New Roots HERBAL

SINCE · DEPUIS 1985

# 2026·27 CATALOGUE



## Exclusive to Natural Health-Food Stores

### We DO NOT Sell Direct to Consumers—Ever!

**Canadian Family-Owned and Operated for Over 40 Years**
We formulate, produce, bottle, and label our products in our on-site cGMP-certified facility in Vaudreuil-Dorion, Québec, Canada

**All products are non-GMO and tested in an ISO 17025–accredited laboratory**

**Each ingredient is tested three times** for identity, purity, potency, and oxidation. We screen for heavy metals, pesticides, PCBs, solvents, microbial contamination, aflatoxins, mycotoxins, dioxins, and more!

















Proudly Made by Canadians for Canadians.

New Roots HERBAL

SINCE · DEPUIS 1985

# Delivering Trusted Quality



## Product Development

For over 40 years, New Roots Herbal has prioritized a consumer-centric approach, addressing real health needs with products grounded in science and supported by naturopathic doctors. We source ingredients with therapeutic potential, such as medicinal mushrooms with validated *beta*-glucan content, and use advanced delivery methods like enteric-coated probiotics to enhance their benefits.

## Manufacturing

New Roots Herbal operates a state-of-the-art production facility in Western Québec, ensuring complete control over manufacturing. Unlike many brands that outsource production, we continuously invest in our production capabilities, including getting certified for current good manufacturing practices (cGMP) every year. Our team of experienced quality-assurance and quality-control professionals uphold the highest standards from processing of raw ingredients, through production, to shipping of the finished products. This commitment guarantees the integrity, safety, and reliability of every product we produce. By combining advanced technology with rigorous oversight, we ensure our supplements meet the standards our customers expect.





## Testing

An on-site, independently managed, ISO 17025–accredited laboratory ensures unparalleled testing for identity, purity, potency, and more. This 8,000-square-foot facility has been ISO 17025–accredited since 2014 and has passed every yearly inspection. Its team of expert scientists conducts thorough testing, using validated methods and state-of-the-art equipment. The ISO 17025 accreditation represents the highest global standard for testing, requiring annual audits and strict compliance. This independent oversight is the only guarantee of validated testing methods, using proper equipment, by qualified personnel.

# Attracting and Educating Consumers

## Promotional Support

New Roots Herbal's promotional support drives customers to your store through a variety of targeted strategies. We engage wellness influencers on Instagram, Facebook, and TikTok to share exclusive content and connect with their audiences. Paid social-media campaigns, search engine marketing, and digital advertising on health-focused platforms further expand reach, driving interested consumers to stores like yours.





## Driving Traffic

We work with naturopathic doctors, organizing radio interviews to discuss common health issues, informing consumers on how to remedy ailments and support health conditions using natural products. Additionally, we organize consumer webinars led by naturopathic doctors, engaging and educating consumers on current health topics, and featuring products with proven benefits. These continuous efforts are all designed to redirect consumers from grocery stores and pharmacies, into your specialized stores. Once there, impactful POP promotes brand recall, and excellent service from your sales staff can turn increased foot traffic into additional sales.

## Training for Your Staff

The New Roots Herbal Training Academy is growing in popularity. Through our live webinars, interactive modules, and customized trainings, we offer continuous product training and information on condition-specific topics to help your staff serve your customers better. Encourage your team to participate in the Academy's free, self-paced comprehensive training. Improved knowledge will translate to improved customer service and additional sales. If you're not already signed up, contact webinar@newrootsherbal.com.



# We Supply More Than Products: Partnerships and Community



## Maintaining Real Exclusivity

New Roots Herbal is unwavering in its commitment to natural health-food stores like yours, remaining truly exclusive. Unlike other brands found in chain pharmacies, supermarkets, or big-box stores, our products are available only in dedicated health-food stores. And we do not sell directly to consumers from our website. Recommending brands found in thousands of locations risks driving your customers elsewhere. By training your staff to recommend New Roots Herbal, you secure repeat visits, foster loyalty, and protect your business from competitors who don't share your values.

## Supporting Trusted Partnerships

You started your business to help people heal and prevent disease with natural products. It's something you've always believed in, and science is now backing you up, driving record growth in the industry. But are your sales keeping up? How could they, when more than 15 of your vitamin and supplement suppliers are selling their products directly to consumers, discounted and with free shipping? They are in fact competing with you, taking your revenue, and undermining your future. At New Roots Herbal, we do not—and will not—sell directly to your customers. When you introduce your customers to our product range, you know they'll keep coming back to you to purchase them.



## Continued Canadian Growth

Since 1985, the growth of New Roots Herbal has been deeply intertwined with the success of our partners. Like you, we started as a small business, with a belief in supporting health and wellness through natural products. This shared vision drives our partnership forward. Your trust and support have fuelled our growth, enabling us to expand our cGMP-certified production facility to 127,000 sq. ft., allowing us to better serve your needs. Together, we're building a healthier future for Canadians.



# Excellence in Canadian Manufacturing

## Step inside Canada's premier certified cGMP supplement manufacturer



### ⬅ Ingredient Blending

Ensures every batch is blended thoroughly and consistently.



### Powder Dispensing ➡

Concisely measures powders to create the perfect formulas, every time.



### ⬅ Encapsulation

Precision filling for reliable dosage in every capsule.



### Enteric Coating ➡

Protects encapsulated ingredients for optimal health benefits.



### ⬅ Bottling Process

Fills and seals to preserve product integrity.



### Liquid Filling ➡

Dispenses and caps with speed and accuracy.

**See how it's all made! Scan the QR code for a video tour of our cGMP-certified manufacturing facility.**

# Taking Quality to the Next Level

All our products are subjected to quality tests

## Identity

Ingredients, whether they are botanicals, vitamins, minerals or nutraceuticals—can look the same. Certified identity testing ensures your supplements contain the exact ingredients listed on the label, down to species and genus identification (where applicable).

## Purity

To establish the purity of an ingredient, we test for various contaminants. These include:

**Heavy Metals:** Our earth and waters are becoming increasingly permeated by heavy metals. Ground crops are especially susceptible.

**Over 100 different pesticides, PCBs, solvent residues:** These chemicals are dangerous and can contaminate ingredients at any stage.

**Aflatoxins, mycotoxins, dioxins, microbial contamination, and their residues:** Testing only for microbial contamination is not enough.

This level of meticulous testing is only possible with the strongest scientific team equipped with the most technologically advanced equipment.

## Potency

Potency testing ensures that bioactive compounds or therapeutic constituents—such as *beta*-glucans or curcuminoids—are present and measured. Potency testing also validates that extracts truly are as concentrated as stated on the label. Weak or diluted ingredients do not provide the same health benefits.

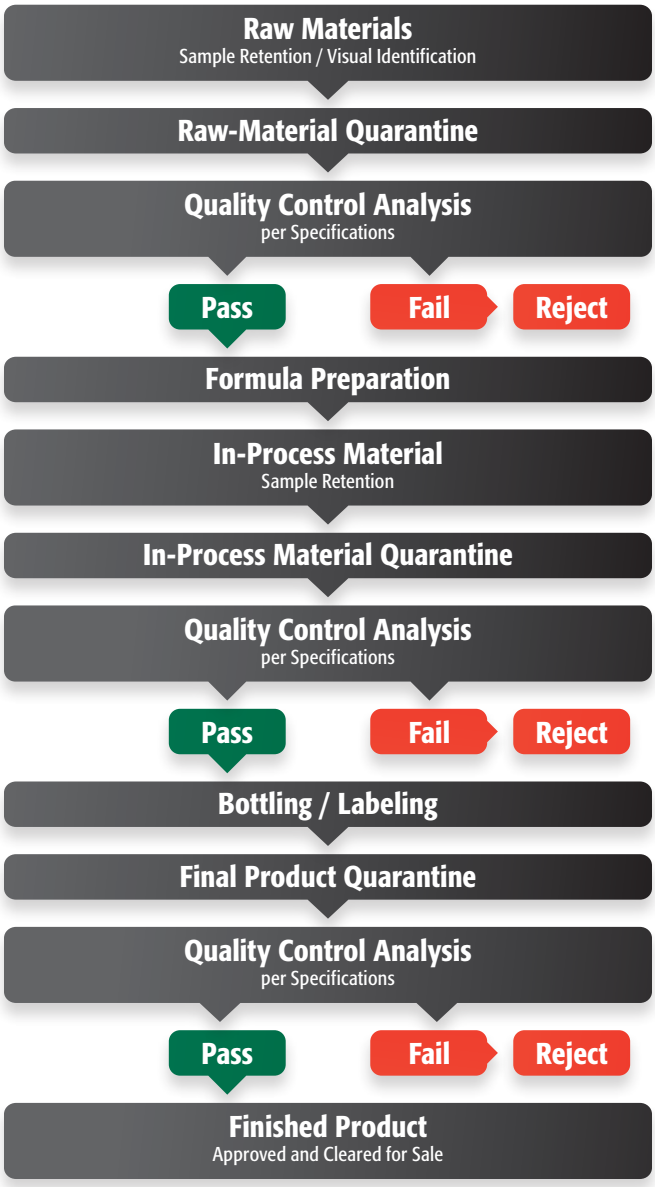
## Oxidation

Certain ingredients can turn rancid over time. Oxidation testing ensures that our products maintain the highest levels of quality and freshness as well as the lowest level of peroxide through to expiration.

## Disintegration

Disintegration testing mimics the human digestive system to ensure that supplements dissolve in the right place and at the right time. Many supplements will benefit you when dispersed in your stomach, while others are only effective if they dissolve in your intestines. Every batch of enteric-coated probiotics is tested to ensure protective capsules can survive up to 90 minutes in harsh gastric acid, then release their precious contents upon reaching your intestines.

## cGMP Manufacturing and Testing Flowchart



# At the Crossroads of Science and Nature

## A look inside N.H.P. Laboratories, an industry-leading, ISO 17025–accredited laboratory

We trust science above all else. With this independently managed, on-site ISO 17025–accredited laboratory, we ensure real-time quality control. Since 2014, N.H.P. Laboratories' 8,000 sq. ft. facility has passed its annual ISO inspections without infractions. The team of scientists is dedicated to meticulous testing for GMOs, heavy metals, toxins, and so much more. It's a costly process that New Roots Herbal's competitors rarely invest in, but it's essential to delivering the highest-quality products.





### 1 PerkinElmer QSight® LC/MS/MS System

We need multiple systems to get the qualitative and quantitative information on contaminants. The unique dual-source configuration of this device enables high-throughput labs to collect data in two complementary modes (ESI and APCI), maximizing the output from a single injection.



### GC-MS/MS: Gas Chromatograph Coupled with a Triple-Quadrupole Mass Spectrometer

Samples are vaporised into the gas phase and separated into their various components. With the capacity to resolve complex mixtures or sample extracts containing hundreds of compounds, the laboratory uses it for the detection of traces of pesticides. The detection limit is in the picogram level ($1.0 \times 10^{-12}$ g), or parts per trillion, for the most precise testing available.



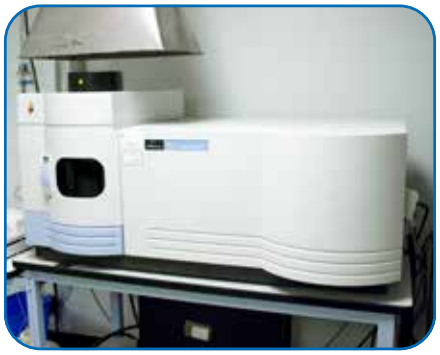
### Litesizer™ 500, Light-Scattering Instrument for Particle Analysis

The Litesizer™ 500 is an instrument for characterizing particles in liquid dispersions. It determines particle size, zeta potential, and molecular mass by measuring dynamic (DLS), electrophoretic (ELS), and static light scattering (SLS). It is able to detect molecules as small as one nanometre. In comparison, a human hair typically measures between 70,000 and 100,000 nanometres. The ability to measure such microscopic particles is critical, because certain molecules, like palmitoylethanolamide (PEA), must be between 2,000 and 10,000 nanometres in size to be absorbed by our intestines and in turn provide the health benefits expected.



## 1 ICP-MS: Inductively Coupled Plasma—Mass Spectrometer

Specializing in identifying and quantifying metals and minerals, ICP-MS validates their elemental quantities within formulas. It also detects low-level trace-metal contamination including mercury, arsenic, lead, and cadmium. This unique technology can detect compounds down to parts per trillion ($10^{-12}$).



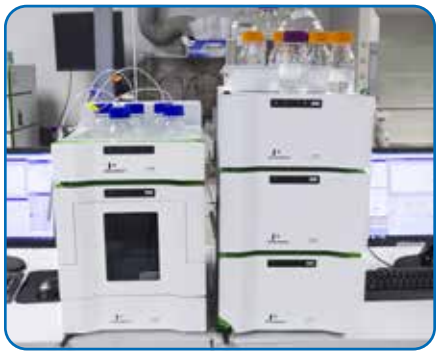
## 1 Inductively Coupled Plasma—Optical Emission Spectrometer (ICP-OES)

With an ICP-OES, a sample flows into a plasma torch where it is incinerated into atomized particles. Electrons of the atomized sample go through different levels of energy, and by doing so, the atoms emit light. That light is analysed for meaningful information.



## 2 GC-FID/MS: Gas Chromatographs—Flame Ionization Detectors /Mass Spectrometers

Identifies and measures specific fatty acids present in Wild Omega 3, our industry-leading Wild Oregano C93, and exotic and essential oils. Its specific technology also detects the presence of impurities.



## 4 UHPLCs: Ultrahigh-Performance Liquid Chromatographs
## 5 HPLCs High-Performance Liquid Chromatographs (not shown)

These versatile, high-precision machines determine both the identity and quantity of complex molecules, including fat- and water-soluble vitamins. This allows them to identify and differentiate various compounds present in complex mixtures.



## 1 GC-Headspace

Residual solvents from extraction processes rank among the critical quality-control concerns for natural health products. This machine is employed to guarantee the purity of all New Roots Herbal products.



## 1 NIRS: Near-Infrared Spectroscope

Infrared technology is used to identify raw materials thanks to the electromagnetic radiation absorbed from molecular bonds of molecules present in the sample. It differentiates genus and species.



## 1 UPLC/MS (LC/MS-Triple Quad): Ultra-Performance Liquid Chromatograph / Mass Spectrometer—Dual Detector

Determines identities and quantities of therapeutic marker compounds within botanical extracts. It's also used for amino-acid identification and quantification. This equipment can detect compounds down to parts per trillion ($10^{-12}$) rather than parts per million ($10^{-6}$) or per billion ($10^{-9}$) used in standard, basic testing.



## 3 Spectrophotometers

This niche instrument employs intense light to measure enzymatic potency. Dynamic, naturally sourced enzymes—including papain and bromelain—require validation of biological activity before inclusion in New Roots Herbal formulas.

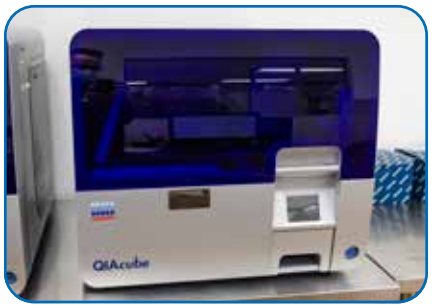


## 2 Disintegration Testers + 1 Dissolution Test Unit

Globally recognized by the US Pharmacopoeia, this method replicates harsh stomach-acid exposure. It ensures the integrity of our GPS™ enteric-coated capsule, demonstrating its protection against stomach acid. In contrast, it reveals that competitors' capsules leak and disintegrate, allowing stomach acid to damage the probiotics.

# DNA GMO Identification

N.H.P. Laboratories is set up with cutting-edge DNA extraction and analysis equipment. This allows them to identify possible GMO DNA and reject anything suspicious. This ensures all products sent to market are non-GMO.




### 2 QIACubes

Streamlining DNA purification, the QIACube automates this once-tedious process for DNA extraction in test samples before GMO testing. This automated system ensures reproducible results with minimal hands on time, reducing human errors and enhancing process confidence.



