these vital organs
- Today's lifestyles of processed foods, pollution, and drinking can cause your liver to be overworked by constantly cleansing these substances out of your blood
- **Healthy Liver and Gall Bladder Support™** can help lighten the load! It brings together Milk Thistle (a liver cleanser and protector) plus 9 other herbs that can nutritionally defend against alcohol & toxins:
- **Milk Thistle Seed** - Contains Silymarin, an antioxidant and liver-protecting substance. Also helps promote new liver cell growth.
- **Rhubarb and Buckthorn Bark** - These herbs help stimulate bile flow.
- Plus a balanced blend of liver support herbs.

Don't Take Chances. Protect Your Liver With This Time-proven Herbal Formula!

S29AX Healthy Liver and Gall Bladder Support™ 60 Vcaps 450mg \$10.25

SALE! Buy 120 Caps #PS29AX for only \$18.98

Suggested Use 1-2 capsules 3 times daily

S29AT Healthy Liver and Gall Bladder Support™ Tea - 3oz \$8.75

SALE! Buy 6oz #PS29AT Tea for only \$15.98

Get Our Best-Selling Herbal Remedy For Swollen Glands



- Improper diet and sluggish circulation can cause glands to become swollen and congested
 - The cleansing and detoxifying herbs in **Glands Support™** makes it a valuable formula to assist and support healthy glandular function. This supportive formula contains:
 - **Calendula** - Its natural iodine content supports thyroid health
 - **Oregon Grape Root & Sarsaparilla** - These are "spring cleaning" herbs to help detoxify the body's systems.
 - And herbs that enhance the formula's effect.
- Keep Your Glands Functioning at Their Peak!

S20X Glands Support™
60 Vcaps 475mg \$11.25

SALE! Buy 120 Caps #PS20X for only \$20.98

Suggested Use 1-2 capsules 3 times daily

S20T Glands Support™ Tea 2 1/2 oz \$9.75

SALE! Buy 5oz #PS20T Tea for only \$17.98

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When You've Had Too Much....

Bitter herbs can make it better. Lost for centuries, the secret herbal formula for Swedish Herbs, created by Paracelsus in the 16th century, was rediscovered by a distinguished Austrian herbalist.



- Swedish Herbs improve digestion, re-energize your system and cleanse the liver, intestines and other organs
- Simply add this 11 herb formula to brandy or any fruit spirit to create your own soothing, vitalizing herbal tonic. It cleanses the system, promotes regularity, and improves digestion

A102D - Swedish Herbs™ 3.15 oz. \$26.50
A102C- Swedish Bitters™ 3.38 fl. oz. \$10.95

Get America's #1 Pro-Biotic Acidophilus For Better Digestive Health

More than 400 different kinds of bacteria live in our gastrointestinal tract. The body depends on beneficial bacteria to produce lactase and other antibacterial substances



- PB 8® Pro-Biotic Acidophilus provides eight types of beneficial bacteria that work together for maximum support of healthy digestion

B29J - PB 8® Acidophilus, 60 Caps \$14.95

Upset Stomach? Soothe it With Our Calming Herbal Extract



- If you're bothered by occasional upset stomach, bloating, or have difficulty digesting heavy protein and fat, Digest-Ease is the soothing relief you need
- This quick-absorbing digestive tonic is perfect before and after meals
- A unique blend of herbs that stimulates YOUR OWN natural production of digestive enzymes for improved digestion and enhanced absorption

- Includes these herbs: GENTIAN, a bitter tonic that increases digestive enzymes; GINGER, supports healthy digestion; FENNEL, digestive and stomach soother; BLUE FLAG, encourages proper digestion

SK70 Digest-Ease Liquid Extract 1 Fl. Oz. \$10.50

SALE! Buy 2 Fl. Oz # PSK70 for only \$18.98

Suggested Use: 30-60 Drops in Water 2-3 times daily

Indigestion? Upset Stomach? Gas? Keep Your Stomach Happy With Our Delicious Papaya!

- Helps maintain digestive harmony
- Powerful digestive enzymes break down proteins
- A safe, natural digestive aid

It's believed Christopher Columbus was introduced to **Papaya** when he landed on a Caribbean island. He discovered the natives always finished off huge meals by eating **Papaya**, and never seemed to experience digestive distress. Science has discovered the reason:

- Papaya contains powerful natural enzymes (Papain, Bromelain, Protease, Lipase, and Alpha-Amylase) that break down the proteins in foods so there's less chance for indigestion
- These delicious chewable tablets also help break down fats and carbohydrates which makes it easier for the body to utilize the nutrients in our foods better.
- If you experience occasional indigestion, gas and bloating, try this "marvelous melon of the tropics."



BEST SELLER!

VEGETARIAN

V44 Papaya Plus Digestive Enzyme 120 Chewable Lozenges Reg. \$6.95 SALE! \$4.95

SALE! Buy 240 Lozenges # PV44 for only \$8.98

Suggested Use: 2 tablets, as needed

Irritated Digestive System?

Experience the Soothing Relief of Slippery Elm Bark

- Slippery Elm Bark is widely recognized as a very soothing herb.
- In traditional herbal medicine, it is used to soothe the stomach and gastrointestinal areas, especially when suffering from a feeling of irritation
- Anyone who's ever had a scratchy, raw or irritated throat and has felt the relief of a Slippery Elm lozenge or Slippery Elm Tea knows how effective its demulcent action can be
- Slippery Elm contains a soothing substance that coats and protects irritated tissue
- It's this property that makes Slippery Elm bark a key herb for irritated stomach and bowel complaints



- Slippery Elm is also used as a nutritive tonic for those who have difficulty holding down and digesting food

389X Slippery Elm Bark 500mg 60 Vcaps for \$9.25

SALE! Buy 120 Vcaps # P389X for only \$16.98

Suggested Use: 1-2 Vcaps 3 times daily

389C4 Slippery Elm Bark Cut Tea 4 oz. \$9.25

Is Your Digestive System "Out of Whack"? Do You Experience Constipation, Bloating or Gas?

Flush Away Mucus, Sludge And Toxins From Your Digestive System With Our Aloe Vera Capsules

- You can help your digestive system the gentle, natural way with our Aloe Vera Extract capsules
- These super concentrated (200:1) capsules help cleanse your total digestive tract of sludge and deep-seated mucus buildup, plus help soothe irritated digestive system linings
- For centuries, millions have trusted Aloe Vera for its calming and rejuvenating properties, because it really works
- Don't be a prisoner to intestinal distress, occasional indigestion or constipation.



Each serving is equivalent to 15,000 mg of pure Aloe Vera Gel!

V22 Aloe Vera 5000mg Equivalency 100 Softgels Reg. \$18.25 Sale \$13.50

SALE! Buy 200 Softgels # PV22 for only \$24.98

Suggested Use: 3 softgels 2-3 times daily

Feel Great Once Again with Aloe Vera!

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Get Optimum Mental and Physical Performance with Red Korean Ginseng

Ginseng is known as the "man root" because of its shape. Our Red Korean Ginseng (aged 6 years) is what millions use daily to help restore vitality, improve memory and increase energy.

- Rich in minerals and B Vitamins for a quick energy boost
- Contains germanium, found in most organic detoxifiers so it helps flush impurities out of the blood stream
- Has adaptogenic properties that increase resistance to stress

**Red Korean Ginseng...
The Most Prized and
Most Potent Energy Booster.**

**# 178CX Red Korean Ginseng Root
700mg 60 Vcaps \$13.00**
SALE! Buy 120 Vcaps # P178CX only \$24.98
Suggested Use: 1-2 Vcaps 3 times daily

Energize Your Body and Boost Stamina with Our Potent 500 mg Bee Pollen Capsules!

**BEST
SELLER!**

- Bee Pollen has a Wealth of Healthy Nutrients in it... Protein, Amino Acids, Vitamins and Minerals
- World-class Athletes Use Bee Pollen to Enhance Performance, Boost Energy and Endurance

As a Bonus, Bee Pollen also brings welcome relief from allergy symptoms and joint stiffness, and is excellent for the immune system



V23 Bee Pollen 500mg 100 Capsules
Reg. \$12.00 SALE! \$8.95

SALE! Buy 200 capsules #PV23 only \$16.98
Suggested Use: 2 capsules 1-3 times daily

**Millions Take Bee
Pollen for a
Boost of Energy.
Try It Yourself!**

Our Potent Royal Jelly Boosts Your Energy, Defends Your Body!



- Helps Sustain Energy Levels
- Rich in Stress-Relieving Pantothenic Acid
- Freeze-Dried concentrate equivalent to 1,000 mg Fresh Royal Jelly

Royal Jelly is a super rich food that's loaded with vitamins, minerals, amino acids and vital protein. It is without a

doubt one of nature's most perfect foods. So how can Royal Jelly help you?

- Reports indicate that it has the ability to help strengthen your immune system, while at the same time energizing your body
- Royal Jelly has also proved to be beneficial in relieving joint stiffness
- Many people have made Royal Jelly a part of their daily health program because of its reported anti-aging properties

**Give Yourself an Energy Boost...
With Royal Jelly!**

V47 Royal Jelly 1000mg 60 Softgels
Reg. \$22.75 SALE! \$16.95

SALE! Buy 120 Softgels #PV47 for only \$30.98
Suggested Use: 1 softgel 1-2 times daily

Super Energized Oxygen Therapy Formula!

- Cellfood® is an ionic formula containing dissolved oxygen, electrolytes, 78 ionic minerals, 34 enzymes and 17 amino acids
- It naturally provides the highest levels of oxygen and hydrogen, helping support overall improved energy, endurance and health
- Oxygenates body cells, enhances energy, boosts the immune system, detoxifies the body, increases cellular respiration



B47N - Cellfood®, 1 oz Makes 22 Quarts \$29.95

Vitamin B-12 Liquid Energy

- Need instant energy? Reach for this fast-acting liquid formula!
- Simply put several drops under the tongue for fast absorption
- Can also be used when under stress or prior to physical activity



B4D - B-12 Liquid Energy, 2 Fl. Oz. \$9.50

Sun Chlorella - Nature's Super Energizer

- Cleanses your body naturally, builds up the body's defense against disease and illness, and boosts your energy



B43B - Sun Chlorella 200mg 300 Tabs \$35.95

Energizing B-12 With Heart-Healthy Folic Acid

Great-Tasting, Chewable Lozenges

- B-12 and Folic Acid are two essential B vitamins that play an integral part in the lives of active people
- Supports cardiovascular health, maintain nervous system health, and promotes energy
- B-12 is essential for the formation of red blood cells and supports a healthy nervous system
- Chewable, vegetarian lozenges with a great-tasting Cherry flavor



**# V5 - Vitamin B-12 1000mcg Chewable,
With Folic Acid 100 mcg 100 Loz. \$7.50**

Discover the Many Secret Health Benefits of Green Tea!

- Boosts Body Energy
- Accelerates Metabolism
- Beneficial Supplement to Weight Loss Programs
- Helps Maintain Healthy Cholesterol Levels



**Green Tea has been a
part of Asian culture for
over 3,000 years.**

- Research indicates Green Tea promotes energy and is a superior antioxidant
- Maintains healthy cholesterol levels and a healthy heart

**# 184AX Green Tea Capsules 550mg
60 Vcaps \$8.75**

SALE! Buy 120 Vcaps # P184AX only \$15.98
Suggested Use: 1-2 Vcaps 3 times daily

184AC4 Green Tea Cut 4 oz. \$6.15

Blue Green Algae from Klamath Lake

- This unique superfood contains over 40 minerals and trace minerals, vitamins, amino acids and antioxidants
- Increases energy, stamina, and vitality
- Helps improve digestion, and accelerates healing



**An Energy Packed
Green SuperFood!**

V26 Blue Green Algae, 500 mg 90 Vcaps™
Reg. \$28.00 SALE! \$22.95

SALE! Buy 120 Softgels #PV26 for \$41.98
Suggested Use: 1 capsule 1-2 times daily

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



For Thicker, Fuller, Healthier Hair

Vitamins & Minerals For Hair Nutrition

- Nutritional deficiencies can cause many troublesome hair problems - from dull, lifeless hair to split ends and premature thinning
- Add this important Energizer supplement to your diet and get the essential nutrients for healthier hair
- This complete, natural formula is loaded with essential vitamins and minerals including Panthothenic Acid, Biotin, Niacin, Folic Acid and Zinc to stimulate healthy hair growth, improve cell production and scalp circulation needed for thick, healthy hair
- Ingredients: Folic Acid, Niacin, Biotin, Panthothenic Acid, Zinc, Silica and other essential vitamins and minerals in a base of Selenium



B25A - Energizer Hair Nutrition Vitamins
60 Tabs \$12.95

Have Thinning Hair or Scalp Problems? Here's The Answer!

- Energizer Treatment Shampoo contains Jojoba, Vitamin B5 and a herbal complex to provide a total health care program for your hair
- This formula has been thoroughly researched and tested to treat hair and scalp problems in a gentle, yet effective manner. With Bio-Ferm Herbal Complex.



A48B - Hobe Labs Energizer Treatment Shampoo 4 Fl. Oz. \$10.95

Hair Follicle Stimulator

- Spray this stimulator on and comb in between shampooing with Energizer™ Treatment Shampoo
- It will protect your hair and scalp by preventing build-up of sebum, damaging dirt and oils
- Every strand of your hair will be conditioned and protected for an optimum hydration level throughout the day and night
- Great for a thicker, fuller look! Use between shampoos to add extra volume and body to your hair.



A48T - Energizer™ Hair Follicle Stimulator
8 Fl. Oz. \$10.95



Here's What Your Body Needs for Healthy Hair, Skin & Nails®

- If you care about your hair, skin and nails, you'll need to nourish them from the inside out
- Healthy hair, skin and nails depend on receiving the proper nutrients from a well balanced diet - however, you don't always get the nutrients you need
- Here is a unique formula containing specially combined vitamins, minerals, herbs, and bionutrients important for healthy hair, skin and nails
- Includes beneficial herbs such as echinacea, oatstraw, horsetail and asparagus that contain valuable building and strengthening factors
- Also contains the sulfur bearing amino acids cysteine and methionine to help promote health and beauty from within at the cellular level

A53D - Hair, Skin & Nails For Women 75 Tabs \$11.95
A53F - Hair, Skin & Nails For Men 75 Tabs \$11.95

Restore Grey Hair To Your Natural Color With This Amazing Combo!



- Shen Min is a 100% natural restorative hair supplement
- It is derived from He Shou Wu or Fo-Ti, and is best known for its ability to stimulate hair growth and restore graying hair to its original color!
- Shen Min is thought to enhance hair growth by inhibiting the negative effect of DHT (DehydroTestosterone), the primary reason behind age-related hair loss in men and thinning hair in women



A53K - Shen Min Hair Nutrient, 90 Tabs \$29.95
A53S - Shen Min Hair Topical, 3 .1Fl. Oz. \$19.95

Stimulate Your Natural Hair Growth



- This gel is a formulation of natural plant oils, vitamins, minerals, amino acids and herbal extracts combined with Biotin and Placenta extracts
- It works to stimulate natural hair growth, prevent hair loss and thinning, helps make hair thicker

A45C - Supergrow Hair Gel 4 Oz. \$9.95

Herbal Scalp Formula For Thinning Hair



- This scalp treatment consists of a blend of essential oils and minerals designed to encourage an optimum environment to promote fuller, healthier hair
- A most advanced solution for thinning hair. Herbal Glo's scalp treatment for women is specially formulated with extra hair thickeners to meet the needs of today's women

■ Results Guaranteed within 60 days!
A45J - Herbal Glo 5.9 Fl. Oz. \$22.95
A45K - Herbal Glo For Women 5.9 Fl. Oz. \$22.95

Nourish Your Hair From the Inside With Our Silica Complex!

- Our Silica Complex is packed with minerals that are essential for healthy hair and skin so they look and feel more youthful
- A natural blend that contains Silica, Calcium, Zinc, Manganese, Horsetail Extract, Oat Straw, Bentonite Mineral Powder, and Boron
- Each of these minerals and nutrients is targeted to feed your hair, skin, nails, and bones what they may be lacking



Try our Silica Complex - it helps you by nourishing your hair, skin and nails for a new, youthful vibrant look!

