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.
- 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

Women? 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!

Tribrulus 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.

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 heightened 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

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

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

ORDER ONLINE www.PennHerb.com
L-Arginine ... The Amino Acid For Men’s Sexual Health

- 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 GHG (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

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
SALE! Women report: Increased libido, improved lubrication, greater sensitivity, and multiple orgasms
Helps women experiencing a lack of sexual desire, or other female sexual dysfunction

# A39G - Sylk Personal Lubricant 3.4 Fl. Oz. $21.95
For Women Only: Increase Your Desire And Heighten Sensitivity

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

Sculpt The Body You Thought Was Gone!

- Hot blend of American Ginseng, 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.

For Men 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)
- Men report: Increased sexual desire, or other male sexual dysfunction
- Helps men experiencing a lack of sexual desire, or other male sexual dysfunction

# A31H - Herbal Erotica For Men 60 Caps $35.95

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

Save MORE!
Double Your Pleasure & Performance
Take these 2 supplements together

# 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
Suggested Use: 1 Capsule 3 times daily

For Men Only: Increase Your Desire And Heighten Sensitivity

- 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.
  - Muria 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!
**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 athlete's foot
- Also for skin problems such as minor burns, cuts, abrasions and pimples

**# A59H - Tea Tree Oil ½ Fl. Oz. $7.50**
**# A59R - Tea Tree Oil, Eco-Harvest ⅛ Fl. Oz. $8.25**
**# A59G - Tea Tree Oil 1 Fl. Oz. $11.50**
**# A59M - Tea Tree Oil 2 Fl. Oz. $19.50**

**Sandalwood Soap From China**
- Delightfully Fragrant
- Shanghai, China is a delight for your skin
- With a delicate, exotic fragrance, this Sandalwood soap from China is a delight for your skin

**# A27A - Sandalwood Soap 81g Bar $0.75**

**Smoothes "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, smoothes 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

**# A75A - Vitamin E Skin Oil 1 Fl. Oz. $12.95**

**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. $12.25**

**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 - Herpanacine 100 Caps $25.95**

**Brown Spots, Warts & Moles**

**Brown Spots 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**

**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.

**# A75M - Vitamin E Skin Oil 2 Fl. Oz. $19.95**

**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**

**Brown Spots 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**

**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**

**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**

**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**

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

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.
- Scullcap & 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!

Fall Asleep Fast And Awake Without Morning Grogginess!
- 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

Suggested Use: 1-2 Vcaps 3 times daily

SALE! Buy 120 Vcaps #P427X for only $16.98
Suggested Use: 1-2 Vcaps 3 times daily

Valerian: Nature’s Sleep Solution

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

Suggested Use: One Tablet Before Bedtime

SALE! Buy 200 Tablets #PV42 for only $14.98
Reg. $10.75 SALE $7.95
Suggested Use: One Tablet Before Bedtime

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!

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!

Sleep Peacefully ALL NIGHT With Melatonin!

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.
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

Suggested Use: 1 softgel daily
SALE! Buy 120 softgels # PV76 only $28.98!
Reg. $21.50 Sale $15.95

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Suggested Use: 1-2 Vcaps 3 times daily
# 56C16 Blueberry Leaves Tea Cut 16 oz. $21.25
# 56C4 Blueberry Leaves Tea Cut 4 oz. $5.80
# 56X Blueberry Leaves 525mg 60 Vcaps $8.50

SALE! Buy 120 Vcaps #P56X for only $15.98

Lutein: Think of It as Insurance 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

Suggested Use: 1 softgel daily

- 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
- Lutein: Think of It as Insurance for Your Eyes.

Suggested Use: 1 softgel daily
SALE! Buy 120 softgels # PV76 only $28.98!
Reg. $21.50 Sale $15.95

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Suggested Use: 1 softgel daily
SALE! Buy 120 softgels # PV76 only $28.98!
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.

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.

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!

#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 Sale $15.95
SALE! Buy 120 Vcaps #PV75 for only $28.98
Suggested Use: 1-2 Vcaps before meals

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
SALE! Buy 120 Caps #PSM32X only $21.98
Suggested Use: 1-2 Caps 3 times daily.

Suggested Use: 1-2 Vcaps 3 times daily.

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#B52F - Super Fat Burners 60 Caps $15.50
#B52J - Super Fat Burners 120 Caps $27.50
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Suggested Use: 1-2 Caps 3 times daily.

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 Cress.
- If you feel tired, sluggish, and down in the dumps, get our Thyroid Formula. You'll be glad you did!

#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

#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

Spirulina...Health Food Store In A Bottle

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.
- 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 Caps 1/2 hour before meals

#V48 Spirulina Tablets 500mg
100 Tablets Reg. $10.00 Sale $7.95
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Suggested Use: 1-2 tablets 1/2 hour before meals

Suggested Use: 1-2 Vcaps 3 times daily.

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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.
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- 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 Cress.
- 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!

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**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!!

**NOW: You Can Slim Down, Burn Fat and Shed Pounds Naturally with Trim & Slim™**

**Bladderwrack** - This plant from the ocean's 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.

**Bladderwrack... Lose Weight Fast With This Plant From The Ocean's Depths!**

**Fire Up Your Thermogenic Process and Burn Fat With Bladderwrack!**

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 $16.75
**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!

### # S2X Meno-Fem-Change™
60 Vcaps 500mg $14.00
**SALE! Buy 120 Caps #PS2X 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 tighten
- 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:

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

### # B2Q - 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.
Red Raspberry Leaves... One of Nature’s Ultimate Gifts to Women!

- 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

Help Protect Yourself AND Your Baby!
- Your nutritional needs are much greater when you are pregnant because you must nourish both yourself 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

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

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

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!

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

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

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

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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.

Bio Ear Formula features a blend of Bio-Chelated, concentrated herbal extracts that have been shown to help 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

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 mucus 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!

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SAVE MONEY! - Encapsulate Your Own Herbs

Empty Gelatin Capsules
- Made from 100% gelatin USP. Preservative free.
- Single “O” Small size, holds 400mg - 800mg
- Double “OO” Large size, holds 500 - 1000mg

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

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

For more information, visit www.PennHerb.com/fastest