### 1 NanoDrop UV/VIS Spectrophotometer

Utilizing just a minuscule droplet of sample, this instrument precisely quantifies purified DNA content. This efficient tool offers both qualitative and quantitative insights, while conserving sample volume for diverse GMO analyses.



### 1 Rotor-Gene Q Thermocycler

A pivotal component for GMO detection and quantification via DNA, this instrument utilizes real-time polymerase chain reaction (qPCR) technology. This workhorse machine amplifies trace GMO fragments to detectable and measurable levels, enabling accurate analysis.

# GMO Testing

New Roots Herbal has always prioritized non-GMO ingredients. Today more than ever, consumers are insisting on non-GMO products. They want the assurance that product compositions are completely natural and unaltered. By choosing to purchase non-GMO products, consumers are also using their purchasing power to demonstrate that they have concerns about the potential health and environmental impacts of genetically modified organisms in our food supply. Non-GMO testing in an ISO 17025–accredited laboratory provides transparency and credible standards, allowing consumers to make choices that support their health while also contributing to sustainable and responsible consumption practices.

N.H.P. Laboratories obtained its certification as a Non-GMO Project Approved Laboratory in 2022. The Butterfly logo has become synonymous with consumer trust for product quality and validated absence of genetically modified organisms and highlights our commitment to a transparent, natural, non-GMO food system.

# State-of-the-Art Microbiology Department

The microbiology department enhances N.H.P. Laboratories' capabilities by analyzing the microbiological attributes of all the raw ingredients, and then again once the products are made—all to USP standards, which is vital for quality-assurance testing. The primary objective is not just to meet but to exceed consumer expectations regarding the safety of supplements. They prioritize this approach to ensure that they never compromise on any aspect that could potentially lead to the dissemination of contaminants such as *Salmonella* or *Escherichia coli*.

Equipped with 2 autoclaves for the eradication of microorganisms, 1 cryogenic freezer designed for long-term storage of reference microbial strains, 2 laminar air flows to reduce and control viable and nonviable particulates, the microbiology department employs state-of-the-art technology for phenotypic identification; methods employed allow the detection of pathogenic species such as *Enterobacteriaceae*, *E. coli*, *Salmonella*, and bacteria such as *Pseudomonas aeruginosa* and *Staphylococcus aureus*.

Our unwavering commitment to product quality, regulatory compliance, transparency, and accountability is what continues to set us apart from our competitors, fostering trust and loyalty for the New Roots Herbal brand.



## ➤ Colony Counter

Equipped with a magnifying glass, it is used to enumerate bacteria and fungi colonies growing on a Petri dish, ensuring that the microbiology status of a sample is accurately reported.



## 4 Incubators ➤

Incubation systems provide higher temperature uniformity and stability for reproducible results. It allows the laboratory to conduct several analyses concurrently, so that finished goods can be released as soon as possible.



## ➤ Biosafety Cabinet Class 2

This is the recommended environment for laboratories working with pathogenic fungi and bacteria such as *Escherichia coli* and *Staphylococcus aureus*, as exposure to them can pose a health hazard. Staff and environment safety is of the utmost importance.



## Vitek 2 Compact ➤

This automated microorganism identification system is a state-of-the-art technology platform for phenotypic characterization employed for detection of *Enterobacteriaceae*, *E. coli*, *Salmonella*, *Pseudomonas aureus*, *Staphylococcus aeruginosa*, etc.

New Roots HERBAL

# Emphasis on Quality



At New Roots Herbal, all our testing is done in an ISO 17025–accredited laboratory, by a team of experienced scientists.

Each of our ingredients are tested for identity, purity, potency, and contaminants like heavy metals, pesticides, and much more. If the ingredients don't pass, they don't get used—***period!***

Our products are manufactured in Canada

Our production facility is cGMP certified by an independent third party

All finished products are tested to meet our high standards of quality and are safe from microbial contamination

Finished products go through a process of detection for unwanted metals

New Roots Herbal is proud to employ another team of scientists in Quality Assurance and Quality Control, as well as experts in Regulatory Affairs.

We focus on safety and quality, so you don't need to.
***Can other brands certify the same?***

**Take a tour of the lab**

# Added SKUs since the Last Catalogue


**Astaxanthin** . . . . . 48
Since January 2026
UPC 6-28747-13564-1 · #3564 · 30 softgels

NEW SIZE! **Black Walnut Hull**. . . . . 55
Since January 2026
UPC 6-28747-23597-6 · #3597 · 100 ml

**Bronchio Buster** . . . . . 57
Since January 2026
UPC 6-28747-13576-4 · #3576 · 90 vegetable capsules

NEW SIZE! **DMSO Liquid** . . . . . 78
Since November 2025
UPC 6-28747-23599-0 · #3599 · 100 ml

NEW SIZE! **Echinacea** . . . . . 78
Since January 2026
UPC 6-28747-23598-3 · #3598 · 100 ml

**Joint-Tissu&MSM** . . . . . 120
Since December 2025
UPC 6-28747-13617-4 · #3617 · 90 vegetable capsules

**Kidney Glandular** . . . . . 121
Since September 2025
UPC 6-28747-13532-0 · #3532 · 30 tablets

NEW SIZE! **L-Glutamine (powder)** . . . . . 123
Since March 2026
UPC 6-28747-03613-9 · #3613 · 500 g

NEW SIZE! **Lectro-Lytes Coco-Pineapple**. . . . . 125
Since May 2025
UPC 6-28747-03405-0 · #3405 · 30 sachets × 4.2 g

NEW SIZE! **Lectro-Lytes Lemon-Lime** . . . . . 125
Since May 2025
UPC 6-28747-03404-3 · #3404 · 30 sachets × 4.8 g

NEW SIZE! **L-Glutamine (Powder)** . . . . . 123
Since April 2026
UPC 6-28747-03613-9 · #3613 · 500 g

**Magnesium⁸** . . . . . 131
Since February 2026
UPC 6-28747-13537-5 · #3537 · 90 vegetable capsules

**MaxAbsorb Curcumin** . . . . . 135
Since May 2025
UPC 6-28747-13402-6 · #3402 · 60 vegetable capsules

NEW SIZE! **Milk Thistle** . . . . . 144
Since March 2026
UPC 6-28747-23596-9 · #3596 · 100 ml

**Milk Thistle Seed Extract 250 mg**. . . . . 144
Since February 2026
UPC 6-28747-13628-0 · #3628 · 90 vegetable capsules
UPC 6-28747-13618-1 · #3618 · 270 vegetable capsules

NEW SIZE! **Reuteri Restore** . . . . . 196
Since January 2026
UPC 6-28747-13571-9 · #3571 · 60 vegetable capsules

NEW SIZE! **S.O.D.**. . . . . 197
Since April 2025
UPC 6-28747-13508-5 · #3508 · 30 vegetable capsules

**Taurine 750 mg**. . . . . 219
Since November 2025
UPC 6-28747-13566-5 · #3566 · 120 vegetable capsules

**TUDCA Care**. . . . . 222
Since May 2025
UPC 6-28747-13521-4 · #3521 · 60 vegetable capsules


# Renamed Products since the Last Catalogue

Listed in alphabetical order of their former name.


**Acetyl-L-Carnitine**
is now called **Acetyl-L-Carnitine HCl** . . . . . 43
UPC 6-28747-11730-2 · #1730 · 90 capsules

**ATA Mg®**
is now called **Magnesium Acetyl Taurate** . . . . . 132
UPC 6-28747-13429-3 · #3429 · 30 vegetable capsules

**Rosa Mosqueta Seed Oil**
is now called **Rosehip Seed Oil** . . . . . 197
UPC 6-28747-21738-5 · #1738 · 15 ml
UPC 6-28747-21602-9 · #1602 · 30 ml

# Removed SKUs since the Last Catalogue

## Please read carefully, as some products remain available in other format sizes.

**Apple Cider Vinegar**

| | | | |
|---|---|---|---|
| Discontinued | #2575 | 150 g | 6-28747-02575-1 |

**Black Walnut Hull**

| | | | |
|---|---|---|---|
| Available | #1627 | 50 ml | 6-28747-21627-2 |
| Discontinued | #1628 | 95 ml | 6-28747-21628-9 |
| Available · New Size | #3597 | 100 ml | 6-28747-23597-6 |

**Cacay Seed Oil**

| | | | |
|---|---|---|---|
| Available | #2304 | 15 ml | 6-28747-22304-1 |
| Discontinued | #2305 | 30 ml | 6-28747-22305-8 |

**DMSO Liquid**

| | | | |
|---|---|---|---|
| Available | #1968 | 50 ml | 6-28747-21968-6 |
| Discontinued | #1970 | 95 ml | 6-28747-21970-9 |
| Available · New Size | #3599 | 100 ml | 6-28747-23599-0 |

**Echinacea (organic tincture)**

| | | | |
|---|---|---|---|
| Available | #1708 | 50 ml | 6-28747-21708-8 |
| Discontinued | #1709 | 95 ml | 6-28747-21709-5 |
| Available · New Size | #3598 | 100 ml | 6-28747-23598-3 |

**Echinacea Root · 400 mg**

| | | | |
|---|---|---|---|
| Discontinued | #0269 | 90 vegetable capsules | 6-28747-10269-8 |

**Elderberry Juice Powder**

| | | | |
|---|---|---|---|
| Discontinued | #2645 | 100 g / 50 portions | 6-28747-02645-1 |

**Fermented Black Cumin Seed**

| | | | |
|---|---|---|---|
| Discontinued | #2317 | 36 g / 24 portions | 6-28747-02317-7 |

**Fermented Maca**

| | | | |
|---|---|---|---|
| Discontinued | #2318 | 150 g / 50 portions | 6-28747-02318-4 |

**Fermented Superfood Blend**

| | | | |
|---|---|---|---|
| Discontinued | #2464 | 80 g / 7 portions | 6-28747-02464-8 |
| Available | #2341 | 230 g / 21 portions | 6-28747-02341-2 |

**Grapeseed Extract 85 mg**

| | | | |
|---|---|---|---|
| Discontinued | #1203 | 60 vegetable capsules | 6-28747-11203-1 |

**Green Tea 250 mg**

| | | | |
|---|---|---|---|
| Discontinued | #0781 | 90 vegetable capsules | 6-28747-10781-5 |

**Heart Smart Organic Safflower Oil**

| | | | |
|---|---|---|---|
| Discontinued | #1625 | 500 ml | 6-28747-21625-8 |

**Joint-Tissu&MSM**

| | | | |
|---|---|---|---|
| Discontinued | #0248 | 60 vegetable capsules | 6-28747-10248-3 |
| Discontinued | #0278 | 120 vegetable capsules | 6-28747-10278-0 |
| Available | #3617 | 90 vegetable capsules | 6-28747-13617-4 |

**L-Glutamine 500 mg (capsules)**

| | | | |
|---|---|---|---|
| Discontinued | #0090 | 50 vegetable capsules | 6-28747-10090-8 |
| Available | #0865 | 120 vegetable capsules | 6-28747-10865-2 |
| Available | #0866 | 240 vegetable capsules | 6-28747-10866-9 |

**Milk Thistle (organic tincture)**

| | | | |
|---|---|---|---|
| Available | #1597 | 50 ml | 6-28747-21597-8 |
| Discontinued | #1598 | 95 ml | 6-28747-21598-5 |
| Available · New Size | #3596 | 100 ml | 6-28747-23596-9 |

**Multi 5 Collagen with Delicious Organic Cocoa**

| | | | |
|---|---|---|---|
| Available | #2546 | 200 g / 16 portions | 6-28747-02546-1 |
| Discontinued | #2547 | 400 g / 33 portions | 6-28747-02547-8 |

**Red Clover Isoflavones**

| | | | |
|---|---|---|---|
| Discontinued | #1350 | 60 vegetable capsules | 6-28747-11350-2 |

**Reishi Slices**

| | | | |
|---|---|---|---|
| Discontinued | #2377 | 100 g | 6-28747-92377-4 |

**S-Acetyl-Glutathione**

| | | | |
|---|---|---|---|
| Discontinued | #3087 | 30 vegetable capsules | 6-28747-13087-5 |
| Available | #2416 | 60 vegetable capsules | 6-28747-12416-4 |

**Simply Spirulina (powder)**

| | | | |
|---|---|---|---|
| Discontinued | #1662 | 150 g / ≈37 doses | 6-28747-01662-9 |
| Available | #1660 | 227 g / ≈56 doses | 6-28747-01660-5 |

**Tea Tree Organic Essential Oil**

| | | | |
|---|---|---|---|
| Available | #2117 | 15 ml | 6-28747-22117-7 |
| Available | #2116 | 50 ml | 6-28747-22116-0 |
| Discontinued | #2118 | 95 ml | 6-28747-22118-4 |

**Valerian Root (organic tincture)**

| | | | |
|---|---|---|---|
| Available | #1498 | 50 ml | 6-28747-21498-8 |
| Discontinued | #1499 | 95 ml | 6-28747-21499-5 |

**Vitamin B3 Inositol Hexanicotinate · 375 mg**

| | | | |
|---|---|---|---|
| Discontinued | #0906 | 60 vegetable capsules | 6-28747-10906-2 |

**Vitamin C Crystals**

| | | | |
|---|---|---|---|
| Discontinued | #0028 | 454 g / ≈756 doses | 6-28747-00028-4 |
| Available | #0027 | 150 g / ≈250 doses | 6-28747-00027-7 |
| Available | #0162 | 227 g / ≈378 doses | 6-28747-00162-5 |

**Yellow Dock Root**

| | | | |
|---|---|---|---|
| Discontinued | #0817 | 100 vegetable capsules | 6-28747-10817-1 |

## Please Note…

**Product information may change. Always refer to that written on the actual bottle for dosage and safety indications, as this document may have been updated since bottle production, due to inventory backlog. In case of a discrepancy between a product's label and the information contained herein, the label information prevails.** Bottle images reflect most recent updates to completed artwork. It is not possible to guarantee market availability due to changes in demand.

The product descriptions in this document are for general information purposes only, and are not intended as medical advice, which can only be administered to each individual by qualified health-care practitioners.

While every attempt has been made to ensure accuracy of the product descriptions in this document, New Roots Herbal will not be responsible for errors or accidental omissions.

If you require further product information, or should you have any questions, please call or visit our website newrootsherbal.com.