V53 Silica Complex 500mg
90 Tablets Reg. \$13.50 Sale \$9.95
SALE! Buy 180 Capsules # PV53 for only \$17.98
Suggested Use: 1 tablet 1-3 times daily

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Don't Let Pain Hold You Back!



Call For FREE Samples
1.877.982.9800

Information can cause pain. If you ignore the information, it can get worse. Follow the information and the pain will disappear.

Phenocane:

- Helps reduce inflammation
- Has no side-effects
- Provides fast relief
- Helps soothe minor back pain
- Get rid of the discomfort
- All Natural, and comes in Vegetarian Capsules



A friend referred me to Phenocane. I am broke the diabetic and I have spinal stenosis. At night, my feet would tingle and I would have leg and back pain. After taking two Phenocane the pain went away. Today I am taking Phenocane every morning and evening. I am living pain free thanks to Phenocane. - Susan

#TB35F - 60 Caps \$24.95

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease. OxyLife Inc. P.O. Box 5451, Circle Vista, CA 91988. Toll Free: 877.982.9800 • Fax: 619.429.9214

Relieve The Worst Headaches In Minutes-Guaranteed!

- Relieve migraines, stress headaches, cluster headaches, sinus headaches, tension headaches and caffeine headaches in minutes!
- All natural herbal blend works faster than painkillers
- When your headache is gone...it will stay gone



"I had the most painful and screaming headaches anyone could imagine until I took this. Now, all that is behind me. If I get a headache at all, it is so very slight and of short duration." - Linda E.

B50C - Headache Stay Gone, 60 Caps \$34.95

Reduce Suffering and Minor Pain In Just 24 Hours!

"I've been experiencing pains in my legs and feet for over 2 years now. I took Phenocane™ for just a few days, and WOW! No more pains or stiffness!"

- Carol, Philadelphia, PA

If you're tired of living with everyday suffering, but you're concerned about the side-effects of pharmaceutical drugs, Phenocane™ is what you've been looking for.

- Science has discovered natural COX-2 inhibitors in Turmeric Root, Boswellia and other herbs that relieve suffering and misery
- The curcuminoids isolated in this blend are the best that we know exist - and provide relief without side effects!
- This proven blend of herbs and relieving ingredients provides you with welcome, effective relief from minor pain, distress and suffering.



B35F - Phenocane, 60 Capsules \$24.95

B35G - Phenocane, 120 Capsules \$47.95

Heal The Damage That's Causing Pain!

- Relieves and heals inflammation and pain of damaged muscle, tendon, ligament and nerve tissue
- Proven effective to treat pains associated with Arthritis, Carpal Tunnel Syndrome, Lower Back Pain, Repetitive Motion, Trauma & Sports Injuries



D21 - Topricin, 2 Oz. Tube \$16.95

D21A - Topricin, 4 Oz. Jar \$24.95

D21B - Topricin, 8 Oz. Pump \$39.95

Effective Relief Of Nerve Pain Symptoms

Helps relieve symptoms of:

- Numbness
- Tingling
- Burning
- Nerve pain
- Pins and needles



NerveFix® has been formulated with the highest quality, all-natural, proprietary blend of homeopathic formulas. Helps relieve minor symptoms of nerve-related tingling, numbness, burning, pain and pins and needles. It also contains a base of all-natural ingredients.

- Includes a FREE "Guide To Nerve Health"

D88B - NerveFix®, 60 Caps \$31.50

Fast Relief For Headache, Back & Muscle Pain

- Homeopathic formula scientifically developed to deliver fast, effective relief in a quick and convenient tablet
- Relieves back pain, headache, muscle aches, and sciatica pain
- No Caffeine, Aspirin, Acetaminophen, or Ibuprofen
- No upset stomach, No drowsiness, Non-habit forming



D113- Pain Relief Tablets, 60 Tabs \$8.50

Pain Relief In 5 Minutes - With Pure Emu Oil!

- Get powerful relief from arthritis pain, muscle strains and sprains, backaches and tendonitis
- Contains a high concentration of pain relieving Menthol in a penetrating Aloe Vera base
- Also contains high quality MSM. Fresh peach scent!



A58E - Ultra Blue, 2 Oz. \$11.95

A58F - Ultra Blue, 4 Oz. \$19.95

Soothe Aches and Pains With Olbas Salve

- Soothes backache and muscle strains and sprains
- Relieves minor arthritis pain
- More Olbas on pages 34-36



LSA- Olbas Salve, 1 Oz. Tube \$9.95

White Willow Bark

- A natural source of salicin, which was chemically created into aspirin in 1838
- Many people turn to White Willow Bark for relief from minor aches and pains
- Helps soothe minor muscle pain after exercise
- Does not cause stomach irritation



455X White Willow Bk 400mg 60 Vcaps \$8.25

SALE! Buy 120 Vcaps # P455X only \$14.98

Suggested Use: 1-2 Vcaps 3 times daily

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





TWO POWERFUL Supplements for Your Cardiovascular Health!

CoEnzyme Q10 With Hawthorn

Our CoQ10 and Hawthorn Berry Formula Energizes Your Body, Powers Your Heart

- A powerful antioxidant that actually helps slow down the aging process!
- Essential to nutritionally support a healthy heart
- Protects the immune system from abnormal cell invasion

CoQ10 is found in every cell in your body. Studies reveal that by age 40, we have 40% less than we did in our 20's.

By age 70, many have 60% less, and don't even know it!

Each Vcap contains:

- Hi-Potency 100 mg CoQ10
 - 400 mg Hawthorn Berry
- COMPARE - GREAT VALUE!**

- This vitamin-like nutrient is responsible for energizing your body
- One of the largest amounts of CoQ10 is found in the heart, since it is the body's largest energy user
- Stress and taking medications for cholesterol, blood pressure, diabetes or depression can silently rob the body of CoQ10
- That's why it's vital to make sure your body is not being shortchanged on this nutrient
- We've added 400mgs of Hawthorn Berry to this formula because of its importance to the cardiovascular system
- Hawthorn Berry is rich in a substance that has shown to help fight the production of bad cholesterol (LDL)
- Hawthorn Berry also has promising results in helping people who have had cardiovascular disorders

Helps You Towards a Healthier Life... While Giving You Newfound Energy!

V315 CoQ10 100mg, with Hawthorn Berry 400mg 30 Vcaps Reg. \$30.75 SALE! \$22.95

SALE! Buy 60 Vcaps # V31 for only \$39.95

SAVE MORE! Buy 120 Vcaps # PV31 for \$75.98

Suggested Use: 1 capsule 1-2 times daily



BEST SELLERS

Red Yeast Rice

Concerned About Your Numbers Being Too High?

Get Red Yeast Rice for Peace of Mind!

- For almost 800 years, red rice yeast has been a part of traditional Asian medicine
- Now scientists have discovered how this health enhancing nutrient can help people to healthier lives by supporting healthy cholesterol levels

■ A rigorous trial from the UCLA School of Medicine, published in the American Journal of Clinical

Each Vcap contains:

- 600 mg Red Yeast Rice

Nutrition in 1999, confirmed that red yeast rice reduced cholesterol levels by an average of 40 points in 12 weeks when combined with a low-fat diet

- Since Red Yeast Rice may deplete CoQ10 levels similar to statin drugs, it is important that you take #V31 CoQ10 along with this supplement or any statin drug
- See HerbVite™ Combo Special below

Our Potent Red Yeast Rice Helps You Fight Bad Cholesterol

V74 600mg Red Yeast Rice 60 Vcaps Reg. \$22.95 SALE! \$16.95

SALE! Buy 120 Capsules # PV74 Only \$30.98

Suggested Use: 1 capsule 1-2 times a day

HerbVite™ Combo Special:

Save 16.75!

You get both:

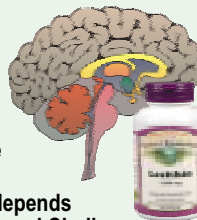
- CoQ10 100 mg with 400 mg Hawthorn Berry 30 Vcaps (Reg. \$30.75)
- Red Yeast Rice 600 mg, 60 Vcaps (Reg. \$22.95)



SV18 Cholesterol Combo A \$53.70 Value - ONLY \$36.95

Potent Lecithin Softgels ...Cholesterol Buster and Brain Booster!

- Research has shown that Lecithin has the ability to help emulsify (or melt) fat, preventing it and cholesterol from building up in the liver
- Lecithin is an important source of Choline, Inositol and Linoleic Acid. Choline is a vital part of every living cell in your body because it moves fats in and out of cells
- Lecithin helps fight mental decline, and can help improve memory while helping to prevent short term memory loss associated with aging



- The brain depends on Lecithin and Choline in order to stay sharp and focused

V40 Lecithin 1200mg 80 Softgels Reg. \$7.00 SALE! \$4.95

SALE! Buy 160 Softgels # PV40 for only \$8.98

Suggested Use: 3 softgels 1-2 times daily

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Super Potent Odorless Garlic Extract Keeps Your Cardio System Healthy!



BEST SELLER!

2500 mg Odorless!

For over 5000 years, Garlic has been used by people to stay healthy. Today Garlic has become the focus of more scientific research.

- Rich in Allicin for Cholesterol and Blood Pressure Concerns
- Fights Arterial Plaque, Protects Your Immune System and has Antioxidant Activity
- Garlic also has been found to be of benefit in helping to make blood platelets less sticky

Our Super Potent Odorless Garlic Extract Softgels (no telltale breath) give you the equivalent of 2500 mgs of Garlic Extract for optimum body health!

V33 Odorless Garlic 100 Softgels Reg. \$10.75 SALE! \$7.95

SAVE! Buy 200 Softgels # PV33 only \$14.98

Suggested Use: 2 Caps 1-2 times daily

Super EPA Omega-3 Fatty Acids... For A Healthy Cardio System

Your body needs Essential Fatty Acids as much as vitamins. Why?

- EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease
- These fatty acids have the ability to help keep blood flowing smoothly, while also helping to promote "good" cholesterol and curb high triglyceride levels



Each serving of our Super EPA Omega-3 formula gives you:

- 1200mg of Omega-3 oils including:
- 720mg EPA (Eicosapentaenoic Acid)
- 480mg DHA (Docosahexaenoic Acid).

- Helps maintain healthy skin and can aid in fighting joint stiffness and gives you greater mobility
- Nature's Wonderland®

Super EPA Omega-3 fatty acids fish oil concentrate is screened for the absence of heavy metals and other contaminants.

V64 Super EPA Fatty Acids 60 softgels Reg. \$18.75 Sale \$13.95

SALE! Buy 120 softgels # PV64 only \$24.98!

Suggested Use: 2 softgels daily with meals



BEST SELLER!

Pure Organic Flaxseed Oil For a Healthy Heart and More Energy!

- Rich in healthy Omega 3 Fatty Acids
- Supports a Healthy Cardiovascular System
- For Those With Cholesterol or Blood Pressure Concerns

Flaxseed Oil contains an essential fatty acid called Linoleic Acid, which is essential to life. Our bodies cannot make this fatty acid. We must get it through our diet or supplements to stay healthy. Flaxseed Oil has more **Omega 3 Fatty Acids** than fish oil! These fatty acids are vital for:

- Energy, brain and nerve function
- Healthy blood pressure and cholesterol levels
- Helps you maintain your overall health and well-being
- Important in cell renewal and for body temperature regulation, which is of interest to women in the "change of life"
- Provides your body with calcium and potassium

V62A Certified Organic Flaxseed Oil 1000mg 90 Softgels Reg. \$10.00 SALE! \$7.95
SALE! Buy 180 softgels # PV62A for only \$14.98
 Suggested Use: 3 softgels 2-3 times daily

▪ Helps in promoting prostate health in men, and has benefits for PMS in women
 This Golden Oil is Nature's Gift of Health to You. Make It a Part of Your Health Program!

Get Standardized Hawthorn Extract - For A Healthy Heart



BENEFITS:

- Supports a Healthy Heart
- Protects Cardiovascular Health
- Supports Healthy Blood Flow

- Supports Healthy Blood Pressure
- Provides Powerful Antioxidant Flavonoids

Hawthorn helps normalize, strengthen and maintain cardiovascular health naturally. It has a gentle tonic action, providing long term support for the heart muscle. The primary nutrients found in hawthorn berries are flavonoids, including proanthocyanidins, which are powerful antioxidants. These strengthen and dilate capillaries, resulting in healthy blood flow and supply of oxygen to the heart, while maintaining normal blood pressure. As a result, healthy heart function and blood circulation are maintained.

Each capsule contains: Hawthorn Leaf and Flower Extract standardized to 1.8% Vitexin 300mg; Hawthorn Berry 200mg.

Don't Take Chances... Keep Your Heart Healthy!

V77 Standardized Hawthorn Extract, 300mg 60 Vcaps Reg. \$13.50 SALE! \$9.95
SALE! Buy 120 Vcaps # PV77 only \$17.98
 Suggested Use: 1 capsule 1-2 times daily

Did You Know That Your Arteries Could Be Over 80% Clogged... BEFORE You Have Any Symptoms?



Harmful buildup of plaque in the circulatory system causes a lack of blood flow to tissues including the heart, sex organs, and skin.

This decreased blood flow affects the tissue and organ function and causes premature aging. Clearing the arteries and promoting good

circulation are major keys to longevity and health. Researchers have discovered that oral chelation therapy can provide many health benefits:

- Rejuvenates Your Cardiovascular System
- Improves Circulation
- Supports Cholesterol Health

Orachel™ is a safe and effective non-surgical oral chelation therapy from the originator of oral chelation, Dr. Kurt Donsbach.

#B35A - Orachel Oral Chelation 180 Caps \$27.95

A Healthy Heart is just an Orachel away.

- Helps with the rejuvenation of your cardiovascular system
- Maintains normal elasticity in arteries
- Improves circulation
- Reduces toxic lead, metal deposits, and abnormal calcium deposits
- Maintains healthy blood pressure
- Reduces leg cramps
- Improves liver and kidney function
- Helps relieve symptoms of memory loss by increasing circulation in the brain
- Maintain a healthy cholesterol level

TB35A - 180 Caps - \$27.95



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. OxyLife Inc. P.O. Box 8481 Chaska, MN, CA 55908. Toll Free: 877-982-2624 • Fax: 877-438-8214 • Email: oxylife@oxylifellc.com

Support Your Cardiovascular Health With Essential Omega-3s

- Supports proper cellular flexibility, cardiovascular health, helps manage stress
- Omega-3 provides an excellent source of omega-3 fatty acids in their naturally existing ratios. These acids are needed daily, and must be obtained from your diet
- Nordic Naturals Omega-3 is a great tasting, fresh, and pure source of omega-3s and vitamin E from purified deep sea fish oil (anchovies and sardines)



B48M - Omega-3, 1000mg 60 Soft gels \$15.95

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





From Depths of the Sea Comes Heart Healthy Cod Liver Oil!

- Rich in Vitamins A & D
- Loaded with healthy Omega-3 fatty acids, EPA and DHA
- Helps Reduce Risk of Coronary Heart Disease

Each softgel provides
 ■ 2500 IU Vitamin A
 ■ 270mcg Vitamin D

People in the U.S. consume a dangerously inadequate amount of Omega-3, a fat which is essential to good health but is only found in fish oil and a few other foods.

- Cod Liver Oil is rich in Omega 3 fatty acids that are vital to keep your arteries and cardiovascular system healthy
- Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease
- One serving of Nature's Wonderland® Cod Liver Oil provides 105mg of EPA and DHA omega-3 fatty acids
- Cod Liver Oil also helps strengthen bones by helping Calcium to be absorbed better
- Contains Vitamin A and Vitamin D, which are needed for healthy skin, hair, bones, teeth, and gums
- Vitamin A is necessary for clear, sharp vision

Reduce the Risk of Heart Disease...
 With Cod Liver Oil!

V29 2500 IU Vitamin A Cod Liver Oil
 100 Softgels Reg. \$10.75 SALE! \$7.95

SALE! Buy 200 Softgels # PV29 only \$14.98
 Suggested Use: 1 capsule 1-3 times daily

Our Garlic and Parsley Mix™ Supports Cardiovascular Health

- Garlic is rich in Allicin for cholesterol and blood pressure concerns
- Also fights arterial plaque, protects your immune system and has antioxidant activity
- Studies show that Garlic can help promote healthy

immune and cardiovascular systems, while it also helps maintain healthy cholesterol levels

- Our potent 675mg Garlic and Parsley Mix™ contains pure Garlic powder, plus breath-freshening parsley leaves

Make it Part of Your Daily Health Program!

S64X Garlic and Parsley Mix™
 60 Vcaps 675mg \$9.25

SALE! Buy 120 Caps # PS64X for only \$16.98
 Suggested Use: 1-2 Caps 3 times daily.



Healthy Heart Support™ This 6 Herb Formula Keeps Your Most Important Muscle Going Strong

Of all the muscles in your body, your heart is the most important and the hardest working.

On an average, it beats 115,000 times a day, pumping over 1,700 gallons of blood through 60,000 miles of arteries, veins and capillaries. It's vital to keep the heart strong and functioning at peak performance. Our **Healthy Heart Support™** formula is the natural way to do it.

Here's why you should make it a part of your daily health program:

- **Hawthorn Berry**- This herb is rich in bioflavonoids which help strengthen blood vessels while helping to promote better blood flow throughout your body. Hawthorn is also thought to help increase the pumping force of the heart.
- **Scullcap & Valerian**- These both have a calming effect on the body. Scullcap is also believed to help maintain good cholesterol levels.
- **Borage**- Is rich in GLA fatty acids, which convert to heart helping prostaglandins. They help keep the blood from becoming sticky.

S26AX Healthy Heart Support™
 60 Vcaps 450mg \$11.25

SALE! Buy 120 Capsules # PS26AX for only \$20.98
 Suggested Use: 1-2 Capsules 3 times a day

S26AT Healthy Heart Support™ Tea 2 1/2 oz \$10.25

SALE! Buy 5oz # PS26AT for only \$18.98

- **Tansy & Motherwort**- These two herbs have been used for years as cardiovascular tonics.

Keep Your Most Important Muscle Healthy...
 and Going Strong!

Cold Feet? Cold Hands? Poor Circulation?

Get Your Blood Flowing Again!

Your circulatory system is like a highway for transporting oxygen and vital nutrients throughout your body. If it flows slowly, cells can become starved for oxygen.



- **Our Circu-Assist™ Herbal Formula of 7 herbs can help you to get the blood flowing again naturally. It includes:**

- **Ginkgo Biloba**- This herb can help increase the oxygen content of your blood, while at the same time helping to improve circulation.
- **Cinnamon and Clove**- They help stimulate circulation and warm the body.
- **Cinchona**- Helps the immune and cardiovascular systems stay healthy.
- **Coriander Seed and Bitter Orange**- Help to promote healthy overall cardiac function.

Give Your Body a Boost of Warmth!

S8BX Circu-Assist™
 60 Vcaps 525mg \$11.25

SALE! Buy 120 Caps # PS8BX for only \$20.98
 Suggested Use: 1-2 Caps 3 times daily.

S8BT Circu-Assist™ Tea 3oz \$10.75

SALE! Buy 6oz # PS8BT Tea for only \$19.98

Why is Stone Root a Favorite of Those Suffering From Hemorrhoids?



Because it is believed to help promote elasticity in delicate rectal veins.

- **Stone Root**, also known as **Collinsonia Root**, is a native of the eastern United States
- Used by early American settlers to help stimulate and cleanse sensitive mucous membranes in the digestive system

A Satisfied Customer
 I buy Stone Root capsules for my husband's hemorrhoids (on the advice of his doctor). He hasn't had a flare up since he's been taking them - almost 4 years. Thanks for your help.
 - Carole E.

- Stone Root is being studied for use in a variety of related conditions including hemorrhoids and varicose veins
- It is also praised by many as a general cardiovascular tonic
- May help to help promote elasticity in delicate rectal veins

403X Stone Root 550mg 60 Vcaps \$9.75
SALE! Buy 120 Vcaps # P403X only \$17.98

Suggested Use: 1-2 Vcaps 3 times daily

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



Support Your Immune System With Our Echinacea - Golden Seal Plus!™

"Achoo! I'm feeling like I'm getting something!"

It's time to take Echinacea Golden Seal Plus!™

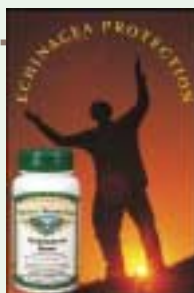
This herbal formula gives you a plus in helping to get your immune system in tiptop shape. You get:

- **Echinacea purpurea and angustifolia Root** - Known worldwide to help shore up your immune system.
- **Golden Seal Root** - This powerful, germ-fighting root helps soothe mucous membranes in throat, lungs, and sinuses.
- **Burdock Root** - An excellent blood cleanser that helps to promote a clear respiratory system.

Arm yourself against all the nasty things that can make you feel under the weather!

S71X Echinacea-Golden Seal Plus
60Vcaps 525mg \$16.00

SALE! Buy 120 Caps #PS71X for only \$29.98
Suggested Use 1-2 capsules 3 times daily



Echinacea Root: Like an Umbrella of Protection

- Studies show that when taken at the first sign of illness, Echinacea can reduce the length and severity of unwelcome seasonal distress
- It appears to work by increasing the number of immune cells in the body and stimulating production of interferon
- It may also stimulate phagocytosis, a function of the immune system in which immune cells engulf and destroy invaders such as viruses and bacteria

149X Echinacea Root 575mg 60 Vcaps \$9.50

SALE! Buy 120 Vcaps # P149X only \$17.98
Suggested Use: 1-2 Vcaps 3 times daily

Protect Your Immune System
With Our Potent Echinacea

Unleashing the Power of Super Charged Silver

Do you have trouble staying healthy? Protect yourself every day by maintaining a strong immune system with Silver Biotics®

- ◆ Doctor recommended
- ◆ Backed by science
- ◆ Tested by major universities and certified independent laboratories
- ◆ Proven safe in 7 different safety studies
- ◆ Customer proven with over a million bottles sold worldwide

Why is Silver Biotics So Effective?

- Silver Biotics is the only product in the world that utilizes a patented process that combines oxygen with silver and removes three electrons from each silver particle instead of just one. This means each silver particle has to borrow three hydrogen particles from the pathogen it comes in contact with, giving you 200% - 300% more activity than other brands.
- Silver Biotics is non-reactive to glass or PETE plastic which guarantees Silver Suspended Stability.
- The manufacturer is so confident in Silver Biotics that they offer a Money-Back Guarantee.

#TA106P Silver Biotics™ 8 Fl. Oz. \$24.95

Oregano Oil



- The powerful immune-supporting benefits of Wild Oregano Oil are compared to Tea Tree Oil, Echinacea, Grapefruit Seed extract AND Goldenseal combined!
- Our Wild Mediterranean Oregano Oil provides 70% Cavacrol- the herb's active natural compound

AMOUNT PER SERVING (1 VEGGIE CAP): Oil of Oregano (contains 45mg pure Oregano oil which delivers 32mg carvacrol) 510mg.

Retail **25% OFF**
#294KX - 60 Caps \$21.95 **\$18.95**
Oregano Oil, 510mg

Boost Your Immunity With Our Colostrum Capsules

- A nutrient dense supplement with a high concentration of valuable proteins that naturally support healthy immune function and assist the body in the maintenance of healthy bacterial response
- Contains high concentrations of immunoglobulins (IgG and IgF-1) and Lactoferrin, a key protein with immune factors
- Collected from antibiotic and hormone free cows during the first 12-hour lactation and flash frozen



V30A Colostrum 500mg 100 Capsules
Reg. \$23.50 SALE! \$17.50

SALE! Buy 200 capsules #PV30A only \$32.98
Suggested Use: 1 capsules 1-2 times daily

Discover the Secret of Black Seed

- Black Seed herb and oil is used by millions of people in Asia, the Middle East and Africa to support their health
- Beneficial to support the immune system, respiratory health, stomach and intestinal health, kidney and liver function, the circulatory system, and for general overall well-being
- Over 200 studies at international universities, and articles published in various journals have shown remarkable results



- Black Seed extracts have been found to help stimulate bone marrow and immune cells and raise interferon production, while protecting normal cells and raising the level of anti-bodies
- It is also very useful for individuals suffering from allergies and hay fever
- It has no known side effects and has a long history of use

B30J - Black Seed Oil Capsules
90 Veg Caps \$21.95

B30C- Black Seed Oil 1 Fl. Oz. \$5.95

B30D- Black Seed Oil 4 Fl. Oz. \$17.95

Increase Your Natural Killer Cell Activity With Cell Forte And IP-6

Deep Immune Defense for Life-Changing Results

- Time is precious. So when enhancing your deep immune health is your top priority, take action toward triumphant results with Cell Forte® IP-6 & Inositol
- This special blend of IP-6 and inositol helps give you the power to prevail by delivering scientifically-studied, exceptional support for the most critical cells in your immune system
- The patented combination of ingredients in Cell Forte IP-6 & Inositol boosts the body's natural cellular defenses by increasing the levels of inositol phosphates in your cells, natural substances found in your body to help enhance the immune system.



B30R - Cell Forte With IP-6 120 Tabs \$24.50

Ultra Colloidal Silver Can Protect You!

- Silver has long been used in traditional Chinese health practices for its remarkable cleansing properties and protective nature
- Ultra Colloidal Silver is produced through a unique electrical process which creates the necessary homogeneity, minute particle size, purity and stability for maximum results.



A106E - Ultra Colloidal Silver 2 Fl. Oz. \$15.50

A106F - Ultra Colloidal Silver 4 Fl. Oz. \$26.95

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



Post a Protective Guard Around Your Immune System with Immune Boost™



- Your immune system is your first line of natural defense against infections, bacteria, colds and other nasty things
 - A strong immune system is directly related to a healthy life. The stronger it is, the healthier you will be
 - This herbal formula not only helps protect your total system, it also helps to strengthen it
 - Here are the three herbs in a precise blend that gives your immune system the boost it needs:
 - **Echinacea**- Supports your immune system by helping to activate protector white blood cells. This becomes even more important, especially during the cold winter months.
 - **Yellow Dock**- A cleansing herb which is high in natural iron to help build up the blood.
 - **Burdock**- This is one of nature's top blood purifiers, helping to rid the bloodstream of waste.
- Protect your immune system and help strengthen it for optimum health with Immune Boost™. It's the powerful, natural way to defend your health.

S59X Immune Boost™ 600mg
60 Vcaps \$10.50

SALE! Buy 120 Caps #PS59X for only \$18.98
Suggested Use: 1-2 caps 3 times daily

S59T Immune Boost™ Tea 3oz \$8.75

Flor•Essence®

Possibly the World's Most Powerful Cellular Regenerator & Detoxifier

- Challenged with a life threatening situation?
- Worried about the side effects of chemical therapy or radical surgery?
- Flor•Essence is the preferred choice of many for stimulating the immune system
- Flor•Essence works at the cellular level to detoxify and regenerate the body
- Used as a preventative or therapeutic treatment, it offers a flame of hope for your renewed health



TA102E Flor•Essence® Herbs 63 gm \$32.50
TA102F Flor•Essence® Liquid 500 ml \$32.50

"I Take Astragalus Root Every Single Day!"

"Why? Because Astragalus root, also known as "huang qi", has been used in traditional Chinese and East Indian medicine for thousands of years to strengthen and rejuvenate the body. Ongoing research has demonstrated its immune-stimulating properties. Astragalus appears to fortify the immune system by increasing the number of immune cells in the body. It stimulates the infection-fighting activity of macrophages and the production of interferon, a cellular protein that fights off invading organisms. I take it daily to boost my immunity and keep my system in balance."

- Dr. Susan Smith Jones, PhD



- Astragalus Root boosts the health of your immune system
- Helps keep you healthy and reduces unwanted "downtime"
- Increases the activity of the body's killer cells which help the immune system function
- Promotes healing and provides energy to combat fatigue



Discover the Health Benefits of Astragalus Root Yourself!

31AX - Astragalus Root 575 mg
60 Vcaps \$8.50

SALE! Buy 120 Vcaps # P31AX for only \$15.98

Suggested Use: 1-2 Vcaps 3 times daily

31AC4 Astragalus Root Tea Cut 4 oz. \$5.50

31AC16 Astragalus Root Tea Cut 16 oz. \$20.00

Experience The Natural Healing Powers of Noni

This "Miracle Fruit" Has Been Used in Medicine for Centuries... Because it Works!

Traditional Uses of Noni Fruit:

- Headaches, Back & Muscle Aches
- Injury Discomfort & Swelling
- Joint & Muscle Support
- Boosts Immune System
- Powerful Antioxidant
- Daily Tonic for General Health



Noni is documented to contain many phytonutrients, Vitamin C and enzymes related to healing. As an adaptogen, Noni helps maintain balance of the body's organs through regulation of cellular function, acting where it is most needed in the body.



Hawaiian Noni Juice
#TE75E 32 Fl. Oz. \$30.95

Tahitian Organic Noni Juice
#TE75T 32 Fl. Oz. \$33.95

NOTE: Sorry, we cannot ship Noni juice during winter

Hawaiian Noni Capsules, 450mg
#TV65A 90 Caps ~~was \$32.50~~
NOW \$24.95



Our freeze-dried concentrated Noni capsules give you 100% pure Noni juice using a patented process that only removes the water. You get all the benefits of the juice in an easy-to-take capsule!

NATURAL Stem Cell Therapy™

As we age, our bodies release fewer and fewer adult stem cells, which are the body's rebuilding tools.

Vita-Stim™ Stem cell nutrition helps overcome the aging process by promoting the release of additional adult stem cells in the body.



- Stem Cells Help Stimulate Healing and Regeneration of Compromised Areas in Your Body
- Supports Your Immune System
- Offers a Full-Spectrum of Vitamins, Amino Acids, Minerals, and Essential Fatty Acids
- Highly Absorbable and Vegetarian Friendly
- Helps You Focus, Sharpens Memory and Elevates Mood

TB63N - Vita-Stim™ 750mg
60 Caps \$59.95

Put Vita-Stim™ to Work For YOU!

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BEST SELLER!



Want to Keep Your Memory Strong and Your Mind Sharp?

Give Your Brain a Boost with Mental Alertness™

■ Our Mental Alertness Formula™ combines three potent herbs, **Ginkgo Biloba**, **Ginseng** and **Gotu Kola**, known for their ability to counter short-term memory loss and aging, and boost mental alertness.

■ Studies have shown that these herbs can act as the ultimate anti-aging combination

Here's why you should make it part of your daily health program:

■ **Ginkgo Biloba**- Studies have shown that it can help with mild memory problems

associated with aging, plus help to improve mental clarity. Ginkgo also has shown to help increase blood flow within the body.

■ **Eleuthero**- This popular herb is renowned for its ability to help increase energy, endurance and stamina. It can also help your body adapt to stress better.

■ **Gotu Kola**- Herbalists use Gotu Kola to enhance vitality, mental sharpness, and healthy circulation.

S61X Mental Alertness™ Formula
60 Vcaps 450mg \$9.75

SALE! Buy 120 Caps #PS61X for only \$17.98
Suggested Use 1-2 capsules 3 times daily

S61T Mental Alertness™ Tea 3oz \$7.75

SALE! Buy 6oz #PS61T Tea for only \$14.98

Fight the Effects of Growing Older - Stay sharp and in control with our Mental Alertness™ Formula!



Acetyl-L-Carnitine... For Mental Sharpness, Fat Burning and Energy!

■ Researchers believe that Acetyl-L-Carnitine may be one of the best nutrients for fighting the ravages of growing old

■ This amino acid can help with impaired memory, alertness, and factors associated with mental decline in the elderly

V69 Acetyl-L-Carnitine 500mg 60 capsules
Reg. \$33.50 SALE! \$24.95

SALE! 120 capsules #PV69 for only \$45.98
Suggested use: 1 capsule 1-3 times a day

■ Acetyl-L-Carnitine has been shown to help promote a positive mental outlook, and it is involved in fat burning and boosting energy levels

■ It also protects the cardiovascular system!