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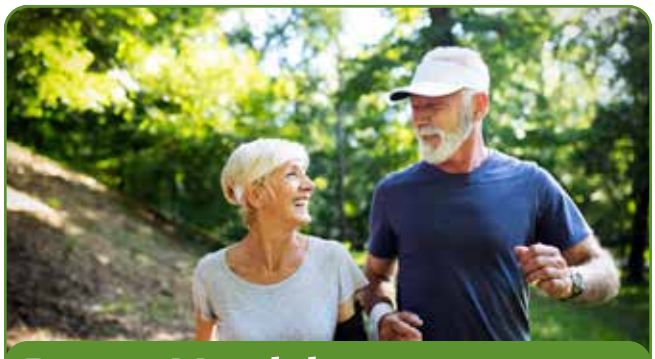

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Evening Primrose Oil 1,000 mg . . . . . 91
Flaxseed Oil . . . . . 101
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Omega 3/6/7/9 . . . . . 165
Sea Buckthorn Oil . . . . . 199




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Cedarwood Essential Oil . . . . . 61
Citronella Essential Oil . . . . . 66
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Eucalyptus Essential Oil Organic . . . . . 81
Eucalyptus Pure Essential Oil . . . . . 81
Geranium Essential Oil . . . . . 103
Ginger Pure Essential Oil . . . . . 104
Lavender Organic Essential Oil . . . . . 125
Lemon Organic Essential Oil . . . . . 126
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Rose Geranium Essential Oil . . . . . 197
Rosemary Organic Essential Oil . . . . . 197
Tea Tree Essential Oil . . . . . 219
Thyme Essential Oil . . . . . 220
Tingsation . . . . . 221
Wild Field Mint Essential Oil . . . . . 241
Wintergreen Pure Essential Oil . . . . . 243


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**or email us at support@newrootsherbal.com. One of our product specialists will be happy to assist you!**



## Exotic Skin Oils


Argan Oil . . . . . 47
Cacay Seed Oil . . . . . 58
Cranberry Seed Oil . . . . . 75
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Goji Seed Oil. . . . . 108
Marula Seed Oil. . . . . 135
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Wild Omega 3 180 mg EPA · 120 mg DHA. . . . . 241
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour . . . . . 241
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . . 241
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . . 242
Wild Omega 3 EPA 900 mg DHA 600 mg Lemon Flavour (liquid) . . . . . 242



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Bee Pollen . . . . . 49
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Organic Cardiac Health Tincture. . . . . 60
Cardio Flow . . . . . 60
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Co-Enzyme Q10 · 60 mg . . . . . 69
Co-Enzyme Q10 · 100 mg . . . . . 69
Co-Enzyme Q10 · 200 mg. . . . . 69
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Grapeseed Extract 500 mg . . . . . 109
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Quercetin Bioflavonoid Complex . . . . . 193
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Taurine 750 mg . . . . . 219
Vitamin B1 Thiamine . . . . . 227
Vitamin B3 Niacin · 100 mg. . . . . 229
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Vitamin B6 Synergistic . . . . . 230
Wild Omega 3 180 mg EPA · 120 mg DHA. . . . . 241
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour . . . . . 241
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . . 241
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . . 242
Wild Omega 3 EPA 900 mg DHA 600 mg Lemon Flavour (liquid) . . . . . 242



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Black Cumin Seed Oil (Black Seed Oil) 500 mg (softgels) . . . . . 54
Black Cumin Seed Oil (Black Seed Oil) 1,000 mg Extra Strength (softgels) . 54
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ElderFlower ResQ (organic tincture) . . . . . 79
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Ginger Pure Essential Oil . . . . . 104
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Gotu Kola 500 mg . . . . . 108
Grapefruit Seed Extract (capsules) . . . . . 108
Grapefruit Seed Extract (liquid) . . . . . 109
Grapeseed Extract 150 mg . . . . . 109
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Olive Leaf (capsules) . . . . . 156
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Passion Flower . . . . . 168
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Astragalus Defense . . . 48
Astragalus Root (tincture) . . . 48
Astragalus Root Slices . . . 48
Bee Pollen . . . 49
Beta-Carotene . . . 52
Bifido Builder Specialized Intestinal Support · 42 Billion+ . . . 52
Bifido Infantis Early Colonizing Probiotic · 5 Billion . . . 53
Chaga Extract . . . 61
Chaga Tea . . . 62
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Colon Care Probiotics Superior Colon Care · 90 Billion + . . . 70
Colostrum (capsules) . . . 71
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Grass-Fed Lamb Thymus . . . 110
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IBS Urgency Irritable Bowel Syndrome · 10 Billion + . . . 115
Juicy Immune - Energy . . . 120
L-Lysine . . . 123
Lion's Mane Powder . . . 127
Maitake . . . 129
Maitake Powder . . . 134
Modified Citrus Pectin . . . 144
Molybdenum . . . 145
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Olive Leaf (capsules) . . . 156
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Probiotic Intensity Extra Daily Care · 20 Billion + . . . 172
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Shiitake . . . 200
Siberian Ginseng . . . 200
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Ultra Zinc 50 mg . . . 225
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Vitamin C Calcium Ascorbate (Crystals) . . . 235
Vitamin C Crystals . . . 235
Vitamin C Sodium Ascorbate . . . 237
Vitamin C⁸ (Capsules) . . . 236
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Vitamin D3 1,000 IU per Capsule . . . 238
Vitamin D3 1,000 IU per Softgel . . . 238
Vitamin D3 2,500 IU · Extra Strength (capsules) . . . 239
Vitamin D3 2,500 IU · Extra Strength (softgels) . . . 239
Vitamin D3 2,500 IU per Drop · Extra Strength (oil emulsification) . . . 239
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Wild Oregano C93 . . . 242
Wild Oregano C93 Extra Strong . . . 242
Wild Oregano C93 With Garlic . . . 243
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Beef Bone Broth Protein + Organic Fermented Ginger . . . . . 50
Chondroitin and Glucosamine . . . . . 63
Glucosamine Sulfate 500 mg. . . . . 106
Glucosamine Sulfate 750 mg. . . . . 106
Joint-Tissu&MSM . . . . . 120
MSM (capsules) . . . . . 145
MSM (powder) . . . . . 145
Multi 5 Collagen . . . . . 150
Multi 5 Collagen with Delicious Organic Cocoa . . . . . 151
Pūr Collagen+ Joint Recovery . . . . . 190
Vegan Glucosamine . . . . . 226
Vitamin C Calcium Ascorbate (Capsules) . . . . . 235
Vitamin C Calcium Ascorbate (Crystals) . . . . . 235
Vitamin C Crystals . . . . . 235
Vitamin C Sodium Ascorbate . . . . . 237
Vitamin C$^{8}$ (Capsules) . . . . . 236
Vitamin C$^{8}$ (Powder) . . . . . 236




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Beef Bone Broth Protein . . . . . 49
Beef Bone Broth Protein + Organic Fermented Ginger . . . . . 50
Coconut MCT Oil . . . . . 68
Lupine Seed Protein. . . . . 129
MCT Energy (liquid) . . . . . 136
MCT Energy (softgels). . . . . 136
Smooth Stevia . . . . . 204
Stevia Sugar Spoonable . . . . . 207
Stevia Sweetleaf . . . . . 207
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## Medicinal Mushrooms


Chaga Extract . . . . . 61
Chaga Tea . . . . . 62
Cordyceps . . . . . 74
Cordyceps Militaris . . . . . 74
Coriolus . . . . . 74
Coriolus Powder Turkey Tail . . . . . 74
Lion's Mane . . . . . 126
Lion's Mane Powder . . . . . 127
Maitake . . . . . 129
Maitake Powder . . . . . 134
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Reishi Powder . . . . . 194
Reishi Spores . . . . . 195
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Glutamic Acid . . . . . 107
Gotu Kola 500 mg . . . . . 108
L-Theanine . . . . . 124
Lion's Mane . . . . . 126
Lion's Mane Powder . . . . . 127
Memory Care . . . . . 142
NeuroPerform . . . . . 153
Rhodiola . . . . . 196
Smart Ginkgo . . . . . 203
Wild Omega 3 180 mg EPA · 120 mg DHA . . . . . 241
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour . . . . . 241
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . . 241
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . . 242
Wild Omega 3 EPA 900 mg DHA 600 mg Lemon Flavour (liquid) . . . . . 242




## Men's Fertility


Ashwagandha . . . . . 48
Co-Enzyme Q10 · 300 mg . . . . . 69
Male Fertility . . . . . 134
Selenium 100 mcg . . . . . 199
Selenium 200 mcg · Extra Strength . . . . . 199
Ultra Zinc 30 mg . . . . . 224
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## Men's Health


Prostate Perform . . . . . 174
Saw Palmetto . . . . . 198
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Selenium 200 mcg · Extra Strength . . . . . 199
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Dong Quai . . . . . 78
Evening Primrose Oil 500 mg . . . . . 91
Evening Primrose Oil 1,000 mg . . . . . 91
Maca . . . . . 129
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## Muscle Support


Beef Bone Broth Protein . . . . . 49
Beef Bone Broth Protein + Organic Fermented Ginger . . . . . 50
L-Glutamine (capsules) . . . . . 122
L-Glutamine (powder) . . . . . 123
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Magnesium Bisglycinate 200 mg (capsules) . . . . . 132
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Magnesium Bisglycinate Plus 150 mg . . . . . 132
Magnesium Citrate Plus Taurine . . . . . 133
Multi 5 Collagen . . . . . 150
Multi 5 Collagen with Delicious Organic Cocoa . . . . . 151
Pūr Collagen+ Joint Recovery . . . . . 190
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Pure Magnesium Bisglycinate 130 mg . . . . . 191
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Biotin . . . . . 53
Exotic Oils Gift Set . . . . . 91
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Multi 5 Collagen with Delicious Organic Cocoa . . . . . 151
Pūr Collagen Body Renew . . . . . 190
Pūr Collagen Radiant Skin . . . . . 190
Silica . . . . . 200
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Smooth Stevia . . . . . 204
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Stevia Sweetleaf . . . . . 207
Stevia White Powder Concentrate . . . . . 207
Sweet-to-Clean Xylitol . . . . . 215
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Benfotiamine . . . . . 51
Children's ADHD Balance . . . . . 64
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Glutamic Acid . . . . . 107
Lion's Mane . . . . . 126
Lion's Mane Powder . . . . . 127
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Memory Care . . . . . 142
NeuroPerform . . . . . 153
New Roots Herbal Joyful . . . . . 154
Omega 3/6/7/9 . . . . . 165
Omega Jolly . . . . . 165
PEA Pain Relief . . . . . 169
S-Acetyl-Glutathione . . . . . 198
TUDCA Care . . . . . 222
Vitamin B1 Thiamine . . . . . 227
Vitamin B3 Niacin · 500 mg . . . . . 228
Vitamin B5 . . . . . 229
Vitamin B5 Synergistic . . . . . 229
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Vitamin B6 Synergistic . . . . . 230
Vitamin B12 Methylcobalamin 500 mcg . . . . . 232
Vitamin B12 Methylcobalamin 1,000 mcg . . . . . 232
Vitamin B12 Methylcobalamin · 15,000 mcg (Sublingual Tablets) . . . . . 231
Wild Omega 3 180 mg EPA · 120 mg DHA . . . . . 241
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour . . . . . 241
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . . 241
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . . 242
Wild Omega 3 EPA 900 mg DHA 600 mg Lemon Flavour (liquid) . . . . . 242




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Body Muscle Massage . . . . . 56
Boswellia . . . . . 57
Chondroitin and Glucosamine . . . . . 63
Curcumin Plus Piperine . . . . . 75
Devil's Claw . . . . . 77
DMSO Liquid . . . . . 78
Glucosamine Sulfate 500 mg . . . . . 106
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Infla-Heal Plus . . . . . 115
Joint Pain Relief . . . . . 117
Joint-Tissu&MSM . . . . . 120
MaxAbsorb Curcumin . . . . . 135
MSM (capsules) . . . . . 145
MSM (powder) . . . . . 145
PEA Pain Relief . . . . . 169
Serratiopeptidase . . . . . 199
Tingsation . . . . . 221
Vegan Glucosamine . . . . . 226
White Willow . . . . . 240
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . . 241
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . . 242
Wild Omega 3 EPA 900 mg DHA 600 mg Lemon Flavour (liquid) . . . . . 242



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Black Walnut Leaf and Hull . . . . . 55
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Grapefruit Seed Extract (capsules) . . . . . 108
Grapefruit Seed Extract (liquid) . . . . . 109
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Pau d'Arco Taheebo (capsules) . . . . . 169
Pau d'Arco Taheebo (liquid extract) . . . . . 169
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Acidophilus Ultra + Daily Care + 36% Stronger · 15 Billion . . . . . 44
Bifido Builder Specialized Intestinal Support · 42 Billion+ . . . . . 52
Bifido Infantis Early Colonizing Probiotic · 5 Billion . . . . . 53
Children's Probiotic 10 Billion + . . . . . 65
Colon Care Probiotics Superior Colon Care · 90 Billion + . . . . . 70
D-Mannose & Cranberry With *L. rhamnosus* Probiotic . . . . . 76
Femina Flora 10 Billion Probiotics . . . . . 97
Femina Flora Oral Women's Probiotic · 55 Billion + . . . . . 97
Hospital Bacteria Defense · 10 Billion+ . . . . . 114
Human Probiotics Colonizing Flora · 42 Billion + . . . . . 114
IBS Urgency Irritable Bowel Syndrome · 10 Billion + . . . . . 115
Probiotic Intensity Extra Daily Care · 20 Billion + . . . . . 172
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Probiotics Urgency Extra Potency · 50 Billion + . . . . . 173
Reuteri Restore . . . . . 196
Travelers' Probiotic Protection · 21 Billion + . . . . . 221
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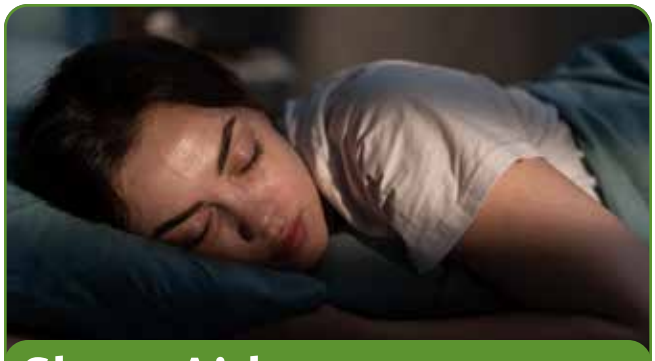

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## Having Trouble Finding Something?

**Call 450 424-9486 or toll-free 1 800 268-9486,**
**or email us at support@newrootsherbal.com. One of our product specialists will be happy to assist you!**



## Weight Management


Fibre Ultra Rich - Plantago + Inulin (powder) . . . . . 100
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## Having Trouble Finding Something?

**Call 450 424-9486 or toll-free 1 800 268-9486,**
**or email us at support@newrootsherbal.com. One of our product specialists will be happy to assist you!**

# Acetyl-L-Carnitine HCl

**750 mg** capsules




## Diabetic Neuropathy · Pain Relief
## Cognitive Support · Reduces Fatigue

Acetyl-L-carnitine helps to relieve pain associated with diabetic neuropathy. Helps optimize cellular energy production (fatty acid metabolism). Helps to support cognitive health and/or brain function. Helps reduce fatigue.

### Each vegetable capsule contains

Acetyl-L-carnitine hydrochloride. . . . . 750 mg
Providing 637.5 mg of acetyl-L-carnitine.

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** *For relief of pain associated with diabetic neuropathy:* Take 1 capsule four times daily or as directed by your health-care practitioner. Take with food. Do not exceed 4 capsules in a 24-hour period. *All other uses:* Take 1 capsule two or three times daily. Start with 1 capsule twice daily with food, and gradually increase to 1 capsule three times daily with food or as directed by your health-care practitioner. Do not exceed 3 capsules in a 24-hour period.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

**#1730 · 90 vegetable capsules · UPC 6-28747-11730-2**
NPN 80039010 · V0464-R2
**Amino Acids and Proteins · Blood Glucose Management**
**Neurological Health**

# Acetyl-Glutathione: S-Acetyl-Glutathione

**100 mg** capsules




## Intracellular Antioxidant
## Superior Assimilation

Source of antioxidants that help protect cells against the oxidative damage caused by free radicals.

### Each vegetable capsule contains

S-Acetylglutathione . . . . . 100 mg
**Providing:**
L-Glutathione. . . . . 87 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

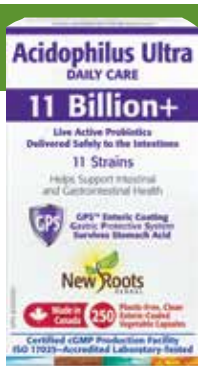
### Directions of use

**Adults:** Take 1–2 capsules daily or as directed by your health-care practitioner.

**#2416 · 60 vegetable capsules · UPC 6-28747-12416-4**
NPN 80091902 · V0670-R1
**Antioxidants · Detoxification · Immune Health**
**Neurological Health**

# Acidophilus Ultra

**Daily Care** capsules




## 11 Billion + Live Active Probiotics Delivered Safely to the Intestines
## 11 Strains · Helps Support Intestinal and Gastrointestinal Health · GPS™ Enteric Coating
## Gastric Protective System Survives Stomach Acid

Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.

### Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 11 strains of live, active, healthy, and whole cells (11 billion) to the intestines

**Human Strains**
*Lactobacillus acidophilus* R0418 . . . . . 605 million CFU
*Bifidobacterium longum* ssp. *longum* R0175 . . . . 330 million CFU
*Bifidobacterium longum* ssp. *infantis* R0033 . . . . 330 million CFU
*Bifidobacterium breve* R0070 . . . . . 330 million CFU
**Plant Strain**
*Lactobacillus plantarum* R1012 . . . . . 440 million CFU
**Dairy Strains**
*Lactobacillus rhamnosus* R0011 . . . . . 4.4 billion CFU
*Lactobacillus rhamnosus* R1039 . . . . . 3.3 billion CFU
*Lactobacillus helveticus* R0052 . . . . . 550 million CFU
*Lactobacillus casei* R0215 . . . . . 440 million CFU
*Streptococcus salivarius* ssp. *thermophilus* R0083 220 million CFU
*Lactobacillus delbrueckii* ssp. *bulgaricus* R9001. . . 55 million CFU

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

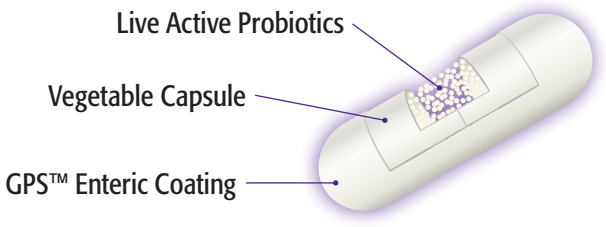
Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily or as directed by your health-care practitioner.

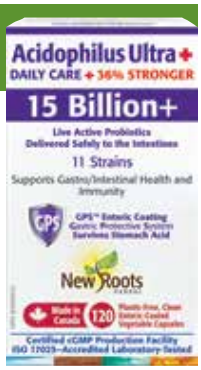
**#1270 · 30 vegetable capsules · UPC 6-28747-11270-3**
**#0004 · 60 vegetable capsules · UPC 6-28747-10004-5**
**#0495 · 120 vegetable capsules · UPC 6-28747-10495-1**
**#0940 · 250 vegetable capsules · UPC 6-28747-10940-6**
NPN 80062961 · V0435-R2
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188



# Acidophilus Ultra +

**Daily Care + 36% Stronger** capsules




## 15 Billion + Live Active Probiotics Delivered Safely to the Intestines
## 11 Strains · Supports Gastro/ Intestinal Health and Immunity
## GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid

Helps support intestinal/gastrointestinal health. Could promote a favourable gut flora. Source of probiotics.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 11 strains of live, active, healthy, and whole cells (15 billion) to the intestines**

| | |
|---|---|
| **Human Strains** | |
| *Lactobacillus acidophilus* R0418 | 825 million CFU |
| *Bifidobacterium longum* ssp. *longum* R0175 | 450 million CFU |
| *Bifidobacterium longum* ssp. *infantis* R0033 | 450 million CFU |
| *Bifidobacterium breve* R0070 | 450 million CFU |
| **Plant Strain** | |
| *Lactobacillus plantarum* R1012 | 600 million CFU |
| **Dairy Strains** | |
| *Lactobacillus rhamnosus* R0011 | 6 billion CFU |
| *Lactobacillus rhamnosus* R1039 | 4.5 billion CFU |
| *Lactobacillus helveticus* R0052 | 750 million CFU |
| *Lactobacillus casei* R0215 | 600 million CFU |
| *Streptococcus salivarius* ssp. *thermophilus* R0083 | 300 million CFU |
| *Lactobacillus delbrueckii* ssp. *bulgaricus* R9001 | 75 million CFU |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

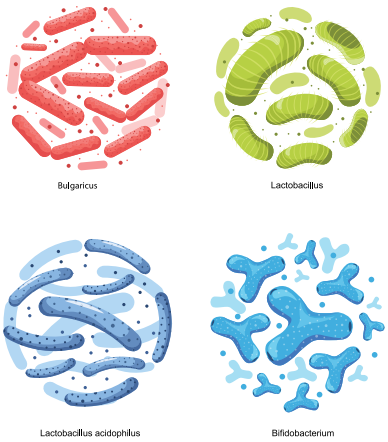
Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#2456 · 60 vegetable capsules · UPC 6-28747-12456-0**
**#2457 · 120 vegetable capsules · UPC 6-28747-12457-7**
NPN 80086910 · V0676-R3
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188




# Active Folate

**L-5-Methyltetrahydrofolate 1,000 mcg plus Vitamins B6 and B12** capsules




## Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize nutrients; helps in the normal function of the immune system; and helps in tissue formation.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 2 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 2.8 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#1900 · 60 vegetable capsules · UPC 6-28747-11900-9**
NPN 80095778 · V0518-R2
**Maternity · Vitamins and Minerals**

Full line of B vitamins, p. 227–234

# Active Folate

**L-5-Methyltetrahydrofolate 1,000 mcg plus Vitamins B6 and B12** tablets




## Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize carbohydrates, fats, and proteins; and helps in tissue formation.

### Each tablet contains

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 2 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 2.8 mcg |

### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#2038 · 60 tablets · UPC 6-28747-12038-8**
NPN 80070154 · V0563-R1
**Maternity · Vitamins and Minerals**

Full line of B vitamins, p. 227–234

# Active Mag
**With Taurine and Potassium**

capsules




## Supports Muscle Function and Energy Metabolism

Helps in energy metabolism and to support cardiovascular function. Helps to maintain proper heart and muscle function. Magnesium and potassium support electrolyte balance for the maintenance of good health.

## Each vegetable capsule contains

| | |
|---|---|
| Taurine (2-aminoethanesulfonic acid) | 375 mg |
| Magnesium (from magnesium citrate) | 70 mg |
| Potassium (from potassium chloride) | 25 mg |

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule four times daily or as directed by your health-care practitioner.

**#3185 · 120 vegetable capsules · UPC 6-28747-13185-8**
NPN 80082220 · V0776-R1
**Energy · Heart and Blood · Sport Nutrition**

Full line of magnesium supplements, p. 130–133

# Adrenal
**Pure Glandular Concentrate 200 mg**

capsules




## Supports Good Health

Supports good health. Helps support immune function.

## Each vegetable capsule contains

| | |
|---|---|
| Adrenal gland 3:1 concentrate (from domestic pig [*Sus scrofa*]) | 200 mg |
| Vitamin C (ascorbic acid) | 6 mg |

## Other ingredients

Peppermint (*Mentha* × *piperita*) leaf, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for prolonged use.

**#2262 · 30 vegetable capsules · UPC 6-28747-11347-2**
**#1347 · 90 vegetable capsules · UPC 6-28747-12262-7**
NPN 80056719 · V0365-R9
**Glandular Extracts · Stress Management**

# AgeLess Telomeres
**With 450 mg Astragalus Root Extract**
**3% Astragaloside IV**

capsules




## Immunity

Astragalus is used in herbal medicine to help maintain a healthy immune system. Vitamin C and vitamin E are antioxidants for the maintenance of good health.

## Each vegetable capsule contains

| | |
|---|---|
| Astragalus (*Astragalus membranaceus*) root **extract**, 3% astragalosides | 450 mg |
| *N*-Acetyl-L-cysteine | 195 mg |
| *R*(+)–*alpha*-Lipoic acid (1,2-dithiolane-3-pentanoic acid) | 25 mg |
| Vitamin C (ascorbic acid) | 10 mg |
| Vitamin E (from D-*alpha*-tocopheryl acid succinate) | 6.7 mg AT (10 IU) |

## Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with a meal providing protein or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 6 months.

**#1428 · 60 vegetable capsules · UPC 6-28747-11428-8**
NPN 80090511 · V0482-R3
**Immune Health**

# Alpha Lipoic
**125 mg**

capsules




## Antioxidant

Provides antioxidants for the maintenance of good health.

## Each vegetable capsule contains

| | |
|---|---|
| DL-*alpha*-Lipoic acid | 125 mg |

## Other ingredients

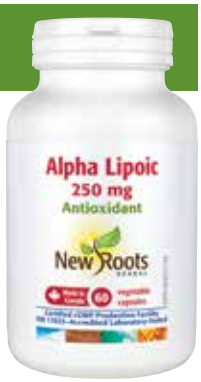
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** As a dietary supplement, take 1–2 capsules twice daily with food or as directed by your health-care practitioner.

**#0289 · 60 vegetable capsules · UPC 6-28747-10289-6**
NPN 80017722 · V0203-R1
**Antioxidants · Detoxification**

# Alpha Lipoic
**250 mg** capsules




## Antioxidant

Provides antioxidants for the maintenance of good health.

## Each vegetable capsule contains

DL-*alpha*-Lipoic acid . . . . . 250 mg

## Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** As a dietary supplement, take 1–2 capsules daily with food or as directed by your health-care practitioner.

**#0770 · 60 vegetable capsules · UPC 6-28747-10770-9**
NPN 80017724 · V0096-R1
**Antioxidants · Detoxification**

# Alpha Lipoic Acid
**600 mg** capsules




## Reduces Diabetic Nerve Pain
## Promotes Healthy Glucose Metabolism

May help to reduce/relieve pain associated with diabetic neuropathy. Source of antioxidants. Helps to promote healthy glucose metabolism.

## Each vegetable capsule contains:

DL-*alpha*-Lipoic acid . . . . . 600 mg

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

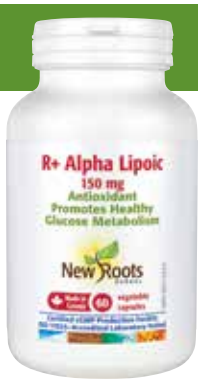
## Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

**#2897 · 60 vegetable capsules · UPC 6-28747-12897-1**
NPN 80111291 · V0736-R1
**Antioxidants · Blood Glucose Management Detoxification**



# R+ Alpha Lipoic
**150 mg** capsules




## Antioxidant · Promotes Healthy Glucose Metabolism

*R*(+)–*alpha*-Lipoic acid provides antioxidants. Helps to promote healthy glucose metabolism.

## Each vegetable capsule contains

*R*(+)–*alpha*-Lipoic acid
(1,2-dithiolane-3-pentanoic acid) . . 150 mg

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1–2 capsules twice daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 3 months.

**#1378 · 60 vegetable capsules · UPC 6-28747-11378-6**
NPN 80113344 · V0381-R4
**Antioxidants · Blood Glucose Management · Detoxification**

# Amino-Mix
**With Free-Form BCAAs**
**Branched-Chain Amino Acids** tablets




## Builds Muscle

Source of essential amino acids for the maintenance of good health.

## Each tablet contains

Hydrolyzed *alpha*-lactalbumin
(whey protein). . . . . 850 mg

## Providing (typical amino acid profile)

| | | | |
|---|---|---|---|
| L-Glutamic acid | 107 mg | | |
| L-Leucine (BCAA)* | 78.25 mg | | |
| L-Aspartic acid | 65 mg | L-Phenylalanine* | 19.5 mg |
| L-Proline | 62.5 mg | L-Tyrosine | 18.25 mg |
| L-Lysine* | 54.5 mg | L-Arginine | 15.75 mg |
| L-Threonine* | 42 mg | L-Cystine | 12.5 mg |
| L-Isoleucine (BCAA)* | 39.5 mg | L-Glycine | 11.25 mg |
| L-Valine (BCAA)* | 36.25 mg | L-Methionine* | 11.25 mg |
| L-Alanine | 28.25 mg | L-Histidine | 10.75 mg |
| L-Serine | 27.5 mg | L-Tryptophan* | 10 mg |

* Essential Amino Acid · BCAA = Branched-Chain Amino Acid

## Other ingredients

Sorbitol, dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

## Directions of use

**Adults:** Take 3–4 tablets twice daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 6 months.

**#1167 · 240 tablets · UPC 6-28747-11167-6**
NPN 80023663 · V0332-R2
**Amino Acids and Proteins · Sport Nutrition**

# Anti-Inflamma
## With Proteolytic Enzymes

capsules




### Relieves Pain and Joint Inflammation

CURCUMIN TESTED BY Carbon-14

*Boswellia serrata* relieves pain and inflammation associated with osteoarthritis of the knee. Curcumin provides antioxidants for the maintenance of good health and is used in herbal medicine to help relieve joint inflammation. Digestive enzymes.

### Each vegetable capsule contains

Boswellia (*Boswellia serrata*) oleogum resin **extract**, 70% organic acid providing 35% boswellic acid . . . . . 200 mg
Turmeric (*Curcuma longa*) root **extract**, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin. . . . . 200 mg
Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem), 2,400 GDU/g . 100 mg (3,600,000 FCC PU)
Quercetin . . . . . 100 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules three times daily with meals or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#1285 · 90 vegetable capsules · UPC 6-28747-11160-7**
**#1160 · 180 vegetable capsules · UPC 6-28747-11285-7**
NPN 80039209 · V0330-R7
**Pain and Inflammation**



# Argan Oil
## Certified Organic




### Moisturizer · Skin · Hair · Nails

Hand-picked by a women's cooperative in Morocco, our **organic** argan oil provides fast-absorbing nourishment for your hair, nails and skin. Argan oil also reduces the look of wrinkles and stretch marks, while leaving your skin supple and moisturized with a fresh youthful glow.

### Each bottle contains

**Organic** raw argan (*Argania spinosa*) seed oil, cold-pressed, nondeodorized . . 50 ml
**Organic** rosemary (*Rosmarinus officinalis*) **extract**

### Ingredients

*Argania spinosa* seed oil and *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face, neck, body, hair, or nails. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

**#1607 · 50 ml · UPC 6-28747-21607-4**
OM0126-R5
**Beauty · Exotic Skin Oils · Hair · Nails · Skin**

Full line of exotic skin oils, p. 92–95

# Arginine:
# L-Arginine
## 500 mg

capsules




### Amino Acid · Exercise Support

A nonessential amino acid involved in protein synthesis. May help support a modest improvement in exercise capacity in individuals with stable cardiovascular diseases (CVD).

### Each vegetable capsule contains

L-Arginine (from L-arginine hydrochloride) . . . 500 mg

### Other ingredients

Vegetable magnesium stearate and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 4 capsules three times daily with meals or as directed by your health-care practitioner.

### Duration of use

If you suffer from a cardiovascular disease, consult a health-care practitioner for use beyond 6 weeks.

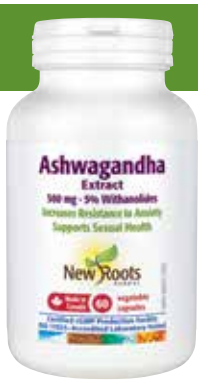
**#1018 · 100 vegetable capsules · UPC 6-28747-11018-1**
NPN 80021242 · V0153-R5
**Amino Acids and Proteins · Sport Nutrition**

> "Let your soul stand cool and composed before a million universes."
>
> *Walt Whitman*

# Ashwagandha

capsules

**Extract · 500 mg · 5% Withanolides**




## Increases Resistance to Anxiety
## Supports Sexual Health

Traditionally used in Ayurveda for memory enhancement; to balance aggravated *Vata* (nervine tonic, sedative); as a sleep aid; as *Rasayana* (rejuvenative tonic); and to relieve general debility (especially during convalescence or old age). Helps increase resistance to stress/anxiety in individuals with a history of chronic stress, thereby improving their overall quality of life. Athletic support or workout/exercise supplement. Helps promote healthy testosterone production in males. Helps support physical aspects of sexual health in women.

### Each vegetable capsule contains

Ashwagandha (*Withania somnifera*) root **extract**, 5% withanolides . . . . . 500 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#2113 · 30 vegetable capsules · UPC 6-28747-12113-2**
**#2115 · 60 vegetable capsules · UPC 6-28747-12115-6**
NPN 80071783 · V0581-R1
**Herbs and Herbal Extracts · Men's Fertility**
**Sexual Health (Women) · Stress Management**

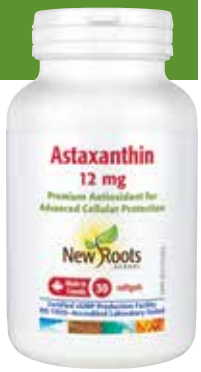
Full line of antistress products, p. 208–212

**NEW PRODUCT! Since January 2026**

# Astaxanthin

**12 mg**

capsules




## Premium Antioxidant for Advanced Cellular Protection

Provides antioxidants that help reduce oxidative damage caused by free radicals.