Our Best Brain Boosting Combo!



Phosphatidyl Serine and Ginkgo Biloba Extract

■ They work together to help promote blood circulation to get oxygen to your brain

■ Promotes mental sharpness and clarity by helping in the transmission of electrical impulses

It's been estimated that the brain contains 100 billion cells! Just like the rest of your body, your brain cells require specific nutrients to stay mentally sharp and to fight absent-mindedness, as well as memory problems associated with aging.

Help Enhance Your Brain Power!

This brain-boosting formula gives you:

- 100mgs of Phosphatidyl Serine
- 60mgs of Ginkgo Biloba Extract

V82 Phosphatidyl Serine 100mg & Ginkgo Biloba Extract 60mg 60 Softgels Reg. \$49.50 SALE! \$36.95

SALE! Buy 120 Softgels #PV82 for only \$69.98
Suggested Use: 1 softgel 1-3 times daily with meals.

Brain Sharpener™ Is A Student's Best Friend

■ Give yourself the advantage when taking exams!

■ Recommended for anyone who wants to enhance mental clarity, concentration, creativity and optimum brain power



■ Supports normal brain function in ADD and may reduce cortisol level, one of the main causes of depression

Contains: Thiamine 15mg; Cobalamin 10mcg; Proprietary Blend 1785mg (Phosphatidylserine, Phosphatidylcholine, Ginkgo, Flavone Glycosides, Quercetin, Kaempferol, Isorhamnetin, Terpene Lactone, Ginkgolides A, B & C, Bilobalides, Heterosides, Oleic Acid, Vitamin F, Linolenic Acid, Catechin, Sitosterol, Theobromine, Resins, Isobramic Acid, Glutamic Acid, Flavonoids, Dicalcium Phosphate, Rutin).

TB50J - Brain Sharpener 30 Softgels \$29.95

Do You Have That Irritable, Moody Feeling Every Month?

Relieve Mood Swings and Restore Your Natural Hormone Balance with Hormonal Regulator™!



Hormones are powerful biochemical substances that control many functions in the body. During specific times in your cycle, hormone imbalance

can cause PMS (Pre-Menstrual Syndrome) discomfort, mood swings and irritability.

■ **Hormonal Regulator™** contains beneficial herbs that stimulate the natural production of hormones, helping to balance your system, and restore a feeling of well-being. Natural herbal formula contains no synthetic hormones.

■ Includes: Aletris, Alfalfa, Red Clover, Helonias, Licorice, Pleurisy, Sarsaparilla and Wild Yam.

S24X Hormonal Regulator™
60 Vcaps, 525mg \$18.50

SALE! Buy 120 Capsules #PS24X for \$34.98
Suggested Use: 1-2 Caps 3 times a day.

S24T Hormonal Regulator™
2 ½ Oz. Tea \$25.75

SALE! Buy 5oz #PS24T Tea for \$48.98

Feel Like Yourself Again With "Mood Elevating" St. John's Wort

■ The active therapeutic ingredient in St. John's Wort (Hypericum Perforatum) supports the production of serotonin and dopamine, which positively affect mood

■ St. John's Wort also works to promote emotional well-being

■ In Germany, more than fifty percent of mood related problems are treated with hypericum



St. John's Wort has also been used in traditional herbal medicine for more than 2,400 years to help calm the nerves, relieve minor pain, and promote healthy lung function.

Treat Yourself to a Happier Feeling... and Reduce Undesirable Mood Swings!

368X - St. John's Wort 500 mg
60 Vcaps \$8.75

SALE! Buy 120 Vcaps # P368X for only \$15.98
Suggested Use: 1-2 Vcaps 3 times daily

368C4 - St. John's Wort Tea 4 Oz. \$6.75

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





Get Pumpkin Seed Oil To Keep Your Prostate Healthy!

Here is the Natural Choice for Daily Prostate Health



- Pumpkin seed oil features a nutritional profile ideally suited for the mature man
- It provides a balanced blend of Omega-3 and Omega-6 essential fatty acids with unique nutritive benefits for prostate health
- Promotes healthy bladder and urinary function
- A rich source of zinc, vitamins A and E, protein, amino acids, and trace minerals
- Our high-bioavailability softgels are an easy way to make pumpkin seed oil part of your daily routine

V50 - Pumpkin Seed Oil, 1000mg 60 Softgels
Reg. \$12.00 **SALE! \$8.95**

SALE! Buy 120 Softgels #PV50 for only \$16.98
Suggested Use: 2 softgels 1-3 times daily with meals.

One-A-Day Performance Formula For The Active Man

- If eating the right foods is a challenge for you, Men's One Daily™ Essentials is what you need
- Delivers whole foods mixed with essential vitamins and minerals for maximum health benefits
- Just 1 tablet is packed with 4,173mg of whole food nutrition
- This complete vitamin and mineral formula balances and nourishes the male system, and provides anti-aging antioxidants and tonic herbal extracts



2 Month Supply!

B24F - Men's One Daily™ 60 Tabs \$32.95

A Powerful Prostate Formula



- Prosta-Strong™ supports normal prostate size, normal urine flow, and cellular protection against free-radicals in the prostate, which can increase the risk of cancer
- Extensive clinical research has been conducted on each of the potent ingredients in this complex
- Contains: Zinc, Saw Palmetto, Quercetin, Rye

Pollen, Stinging Nettle Root, Pygeum, Beta Sitosterol, Green Tea, Lycopene, Pumpkin Seed, and Bioiperine Complex

B61J - Prosta-Strong™ 90 Gelcaps \$22.95

Are You a Prisoner To Your Prostate? Get Natural Relief Fast With Prosta-Plus™

- Your prostate is normally about the size of a walnut, but an enlarged prostate can feel like the size of an orange
- With many men, this causes discomfort and "signals" to get up at night
- Millions of men suffer while others have turned to Prosta-Plus™, the all-natural formula that supports optimum comfort and overall reproductive health
- This 10 herb formula can help keep your prostate comfortable both day and night. Here's how:
 - **Saw Palmetto**- This herb is a blessing for the prostate. It contains fatty acids and powerful plant sterols, which can help maintain a healthy prostate. 90% of men with enlarged prostates felt improved comfort after six weeks of use.
 - **Flaxseed, Chamomile, Calendula, Linden, Elder, Nettle, St. Johns Wort, Witch Hazel, and Blackberry**- These 10 herbs work together to help soothe the prostate. Flaxseed supplies rich omega-3 fatty acids. St. Johns Wort helps relieve stress, while calendula helps soothe the urinary tract.



Men, you can help maintain optimum prostate and reproductive health naturally. Prosta-Plus™ works!

S44AX Prosta-Plus™ 60 Vcaps 575mg \$10.75

SALE! Buy 120 Caps #PS44AX for only \$19.98

Suggested Use: 1-2 Caps 3 times daily

S44AT Prosta-Plus™ Tea 3oz \$9.25

SALE! Buy 6oz #PS44AT Tea for only \$16.98

Prostate Miseries? Get Soothing Help with Saw Palmetto Berries

- If you're over 50, you know all about your prostate
- It's the source of the third most common disorder in men over 50
- Studies reveal that Saw Palmetto contains concentrated amounts of fatty acids and sterols which can help maintain healthy prostate function
- Millions of men turn to Saw Palmetto for natural relief and to promote optimum prostate and sexual health



375X Saw Palmetto Berries 700mg 60 Vcaps \$10.25

SALE! Buy 120 Vcaps # P375X for only \$18.98

Suggested Use: 1-2 Vcaps 3 times daily

Soothes the Prostate, Promotes All-Around Reproductive Health

Complete Nutrition for the Prostate



- A comprehensive formula designed for the proper function and health of the prostate gland
- Combines vitamins, amino acids, and herbs such as Zinc, Pygeum, Saw Palmetto with other ingredients needed for better prostate health.

B26C- Prosta-Max 50 Tabs \$17.95

B26D- Prosta-Max 100 Tabs \$29.95

Strengthen Prostate Function With the Proven Power of Saw Palmetto & Lycopene



- Frequent urination and other prostate challenges lead to frustration and anxiety
- Here is a targeted nutritional supplement for optimal prostate nourishment and support

B31K - Prostate Strength, 30 Tabs \$16.95

Ease Prostate Worries With Small Flowered Willow Herb

- Small Flowered Willow herb helps promote a normal, healthy prostate



- This pleasant herb and flower tea was highly recommended by Austrian herbalist, Maria

Treben, for ailing men with prostate abnormalities

- Also supports bladder health

B48F- Small Flowered Willow Herb 60 Softgels \$18.95

C15- Small Flowered Willow Herb Tea 3.5 Oz \$14.95

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BEST SELLER!

New Discovery! 650 Year Old Secret To Sexual Pleasure

- From the wisdom of an ancient Chinese formula, here is a truly unique herbal formula that has been used for centuries to promote sexual health and to improve sexual performance and satisfaction in men
- For over 650 years, **The Pleasure Beads** have never been advertised to the public - the secret of their effectiveness has only been passed by word of mouth

SPECIAL OFFER!
Buy 10, Get One FREE!
ORDER #TA32E
11 Packets - \$49.50

- The Pleasure Beads induce a much firmer erection and enable you to prolong your love-making time and pleasure significantly

A32E - The Pleasure Beads®, 1 - 3g Packet \$4.95
TA32E - The Pleasure Beads®, 11 - 3g Packets \$49.50

- 100% natural, safe, reliable and fast acting - Get results in minutes!

Why Does Maca Root Increase Sexual Desire In Both Men and Women?

- Maca Root contains naturally occurring phyto-chemicals that positively assist mood and energy levels in men and women
- Works with the body's natural rhythms to help rebuild weak immune systems, and increases energy and endurance
- The amino acid L-arginine found in Maca is believed to stimulate sexual desire in both sexes and aids erectile tissue response
- Clinical trials performed in men have shown that Maca can heighten sexual desire and improve semen quality
- A Chinese University trial showed an increase of nearly 100% in sexual frequency with animals



Achieve Peak Sexual Performance With Maca!

250AX Maca Root 675mg 60 Vcaps \$9.75

SALE! Buy 120 Vcaps # P250AX only \$17.98

Suggested Use: 1-2 Vcaps 3 times daily

250AK Maca Root Liquid Extract 1 Fl.Oz. \$10.95

Do You Feel Tired, Weak, Moody Or Disinterested In Sex at Times?

Here's a Plant That Enhances Testosterone Level So You Can Regain Confidence

Tribulus Terrestris

- A recent medical survey found that in the U.S., 31% of men suffer from lack of satisfaction or pleasure during sex, performance anxiety, and lack of desire
- Many men feel weak, tired and moody because their natural testosterone levels are suppressed
- European studies suggest that tribulus extract can increase testosterone levels 30-50% above baseline levels
- Increased testosterone levels have a positive effect on men's strength, stamina and mental outlook
- Our high potency Standardized Tribulus Terrestris Extract offers a safe and effective solution



Get Your Male Drive Back in Gear With Tribulus! It's the Natural Solution.

V84 Tribulus Standardized Extract 500mg
60 Capsules Reg. \$10.95 SALE! \$7.95

SALE! Buy 120 capsules #PV84 Only \$14.98

Suggested Use: 1 capsule 1-3 times daily

Promote Optimum Physical Performance with Red Korean Ginseng

- Our prized Red Korean Ginseng (aged 6 years) is what millions use daily to help restore vitality, improve performance plus increase energy levels



- Ginseng is known as the "man root" because of its shape. It has long been used in the Orient to enhance virility in men
- Also rich in minerals and B Vitamins.

Red Korean Ginseng... The Most Prized and Most Potent Energy and Performance Booster!

178CX Red Korean Ginseng Root
700mg 60 Vcaps \$13.00

Save! Buy 120 Vcaps # P178CX only \$24.98

Suggested Use: 1-2 Vcaps 3 times daily

Discover The Mayan Secret For Boosting Sexual Energy and Performance

- Damiana was once used by the ancient Mayan civilization for its sexually stimulating effects
- Today this South American tonic is used worldwide to improve sexual performance, sexual energy and heighten satisfaction
- Helps rejuvenate both male and female desire
- Revitalizes reproductive and sexual functions
- Increases energy while it gently strengthens the nervous system



Get Your Sex Life Back On Track With Damiana

135X Damiana Leaves 475mg 60 Vcaps \$8.25

SALE! Buy 120 Vcaps # P135X for only \$14.98

Suggested Use: 1-2 Vcaps 3 times daily

135K Damiana Liquid Extract 1 Fl.Oz. \$10.50



Experience Longer Staying Power and Stronger Erections!

- Men report: Longer staying power, stronger erections, greater ejaculation control, and becoming multi-orgasmic
- Stimulates the secretions from the specific organs and glands that pertain to sexual function
- Helps increase sexual energy, and expands the blood flow to these specific areas
- An all natural alternative to prescription drugs, when you require an extended or immediate burst of sexual energy
- This formula is designed to increase the health of the sex organs as well as your overall health and well being

- Contains: Deer Velvet, Yohimbe, Panax Ginseng, Damiana, Epimedium, Tribulus Terrestris, Muira Puama, Saw Palmetto, Astragalus, Asparagus Root, Lycium Berries, Dendrobium, Pippali, Jujube Seed, Rehmannia and Motherwort.

#A31F - Herbal Erotica For Men, 610mg 60 Caps \$35.95

"I used Viagra for quite some time. What I didn't like about it was all I had was two hours to perform. With Herbal Erotica its 24 hours a day, seven days a week. It's great and there's no side effects."

- Fred - Retired Salesman

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L-Arginine ...The Amino Acid For Men's Sexual Health

BEST SELLER!



- Increases Sperm Count and Volume
- Increases Blood Flow to Body Organs
- Promotes a Healthy Immune System
- L-Arginine also helps dilate (open up) blood vessels to

assist blood flow to erectile tissue

- It helps promote the production of HGH (Human Growth Hormone), which fights the effects of aging
- Nature's Wonderland® L-Arginine is top-quality pharmaceutical grade from vegetarian sources

The Special Supplement For a Man's Sexual Health Needs

V63 L-Arginine 500mg 100 Capsules
Reg. \$16.25 SALE! \$11.95

SALE! Buy 200 capsules #PV63 for only \$21.98

Suggested Use: 2 capsules 1-3 times daily

BEST SELLER!



Restore Passion, Pleasure and Performance with Nature Vitality®!

- Men: Now you can help restore sexual satisfaction and confidence **naturally** - without an expensive prescription or drug side effects
- Our super potent **Nature Vitality®** formula of six herbal sexual performance enhancers is the formula men have long trusted
- Works to help restore renewed desire, virility, and stamina for any man with decreased sexual function associated with aging. Contains:
- **Yohimbe**- This potent herb is renowned for its ability to boost performance and stamina.

S34X Nature Vitality® 60 Vcaps 525mg \$16.25

SALE! Buy 120 Caps #PS34X for only \$29.98

Suggested Use: 1-2 Caps 3 times daily.

S34T Nature Vitality® Tea 3oz \$25.50

SALE! Buy 6oz #PS34T for only \$47.98

■ **Murria Puama**- Helps promote libido and arousal. It has dramatic results among men with low sexual desire.

■ **Damiana**- Evidence suggests that this herb is useful in testosterone production and stimulates body energy.

■ **Aletris, Saw Palmetto and Cassia Bark**- These three herbs can help maintain a healthy prostate, and promote greater blood flow to organs in the body.

Men, It's Time to Stop Rationing Your Passion. Unleash the Natural Drive You Thought Was Gone!

Save MORE!

Double Your Pleasure & Performance Take these 2 supplements together

SV8 - Nature Vitality® Combo
V63 - 100 Caps PLUS S34X - 60 Caps
Reg. \$32.50 SALE! \$25.95



The Red Hot Blend Heats Up Your Sexual Energy, Desire and Performance!

■ **Supreme Cada-Gin-Guy™** is a powerful formula of premium herbs that

increase your energy, give you stamina and improve your sexual performance

- Helps stimulate optimum circulation to body extremities and erectile tissue
- Contains these power-packed herbs:
 - **Korean Red Ginseng** helps improve endurance and energy, restores vitality, increases stamina and improves memory.
 - **Guarana** helps fight fatigue, while it boosts energy and endurance.
 - **Cayenne** is excellent for increasing circulation, warmth and energy.
 - **Yohimbe & Damiana** arouse sexual desire and improve sexual performance.