### Each softgel contains:

Astaxanthin (from *Haematococcus pluvialis* extract) . . . . 12 mg

### Other ingredients

Medium chain triglycerides and beeswax in a softgel composed of annatto, bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 1 softgel daily or as directed by your health-care practitioner.

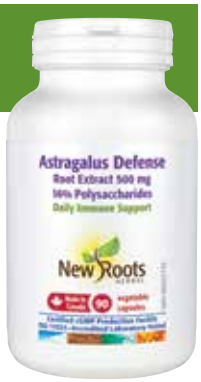
### Duration of use

Consult a health-care practitioner for use beyond 3 months.

**#3564 · 30 softgels · UPC 6-28747-13564-1**
NPN 80125583 · V0687-R2
**Antioxidants · Eye Health · Skin**

# Astragalus Defense

capsules




## Immune Strength

Used in herbal medicine to maintain a healthy immune system.

### Each vegetable capsule contains

Astragalus (*Astragalus membranaceus*) root **extract**, 16% polysaccharides . 500 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 2 months.

**#1157 · 90 vegetable capsules · UPC 6-28747-11157-7**
NPN 80023779 · V0329-R2
**Allergy Relief · Cold and Flu · Herbs and Herbal Extracts**
**Immune Health**

# Astragalus Root

organic tincture




## Antioxidant

Provides antioxidants.

### Each teaspoon contains a crude quantity of

**Organic** astragalus (*Astragalus membranaceus*) root . . . . . 170 mg

### Other ingredients

**Organic** alcohol 25% (from sugarcane) and purified water.

### Directions of use

**Adults:** Take 1 teaspoon daily or as directed by your health-care practitioner.

**#1544 · 50 ml · UPC 6-28747-21544-2**
**#1545 · 95 ml · UPC 6-28747-21545-9**
NPN 80101993 · LM0004-R2
**Allergy Relief · Herbs and Herbal Extracts**
**Immune Health**

# Astragalus Root Slices

**Organic**




## Stress · Energy · Immunity

Used in herbal medicine to help maintain a healthy immune system, and as an adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress).

### Each rounded teaspoon contains

Organic astragalus (*Astragalus membranaceus*) root. . . . . 2 g

### Directions of use

**Adults:** Drink the equivalent of 2 grams once daily or as directed by your health-care practitioner. To make a decoction, use 1 rounded teaspoon (2 g) of dried root per cup of water and simmer on low heat in a covered pot for at least 15–20 minutes (up to 60 minutes for a concentrate). Strain and serve. Astragalus is naturally sweet. You may make a larger portion and keep in the fridge for 2–3 days. Heat up or drink cold.

**#2583 · 100 g · UPC 6-28747-92583-9**
NPN 80104440 · P0864-R1
**Functional Foods · Immune Health · Teas and Herbal Teas**

## ATA Mg®
## Magnesium Acetyl Taurate
**821 mg** capsules




### Fully Reacted for Higher Bioavailability Gentle on the Stomach

Supports biological functions which play a key role in the maintenance of good health. Helps in energy metabolism and to maintain normal electrolyte balance, in tissue formation, and to support normal muscle function, including that of the heart.

### Each vegetable capsule contains

Elemental magnesium (from 821 mg of ATA Mg® [magnesium acetyl taurate]). . . . . 55 mg
For more information, visit https://atamg.com/home/

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–2 capsules daily or as directed by your health-care practitioner.

**#3429 · 30 vegetable capsules · UPC 6-28747-13429-3**
NPN 80126307 · V0812-R1
**Neurological Health · Stress Management**
**Vitamins and Minerals**

Full line of magnesium supplements, p. 130–133

# B-Complex Vitamins 227–234

## B12 Liquid
**Methylcobalamin**
**Active Form of B12**




### 1,000 mcg per Dose

Helps to maintain the body's ability to metabolize nutrients. Helps to form red blood cells. Helps in the normal function of the immune system.

### Six (6) drops contain

Vitamin B12 (methylcobalamin). . . . . 1,000 mcg

### Ingredients

Glycerin, **organic** alcohol from sugarcane, and purified water.

### Directions of use

**Adults:** Take 6 drops daily or as directed by your health-care practitioner.

**#2275 · 15 ml / 85 doses · UPC 6-28747-22275-4**
NPN 80083590 · LM0140-R1
**Energy · Vitamins and Minerals**

Full line of B vitamins, p. 227–234

## Bee Pollen
**500 mg** capsules




### Sustainably Sourced

Provides antioxidants.

### Each vegetable capsule contains

Bee pollen. . . . . 500 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

**#1412 · 100 vegetable capsules · UPC 6-28747-11412-7**
NPN 80033471 · V0389-R2
**Energy · Functional Foods**
**Herbs and Herbal Extracts · Immune Health**

New Zealand
## Beef Bone Broth Protein
powder




### Grass-Fed · 27 g Proteins (90% Protein), 110 Calories per 30 g Portion · 100% Pure · Antibiotic-, BSE- and Hormone-Free Gluten-Free · Non-GMO

Our slow-simmered, traditionally made beef bone broth is made from the bones and connective tissues of New Zealand grass-fed cattle. Bone broth is a rich source of collagen, featuring the entire spectrum of amino acids, as well as vitamins B3, B6, and B12, instrumental to aid normal growth and development, and as a factor in energy metabolism.

### Ingredient

Grass-fed beef bone broth protein powder.

### Directions of use

Pump up the protein content of soups, stews, and sauces; or serve it solo as a delicious bouillon "on-the-go."
**For a broth:** Add 3 rounded tablespoons (30 g) per 300 ml of hot water; if needed, add more water. Salt to taste.
**For recipe ideas, visit newrootsherbal.com/recipes.**

### Nutrition Facts · Per 3 rounded tbsp. (30 g)

| Calories 110 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Sodium 300 mg | 13 % |
| Saturated 0 g + *Trans* 0 g | 0 % | Potassium 150 mg | 3 % |
| Carbohydrate 1 g | | Calcium 0 mg | 0 % |
| Fibre 1 g | 4 % | Iron 0.4 mg | 2 % |
| Sugars 0 g | 0 % | Niacin 2 mg | 13 % |
| Protein 27 g | | Vitamin B6 0.3 mg | 18 % |
| Cholesterol 0 mg | | Vitamin B12 0.9 µg | 38 % |

*5% or less is a little, 15% or more is a lot

### Typical amino acid profile (g/portion of 30 g)**

| | | | |
|---|---|---|---|
| Glycine | 5.443 | Valine* | 0.783 |
| Proline | 3.156 | Phenylalanine* | 0.637 |
| Glutamic acid | 3.059 | Threonine* | 0.572 |
| Hydroxyproline | 2.846 | Isoleucine* | 0.462 |
| Alanine | 2.325 | Tyrosine | 0.338 |
| Arginine | 2.093 | Histidine* | 0.289 |
| Aspartic acid | 1.663 | Methionine* | 0.232 |
| Lysine* | 1.058 | Tryptophan* | 0.043 |
| Leucine* | 1.045 | Taurine | 0.024 |
| Serine | 0.818 | Cysteine | 0.024 |

*Essential Amino Acid · **Average Analysis

**#2293 · 300 g / 10 portions · UPC 6-28747-02293-4**
P0782-R1
NONTAXABLE ITEM
**Amino Acids and Proteins · Bone Health · Joint Health · Keto Diet Muscle Support · Sport Nutrition**

New Zealand

## Beef Bone Broth Protein

**+ Organic Fermented Ginger** powder




### Grass-Fed · 25 g Proteins (83% Protein), 110 Calories per Portion · Antibiotic-, BSE- and Hormone-Free · 100% Natural Gluten-Free · Non-GMO

Our slow-simmered, traditionally made beef bone broth is made from the bones and connective tissues of New Zealand grass-fed cattle. Bone broth is a rich source of collagen, featuring the entire spectrum of amino acids, as well as vitamins B3, B6, and B12, instrumental to aid normal growth and development, and as a factor in energy metabolism. The smooth flavour and soothing aroma of fermented ginger adds a subtle finish to the flavour profile while amplifying its health benefits.

### Ingredient

Grass-fed beef bone broth protein powder and **organic** fermented ginger powder.

### Directions of use

Pump up the protein content of soups, stews, and sauces; or serve it solo as a delicious bouillon "on-the-go."
**For a broth:** Add 3 rounded tbsp. (30 g) per 300 ml of hot water; if needed, add more water. Salt to taste.
**For recipe ideas, visit newrootsherbal.com/recipes.**

### Nutrition Facts · Per 3 rounded tbsp. (30 g)

| Calories 110 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Potassium 125 mg | 3 % |
| Saturated 0 g + *Trans* 0 g | 0 % | Calcium 0 mg | 0 % |
| Carbohydrate 3 g | | Iron 0.3 mg | 2 % |
| Fibre 1 g | 4 % | Niacin 1.75 mg | 11 % |
| Sugars 0 g | 0 % | Vitamin B6 0.25 mg | 15 % |
| Protein 25 g | | Vitamin B12 0.8 µg | 33 % |
| Cholesterol 0 mg | | Selenium 2.5 µg | 5 % |
| Sodium 270 mg | 12 % | Molybdenum 4 µg | 9 % |

*5% or less is a little, 15% or more is a lot

### Typical amino acid profile (g/portion of 30 g)**

| | | | |
|---|---|---|---|
| Glycine | 4.975 | Valine* | 0.716 |
| Proline | 2.885 | Phenylalanine* | 0.582 |
| Glutamic acid | 2.796 | Threonine* | 0.523 |
| Hydroxyproline | 2.601 | Isoleucine* | 0.422 |
| Alanine | 2.125 | Tyrosine | 0.308 |
| Arginine | 1.913 | Histidine* | 0.264 |
| Aspartic acid | 1.520 | Methionine* | 0.212 |
| Lysine* | 0.967 | Tryptophan* | 0.039 |
| Leucine* | 0.955 | Cysteine | 0.022 |
| Serine | 0.748 | Taurine | 0.022 |

*Essential Amino Acid · **Average Analysis

**#2462 · 300 g / 10 portions · UPC 6-28747-02462-4**
PM0821-R1
NONTAXABLE ITEM
**Amino Acids and Proteins · Bone Health · Fermented Products Functional Foods · Joint Health · Keto Diet · Muscle Support Sport Nutrition**

Full line of fermented products, p. 98–99

Beef Liver:

## Grass-Fed Beef Liver

**Pure Glandular · 600 mg** capsules




### Hormone- and Pesticide-Free Supports Immunity

Supports good health.
Helps support immune function.

### Each vegetable capsule contains

| | |
|---|---|
| Liver organ, from bovine source (*Bos taurus*)* | 600 mg |
| Vitamin C (ascorbic acid) | 6 mg |

*Superior-quality, freeze-dried organ powder, from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 6 capsules daily or as directed by your health-care practitioner.

**#1963 · 30 vegetable capsules · UPC 6-28747-11963-4**
**#3434 · 90 vegetable capsules · UPC 6-28747-13434-7**
**#3187 · 180 vegetable capsules · UPC 6-28747-13187-2**
NPN 80119351 · V0541-R1
**Detoxification · Glandular Extracts**



## Beef Spleen:

# Grass-Fed Beef Spleen

**Pure Glandular · 650 mg** capsules




### Hormone- and Pesticide-Free Supports Immunity

Supports good health. Helps support immune function.

### Each vegetable capsule contains

| | |
|---|---|
| Spleen (organ), from bovine source (*Bos taurus*)* | 650 mg |
| Vitamin C (ascorbic acid) | 6 mg |

*Superior-quality, freeze-dried organ from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#1964 · 30 vegetable capsules · UPC 6-28747-11964-1**
**#3435 · 90 vegetable capsules · UPC 6-28747-13435-4**
NPN 80058174 · V0527-R2
**Glandular Extracts · Immune Health**

## Beet (Fermented):

**Organic**

# Fermented Red Beet

**Whole-Food Powder**




### Unsweetened and No Flavour Added · 10 Calories per Portion · 100% Pure · Gluten-Free · Non-GMO

A powerful dietary source of health-promoting nutrients, our tasty fermented red beet root powder brings to your body the great properties of phenols, while enhancing the benefits of nitric oxide (NO) within. In addition, the fermentation process consumes the beet's naturally occurring sugar and increases its nutrient bioavailability.

### Ingredient

**Organic** fermented red beet root.

### Recommended use

Add to water, smoothies, fruit juice, garden cocktails, yogurts, baked goods, signature dips, spreads, or hot beverages.

### Nutrition Facts · Per 1 tsp. (3 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Cholesterol 0 mg | |
| Saturated 0 g + *Trans* 0 g | 0 % | Sodium 40 mg | 2 % |
| Carbohydrate 2 g | | Potassium 150 mg | 3 % |
| Fibre 1 g | 4 % | Calcium 10 mg | 1 % |
| Sugars 1 g | 1 % | Iron 0.4 mg | 2 % |
| Protein 0.5 g | | | |

*5% or less is a little, 15% or more is a lot

**#2340 · 150 g / 50 portions · UPC 6-28747-02340-5**
P0796-R1
**NONTAXABLE ITEM**
**Fermented Products**
**Functional Foods**
**Heart and Blood**

Full line of fermented products, p. 98–99

## Beet Root:

# Red Beet Root

**500 mg** capsules




### Antioxidant

Source of antioxidants.

### Each vegetable capsule contains

| | |
|---|---|
| Red beet (*Beta vulgaris*) root | 500 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules three times daily with meals or as directed by your health-care practitioner.

**#0824 · 100 vegetable capsules · UPC 6-28747-10824-9**
NPN 80048818 · V0126-R2
**Antioxidants · Detoxification · Heart and Blood**

# Benfotiamine

**150 mg** capsules




### Active Vitamin B1 · Nerve Health

Supports the healthy function of nerves in **individuals with polyneuropathy**. Helps in energy production and to maintain the body's ability to metabolize nutrients.

### Each vegetable capsule contains

| | |
|---|---|
| Benfotiamine | 150 mg |
| **Providing:** | |
| Thiamine (vitamin B1) | 85.5 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** *For support of healthy nerve function in individuals with polyneuropathy:* Take 1 capsule three times daily or as directed by your health-care practitioner. *For help in energy production and to help maintain the body's ability to metabolize nutrients:* Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

**#2352 · 60 vegetable capsules · UPC 6-28747-12352-5**
**#2354 · 120 vegetable capsules · UPC 6-28747-12354-9**
NPN 80086082 · V0626-R1
**Energy · Neurological Health · Vitamins and Minerals**

Full line of B vitamins, p. 227–234



# Berberine

**500 mg** capsules




## Cholesterol and Glucose Support

Berberine helps support healthy cholesterol levels and provides support for healthy glucose metabolism. Helps maintain cardiovascular health.

## Each vegetable capsule contains

Berberine hydrochloride . . . . . 500 mg
**Providing:**
Berberine . . . . . 452.5 mg

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner. Take with meals.

## Duration of use

Consult a health-care practitioner for use beyond 3 months.

**#2483 · 60 vegetable capsules · UPC 6-28747-12483-6**
NPN 80093363 · V0671-R1
**Blood Glucose Management · Cholesterol Management**
**Herbs and Herbal Extracts**

# Bergamot Pure Essential Oil

*Citrus bergamia*




## 100% Pure · Clean · Unadulterated

Aroma: Citrus, floral, spicy, sweet.
Attributes: Vibrant, inspiring, uplifting.
Scent note: Top Note

## Each drop contains

Bergamot (*Citrus bergamia*) fruit peel essential oil, cold-pressed . . . . . 100%

## Active compounds

Limonene, linalyl acetate, and linalool.

## Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

## Duration of use

For adult use only. For external and occasional use only. Do not take orally.

**#3199 · 30 ml · UPC 6-28747-13199-2**
O0089-R1
**Essential Oils · Herbs and Herbal Extracts**

Full line of essential oils, p. 82–90

"Kindness is the language which the deaf can hear and the blind can see."