The Hot Blend To Spice Up Your Love Life!

S65X Supreme Cada-Gin-Guy™
60 Vcaps 675mg \$14.75

SALE! Buy 120 Caps #PS65X for only \$27.98

Suggested Use 1-2 capsules 3 times daily

Increase Testosterone Levels Dramatically!

- Safe, over-the-counter, FDA registered homeopathic testosterone gel proven to increase your testosterone level
- Powerful remedy for strength, muscular development, and lean muscle gain
- Improves recovery time and relieves pain and stiffness caused by tearing, pulling and overlifting



A69M - Testosterone Gel®, 4 Oz \$39.95

Revive Your Libido & Increase Sexual Drive

- This supplement increases sexual drive, frequency and duration
- Super Testron raises natural testosterone levels without the side effects of steroids - directly increasing power, stamina, strength, endurance and energy levels



B38T - Super Testron Male Tonic 60 Caplets \$39.95

Yohimbe Standardized Extract 2%

- Works to improve blood flow to the genital area, boosts sexual energy, arousal and sexual satisfaction
- Promotes male sexual function by supporting healthy circulation
- Experience newfound desire and enhanced performance with Yohimbe!



V93 Yohimbe Standardized Extract,
2%, 800mg 60 Caps \$13.95

SALE! Buy 120 Caps # PV93 only \$24.98

Suggested Use: 1 Capsule 3 times daily

For Women Only: Increase Your Desire And Heighten Sensitivity

"My husband had had it with me. I didn't want him to touch me anymore. A friend gave me Herbal Erotica. Holy Smokes! This stuff is really powerful. You saved our marriage."

- Betty, (Homemaker, FL)



- Women report: Increased libido, improved lubrication, greater sensitivity, and multiple orgasms
- Helps women experiencing a lack of sexual desire, or other female sexual dysfunction

A31H - Herbal Erotica For Women 60 Caps \$35.95

Ultra-Slippery, Natural, Personal Lubricating Fluid Made From Kiwi Fruit

- Relieves dryness, discomfort, and heightens your sensitivity and sexual pleasure
- Effectively lubricates and also simulates normal bodily secretions essential for the complete enjoyment of sexual activity



- Greaseless, stainless, odorless, ultra slippery, non-sticky, and has no taste or color.

A39G - Sylk Personal Lubricant 3.4 Fl. Oz. \$21.95

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Skin Care & Remedies

K-R Antiseptic First-Aid Liquid



- Excellent for minor burns, bruises, cuts, non poisonous insect bites, sunburn, poison-ivy, and coughs due to chest colds
- Simply sprinkle it on the affected area, cover, and allow the penetrating formula to bring you quick relief

A56A - K-R Antiseptic First-Aid 4 Fl. Oz. \$8.95

100% Pure Australian Tea Tree Oil



- Tea tree oil comes from the leaves of the Melaleuca Alternifolia, found only in Australia
- Apply topically to fungal infections and athletes foot
- Also for skin problems such as minor burns, cuts, abrasions and pimples.

A59H - Tea Tree Oil 1/2 Fl. Oz. \$7.50

A59R - Tea Tree Oil, Eco-Harvest 1/2 Fl. Oz. \$8.25

A59G - Tea Tree Oil 1 Fl. Oz. \$11.50

A59M - Tea Tree Oil 2 Fl. Oz. \$19.50

Smooths "Alligator" Skin - Great For Itching



- This exclusive formula really works to combat skin irritation, itching, redness, inflammation, scaling and rashes due to Eczema, Psoriasis and Seborrhea

- Removes scales, heals rashes, relieves itching, smooths and softens dry, flaky, chafed skin in sensitive areas

A74B - Therapeutic Gator Balm 4 Oz. \$11.95

Delightfully Fragrant Sandalwood Soap From China

- With a delicate, exotic fragrance, this Sandalwood soap from Shanghai, China is a delight for your skin and senses



A27A - Sandalwood Soap 81g Bar \$7.50

Eliminate Ugly Spider Veins In Just Weeks!

- Here is an easy way to make ugly spider veins disappear
- NO painful shots, lasers, or side effects of expensive surgery
- Also helps to heal bruises and broken skin.



A83K - Vitamin K Cream 4 Oz. Fl. \$12.95

Chronic Skin Eruptions?



- Here is a Total Skin Support System... from the inside out
- Strengthens the immune system
- Effective for all ages
- Works from the inside - the root of the problem
- Prevent skin conditions

B65B- Herpacinine 100 Caps \$25.95

Brown Spots, Warts & Moles

Brown Spot And Skin Lightening Night Cream



- Contains the super lightening agent "hydroquinone" which produces a quick action on age spots or any skin discoloration

- Also used to lighten dark skin pigmentation.

A82H - Brown Spot Night Cream 1.5 Oz. \$9.95

Homeopathic Cream For Warts, Moles & Liver Spots

- Helps to heal common warts and eliminates the skin discoloration caused by liver spots
- See the problem diminish within days! Non-staining, odorless



D53A - Wart, Mole & Liver Spot Cream 1 Oz. \$6.95

Night-time Skin Lightening Cream



- This advanced skin formula contains professional strength Hydroquinone, which lightens and whitens the skin

- This bleaching cream is good for lightening dark spots as well as helping those with dark skin pigmentation problems

A83P - Skin Whitening Bleach Cream 4 Oz \$10.95

Look Years Younger!

Pure Vitamin E Skin Oil Liquid

- Just a few drops applied each night to problem areas helps reduce or eliminate blemishes, crow's feet, stretch-marks, lines and wrinkles
- Also excellent for dry and rough skin.
- Contains 28,000 units of Vitamin E.



A75A - Vitamin E Skin Oil 1 Fl. Oz. \$13.95

Make Your Skin Look Youthful Again!

- Contains Cellfood®-the world renowned cell oxygenating ionic concentrate
- Helps to renew skin texture and promotes a more youthful looking complexion for all skin types
- Dissolves fine lines around the eyes and mouth
- Effective on wrinkles, lines, stretch marks, acne, rashes, sun spots, veins, bruises, rough skin, wounds, scars, skin damage, and blemishes.



A83S - Cellfood® Oxygen Gel, 2 Fl. Oz. \$32.95

Berry Soft: Fast Acting, 24-Hour Moisturizer With Anti-Wrinkle Effect



- Moisturizes, softens, exfoliates
- Enhances, firms, revitalizes
- Promotes youthful looking skin
- A complete facial rejuvenation cream that provides moisturization, smoothness, radiance, natural exfoliation, and lift to produce an immediate skin softness and firming effect
- Within days, skin tone and texture improves and in several weeks fine lines diminish
- Delivers key nutrients that reduce the appearance of fine lines and improve skin elasticity
- Contains antioxidant-rich blueberries, vitamins, herbal extracts and other natural compounds to protect, restore and rejuvenate your skin
- For All Skin Types, non-greasy, fragrance-free, hypoallergenic

Results Guaranteed - Or Your Money Back!

A75B - Berry Soft™ Facial Cream 1 Oz. \$19.95

Protect Yourself!

Bothered By Toothaches? Bleeding Gums?

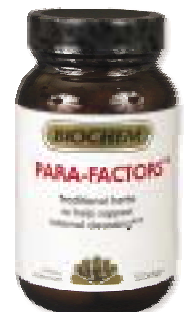
- Provides a fast-acting enzymatic action that benefits the teeth and gums
- Helps reduce oral microbes that contribute to the development of disease in the body
- A blend of plant extracts, vitamins, minerals, enzymes, essential oils and other nutrients
- Users describe benefits like: reduction of dental plaque, toothache relief, firming of loose teeth, root canal prevention and more!



A62H - Dentizyme 1 Fl. Oz. \$11.95

Protect Yourself From Parasitic Invasion

- Yeast infections continue to be the most common parasitic condition
- Newly discovered parasites continually pose a threat to health
- Para Factors incorporates a wide range of traditional herbs such as Black Walnut, Garlic, and Wormseed, known to be active against Candida and parasites
- Supports intestinal cleansing



B37Q - Para Factors 50 Caps \$19.75

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





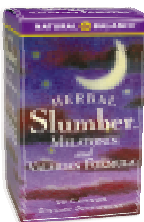
Valerian: Nature's Sleep Solution



- Valerian has long been recognized in herbal medicine for its calming effect
- Herbal guides describe it as a root that relaxes and strengthens the nervous system
- NO addictive or narcotic side effects
- Also used for muscle spasms, menstrual cramps and nervous stomach cramps

427X Valerian Root, 575mg 60 Vcaps \$9.25
SALE! Buy 120 Vcaps # P427K for only \$16.98
 Suggested Use: 1-2 Vcaps 3 times daily

Fall Asleep Fast And Awake Without Morning Grogginess!



- Herbal Slumber has a powerful blend of natural ingredients known to help you relax, fall asleep and renew your energy reserves
- Includes Melatonin, which actually helps you get to sleep faster without morning grogginess or other unpleasant side effects

- Also includes the calming herbs: Valerian Root, Hops, Chamomile, Licorice and Fennel.

B53B - Herbal Slumber Formula
 60 Caps \$15.95

All Natural, Homeopathic Sleep Aid



- Calms Forte provides gentle, homeopathic relief for simple nervous tension and sleeplessness (insomnia) that is non-habit forming and completely natural
- A homeopathic combination of Hops, Chamomile, Passion Flower and calming minerals

that provides gentle relief for nervous tension and sleeplessness

- 100% natural, without side effects

D85 - Calms Forte 100 Tabs \$7.95

A Gentle Sleep Balm For Kids & Toddlers



- Night Night Balm helps ease younger minds into the magical realm of the sleep world
- For this special child-friendly formula,

we chose essential oils that help children to relax, unwind and feel soothed

A88S - Badger Night Night Balm 2 Oz \$9.95
 # A88T - Badger Night Night Balm 0.75 Oz \$5.50



BEST SELLER!



Would You Like to Get a Great Night of Deep, Peaceful Sleep... Naturally?

Now You Can... Without Drug Side Effects or Morning Grogginess!

- Stress, jangled nerves, health problems and more can rob you of the precious sleep you need to stay healthy
- Fact: Nearly 50% of American adults have sleep problems
- Now through nature's pharmacy comes a formula that's guaranteed to soothe your nerves and relax tension

Here's what makes this formula the "before bedtime" partner of so many:

■ **Valerian**- For centuries this soothing herb has been used for sleep problems and frazzled nerves. In research studies, Valerian was found to be an effective treatment for people with mild to severe sleeplessness.

■ **Scullycap & Lady Slipper**- These herbs are often used by herbalists for people with nervous tension and sleep problems. They can help you fall asleep fast!

■ **Black Cohosh & Passion Flower**- These two herbs work together to help tone down nerves and put you in a peaceful, "feel good" state, so you get to sleep fast.

Sleep...it's nature's time to rebuild, relax and refresh your body. It's vital that you spend this time in a deep, restful state all night. Get a great night's sleep...Guaranteed!

S36X Herbal Tranquil-A-Tea
 550mg 60 Vcaps \$15.50

SALE! Buy 120 Caps #PS36X for only \$28.98
 Suggested Use: 1-2 Caps 3 times daily.

S36T Herbal Tran-A-Tea 3oz #PS36T Tea \$21.00
SALE! Buy 6oz Tea for only \$38.98

The All-Natural Nightcap: Melatonin

Do you experience any of the following:

- Occasional sleeplessness at night?
- Trouble getting to sleep?
- Disrupted sleep & wake cycles?
- Jet lag when traveling?
- Failure to get a restful, restorative sleep?



You are not alone. Over 40 million people suffer from sleep disorders!

Sleep Peacefully ALL NIGHT With Melatonin!

- As the body ages, the natural hormone called melatonin - which helps you get a full night's sleep - declines
- The result is often difficulty getting to sleep and staying asleep
- Melatonin is the "clock-regulating" hormone, naturally produced in your body, and it plays a vital role in keeping your body synchronized with the rhythms of day and night
- Without sufficient levels, you may experience insomnia and poor sleep quality
- Our natural 3mg Melatonin tablets boost your melatonin levels so you can sleep like a baby and wake refreshed without drugs or morning grogginess!

TIP: Melatonin also has proved beneficial in the prevention of jet lag. Studies have shown that taking Melatonin at bedtime beginning three days before a flight, on the day of departure, and continuing for four days upon return helped alleviate any appreciable jet-lag.



V42 Sublingual Melatonin 3mg, 100 Tablets
 Reg.\$10.75 SALE \$7.95

SALE! Buy 200 Tablets #PV42 for only \$14.98
 Suggested Use: One Tablet Before Bedtime

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Deliciously Soothing Olbas Herbal Tea: FAST RELIEF In Cold Weather!



- Discover for yourself the delicious taste and healthful benefits of this 100% natural herbal tea!
- Carefully blended in Switzerland, Olbas Instant Herbal Tea is a blend of 20 soothing herbs harvested from the earth's finest crops,

Instant! Makes 65 cups!

enhanced with pure essential oils that make Olbas Remedies famous

- Provides a warm, soothing feeling you will enjoy at any time of the day or evening, and can be made either hot or iced
- See page 36 for more information.

**#L7EA - Olbas Instant Herbal Tea
7 Oz \$15.95**



All The Goodness of Dandelion In A 100% Caffeine-Free Instant!

- Dandy Blend is a delightful herbal beverage for the whole family

■ This instant herbal coffee substitute contains the health benefits of Dandelions and the rich, full-bodied flavor, smoothness and texture of real coffee

- Has no caffeine, no acidity, no bitterness, no added sweeteners
- Contains: Totally soluble extracts of Roasted Barley, Rye, Chicory Root, Dandelion Root and Beetroot.

C18 - Dandy™ Blend, 14.1 Oz \$19.95

C18F - Dandy™ Blend, 7.5 Oz \$10.95

C18C - Dandy™ Blend, 25 Single Pkts \$9.95

Alvita Tea Bags



Alvita Tea Bags are unconditionally guaranteed for purity, freshness and to adhere to stringent quality assurance standards.

#C24 Alfalfa Leaf Tea Bags	30 Bags	\$5.25
#C25 Blueberry Leaf Tea Bags	30 Bags	\$6.25
#C26 Catnip Tea Bags	30 Bags	\$6.25
#C40 Chamomile Tea Bags	30 Bags	\$6.75
#C27 Chinese Green Tea	30 Bags	\$6.75
#C27D Green Tea (Lemon)	24 Bags	\$8.95
#C27E Green Tea (Lime)	24 Bags	\$8.95
#C27F Green Tea (Orange)	24 Bags	\$8.95
#C27G Green Tea (Tangerine)	24 Bags	\$8.95
#C28 Dandelion Root, Roasted	30 Bags	\$8.95
#C29 Fenugreek Seed	30 Bags	\$6.25
#C30 Golden Seal Herb	30 Bags	\$10.50
#C32 Licorice Root Tea Bags	30 Bags	\$6.25

#C32A Milk Thistle Tea Bags	24 Bags	\$5.75
#C34A Pau D'Arco Tea Bags	24 Bags	\$5.75
#C35 Peppermint Tea Bags	30 Bags	\$5.95
#C36 Red Clover Tea Bags	30 Bags	\$6.50
#C37 Rose Hips Tea Bags	30 Bags	\$6.25
#C38 Rosemary Leaf	30 Bags	\$6.75
#C39 Senna Leaf Tea Bags	30 Bags	\$6.25

Long Life Organic Black & Herbal Teas



Green Teas are rich in polyphenols - powerful antioxidants that help control potentially damaging free radicals.

#C27A Green Tea / Organic	20 Bags	\$4.50
#C27B Green Tea / Organic Decaf	20 Bags	\$5.50
#C27H Green Tea, w/ Ginseng	20 Bags	\$4.50
#C29A Ginger, Organic	20 Bags	\$4.50
#C40A Camomile / Organic	20 Bags	\$4.50

Blends / Other Tea Bags



Sport Tea is a tasty, high performance tea blend with Ginseng. It will give you some zip!

#C22 - Sport Tea Bags 20 Bags \$7.95

Sugar Reducer Tea contains a unique type of sugar. Enjoy a sweet taste without getting the full calories

#C14 - Sugar Reducer Tea 25 Bags \$5.95



#C13E Black Tea, Organic.	16 Bags	\$3.95
#C18E Coffee Tea Lvs, Organic.	16 Bags	\$5.95
#C39A Smooth Move	16 Bags	\$5.95

Health King Medicinal Teas And Chinese Formulas

High quality authentic traditional Chinese formulas, mostly made of wild herbs, formulated to help you deal with various health concerns

#C40B AllergEase	20 Bags	\$6.25
#C40C Astragalus Immunity	20 Bags	\$6.25
#C40D BeautyMate	20 Bags	\$6.25
#C40E Blood Pressure	20 Bags	\$6.50
#C44 Blood Tonicifier & Circulator	20 Bags	\$6.25
#C41J Body Attraction	20 Bags	\$6.25
#C41K Booze Remedy.	20 Bags	\$6.25
#C40F Cholesterol Guard	20 Bags	\$6.50
#C40G Chrysanthemum Vasculflow	20 Bags	\$6.25
#C40H Clear Eye	20 Bags	\$6.25
#C40J Cough-Off	20 Bags	\$6.25
#C40K Diet Master	20 Bags	\$6.25
#C40MDigest	20 Bags	\$6.25
#C44A Dong Quai Lady's Tea	20 Bags	\$5.75
#C40N Easy-Going & Colon Clean	20 Bags	\$6.25
#C44B Female Joy.	20 Bags	\$5.75
#C40P GastroEase	20 Bags	\$6.25
#C41M Goji	20 Bags	\$6.50
#C41N Golden Voice.	20 Bags	\$6.25
#C41P Hair Regeneration	20 Bags	\$6.25
#C40Q Head & Throat Soother	20 Bags	\$6.25
#C44C Headache Ease	20 Bags	\$6.25
#C40R Heart Fortifier	20 Bags	\$6.25
#C40S Jointflex	20 Bags	\$6.25
#C41 Kidney Fortifier	20 Bags	\$6.50
#C41Q Maifanite Longevity	12 Bags	\$7.50

#C41A Mammary & Uterus	20 Bags	\$6.25
#C41B Manhood	20 Bags	\$6.50
#C41C Midlife Rejuvenating	20 Bags	\$5.75
#C41R Prostate Health	20 Bags	\$6.25
#C41D Reishi Liver Guard	20 Bags	\$6.50
#C41E Stopsmoking	20 Bags	\$6.50
#C41F Sugar Controller	20 Bags	\$6.50
#C41G Sweet Breath.	20 Bags	\$5.75
#C41S TV / Computer Mate	20 Bags	\$6.25
#C41H Quality Sleep	20 Bags	\$6.25

Bija Tea Bags



Bija Teas are based on healing traditions from around the world and provide an enjoyable way to follow the wisdom of these venerated cultures.

#C42 Cold Stop.	20 Bags	\$6.50
#C42A Cranberry W/Rooibos	20 Bags	\$9.50
#C42B Deep Cleanse	20 Bags	\$6.50
#C43C Deep Defense	20 Bags	\$7.95
#C42C Double Ginger	20 Bags	\$6.50
#C42D Double Ginseng	20 Bags	\$7.95
#C42E Echinacea-Elderberry	20 Bags	\$6.75
#C42M Gentle Senna	20 Bags	\$6.50
#C42N Green Tea Chai	20 Bags	\$6.50
#C42P Hawthorn	20 Bags	\$6.50
#C43A Holy Basil	20 Bags	\$8.75
#C42S Hoodia Slimming Tea	20 Bags	\$11.50
#C42J Imperial Black Tea	20 Bags	\$6.50
#C42K Imperial Green Tea	20 Bags	\$6.50
#C42F Lemon, Ginger, Echinacea	20 Bags	\$6.50
#C43B Pure Peppermint	20 Bags	\$6.50
#C42Q Rooibos Chai.	20 Bags	\$6.50
#C42G Rooibos Rejuvenating	20 Bags	\$5.50
#C42H Sleep Well	20 Bags	\$6.50
#C43 Soothing Chamomile.	20 Bags	\$6.50
#C42R Yerba Mate.	20 Bags	\$6.50

Slim Tea Bags



- Known for its slimming and calming benefits
- Helps to emulsify fats in the digestive tract and hastens digestion
- Helps increase metabolism to improve digestion and assists your body to relax

Classic Slim Teas

#C20A Slim Tea, Original	60 Bags	\$17.95
#C20J Slim Tea, Original	24 Bags	\$9.95
#C20E Slim Tea, Cinnamon	24 Bags	\$9.95
#C20F Slim Tea, Mentha Mint	24 Bags	\$9.95
#C20G Slim Tea, Jasmine	24 Bags	\$9.95
#C19B Slim Tea, Col-S-Rol	20 Bags	\$9.95

Ultra Slim Teas

#C20M Cinnamon Apple	24 Bags	\$6.95
#C20N Cran Raspberry	24 Bags	\$6.95
#C20P Honey Lemon	24 Bags	\$6.95
#C20Q Orange Spice	24 Bags	\$6.95

Thermo Slim Teas

#C21D Cinnamon	24 Bags	\$7.50
#C21E Lemon	24 Bags	\$7.50
#C21F Mint Ginger.	24 Bags	\$7.50
#C21G Orange	24 Bags	\$7.50

For Loose Herb Teas, See Pages 6 - 11

* Poisonous item - Do not use internally. † Not recommended for internal use. These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.





Blueberry Leaves... For Clear, Sharp Vision Day and Night!

Helps Protect Your Eyes and Promote Crystal Clear Vision

- Blueberry, also known as Bilberry, is rich in

antioxidant flavonoids that help prevent free radical damage

- Blueberry can help to increase blood flow and oxygen to your eyes
- It helps reduce eye fatigue, while also promoting better vision at night
- During World War II, British Royal Air Force pilots ate Bilberry preserves before night missions as an aid to night vision
- Bilberry works by improving the microcirculation and regeneration of retinal purple, a substance required for good night vision

56X Blueberry Leaves 525mg 60 Vcaps \$8.50

SALE! Buy 120 Vcaps #P56K for only \$15.98

Suggested Use: 1-2 Vcaps 3 times daily

56C4 Blueberry Leaves Tea Cut 4 oz. \$5.80

56C16 Blueberry Leaves Tea Cut 16 oz. \$21.25

Are You Concerned About Macular Degeneration? You should be!



Macular degeneration is the leading cause of blindness in adults.

- Lutein's positive effect on eye and vision health includes protection from age-related macular degeneration

Each Nature's Wonderland® Lutein Softgel provides:
■ 20 mg of Lutein

- Lutein is a potent antioxidant that helps protect your retina from potentially damaging forms of light
- Evidence suggests that to benefit from Lutein's eye protective action, you need a minimum of 6mg per day
- Nature's Wonderland® Lutein is derived from natural Marigold flowers, with a supporting blend of additional antioxidant carotenoids

Lutein: Think of It as Insurance for Your Eyes.

V76 Lutein 20 mg 60 Soft Gels
Reg. \$21.50 Sale \$15.95

SALE! Buy 120 softgels # PV76 only \$28.98!

Suggested Use: 1 softgel daily



BEST SELLER!

Your Eyesight is Precious. Preserve It With Our Eyebright Formula™

Promotes Healthy Vision At Any Age

- Our Eyebright Formula is the exact formula created by the Master Herbalists of a century ago
- It has stood the test of time, and has been used by thousands to help promote clear, healthy vision
- This formula combines four vision supporting herbs that nourish and protect your eyes:
- **Eyebright** - Since the Middle Ages, Eyebright has been a popular herbal eyewash to treat eye irritation. It's an antioxidant herb that fights free-radical damage, especially in the eyes. Eyebright contains several B vitamins, and Vitamins A, C, D, and E.

■ **Golden Seal Root** - Used by Native Americans for eye irritations and as a natural protector.

■ **Bayberry** - Is believed to be an herbal astringent that can help protect the eyes.

■ **Cayenne** - Helps stimulate circulation and get the blood moving throughout the entire body, including the eyes.

S19AX Eyebright Formula 60 Vcaps 575mg \$14.50

SALE! Buy 120 Capsules #PS19AX for \$26.98

Suggested Use: 1-2 Caps 3 times a day.

S19AT Eyebright Formula Tea- 2oz \$13.25

SALE! Buy 6oz #PS19AT Tea for \$24.98

Take Care of Your Visual Health with our Time-Tested Eyebright Formula!

Eyebright: Rich in Nutrients for Eyes

For centuries, Eyebright has been the favorite choice of herbalists for people with dry, irritated eyes or eyestrain. This herb is a natural tonic for soothing the delicate mucous membranes of the eyes. Eyebright also promotes eye strength and helps maintain elasticity for optic nerves.

- Eyebright has antioxidant properties that help fight free-radical damage
- Contains Vitamins A, B, C, D, and E.
- Eyebright also helps soothe eyes irritated by allergies and helps maintain healthy vision

159X Eyebright 475mg 60 Vcaps \$9.50

SALE! Buy 120 Vcaps # P159X for only \$17.98

Suggested Use: 1-2 Vcaps 3 times daily

Nourish Your Eyes... With Eyebright!



Vision Exercise Training For Your Eyes

- Natural Eyes is a safe, completely natural relaxation technique for your eyes
- Following the simple eye exercises for 15 minutes a day may naturally enhance the ability of your eyes to focus better
- Kit contains pinhole glasses with exercise and training manual



A39C - Natural Eyes Vision Training Kit \$19.95

Similasan Eye Drops

- **Computer Eye Relief** stimulates the eye's natural ability to relieve eye strain due to intense computer work, TV, reading, writing or driving
- **Pink Eye Relief** helps relieve the redness, watery discharge, & burning associated with conjunctivitis.
- **Dry Eye Relief** eye drops are for dry, red eyes due to smog, stress, age, and contact lens wear
- **Allergy Eye Relief** helps fight symptoms of allergies due to pollen, pet dander, mold spores
- **Cataract Care** stimulates the eye's natural ability to relieve symptoms of cataracts



A39J - Computer Eye Relief, 0.33 Fl. Oz. \$12.50

A38F - Pink Eye Relief, 0.33 Fl. Oz. \$12.50

A39B - Dry Eye Relief, 0.33 Fl. Oz. \$12.50

A39E - Allergy Eye Relief, 0.33 Fl. Oz. \$12.50

A38E - Cataract Care, 0.33 Fl. Oz. \$12.50

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



Conquer Your Cravings And Win The "Battle of the Bulge" With Our True Hoodia Slim Plex™

Here's the new, natural way to be friends with your scale once again!

- Hoodia is a cactus-like plant that has been used by the San Bushmen of the Kalahari Desert for thousands of years to stave off hunger during long hunting trips
- True Hoodia Slim Plex™ not only helps curb your awful hunger pangs, but it also helps promote fat burning as well



San Bushman of the Kalahari Desert rely on Hoodia Plant to stave off hunger while traveling in the desert.

Nature's Wonderland® True Hoodia Slim Plex™ features:

- Potent 20:1 concentrate, equivalent of 6,000 MG of whole, pure Hoodia plant.

To make this formula the ultimate fat-fighter we've added:

- **Chromium** - Helps in burning fat and toning muscles. Also used by those with blood sugar concerns.
- **Niacin** - The B vitamin that helps to maintain healthy cholesterol levels.
- **Cocoa Extract** - Rich in flavonoids that help the cardiovascular system and energize your body.
- **Green Tea Extract** - Helps burn fat while raising your metabolism; rich in antioxidants.

V78 True Hoodia Slim Plex™
60 Vcaps Reg. \$26.75 **Sale \$19.95**
SALE! Buy 120 Vcaps #PV78 for only \$36.98
Suggested Use: 1 Capsule 1-2 times daily before meals

TURN OFF the "Hunger Button" in Your Brain!

Fight Ugly Cellulite With Our Cellulite Formula!



- If dimpled, bumpy "orange peel skin" on legs, buttocks or thighs is an embarrassment to you, try our Cellulite Formula
- This formula combines special herbs that can help cleanse the

bloodstream of deposits, while promoting elasticity in skin, veins and arteries.

Take the First Step Toward More Beautiful Legs... Today!

S69X Cellulite Formula
60 Vcaps 600mg \$13.50
SALE! Buy 120 Capsules #PS69X for \$24.98
Suggested Use: 1-2 Caps 3 times daily.

Phase Out Carbs!

...Like Pasta, Bread & Beer



- Here is an amazing, non-stimulant, entirely all-natural food extract that's made from white kidney beans
- Clinically and scientifically proven to neutralize starch BEFORE it turns into fat

V75 CarboLean™ Starch & Carb Neutralizer
500mg 60 Vcaps™ Reg. \$21.50 Save \$15.95
SALE! Buy 120 Vcaps #PV75 for only \$28.98
Suggested Use: 1-2 Vcaps before meals

New Diet Discovery From Japan!

The Dieter's Dream!

- Kanten, also known as Agar Agar, is a refined seaweed extract from Southeast Asia
- Kanten works by tricking your body into thinking it's full
- Once in the stomach, this aquatic fiber expands up to 3 times its size mass. The result? You feel satiated faster, so you simply end up eating less
- As a bonus, this nutrient-rich dietary fiber also works wonders for maintaining healthy cholesterol, blood sugar and more



Works Great Along With Any Diet Plan!

4X - Agar Agar (Kanten)
575 mg 60 Vcaps \$13.50
SALE! Buy 120 Vcaps # P4X for only \$25.98
Suggested Use: 1-2 Vcaps 3 times daily
4P4 - Agar Agar (Kanten) 4 Oz. \$15.50
4P416- Agar Agar (Kanten) 16 Oz. \$60.00

Super Fat-Burners Weight Loss Formula

- Helps your body burn fat and release excess fluid while it controls the appetite, increases energy, stops sweet cravings
- Contains: Choline, Inositol and Methionine, B6, Chromium Picolinate, Bromelain, plus diuretic herbs. Also contains NUTRAFLORA, a patented form of acidophilus



B52F - Super Fat Burners 60 Caps \$15.50
B52J - Super Fat Burners 120 Caps \$27.50

Spirulina...Health Food Store In A Bottle



Tablets - #V48

Need to shed some weight, cleanse your body and boost your energy?

- Spirulina is a green superfood that can make a huge difference in how you feel
- It's one of the most nutritious substances that can be found on this planet



High in protein, has 8 essential amino acids, a boatload of vitamins, minerals and provides

generous amounts of Beta Carotene, Iron, Chlorophyll, B-12, important GLA fatty acids, and digestive enzymes

- Our Spirulina grows on fresh pristine lakes in Hawaii, where ideal conditions allow for excellent nutritional content



Capsules #399AX

- Available in Tablets or Capsules
Slim Down and Stay Healthy With Spirulina!

399AX Spirulina Caps 575mg 60 Vcaps \$9.25
SALE! Buy 120 Vcaps #P399AX for only \$16.98
Suggested Use: 1-2 Vcaps 1/2 hour before meals

V48 Spirulina Tablets 500mg
100 Tablets Reg. \$10.00 **Sale \$7.95**
SALE! Buy 200 Tabs #PV48 for only \$14.98
Suggested Use: 1-2 tablets 1/2 hour before meals

Give Your Underactive Thyroid a Needed Boost

Rev-Up Your Underactive Thyroid To Get More Energy!

- When your thyroid gland is sluggish, you may experience weight gain, slow metabolism, fatigue, and low mood level
- "Tune-Up" your thyroid gland with our Thyroid Formula - it helps by speeding up your metabolism for an energy boost
- A properly functioning endocrine system is crucial for your metabolism, and when it doesn't work correctly, many of your bodily functions can suffer



- Contains herbs that help promote Thyroid health: Iceland Moss, Irish Moss, Kelp, Parsley Leaves, and Water Cross.

If you feel tired, sluggish, and down in the dumps, get our Thyroid Formula. You'll be glad you did!