*Mark Twain*

# Beta-Carotene

**25,000 IU · Provitamin A** softgels




## Supports eyesight, skin, membranes, and immune function

Source of vitamin A for the maintenance of good health. Source of vitamin A to help maintain eyesight, skin, membranes, and immune function.

## Each softgel contains

100% natural mixed carotenoids from red palm fruit.
*beta*-Carotene (provitamin A) (15 mg) . . . . . 25,000 IU
Also contains *alpha*-carotene, *gamma*-carotene, and lycopene.

## Other ingredients

**Organic**, cold-pressed flax seed oil in a softgel composed of glycerin, bovine gelatin, annatto **extract**, and purified water.

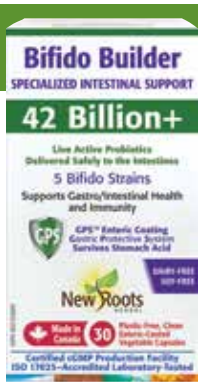
## Directions of use

**Adults:** Take 1 softgel daily or as directed by your health-care practitioner.

**#0774 · 90 softgels · UPC 6-28747-10774-7**
NPN 80087568 · V0148-R4
**Antioxidants · Eye Health · Immune Health · Skin**
**Vitamins and Minerals**

# Bifido Builder

**Specialized Intestinal Support** capsules




## 42 Billion+ Live Active Probiotics Delivered Safely to the Intestines

## 5 Bifido Strains · Supports Gastro/Intestinal Health and Immunity

## GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid

## DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

## Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 5 strains of live, active, healthy, and whole cells (42 billion) to the intestines

**Human Strains**
*Bifidobacterium longum* ssp. *infantis* UB5660 . . . . . 21 billion CFU
*Bifidobacterium breve* UB3917 . . . . . 6.3 billion CFU
*Bifidobacterium bifidum* UB4925. . . . . 6.3 billion CFU
*Bifidobacterium longum* ssp. *longum* UB6897. . . . 6.3 billion CFU
**Dairy Strain**
*Bifidobacterium animalis* ssp. *lactis* HN019 . . . . . 2.1 billion CFU
Vitamin C (ascorbic acid). . . . . 6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

## Other ingredients

Non-GMO potato starch, vegetable magnesium stearate, non-GMO tapioca maltodextrin, mono- and dipotassium phosphates, and sucrose in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

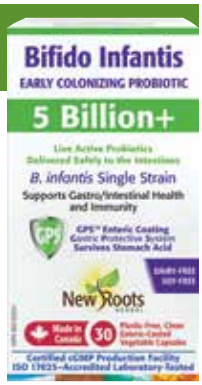
**Adults, adolescents, and children ≥ 6 years old:** Take 1 capsule daily with water or juice or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#3037 · 30 vegetable capsules · UPC 6-28747-13037-0**
NPN 80135089 · V0756-R2
**Cold and Flu · Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

## Bifido Infantis

**Early Colonizing Probiotic** capsules




5 Billion+ Live Active Probiotics
Delivered Safely to the Intestines
*B. infantis* Single Strain
Supports Gastro/Intestinal Health and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following strain of live, active, healthy, and whole cells (5 billion) to the intestines**

**Human Strains**

| | |
|---|---|
| *Bifidobacterium longum* ssp. *infantis* UB5660 | 5 billion CFU |
| Vitamin C (ascorbic acid) | 6 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, non-GMO tapioca maltodextrin, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1 capsule daily with water or juice or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#3040 · 30 vegetable capsules · UPC 6-28747-13040-0**
NPN 80135031 · V0742-R3
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

## Bile:
## Ox Bile

**500 mg** capsules




### Increase Bile Flow

Used in herbal medicine to help increase bile flow (choleretic).

### Each vegetable capsule contains

| | |
|---|---|
| Ox bile, from bovine source (*Bos taurus*), 45% cholic acid | 500 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks. Not for prolonged use.

**#2641 · 60 vegetable capsules · UPC 6-28747-12641-0**
NPN 80102342 · V0645-R1
**Digestive Health · Glandular Extracts**

## Biotin

**10 mg (10,000 mcg)** capsules




### Strong Hair and Nails
### Healthy Skin

Helps to maintain healthy hair, nails, mucous membranes, and skin; to maintain cognitive functions and the body's ability to metabolize nutrients; and to prevent biotin deficiency.

### Each vegetable capsule contains

| | |
|---|---|
| Biotin | 10 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#2321 · 60 vegetable capsules · UPC 6-28747-12321-1**
NPN 80083274 · V0651-R1
**Hair · Nails · Skin · Vitamins and Minerals**

Full line of B vitamins, p. 227–234



# Black Cohosh

**Root Extract · 2.5% · 40 mg** capsules




## Reduces Symptoms of PMS and Menopause

Helps relieve symptoms associated with menopause. Used in herbal medicine to help relieve the pain associated with menstruation; to help relieve muscle and joint pain associated with rheumatic conditions, and of pain associated with neuralgia; to help ease nervous tension; to help relieve premenstrual symptoms.

## Each vegetable capsule contains

Black cohosh (*Actaea racemosa*) root . . . . . 160 mg
Black cohosh (*Actaea racemosa*) root **extract**, 2.5% triterpene glycosides . . . . . 40 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1–3 capsules daily or as directed by your health-care practitioner.

**#0777 · 60 vegetable capsules · UPC 6-28747-10777-8**
NPN 80023952 · V0173-R2
**Herbs and Herbal Extracts · Menopause · Women's Health**

# Black Cumin Seed Oil (Black Seed Oil) Organic

**2.0 – 2.4% Thymoquinone** liquid




## Reduces Allergy Symptoms Including Inflammation

Helps reduce symptoms of allergic rhinitis. Source of antioxidants that help protect against cell damage caused by free radicals. Source of omega-6 essential fatty acids for the maintenance of good health.

## Each teaspoon contains

**Organic** black cumin (*Nigella sativa*) seed oil (black seed oil), first cold-pressed, 50% linoleic acid, 20% oleic acid . . . . . 5 ml

## Other ingredients

**Organic** rosemary (*Rosmarinus officinalis*) **extract** and **organic** olive oil.

## Directions of use

**Adults:** Take ½ teaspoon twice daily with food to avoid digestive upset or as directed by your health-care practitioner. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks. Use for a minimum of 2 weeks to reduce symptoms of allergic rhinitis.

**#2226 · 100 ml / ≈ 20 doses · UPC 6-28747-22226-6**
**#2225 · 200 ml / ≈ 40 doses · UPC 6-28747-22225-9**
NPN 80080852 · LM0151-R2
**Allergy Relief · Essential Fatty Acids · Herbs and Herbal Extracts**

# Black Cumin Seed Oil (Black Seed Oil) 500 mg

**Mediterranean *Nigella sativa***
**Made with Premium, Organic, First Cold-Pressed Black Cumin Seed Oil** softgels




## Allergy Support

Helps reduce symptoms of allergic rhinitis. Source of linoleic acid for the maintenance of good health.

## Each softgel contains

**Organic** black cumin (*Nigella sativa*) seed oil (black seed oil), 50% linoleic acid, 20% oleic acid, hexane-free . . . . . 500 mg

## Other ingredients

Natural vitamin E (mixed tocopherols from sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

## Directions of use

**Adults:** Take 2 softgels three times daily with food or as directed by your health-care practitioner. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#0130 · 60 softgels · UPC 6-28747-20130-8**
**#0945 · 120 softgels · UPC 6-28747-10945-1**
NPN 80035939 · V0163-R5
**Allergy Relief · Essential Fatty Acids**
**Herbs and Herbal Extracts**

# Black Cumin Seed Oil (Black Seed Oil) 1,000 mg Extra Strength

**Mediterranean *Nigella sativa***
**Made with Premium, Organic, First Cold-Pressed Black Cumin Seed Oil** softgels




## Allergy Support

Helps reduce symptoms of allergic rhinitis. Source of linoleic acid for the maintenance of good health.

## Each softgel contains

**Organic** black cumin (*Nigella sativa*) seed oil (black seed oil), 50% linoleic acid, 20% oleic acid, hexane-free. . . . . 1,000 mg

## Other ingredients

Mixed tocopherol concentrate (from sunflower) in a softgel of bovine gelatin, glycerin, and purified water.

## Directions of use

**Adults:** Take 1 softgel three times daily before a meal or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#3139 · 60 softgels · UPC 6-28747-13139-1**
NPN 80095308 · V0761-R1
**Allergy Relief · Essential Fatty Acids**
**Herbs and Herbal Extracts**

# Black Walnut
## Green Hull · 150 mg

capsules




### Vermifuge
### Eliminates *Tinea corporis*

Traditionally used in herbal medicine to help expel intestinal worms (vermifuge/anthelmintic) and eliminate ringworm (*Tinea corporis*).

### Each vegetable capsule contains

| | |
|---|---|
| Black walnut (*Juglans nigra*) green hull | 150 mg |

### Other ingredients

Peppermint (*Mentha × piperita*) leaf and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 5 capsules daily or as directed by your health-care practitioner.

### Duration of use

For occasional use only. Consult your health-care practitioner for use beyond 14 days.

**#0997 · 60 vegetable capsules · UPC 6-28747-10997-0**
NPN 80107718 · V0289-R2
**Herbs and Herbal Extracts · Parasitic and Fungal Management**

# Black Walnut
## Leaf and Hull · 440 mg

capsules




### Vermifuge
### Eliminates *Tinea corporis*

Used in herbal medicine to help expel intestinal worms (vermifuge/anthelmintic) and eliminate ringworm (*Tinea corporis*).

### Each vegetable capsule contains

| | |
|---|---|
| Black walnut (*Juglans nigra*) leaf | 352 mg |
| Black walnut (*Juglans nigra*) hull | 88 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 6 to 9 capsules daily or as directed by your health-care practitioner. If you are taking other medications, take this product 2 hours before or after them.

### Duration of use

Consult your health-care practitioner for use beyond 2 weeks. For occasional use only.

**#0841 · 100 vegetable capsules · UPC 6-28747-10841-6**
NPN 80112105 · V0007-R2
**Herbs and Herbal Extracts · Parasitic and Fungal Management**



# Black Walnut Hull
## Organic Tincture




### Vermifuge · Eliminates *Tinea corporis*

Traditionally used in herbal medicine to help expel intestinal worms (vermifuge/anthelmintic) and eliminate ringworm (*Tinea corporis*).

### Each teaspoon contains a crude quantity equivalent of

| | |
|---|---|
| **Organic** black walnut (*Juglans nigra*) fruit green hull | 703 mg |

### Other ingredients

**Organic** alcohol 25% (from sugarcane) and purified water.

### Directions of use

**Adults:** Take 3 teaspoons daily or as directed by your health-care practitioner. If you are taking other medications, take this product 2 hours before or after them.

### Duration of use

For temporary use only.

**#1627 · 50 ml · UPC 6-28747-21627-2**
NEW SIZE!
**#3597 · 100 ml · UPC 6-28747-23597-6**
NPN 80031291 · LM0007-R7
**Herbs and Herbal Extracts**
**Parasitic and Fungal Management**

# Blood Sugar Balance

capsules




### Maintains Healthy Blood Sugar Levels

Helps to maintain normal blood glucose levels. Provides support for healthy glucose metabolism. Provides antioxidants for the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| *Gymnema sylvestre* leaf **extract**, 25% gymnemic acids | 100 mg |
| Cassia cinnamon (*Cinnamomum aromaticum*) bark **extract** | 93 mg |
| Bilberry (*Vaccinium myrtillus*) European fruit **extract**, 25% anthocyanosides | 80 mg |
| Quercetin | 75 mg |
| DL-*alpha*-Lipoic acid | 50 mg |
| Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric proanthocyanidins | 38 mg |
| Banaba (*Lagerstroemia speciosa*) leaf **extract**, 1% corosolic acid | 33 mg |
| Bitter melon (*Momordica charantia*) fruit **extract** | 13 mg |
| Chanca piedra (*Phyllanthus niruri*) **extract**, 5% alkaloids | 13 mg |
| Dandelion (*Taraxacum officinale*) root **extract**, 3% flavonoids | 13 mg |
| Fenugreek (*Trigonella foenum-graecum*) seed **extract**, 50% saponins | 13 mg |
| Guduchi (*Tinospora cordifolia*) **extract** | 13 mg |
| Holy basil (*Ocimum tenuiflorum*) leaf **extract**, 10% ursolic acid | 13 mg |
| Indian gooseberry (*Phyllanthus emblica*) fruit **extract** | 13 mg |
| Ginger (*Zingiber officinale*) rhizome **extract** | 10 mg |
| Vanadyl sulfate (providing approximately 1.5–1.7 mg of vanadium per capsule) | 7.5 mg |
| Chromium (from chromium picolinate) | 150 mcg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 2 weeks.

**#1088 · 60 vegetable capsules · UPC 6-28747-11088-4**
**#1086 · 120 vegetable capsules · UPC 6-28747-11086-0**
NPN 80068848 · V0313-R5
**Blood Glucose Management**

Blood sugar support :
→ **Glucose Align** 106

## Body Muscle Massage

**Pain Relief** lotion




### Arnica, Calendula, Chamomile, and Aloe Vera

Temporarily relieves aches and pains of muscles and joints associated with one or more of the following: simple backache, lumbago, strains and sprains (involving muscles, tendons, and/or ligaments), and arthritis.

### Medicinal ingredients

| | |
|---|---|
| Methyl salicylate | 5% |
| Menthol | 3% |

### Other ingredients

**Extracts** of (marigold [*Calendula officinalis*] flower, arnica [*Arnica montana*] flower, gentian [*Gentiana lutea*] root, sweet clover, St. John's wort [*Hypericum perforatum*], lemon balm [*Melissa officinalis*] leaf, juniper [*Juniperus communis*] berry, pine needle, and chamomile [*Matricaria recutita*] flower), purified water, sweet almond oil, vegetable glyceryl stearate, stearic acid, cetyl alcohol, glycerin, aloe (*Aloe vera*), edetate disodium, carbomer 940, triethanolamine, cucumber **extract**, rosemary (*Rosmarinus officinalis*) leaf **extract**, citric acid, sodium hydroxide, and benzoic acid.

### Directions of use

**Adults, adolescents, and children ≥ 2 years old:** Apply thinly and evenly to affected area, up to 3–4 times per day. Rub or massage into skin until liquid vanishes. *For children (2–12 years old), application should be supervised by an adult.*

**#1198 · 125 ml · UPC 6-28747-21198-7**
**#0341 · 250 ml · UPC 6-28747-20341-8**
**#0732 · 500 ml · UPC 6-28747-20732-4**
NPN 80054950 · LM0071-R3
**Pain and Inflammation**



## Borage Oil

**Made with Organic Borage** softgels




### Eczema · Acne Dermal Inflammation

Helps to reduce symptoms and skin inflammation associated with acne. Helps improve the inflammatory symptoms such as roughness, redness, and other symptoms associated with atopic dermatitis (eczema). Helps to maintain skin firmness, moisture, elasticity, and hydration. Source of omega-6, linoleic acid, and other essential fatty acids for the maintenance of good health.

### Each softgel contains

| | |
|---|---|
| 100% **Organic** borage (*Borago officinalis*) seed oil, hexane-free | 1,200 mg |
| **Providing:** | |
| Linoleic acid (37%) | 444 mg |
| *gamma*-Linolenic acid (GLA) (22%) | 264 mg |

Solvent-free. Not bleached, deodorized, nor refined. Cold-pressed.

### Other ingredients

Mixed tocopherol concentrate (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 2 softgels twice daily or as directed by your health-care practitioner.

**#0882 · 60 softgels · UPC 6-28747-10882-9**
**#0775 · 90 softgels · UPC 6-28747-10775-4**
NPN 80097675 · V0704-R2
**Essential Fatty Acids · Skin**

## Boron

**3 mg** capsules




### Calcium Metabolism

Helps maintain healthy calcium metabolism.

### Each vegetable capsule contains

| | |
|---|---|
| Boron (from boron citrate) | 3 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner. Take with vitamin D and calcium.

**#0436 · 90 vegetable capsules · UPC 6-28747-10436-4**
NPN 80044094 · V0216-R4
**Bone Health · Joint Health · Muscle Support · Vitamins and Minerals**

> "At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."
>
> *Albert Schweitzer*

# Boswellia
**Extract · 380 mg** capsules




## Helps to Relieve Joint Pain

Helps to relieve joint pain and swelling associated with osteoarthritis of the knee.

## Each vegetable capsule contains

Boswellia (*Boswellia serrata*) oleogum resin, 70% **organic** acid, providing 35% boswellic acid . . . . . 380 mg

## Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 3 capsules daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 8 weeks.

**#2096 · 90 vegetable capsules · UPC 6-28747-12096-8**
NPN 80072262 · V0585-R2
**Herbs and Herbal Extracts · Pain and Inflammation**

# Breathe Easy:
**New Roots Herbal's**
# Breathe Easy
**Made with Organic Plantain and Lobelia** capsules




## Respiratory Relaxant and Expectorant

New Roots Herbal's Breathe Easy is formulated with selected organic quality herbals. Lobelia is traditionally used in herbal medicine as a respiratory relaxant and expectorant.

## Each vegetable capsule contains

**Organic** plantain (*Plantago major*) leaf . . . . . 500 mg
**Organic** alfalfa (*Medicago sativa*) herb . . . . . 100 mg
**Organic** lobelia (*Lobelia inflata*) herb top . . . . . 50 mg

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules twice daily or as directed by your health-care practitioner.

**#0242 · 100 vegetable capsules · UPC 6-28747-10242-1**
NPN 80036947 · V0123-R4
**Cold and Flu**

> "The two most important days in your life are the day you are born and the day you find out why."
>
> *Mark Twain*

# Bromelain:
# Ultimate Bromelain
**500 mg · 2,400 GDU/g** capsules




## Extra Strength Digestive Enzyme

Digestive enzyme.

## Each vegetable capsule contains

Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem), 2,400 GDU/g. . . . . 500 mg (18,000,000 FCC PU)

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule one to three times daily with food or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for prolonged use.

**#0238 · 90 vegetable capsules · UPC 6-28747-10238-4**
NPN 80034028 · V0198-R4
**Digestive Health · Enzymes**

**NEW PRODUCT! Since January 2026**
# Bronchio Buster
capsules




## Relieves Symptoms of Chronic Bronchitis · Reduces Respiratory System Inflammation

A supportive therapy in the treatment of inflammation of the respiratory system. Helps to relieve symptoms of chronic bronchitis. 100% non-GMO.

## Each vegetable capsule contains:

*N*-Acetyl-L-cysteine . . . . . 400 mg
Quercetin . . . . . 100 mg
Vitamin C (ascorbic acid). . . . . 100 mg
DL-*alpha*-Lipoic acid . . . . . 50 mg
Grape (*Vitis vinifera*) seed extract, 80% oligomeric proanthocyanidins. . . . . 50 mg
Andrographis (*Andrographis paniculata*) herb top extract, 30% andrographolide . . . . . 30 mg
Reishi (*Ganoderma lucidum*) mushroom extract, 40% polysaccharides, providing 30% *beta*-glucans. . . . . 30 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . 10 mg
Vitamin B6 (pyridoxine hydrochloride) . . . . . 10 mg
Zinc (from zinc citrate) . . . . . 3.3 mg
Vitamin B12 (methylcobalamin). . . . . 250 mcg
Folate (calcium L-5-methyltetrahydrofolate) . . . . . 200 mcg
Selenium (from yeast-free L-selenomethionine). . . . . 50 mcg
Vitamin D3 (cholecalciferol) (200 IU) . . . . . 5 mcg

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

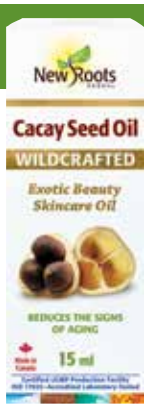
## Directions of use

**Adults:** Take 3 capsules once daily or as directed by your health-care practitioner. Take with food/meal to avoid digestive upset. Take a few hours before or after taking other medication or natural health products.

### Duration of use
Consult a health-care practitioner for use beyond 12 weeks. Use for at least 1 month to see beneficial effects.

**#3576 · 90 vegetable capsules · UPC 6-28747-13576-4**
NPN 80119513 · V0862-R1
**Cold and Flu**

## Cacay Seed Oil
**Wildcrafted**




### Reduces the Signs of Aging
Wildcrafted and sustainably sourced in Colombia's Amazon, our pure, cold-pressed cacay seed oil is blessed with nutrients that invigorate and rejuvenate your skin for a more youthful appearance.

### Each bottle contains
Wildcrafted cacay (*Caryodendron orinocense*) seed oil, cold-pressed. . . . . 15 ml
with added **organic** rosemary (*Rosmarinus officinalis*) **extract**.

### Ingredients
*Caryodendron orinocense* seed oil and *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use
Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

**#2304 · 15 ml · UPC 6-28747-22304-1**
OM0071B-R2
**Beauty · Exotic Skin Oils · Skin**

Full line of exotic skin oils, p. 92–95

## Calcium Ascorbate: Vitamin C
**Calcium Ascorbate · 1,000 mg** capsules




### Builds Bones, Teeth, Collagen + Immunity
### Gentle on the Stomach
Helps in collagen formation to develop and maintain healthy bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing. Helps maintain and support immune function. Helps to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health.

### Each vegetable capsule contains
Vitamin C (from 1,000 mg of calcium ascorbate). . . . . 750 mg
Calcium (from 1,000 mg of calcium ascorbate) . . . . . 100 mg

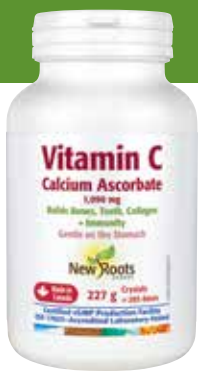
### Other ingredients
Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#0239 · 60 vegetable capsules · UPC 6-28747-10239-1**
NPN 80102991 · V0207-R1
**Antioxidants · Cold and Flu · Immune Health**
**Joint Health · Vitamins and Minerals**

Full line of vitamin C products, p. 235–237

## Calcium Ascorbate: Vitamin C
**Calcium Ascorbate · 1,090 mg** crystals




### Builds Bones, Teeth, Collagen + Immunity
### Gentle on the Stomach
Helps in collagen formation to develop and maintain healthy bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing. Helps maintain and support immune function. Helps to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health.

### Each ¼ teaspoon (1,090 mg) contains
Calcium ascorbate. . . . . 1,090 mg
**Providing:**
Vitamin C (from calcium ascorbate) . . . . . 894 mg
Calcium (from calcium ascorbate) . . . . . 109 mg
**No fillers or excipients. 100% pure.**

### Directions of use
**Adults:** Stir ¼ teaspoon into juice, water, or food once or twice daily, or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them. We recommend weighing Vitamin C Calcium Ascorbate for precise dosage.

**#0030 · 150 g / ≈135 doses · UPC 6-28747-00030-7**
**#0159 · 227 g / ≈205 doses · UPC 6-28747-00159-5**
NPN 80066047 · P0023
**Antioxidants · Cold and Flu · Immune Health · Joint Health**
**Vitamins and Minerals**

Full line of vitamin C products, p. 235–237

## Calcium Citrate and Vitamin D3
capsules




### Stronger Teeth and Bones
Helps in the development and maintenance of bones and teeth. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.

### Each vegetable capsule contains
Calcium
(from 704 mg calcium citrate) . . . . 169 mg
Vitamin D3 (cholecalciferol). . . . . 1.375 mcg (55 IU)

### Other ingredients
Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1–4 capsules daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#0319 · 150 vegetable capsules · UPC 6-28747-10319-0**
NPN 80061748 · V0285-R3
**Bone Health · Vitamins and Minerals**

# Calcium D-Glucarate

**650 mg** capsules




## Liver Detoxification

Helps to support glucuronidation, a liver detoxification pathway.

## Each vegetable capsule contains

| | |
|---|---|
| Calcium D-glucarate | 650 mg |

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules twice daily or as directed by your health-care practitioner.

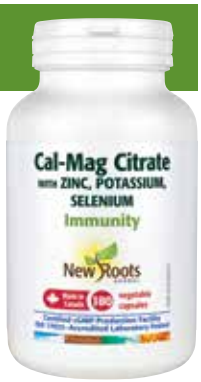
## Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

**#2277 · 60 vegetable capsules · UPC 6-28747-12277-1**
NPN 80083170 · V0402-R3
**Detoxification · Vitamins and Minerals**

# Cal-Mag Citrate

**With Zinc, Potassium, Selenium** capsules




## Immunity

A factor in the maintenance of good health. Helps to maintain healthy skin. Helps the body to metabolize nutrients. Helps in the development and maintenance of bones and teeth. Helps support the immune system.

## Each vegetable capsule contains

| | |
|---|---|
| Magnesium (from magnesium citrate) | 78 mg |
| Magnesium (from magnesium oxide) | 26 mg |
| Calcium (from calcium citrate) | 52 mg |
| Potassium (from potassium citrate) | 4.15 mg |
| Zinc (from zinc citrate) | 2.08 mg |
| Manganese (from manganese citrate) | 414 mcg |
| Vanadium (from vanadium HVP chelate) | 20 mcg |
| Chromium (from chromium HVP chelate) | 18 mcg |
| Molybdenum (from molybdenum HVP chelate) | 18 mcg |
| Selenium (from yeast-free L-selenomethionine) | 8.3 mcg |
| Vitamin D3 (cholecalciferol) | 0.5 mcg (20 IU) |

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules twice daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before of after them.

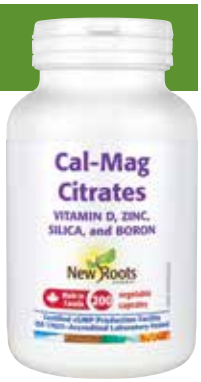
**#0784 · 90 vegetable capsules · UPC 6-28747-10784-6**
**#0229 · 180 vegetable capsules · UPC 6-28747-10229-2**
NPN 80028481 · V0155-R2
**Bone Health · Vitamins and Minerals**

**Full line of magnesium supplements, p. 130–133**

> "Always keep your words soft and sweet, just in case you have to eat them."
>
> *Andy Rooney*

# Cal-Mag Citrates

**Vitamin D, Zinc, Silica, and Boron** capsules




Calcium, magnesium, zinc, boron, and vitamins D and K1 are factors in the maintenance of good health. Adequate calcium and vitamin D as part of a healthy diet may reduce the risk of developing osteoporosis. Calcium, magnesium, and vitamins D and K1 help in the development and maintenance of bones. Zinc helps in connective tissue formation and in maintaining healthy skin and immune function.

## Each vegetable capsule contains

| | |
|---|---|
| Calcium (from calcium citrate) | 100 mg |
| Field horsetail (*Equisetum arvense*), 7% silica | 62.5 mg |
| Magnesium (from magnesium citrate) | 50 mg |
| Betaine hydrochloride | 12.5 mg |
| L-Glutamic acid hydrochloride | 12.5 mg |
| Taurine (2-aminoethanesulfonic acid) | 12.5 mg |
| Zinc (from zinc citrate) | 2.5 mg |
| Boron (from boron citrate) | 400 mcg |
| Vitamin K1 | 12 mcg |
| Vitamin D3 (cholecalciferol) | 3.75 mcg (150 IU) |

## Other ingredients

Vegetable magnesium stearate, magnesium caprylate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules three times daily with meals. If you are taking other medications, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#1468 · 100 vegetable capsules · UPC 6-28747-11468-4**
**#1470 · 200 vegetable capsules · UPC 6-28747-11470-7**
NPN 80033666 · V0406-R3
**Bone Health · Vitamins and Minerals**

**Full line of magnesium supplements, p. 130–133**

# Candida Stop

**15- or 30-Day Supply** capsules




## Helps Fight off Infections

Used in herbal medicine to help alleviate mild cases of fungal infections. An antioxidant for the maintenance of good health. *Echinacea purpurea* is used in herbal medicine to help fight off infections, especially of the upper respiratory tract.

## Each vegetable capsule contains

| | |
|---|---|
| Calcium caprylate* | 90 mg |
| Magnesium caprylate* | 90 mg |
| Odourless garlic (*Allium sativum*) bulb extract, 1% allicin | 62.5 mg |
| Oregano (*Origanum vulgare*) 15:1 leaf extract | 55 mg |
| Grapefruit seed extract | 50 mg |
| Suma (*Hebanthe eriantha*) root | 50 mg |
| Echinacea (*Echinacea purpurea*) root extract, 4% polyphenols | 25 mg |
| Pau d'arco (*Tabebuia heptaphylla*) inner bark | 25 mg |
| Zinc caprylate* | 20 mg |
| Black walnut (*Juglans nigra*) hull 4:1 extract | 8 mg |
| Selenium (from yeast-free L-selenomethionine) | 25 mg |

*Providing a total of 163 mg caprylic acid

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules three times daily with food or as directed by your health-care practitioner. Take at the first sign of infection. If you are taking supplements containing zinc, calcium, iron, or copper, take this product a few hours before or after them.

### Duration of use

For occasional use only. Consult a health-care practitioner for use beyond 4 weeks.

**#0131 · 90 vegetable capsules · UPC 6-28747-10131-8**
**#0021 · 180 vegetable capsules · UPC 6-28747-10021-2**
NPN 80090706 · V0428-R11
**Parasitic and Fungal Management**

## Caprylic Acid Plus capsules




### Yeast-Stop Formula
### Alleviates Fungal Infections

Used in herbal medicine to help alleviate mild cases of fungal infections.

### Each vegetable capsule contains

| | |
|---|---|
| Pau d'arco (*Tabebuia heptaphylla*) inner bark | 250 mg |
| Caprylic acid (calcium caprylate) | 180 mg |
| Caprylic acid (magnesium caprylate) | 180 mg |
| Odourless garlic (*Allium sativum*) bulb, 1,000 mcg allicin potential per capsule | 100 mg |
| Caprylic acid (zinc caprylate) | 40 mg |
| Clove (*Syzygium aromaticum*) flower bud | 35 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules in the morning and 2 capsules in the evening with water, before meals.

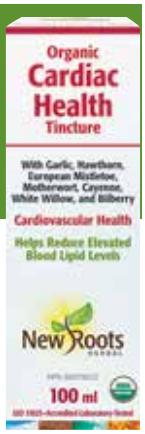
### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#0022 · 60 vegetable capsules · UPC 6-28747-10022-9**
**#0941 · 120 vegetable capsules · UPC 6-28747-10941-3**
NPN 80041615 · V0011-R3
**Parasitic and Fungal Management**



## Organic
## Cardiac Health
### Tincture
### With Garlic, Hawthorn, European Mistletoe, Motherwort, Cayenne, White Willow, and Bilberry




### Cardiovascular Health
### Helps Reduce Elevated Blood Lipid Levels

Used in herbal medicine to help reduce elevated blood lipid levels / hyperlipidemia in adults. Used in herbal medicine to help maintain cardiovascular health in adults.

### Each ml contains a crude quantity equivalent of

| | |
|---|---|
| **Organic** garlic (*Allium sativum*) bulb | 500 mg |
| **Organic** hawthorn (*Crataegus laevigata*) fruit | 35.8 mg |
| **Organic** European mistletoe (*Viscum album*) leaf | 17.9 mg |
| **Organic** motherwort (*Leonurus cardiaca*) herb top | 3.1 mg |
| **Organic** cayenne (*Capsicum annuum*) fruit | 2.4 mg |
| **Organic** hawthorn (*Crataegus laevigata*) leaf and flower | 2.1 mg |
| **Organic** white willow (*Salix alba*) bark | 1.9 mg |
| **Organic** bilberry (*Vaccinium myrtillus*) leaf | 1.3 mg |

### Other ingredients

**Organic** alcohol 25% (from sugarcane) and purified water.

### Directions of use

**Adults ≥ 19 y.o.:** Take 1–2.5 ml (approximately 35–88 drops) one to three times daily with food or as recommended by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for prolonged use.