SM32X Thyroid Formula
60 Vcaps 625mg \$11.75
SALE! Buy 120 Caps #PSM32X only \$21.98
Suggested Use: 1-2 Caps 3 times daily





Block Fat Production and Control Your Appetite With Garcinia Cambogia



This pumpkin-like fruit, a native to Southeast Asia, is enjoyed in culinary dishes and has been appreciated in Ayurvedic medicine for centuries.



The reason Garcinia Cambogia is fast becoming the rage is for its benefits in dieting and weight loss:

- Helps control weight and maintain healthy cholesterol by inhibiting lipogenesis, the fat-producing process
 - Blocks conversion of sugars and starches to fats
 - Raises levels of certain brain chemicals, such as serotonin, a key regulator of appetite control
 - The result is weight loss without nervousness, insomnia, rapid heart rate and other side effects
- Slim Down the Safe, Fast, Healthy Way!**

172AX Garcinia Cambogia
650mg 60 Vcaps \$9.00

SALE! Buy 120 Vcaps # P172AX for only \$16.98
Suggested Use: 1-2 Vcaps 3 times daily

Eat Less... And Feel Full!

This healthy fiber will help you achieve your weight loss goals. Here's how:

- Helps suppress appetite
- Creates a feeling of fullness
- Promotes digestion and elimination



- The primary fiber of Konjac, Glucomannan, delays gastric emptying and slows the release of sugar into the bloodstream
- This fiber also expands safely in the stomach, so you feel full faster - you are less likely to overeat

Konjac Helps You Stick to Your Diet!

229AX Konjac Root 650mg 60 Vcaps \$10.50

SALE! Buy 120 Vcaps # P229AX only \$19.98
Suggested Use: 1-2 Vcaps 3 times daily



Acai Berries

Look Better, Feel Better, & Get a Flatter Tummy!

This little berry is one of the most nutritious and powerful foods in the world. Recently, Acai Berries has been recognized by leading health experts as one of the top ten superfoods for age-defying beauty.

This powerful purple berry is packed full of antioxidants, amino acids and essential fatty acids.

Here are some benefits of Acai Berries you will enjoy:

- This tropical superfood can boost energy to levels like you have never seen! You can be as active as you want to be - every day.
- Helps to promote healthy weight and a flatter tummy, plus it elevates your mood for a more positive attitude when dieting or exercising.
- Has a high concentration of antioxidants that combat premature aging. The berries have 10 times the antioxidants of red grapes, and as much as 30 times the anthocyanins found in red wine.
- Cleanses and detoxifies your whole body by eliminating harmful wastes. Gives you a clean, refreshed feeling.



Nature's Wonderland® Pure Acai Berry Vcaps are packed with 650mg of potent 4:1 Acai Berry Extract. It takes a whopping 4 pounds fruit to make just 1 pound of our Acai Extract!

V92 Acai Berry Extract Reg. \$25.25 60 Vcaps \$18.95

**SALE! Buy one at \$18.95 - Get 2nd One For Only 3¢!
Buy 2 x 60 Vcaps # PV92T for only \$18.98**

Suggested Use: 1 Vcap 1 - 2 times daily



NOW: You Can Slim Down, Burn Fat and Shed Pounds Naturally with Trim & Slim™

- Here's the smart way to feel great about your body
 - Trim & Slim™ combines two of nature's fat fighters in one potent capsule
 - They work together to help you slim down naturally (without drugs or a prescription) so you can reach your weight loss goal and look and feel great again
 - Trim & Slim™ is used by thousands to shed pounds and to maintain a healthy weight
- Here's what this fantastic formula gives you:



- **Bladderwrack**-This plant from the oceans depths is high in iodine which is vital to the thyroid, so it can help fire up your body's ability to burn calories and fat.

- **Chickweed**- is loaded with vitamins and minerals. Chickweed can help flush away excess body weight and fluids. It is believed to be effective in helping to curb the appetite.

If you want to win the battle of the bulge, then our Trim & Slim™ Formula is the way to do it.

S38X Trim & Slim™ 60 Vcaps 700mg. \$10.25

SALE! Buy 120 Capsules #PS38X for \$18.98

Suggested Use: 1-2 Caps 3 times daily.

S38T Trim & Slim Tea 3oz \$7.75

SALE! Buy 6oz #PS38T for \$14.98

Bladderwrack... Lose Weight Fast With This Plant From the Ocean's Depths!



- Bladderwrack is rich in Iodine, a vital mineral for a healthy thyroid
- The thyroid is the body's master gland that has an effect on your weight, the digestive system, and the circulatory system
- Bladderwrack enhances your body's lipotropic and thermogenic (fat-burning) processes, so many have found that this sea plant helps them to shed excess pounds

Fire Up Your Thermogenic Process and Burn Fat With Bladderwrack!

53X Bladderwrack 800mg 60 Vcaps \$8.50

SALE! Buy 120 Vcaps # P53X for only \$15.98

Suggested Use: 1-2 Vcaps 3 times daily

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



Raging Hormones? Hot Flashes?

Get Natural Relief and Tranquility With Our Hormone and Estrogen Blend!

- Our all-natural blend of seven herbs is the natural, safe way to help balance your hormones

- This natural herb complex helps regulate your cycles
- Also works to fight the discomforts of hot flashes, so you can better cope with mental and physical stresses

Just look at what this formula provides:

- Black Cohosh** - Contains a special substance that can help control the hormone estrogen.
- Blessed Thistle** - Has been successfully used for centuries to help regulate menstrual cycles.
- Korean Ginseng Root** - Helps strengthen your immune system to cope with fatigue and stress.
- Licorice Root** - This herb contains a special substance called glycyrrhizin, which is a natural estrogen compound. It has been used with positive results for PMS and menopausal concerns.
- Squaw Vine, Sarsaparilla & False Unicorn Root** - These herbs are a fortifying tonic for the female reproductive and urinary systems.

Our Herbal Hormone and Estrogen Blend brings comfort and soothing relief without an expensive prescription or hormone therapy concerns.

SM23X Hormone & Estrogen Blend
60 Vcaps 575mg \$18.75

SALE! Buy 120 Caps #PSM23X for only \$34.98

Suggested Use: 1-2 Caps 3 times daily.

Are Hot Flashes and Night Sweats Driving You Crazy?

- You know this:** Menopause is causing big changes in your life
- It can bring some very unpleasant feelings both day and night
- Our **Meno-Fem-Change™** formula combines special herbs known to help balance, tone, and bring natural tranquility to your body during this time
- Ease your symptoms naturally with our **Meno-Fem-Change™** formula!

These special herbs are why this blend works so well:

- Aletris Root** - An aid during irregular menstruation
- Cramp Bark** - Helps to fight menstrual cramps
- Damiana** - Works to calm and balance hormones and hot flashes
- Beth Root, Poplar and Cinnamon** - Other herbs included to enhance and balance the formula

Don't Suffer Any Longer. Get **Meno-Fem-Change™** To Ease Your Symptoms...It Works!



S32X Meno-Fem-Change™
60 Vcaps 500mg \$14.00

SALE! Buy 120 Caps #PS32X for only \$25.98

Suggested Use: 1-2 Caps 3 times daily.

S32T Meno-Fem-Change™
Tea 3 Oz \$19.00

Save! Buy 6 oz Tea #PS32T for only \$35.98

Superior Whole Food Nutrition

- Provides select botanicals known for their balancing and rejuvenative support to the female physiology
- Helps support you through the transitions of life
- Contains **Cold Fusion™ FoodState®** nutrients, adaptogenic herbs, and potent antioxidants
- Provides Kudzu Root and Red Clover Blossoms which supply supportive isoflavones



B23N - Women Over 40 One Daily, 30 Tabs \$21.95

Virgin-Again™ Gel Helps Tighten & Lubricate

- May work for women as a libido enhancer, lubricant and vagina tightener
- Enhances sexual sensitivity, promotes orgasm, helps increase satisfaction and restore sexual desire



A68C - Virgin-Again™ Gel, 30 Grams \$23.95

Balance Your Reproductive System With Female Corrective Combination™



- A precise blend of special herbs that are of great nutritional value to a woman's reproductive organs
- Provides nutritional support for the ovaries, uterus, and the entire female system
- Brings soothing relief during trying times of the month by helping to balance hormones, relieve cramps and painful menstruation
- Thousands of satisfied women have noticed a difference when using this formula
- Formulated according to Dr. Christopher's herbal combination book with these herbs:

Blessed Thistle, Cayenne Pepper, Cramp Bark, False Unicorn Root, Ginger Root, Golden Seal Root, Red Raspberry Leaves, Squaw Vine, Uva Ursi Leaves.

Exactly What's Right... for Exactly What's Wrong!

SM21X Female Corrective Combination
60 Vcaps 500mg \$17.25

SALE! Buy 120 Caps #PSM21X for only \$31.98

Suggested Use: 1-2 Caps 3 times daily.

Ladies Choice: Nature's Richest Source Of Plant Estrogen Helps Relieve Hot Flashes

- The decline of estrogen levels during menopause leads to a variety of symptoms: hot flashes, night sweats, mood changes and depression
- Combines pomegranate seed, nature's richest source of plant estrogen, with soy isoflavones, dong quai, black cohosh and other supporting herbs and vitamins
- Provides necessary nutrients proven to relieve hot flashes and other symptoms of menopause



B22Q - Ladies Choice Menopause Formula
72 Tabs \$21.95

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.



Prenatal and Pregnancy

Strengthen Your Reproductive System

- Red Raspberry has a long history of use by midwives and women seeking a gentle alternative for strengthening the reproductive system
- Red Raspberry supports a healthy female reproductive system, and eases menstrual discomforts



Red Raspberry Leaves...
One of Nature's Ultimate Gifts to Women!

351X Red Raspberry Leaves
500mg 60 Vcaps \$8.75

SALE! Buy 120 Vcaps # P351X for only \$15.98

Suggested Use: 1-2 Vcaps 3 times daily

351K Red Raspberry Liquid Ext 1 Fl. Oz. \$10.50

Prenatal Vitamins & Minerals



Help Protect Yourself AND Your Baby!

- Your nutritional needs are much greater when you are pregnant because you must nourish both herself and your baby
- This state of the art formula gives you and your baby the vitamins and minerals that are so important
- Just one capsule gives you 28 nutrients with high potencies of Folic Acid, Calcium, Magnesium, and non-constipating Iron

Four tablets daily gives you and your baby:

■ Vitamin A 10,000 IU	■ Iron 36 mg
■ Vitamin C 120 mg	■ Iodine 150 mcg
■ Vitamin D 400 IU	■ Magnesium 500 mg
■ Vitamin E 150 IU	■ Zinc 15 mg
■ Vitamin K 80 mcg	■ Selenium 50 mcg
■ Vitamin B-1 5 mg	■ Copper 1 mg
■ Vitamin B-2 5 mg	■ Manganese 3.5 mg
■ Niacin 20 mg	■ Chromium 100 mcg
■ Vitamin B-6 5 mg	■ Molybdenum 80 mcg
■ Folic Acid 800 mcg	■ Potassium 50 mg
■ Vitamin B-12 20 mcg	■ Choline 20 mg
■ Biotin 300 mcg	■ Inositol 20 mg
■ Pantothenic Acid 20 mg	■ PABA 10 mg
■ Calcium 1,200 mg	■ Vanadium 25 mcg

V80A Prenatal Vitamins & Minerals

100 Capsules Reg. \$16.00 **Sale \$11.95**

SALE! Buy 200 Caps #PV80A for only \$21.98

Suggested Use: Take 4 caps daily, in divided doses, with food.



Our 1300mg Super Evening Primrose Oil gives you:
■ 135mg GLA

- As a bonus, it is excellent for helping to keep skin supple and youthful looking!

Super Evening Primrose Oil: Helps Relieve PMS Symptoms ... and More!

- Evening Primrose Oil has been a long time favorite of women to help promote hormone tranquility
- Rich in GLA fatty acids, which have proven to be of great help for PMS and the symptoms associated with it
- Also works wonders for stiff joints
- Important for healthy inflammatory and immune response
- Helps promote a healthy cardiovascular system and is favored by those with cholesterol concerns

Keeps You Feeling and Looking Your Best!

V49 Super Evening Primrose 1300mg
60 Softgels Reg. \$16.25 **SALE! \$11.95**

SALE! Buy 120 Softgels #PV49 for only \$21.98

Suggested Use: 1 Capsule 1-2 times daily

Fertility and Vitamins

Supports Healthy Conception and Pregnancy

- Fertility-Preg blends the reproductive tonic Red Raspberry, plus nutrient-rich Yellow Dock & Nettle
- Provides gentle support for maintaining a strong, healthy pregnancy
- Simply take several drops of the Alcohol-Free extract 2-3 times daily



SK140 - Fertility-Preg Liquid Ext 1 Fl. Oz. \$10.95

Folic Acid Reduces The Risk Of Birth Defects

- The requirement for Folic Acid increases considerably during pregnancy
- Women who consume adequate Folic Acid may reduce their risk of having a child with birth defects



B36B - Folic Acid, 800mcg, 250 tablets \$5.95

Discover The Perfect Woman's One Daily Formula

- Formulated for a woman's unique nutritional needs
- Contains anti-aging, antioxidant and free radical scavenging nutrients
- Balances your cycle, provides PMS and menopause support
- Economical 2-MONTH SUPPLY!



B24H - Womens One Daily™, 60 Tabs \$32.95

Breast Enhancement

Breast Enhancement Formula Regenerates Your Appearance and Stimulates Estrogen Production

- Small breasts are usually the consequence of estrogen deficiency
- Stimulation of this hormone in your body is often sufficient to obtain a fuller figure
- The homeopathic ingredients in Breast Enhancer help stimulate estrogen production, thus helping dormant cells to regenerate the growth process naturally



- Contains ingredients that encourage the stimulation of estrogenic function, stimulate mammary gland function and elasticity

D161A - Breast Enhancer, 75 Pellets \$8.50

Breastique: Natural Breast Enhancement Cream

- Breastique is an improvement on current breast enhancement products and procedures
- Contains herbs that are known to balance hormones, promote breast size and firmness
- Breastique is a natural alternative to harmful drugs and surgery
- From 1 to 3 cup size increases have been reported over 9 months usage!
- Great for: firming and uplifting, smaller breasted women, older women, sagging and drooping, and enlargement



A68P - Breastique™ Natural Breast Enhancement Cream, 4 Oz. \$29.95

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

Do You Experience Annoying Buzzing Or Ringing In The Ears?



- Almost 40 million adults suffer from tinnitus, often referred to as "ringing in the ears"
- This maddening noise can range in volume from a ring to a roar!
- As many as ten million people are so seriously bothered by this noise, that living a normal life is almost impossible. It interferes with your work, sleep and even normal communication with others.

Great Success!

I have suffered from a ringing of the ears for years and could find nothing to relieve it. I have used Bio Ear Formula with great success. I would like to order more!

-R.D. Bradshaw, KY

relieve the ringing, buzzing and noise by nourishing nerve endings in the ear and gently improving circulation. When used regularly, it has been approximately **91% effective** in relieving symptoms as reported by tinnitus sufferers!

- 100% Natural Swedish Herbal Formula
- Blissful Relief from An Annoying Condition
- Safe and Easy to Use

A39Q - Bio-Ear Formula, 1 Fl.Oz \$29.95

A39M - Bio-Ear Formula, 1/2 Fl. Oz \$15.95

High Potency Multiple Vitamin & Mineral Supplement

- Controlled Time Release (CTR) means you get the benefits of sustained, 16 - 24 hour benefits with only once-a-day dosage
- Provides a balanced formulation of vitamins and minerals that your body needs every day
- Contains Vitamins A, D, B1, B2, B6, B12, C, E, Niacinamide, Pantothenic acid, Folic acid, Biotin, Inositol, PABA, Bioflavonoid Complex, Hesperidin Complex, Iodine, Calcium, Phosphorus, Iron, Magnesium, Potassium, Manganese, Zinc, Copper, Selenium and Chromium in a base of Alfalfa and other herbs



Economical
3 Month Supply!

B28G - Controlled Time Release Super V & M
90 Tablets \$26.95

- Mega V+M - Same formula as above, but 1/2 strength in a smaller, easier-to swallow tablet.

B29F - Controlled Time Release Mega V & M
90 Tablets \$16.95

Super Vita Boost®- Your Ticket To Immune Health

- Super Vita Boost® has been rated America's Best Multiple several years running by "The Doctor's Prescription for Healthy Living"
- Contains over 40 nutrients, anti-bacterial herbs, and two powerful immune enhancers: Beta Glucan and Inuflora®
- Beta Glucan has shown to have strong immune-stimulating properties
- Inuflora® is an inulin fiber that promotes the growth of beneficial bacteria in the colon
- Little Super is the same formula in 1/2 size tablets



100% Money back guarantee!

B18A- Super Vita Boost® Multiple
90 Tabs \$30.95

B18- Little Super Vita Boost® Multiple
(Same formula, 1/2 size tablets) 90 Tabs \$21.95

When Around Crowds, Protect Your Immune System with Golden Seal and Myrrh!



Being around crowds at airports, offices, and schools is a sure way to pick up something!

- Take this natural blend to protect yourself

before entering any crowded area

- It's great to support your immune system, especially during times of body stress
- Helps maintain normal mucous production, the body's system for expelling germs
- **Golden Seal Root**- This herb contains the ingredient Berberine, which can help activate white blood cells that are responsible for destroying bacteria, fungus and viruses. Golden Seal has also shown to be of great benefit in cleansing the system and shoring up the immune system
- **Myrrh**- This herb, found in the Red Sea area, is valued for its ability to soothe irritated mucus membranes and promotes healthy breathing. It is believed to have antiseptic properties, and supports healthy cell repair.

Our Potent 800mg Golden Seal & Myrrh Capsules Give You Two of Nature's Top Natural Body Protectors and Germ Fighters. Put Nature's Pharmacy to Work For You!

S21X Goldenseal & Myrrh 60 Vcaps 800mg \$20.50

SALE! Buy 120 Caps #PS21K for only \$37.98

Suggested Use: 1-2 caps 3 times daily

S21T Goldenseal & Myrrh 2oz Powder \$18.50

LATEST MEDICAL BREAKTHROUGH: PARASITE CAUSES BAD COMPLEXION!

"My life changed by using HERBAL FACE DOCTOR SOAP after only 1 week. I call it the miracle soap."
-Marilyn B., Ontario Canada



Qingdao Medical University-After 38 years of medical research on over 900,000 patients, a team of Chinese doctors isolated an unseen parasite called human demodex that causes people's complexion to become rough, lumpy and reddish, as well as premature aging of the skin, enlarged pores and acne. The parasite looks like a microscopic worm and it feeds off our skin. It takes only 18 days to grow from egg to full size multiplying at an extremely rapid rate if not treated properly, leading to Acne Rosacea. **FACE DOCTOR REJUVENATING SOAP** kills this parasite, thus restoring the skin to its natural beauty. If you have tried everything, from over the counter products, special diets and even antibiotics to no avail, YOU MUST TRY THIS SOAP. People with normal skin should also use it in order to further enhance their appearance and to prevent contamination of human demodex.



BEST SELLER!

A73E - Face Doctor
Chinese Rejuvenating Soap
3.35 Oz Bar \$22.95

SAVE MONEY! - Encapsulate Your Own Herbs

Empty Gelatin Capsules

- Made from 100% gelatin USP. Preservative free.
- Single "O" Small size, holds 400mg - 800mg
- # F1 - Single "O" Gelatin Caps 100 \$2.25
- # F2 - Single "O" Gelatin Caps 1000 \$14.95
- Double "OO" Large size, holds 500 - 1000mg
- # F5 - Double "OO" Gelatin Caps 100 \$2.95
- # F6 - Double "OO" Gelatin Caps 1000 \$19.95

Cap-M-Quick Do-It-Yourself Capsule Filler

- Fills 50 size "0" or "00" capsules in one easy operation
- For a more compact capsule fill, order the Cap-M-Quick Tamper accessory
- # F7 - Cap-M-Quick Capsule Filler Ea. \$13.95
- # F7A - Cap-M-Quick Tamper, OO Size Ea. \$6.25

Empty Vcaps® Cellulose Vegetarian Capsules

- Vcaps® are made from vegetable cellulose and do not interfere with the digestion and absorption of the encapsulated herbs. They contain NO gelatin or any animal by-products
- Single "O" Small size, holds 400mg - 800mg
- # F1D - Single "O" Empty Vcaps® 100 \$3.45
- # F2A - Single "O" Empty Vcaps® 1000 \$22.95
- Double "OO" Large size, holds 500 - 1000mg
- # F5A - Double "OO" Empty Vcaps® 100 \$4.35
- # F6A - Double "OO" Empty Vcaps® 1000 \$28.95

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Ordering Information

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Order online 24/7 at:
www.PennHerb.com

PHONE ORDERS: CALL TOLL FREE:

1-800-523-9971 (8:30 am - 5 pm EST)

To avoid errors and omissions, please fill out your order form completely, including item numbers, before phoning. Sorry, additions are not possible after an order has been placed.

Customer Service: (215) 632-6100

MAIL ORDERS:

Please fill out and send the enclosed order form to:
Penn Herb Co. Ltd.

10601 Decatur Road, Suite 2
Philadelphia, PA 19154-3293

FAX ORDERS: (215) 632-7945

Please fill out the enclosed order form completely.

RETAIL STORE:

603 N. 2nd St. (2nd & Spring Garden)
Philadelphia, PA 19123

Open Monday thru Saturday, 9 am - 5:30 pm

General Ordering Information:

Prices Subject to Change: We strive to keep our prices as stated in our current catalog. However, due to the price volatility of herbal crops, some products and shipping costs, prices on merchandise and postage are subject to change without notice. Not responsible for printing or typographical errors.

Insufficient Funds: In the event that insufficient funds are provided, we will adjust merchandise quantity for money sent when possible, or send a payment due form with your order.

Overpayment: Should you send more money than necessary, or if an item you ordered is out of stock, we will issue a credit for your use on future orders. If preferred, you may redeem credit for a refund at any time.

Claims for Damage, Shortages, or Breakage: Please note that claims for damage, shortages, breakage, etc. must be

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made within 5 days after receipt of merchandise. If you do not receive your order within 30 days, call our customer service department. Claims for non-receipt of orders cannot be made after 6 months.

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Foreign Orders: Method of Payment: Please use credit card or send U.S. funds with order. Shipping & Handling: See "FOREIGN ORDERS" information on order form.

(Note: Initial orders from international customers using a credit card must include a copy of the billing address portion of your most recent credit card statement or payment coupon. This must show the card number, card holder name, and billing address. The shipping address must be the same as the billing address. This is for your safety.)

Back Orders: To keep our prices low, we do not backorder merchandise. If an item is out of stock, we will not hold up your order unless the item is due in within a few days. If we cannot fill your request, we will contact you, or issue a credit so you can reorder that item on your next order.

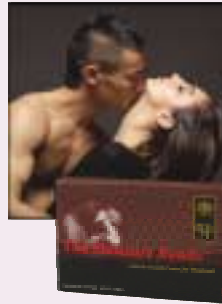
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New Discovery! 650 Year Old Secret To Sexual Pleasure

- From the wisdom of an ancient Chinese formula, The Pleasure Beads is a truly unique herbal formula that has been used for centuries to promote sexual health
- Improves sexual performance and satisfaction in men
- For over 650 years, The Pleasure Beads have never been advertised to the public - the secret of their effectiveness has only been passed by word of mouth



SPECIAL OFFER!

Buy 10, Get One FREE!

ORDER #TA32E

11 Packets - \$49.50

- The Pleasure Beads induce a much firmer erection and enable you to prolong your love-making time and pleasure significantly
- 100% natural, safe, reliable and fast acting
- Get results in minutes!

#A32E - The Pleasure Beads®, 1 - 3g Packet \$4.95

#TA32E - The Pleasure Beads®, 11 - 3g Packets \$49.50

Turmeric: Helps Your Joints Feel More Comfortable

- Turmeric is best known as a spice that gives a distinctive flavor and yellow color to curry powder and mustard
- It contains an active nutrient called curcumin, which is a powerful antioxidant
- In recent studies, curcumin has been found to limit the activity of several chemicals including two enzymes, lipoxygenase (LOX) and cyclooxygenase-2 (COX-2), that are involved in promoting and maintaining inflammation
- By reducing the effects of these enzymes, curcumin may also reduce inflammation and associated pain
- That's why Turmeric really helps joints feel more comfortable, while supporting better mobility
- As an antioxidant, Turmeric is proving to be even more effective than vitamins C and E



BEST SELLER!

Take Advantage of the Healthy Benefits of Turmeric!

423X Turmeric Root 625mg 60 Vcaps \$7.75

SALE! Buy 120 Vcaps # P423X only \$13.98

Suggested Use: 1-2 Vcaps 3 times daily

V90 Turmeric Standardized Extract, 250mg 60 Vcaps™ \$11.25

SALE! Buy 120 Vcaps # PV90 for only \$19.98

VIRGIN-AGAIN™

Herbal & Natural Lubricant INTIMACY ENHANCER FOR WOMEN



- Want to Improve the Frequency of Your Intimate Encounters? **YOU HAVE TO TRY THIS!**
- May Work as a Vagina Tightener if Used Regularly
- For Women Who Would Like to Optimize Intimate Satisfaction
- May Help Women Restore Their Sexual Desire

Contains Plant Extracts Which May:

- Increase Sexual Desire and Sensitivity
- Mimic Lubrication & Stop Dryness
- Restore the Vagina's Elasticity
- Promote Orgasm
- Promote a Healthy Vagina

A68C - Virgin Again Lubricant 30gm \$23.95

Power To Breathe®...Naturally!

- Powerful Vapors Make Your Nasal Passages Feel Cleaner
- Helps You Endure Seasonal Discomfort
- Original Swiss Essential Oil Formula



Powerful Olbas vapors provide a pleasant, refreshing, and cooling sensation to your nasal passages and give you the **Power To Breathe®... Naturally!**

Non-habit forming with no harmful decongestant drugs, yet its all natural ingredients work wonders!

LIN - Olbas Inhaler Each \$5.50

Trace Minerals RESEARCH



#TB47E - 30 Paks - \$33.75



Greens Pak

- Contains Certified Organic Foods
- Certified Vegetarian
- Contains 50 different super foods
- 6000+ ORAC Units Per Serving

- Green Foods • Vegetables • Fruits
- Super Fruits • Fiber • Antioxidants!
- Enzymes • Probiotics



†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.





Olbas Inhaler Gives You Rapid Action!

Powerful vapors provide a pleasant, refreshing, and cooling sensation to your nasal passages and give you

Power To Breathe[®] ...Naturally!

Helps you endure seasonal discomfort, low humidity and other unwelcome nasal encounters. Non-habit forming with no harmful decongestant drugs, yet its all natural ingredients work wonders!



25% OFF! \$4.12 Each

Item # RLIN
Expires 3/31/10

Olbas Inhaler

Each Reg. \$5.50



Powerful, Sugar Free Olbas Lozenges Fight Coughs, Clear the Head & Soothe the Throat

POWERFUL Vapors



These tasty Black Currant lozenges help you fight coughs due to colds and minor bronchial irritation. They also have a natural anesthetic action that provides instant, cool, soothing relief for sore throat.



25% OFF! \$4.87 Each

Item # RLOZ Expires 3/31/10

Olbas Lozenges

24 per box Reg. \$6.50

Clears Your Head, Soothes Your Throat, Stops Your Cough!

These MAXIMUM STRENGTH cough suppressant lozenges will make your nasal passages feel clearer - **Guaranteed!**

Olbas Pastilles also provide instant, cool, soothing relief for sore throats and coughs. They effectively suppress your cough when many other lozenges fail. These long lasting lozenges are **POWERFUL!**



25% OFF! \$4.87 Each

Item # RLPS
Expires 3/31/10

Olbas Pastilles

27 per box Reg. \$6.50



Acai Berries

LOOK BETTER, FEEL BETTER, & GET A FLATTER TUMMY!

Acai, pronounced (ah-sigh-EE) is a nutritious fruit that grows on the Acai Palm Tree in the Amazon rainforests of Brazil. It has a delicious taste like a mix of berries and chocolate.

This little berry is one of the most nutritious and powerful foods in the world. Recently, Acai Berries has been recognized by leading health experts as one of the top ten superfoods for age-defying beauty. This powerful energy fruit is packed full of antioxidants, amino acids and essential fatty acids.

Here are some benefits of Acai Berries you will enjoy:

Are You Struggling With:

- ▶ Stubborn belly fat?
- ▶ Gas, belching or a bloated feeling?
- ▶ Low energy level?
- ▶ Other health challenges?

Make Acai Berry Extract Capsules a Part of Your Nutritional Program!

- This tropical superfood can boost energy to levels like you have never experienced!
- Helps to promote healthy weight and a flatter tummy, plus it elevates your mood for a more positive attitude.
- Has a high concentration of antioxidants that combat premature aging. The berries have 10 times the antioxidants of red grapes, and as much as 30 times the anthocyanins found in red wine.
- Cleanses and detoxifies your whole body by eliminating harmful wastes. Gives you a clean, refreshed feeling.
- Enables nutrients to be absorbed more efficiently, helping you to maintain optimal health.
- Works to balance your pH level, which is vital to your immune health, thereby helping the body prevent illness.
- Contains healthy monounsaturated fats, dietary fiber and phytosterols. Together these help promote cardiovascular and digestive health, while maintaining healthy cholesterol levels.



"It really works. I have tried a lot of different diets and this one works. You have more energy and feel great, and most of all you lose weight." - D.H.

"I tried it for just 1 week so far. It is awesome! I have so much energy and don't feel hungry. It makes my diet easier.. I feel great!" - L.G.



Nature's Wonderland[®] Acai Berries are picked at their peak of freshness, and then immediately freeze dried before extraction. This process maintains the peak level of anti-oxidants contained in the fresh berries.

Nature's Wonderland[®] Pure Acai Berry Vcaps are packed with 650mg of potent 4:1 Acai Berry Extract. It takes a whopping 4 pounds fruit to make just 1 pound of our Acai Extract!

V92 Acai Berry Extract Reg. \$25.25 60 Vcaps \$18.95

SALE! Buy one at \$18.95 - Get 2nd One For Only 3¢!
Get 2 x 60 Vcaps # PV92T for only \$18.98

Suggested Use: 1 Vcap 1 - 2 times daily

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

FREE LED FLASHLIGHT!

A \$20 Value!



Must Use Item # FRF

Limit one per customer - cannot be applied to previous orders. Free with any \$75 order that includes at least one Olbas Remedy.

- 12 Energy Saving LED Bulbs Provide Ultra-Bright Light
- Weather-Proof and Shock Resistant, Tough Metal Casing
- Sealed Push Button Switch, Handy Carrying Strap and Batteries Included!
- While Supplies Last!



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OLBAS[®]
HERBAL REMEDIES

Feel Better **FAST!**
Pages 34-36

SALE! 25% OFF!
Page 67

OLBAS LOZENGES
Maximum Strength
• Fights Coughs
• Sugar Free
• With Vitamin C, Eucalyptus, Menthol and Eucalyptin
24 LOZENGES
Clears the Road
Soothes the Throat

OLBAS PASTILLES
Maximum Strength
Herbal Cough Drops
POWERFUL VAPORS
Clears the Road
Soothes the Throat

Slim Down Naturally
With Trim & Slim[®]

SALE! 2 for \$18.98
Page 61

Look and Feel Better - Get A Flatter Tummy with Acai Berry - Page 67
SALE! BUY 1, GET 1 FOR ONLY 3 CENTS!

CHOLESTEROL COMBO!
SAVE \$17.75
TSV18 - Page 2

CoQ10
100 mg
With Hawthorn Berry
Supports a Healthy Heart[®]
A Dietary Supplement
30 Vcaps[®]

Red Yeast Rice
Concentrated 10:1
600 mg
Supports Maintenance of Normal Cholesterol Levels[®]
A Dietary Supplement
60 Vcaps[®]

SALE!
Nature Vitality[®]
2 For \$29.98
Page 55

650 Year Old Secret to Sexual Pleasure!

BUY 10, GET 1 FREE!

The Pleasure Beads[®]
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