**Note:** Due to its potency, this product has a strong garlic aroma.

**#2043 · 100 ml · UPC 6-28747-22043-9**
NPN 80079033 · LM0139-R2
**Cholesterol Management · Heart and Blood**

## Cardio Flow capsules




### Supports Cardiovascular Health

Helps to maintain or support cardiovascular health. Helps to maintain proper muscle function. Helps the body to metabolize carbohydrates, fats, and proteins. Provides antioxidants for the maintenance of good health. Helps to form red blood cells. Helps in tissue formation.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (from calcium ascorbate and magnesium ascorbate) | 280 mg |
| Vitamin B3 (niacinamide) | 105 mg |
| DL-*alpha*-Lipoic acid | 50 mg |
| L-Carnitine (from L-carnitine tartrate) | 36.67 mg |
| Vitamin E (from D-*alpha*-tocopheryl acid succinate) | 24.12 mg AT (36 IU) |
| Vitamin B5 (calcium D-pantothenate) | 20 mg |
| Vitamin B3 (niacin) | 18 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 18 mg |
| Magnesium (from magnesium ascorbate) | 17 mg |
| Coenzyme Q10 (ubiquinone-10) (from fermentation) | 10 mg |
| Vitamin B1 (thiamine hydrochloride) | 5 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 140 mcg |

Vitamin B12 (methylcobalamin). . . . . 100 mcg
Biotin . . . . . 40 mcg

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule three times daily with food. If you are taking other medications, take this product a few hours before or after them.

**#1170 · 90 vegetable capsules · UPC 6-28747-11170-6**
NPN 80069470 · V0325-R6
**Heart and Blood**

## Carnitine:
## L-Carnitine Tartrate
**750 mg** capsules




### Athletic Workout Support
### Muscle Recovery
Athletic workout supplement. Aids in muscle recovery process by reducing muscle tissue damage associated with a resistance training regimen. May help promote an improvement in physical performance when used in conjunction with a training regimen. Helps delay fatigue during physical activity by increasing the metabolism of fats. Helps support fat metabolism.

### Each vegetable capsule contains
L-Carnitine tartrate . . . . . 750 mg
Providing 500 mg of L-carnitine.

### Other ingredients
Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Start with 1 capsule twice daily with food and gradually increase to 2 capsules twice daily with food or as directed by your health-care practitioner. Take 2–4 hours prior to exercise.

### Duration of use
Consult a health-care practitioner for use beyond 6 months.

**#1795 · 90 vegetable capsules · UPC 6-28747-11795-1**
NPN 80044764 · V0098-R2
**Amino Acids and Proteins · Sport Nutrition · Weight Management**

## Cascara Sagrada
**325 mg** capsules




### Stimulant Laxative for Constipation
Used in herbal medicine for short-term relief of occasional constipation.

### Each vegetable capsule contains
Cascara sagrada (*Frangula purshiana*) aged bark . . . . . 175 mg
Cascara sagrada (*Frangula purshiana*) aged bark 4:1 **extract**. . . . . 150 mg

### Other ingredients
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults and adolescents ≥ 11 years old:** Take 1–3 capsules per day or as directed by your health-care practitioner. Allow 6–12 hours for laxative effects to occur. Take a single dose at bedtime. Take 2–3 times per week. If results are not observed, the frequency of use may be increased up to once daily. If you are taking other medications or health products, take this product a few hours before or after them.

### Duration of use
Consult a health-care practitioner for use beyond 7 days.

**#1474 · 100 vegetable capsules · UPC 6-28747-11474-5**
NPN 80016113 · V0388-R4
**Digestive Health · Herbs and Herbal Extracts**

## Cedarwood
## Pure Essential Oil
***Cedrus deodara***




### 100% Pure · Clean · Unadulterated
**Aroma:** Woody, fresh, resinous.
**Attributes:** Relaxing, reassuring, strengthening, empowering.
**Scent note:** Base Note ▲

### Each drop contains
Himalayan cedar (*Cedrus deodara*) wood essential oil, steam-distilled . . . . . 100%

### Active compound
Himachalene.

### Directions of use
Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

**#3200 · 30 ml · UPC 6-28747-13200-5**
O0086-R1
**Essential Oils · Herbs and Herbal Extracts**

Full line of essential oils, p. 82–90

## Chaga
**Extract · 350 mg**
**Hot-Water Extract** capsules




### Medicinal Mushrooms
### Immune Support · Harmony
### 25% *beta*-Glucans (87.5 mg) from 40% Polysaccharides (140 mg)
Source of fungal polysaccharides with immunomodulating properties.

### Each vegetable capsule contains
Chaga (*Inonotus obliquus*) mushroom **extract**, standardized to 40% polysaccharides (140 mg) providing
25% *beta*-glucans (87.5 mg) . . . . . 350 mg
Hot-water extraction.

### Other ingredients
Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

**#1936 · 60 vegetable capsules · UPC 6-28747-11936-8**
NPN 80055779 · V0522-R2
**Immune Health · Medicinal Mushrooms**

Full line of medicinal mushrooms, p. 137–141

## Chaga Tea

chunks




### Immunity · European Wild-Crafted

Our wild-crafted chaga is 100% sustainably sourced from living trees, not causing any damage to the host tree. Source of fungal polysaccharides with immunomodulating properties. Source of antioxidants.

### Ingredient

Wild chaga (*Inonotus obliquus*) mushroom chunks.

### Directions of use

**Adults:** Add 3 g of chaga chunks to 1 litre of water. Simmer for 10–20 minutes to make a tonic, or several hours to make a concentrate. Temperature range should be between 50 and 70 °C; never a rolling boil. Serve hot or let cool to room temperature, then refrigerate up to 14 days. Store used chaga chunks in freezer, and reuse 3–5 times or until water runs clear. After several brews, you may wish to break chaga chunks into smaller pieces to enable hot water to penetrate further and extract more beneficial compounds.

**#2093 · 100 g · UPC 6-28747-92093-3**
NPN 80069451 · P0624-R1
**Immune Health · Medicinal Mushrooms · Teas and Herbal Teas**

Full line of medicinal mushrooms, p. 137–141

## Children's Products 64–65

## Chill Pills:
**New Roots Herbal**
## Chill Pills

capsules




### Relaxation

L-Theanine helps to temporarily promote relaxation. B-complex vitamins are a factor in the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| L-Theanine | 100 mg |
| Phellodendron (*Phellodendron amurense*) bark **extract**, 0.1% berberine | 15 mg |
| Passionflower (*Passiflora incarnata*) **extract**, 4% flavonoids | 50 mg |
| Astragalus (*Astragalus membranaceus*) root **extract**, 3% astragalosides | 25 mg |
| Ashwagandha (*Withania somnifera*) root **extract**, 2.5% withanolides | 75 mg |
| Holy basil (*Ocimum tenuiflorum*) leaf **extract**, 10% ursolic acid | 50 mg |
| Oat (*Avena sativa*) 10:1 **extract** | 50 mg |
| Rhodiola (*Rhodiola rosea*) root **extract**, 5% rosavins | 50 mg |
| Vitamin B2 (riboflavin, riboflavin-5'-phosphate sodium) | 27.5 mg |
| Vitamin B6 (pyridoxine hydrochloride / pyridoxal-5'-phosphate) | 27.5 mg |
| *para*-Aminobenzoic acid (PABA) | 25 mg |
| Choline bitartrate | 25 mg |
| Inositol (*myo*-inositol) | 25 mg |
| D-Ribose | 25 mg |
| Vitamin B1 (thiamine hydrochloride) | 25 mg |
| Vitamin B5 (calcium D-pantothenate) | 25 mg |
| Inositol hexanicotinate, flush-free (vitamin B3) | 17.5 mg |
| Chinese jujube (*Ziziphus jujuba*) fruit | 12.5 mg |
| Magnolia (*Magnolia officinalis*) bark 50:1 **extract**, 80% magnolol + honokiol | 7.5 mg |
| Vitamin B3 (niacinamide) | 7.5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 500 mcg |
| Vitamin B12 (methylcobalamin) | 75 mcg |
| Biotin | 37.5 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules at once daily with food or as directed by your health-care practitioner. Not to be taken immediately before bedtime. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#1166 · 16 vegetable capsules · UPC 6-28747-11166-9**
**#1163 · 30 vegetable capsules · UPC 6-28747-11163-8**
**#1277 · 60 vegetable capsules · UPC 6-28747-11277-2**
NPN 80084696 · V0324-R9
**Mood Enhancement · Stress Management**

Full line of antistress products, p. 208–212

## Chlorella
**Broken-Cell · 455 mg**

capsules




### Superior Absorption With Organic Chlorella

Source of antioxidants. Our deep-green, broken-cell chlorella has 78% digestibility. It contains multiple naturally occurring micronutrients including *beta*-carotene; vitamins B1, B2, B3, and B12; biotin; chlorophyll; nucleic acids; and organic germanium. This **organic**, broken-cell chlorella is of the highest quality.

### Each vegetable capsule contains

| | |
|---|---|
| Broken-cell, **organic**, deep-green, nonirradiated chlorella (*Chlorella vulgaris*) | 455 mg |

### Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–2 capsules twice daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#1654 · 60 vegetable capsules · UPC 6-28747-11654-1**
**#1655 · 300 vegetable capsules · UPC 6-28747-11655-8**
NPN 80073330 · V0452-R2
**Detoxification · Functional Foods · Green Foods**

# Chlorella
**Broken-Cell Algae Organic Powder**




## Superior Absorption
Source of antioxidants.

## Each teaspoon contains approximately
Broken-cell, organic, deep-green chlorella (*Chlorella vulgaris*) . . . . . 2.5 g

Deep green, broken-cell chlorella has 78% digestibility. It contains 12 naturally occurring nutrients including *beta*-carotene; vitamins B1, B2, B3, and B12; and biotin. It contains chlorophyll and nucleic acids, plus organic germanium. This broken-cell chlorella is of the highest quality.

## Directions of use
**Adults:** Take 1 teaspoon (2.5 g) twice daily mixed in with water or juice with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#1647 · 227 g / ≈90 doses · UPC 6-28747-01647-6**
**#1648 · 454 g / ≈181 doses · UPC 6-28747-01648-3**
NPN 80073351 · P0622
**Detoxification · Functional Foods · Green Foods**

# Cho-less-terin
softgels
**With *beta*-Sitosterols · Synergistic**




## Lowers LDL Cholesterol and Total Cholesterol
Helps lower LDL and total cholesterol. Helps maintain healthy cholesterol levels.

## Each softgel contains
Guggul (*Commiphora wightii*) gum-resin **extract**, 3.5% guggulsterone . . . . . 350 mg
Free plant sterols (from non-GMO soy). . . . . 200 mg
**Providing:**
*beta*-Sitosterol . . . . . 40%
Campesterol . . . . . 20%
Stigmasterol . . . . . 20%
Oat (*Avena sativa*) fibre **extract**, 22% *beta*-glucans . . . . . 150 mg
Red yeast rice (*Monascus purpureus*), 0.5% lovastatin. . . . 50 mg
Green tea (*Camellia sinensis*) leaf **extract**, 50% polyphenols . . . . . 80 mg

## Other ingredients
Beeswax, lecithin (from non-GMO sunflower oil), extra virgin olive oil, and silicon dioxide in a softgel composed of bovine gelatin and glycerin, with annatto **extract** (in sunflower oil) and purified water.

## Directions of use
**Adults:** Take 2 softgels twice daily with food or as directed by your health-care practitioner. For best results, use with New Roots Herbal's Cardio Flow.

## Duration of use
Consult a health-care practitioner for use beyond 8 weeks.

**#1838 · 90 softgels · UPC 6-28747-11838-5**
**#1837 · 180 softgels · UPC 6-28747-11837-8**
NPN 80068512 · V0477-R5
**Cholesterol Management**

# Chondroitin
**and Glucosamine**
capsules




## Relieves Joint Pain · Protects Against Cartilage Deterioration
A factor in maintaining healthy cartilage and/or joint health, this product helps to relieve joint pain associated with osteoarthritis and helps to protect against the deterioration of cartilage.

## Each vegetable capsule contains
Glucosamine sulfate potassium chloride (from crab, lobster, shrimp, or prawn exoskeleton, stabilized with potassium chloride), sodium-free. . . . . 500 mg
Chondroitin sulfate (90% by HPLC) from bovine cartilage (*Bos taurus*) . . . . . 400 mg

## Other ingredients
Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use
**Adults ≥ 19 years old:** Take 3 capsules daily or as directed by your health-care practitioner.

## Duration of use
Use for a minimum of 1 month to see beneficial effects.

**#0305 · 60 vegetable capsules · UPC 6-28747-10305-3**
**#0304 · 120 vegetable capsules · UPC 6-28747-10304-6**
NPN 80024259 · V0184-R3
**50+ Health · Joint Health · Pain and Inflammation**

# Chromium Picolinate
**200 mcg**
capsules




## Healthy Glucose Metabolism
A factor in the maintenance of good health. Provides support for healthy glucose metabolism and helps the body to metabolize carbohydrates and fats.

## Each vegetable capsule contains
Chromium (from chromium picolinate) . . . . . 200 mcg

## Other ingredients
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use
**Adults:** Take 1–2 capsules daily with food or as directed by your health-care practitioner.

## Duration of use
Consult a health-care practitioner for use beyond 6 months.

**#0287 · 100 vegetable capsules · UPC 6-28747-10287-2**
NPN 80020089 · V0095-R2
**Blood Glucose Management · Vitamins and Minerals**

> "The food you eat can be either the safest and most powerful form of medicine, or the slowest form of poison."
>
> *Ann Wigmore*

# Children's Products

## Children's ADHD Balance

chewable softgels




### Improves Focus and Attention
### Mild Lemony Taste

May help to improve concentration levels in school age children with attention deficit hyperactivity disorders (ADHD). May help reduce the symptoms associated with ADHD in school-age children exhibiting excessive thirst and dry skin. Helps support cognitive health (brain function and development) and cardiovascular health. Helps the development of the eyes and nerves in children up to 12 years of age. Source of omega-3 fatty acids for the maintenance of good health.

### Each chewable softgel contains

| | |
|---|---|
| **Organic** evening primrose (*Œnothera biennis*) seed oil, hexane-free | 260 mg |
| **Providing:** | |
| *gamma*-Linolenic acid (GLA) (10%) | 26 mg |
| Fish-oil omega-3 fatty acids from wild, deep-sea whole anchovies (*Engraulidae*) and whole sardines (*Clupeidae*) | 325 mg |
| **Providing:** | |
| Eicosapentaenoic acid (EPA) | 145 mg |
| Docosahexaenoic acid (DHA) | 87.5 mg |

### Other ingredients

Natural lemon oil and vitamin E (D-*alpha*-tocopherol, from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerine, and purified water.

### Directions of use

**Children and adolescents (3–18 years old):** Chew 1 softgel four times daily or as directed by your health-care practitioner. Do not allow child to swallow the softgel whole.

**#2730 · 120 chewable softgels · UPC 6-28747-12730-1**
NPN 80085697 · V0617-R1
**Children's Health · Essential Fatty Acids · Fish Oils Neurological Health**



## Children's Elderberry Juice Powder




### Yummy and Healthy
### 160+ Berries per Portion
### With Vitamin C
### Concentrate · 0 artificial colours or flavours · Vegan · Gluten-Free
### Non-GMO

Discover the magic of elderberry juice. This easy-to-make drink tastes great! Mix with water for a refreshing beverage with a little tang. Craft yummy popsicles or use it as natural food colouring to make snacks and desserts look more fun for children.

### Ingredients

Northern-European elderberry juice concentrated powder (maltodextrin and elderberries), malic acid, vitamin C, and stevia.

### Recommended use

Add 1 teaspoon (5 ml, 2.9 g) to 125 ml of water or sparkling water (add a second teaspoon for a more intense flavour).

### Nutrition Facts · Per 1 teaspoon (2.9 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Cholesterol 0 mg | |
| Saturated 0 g + *Trans* 0 g | 0 % | Sodium 0 mg | 0 % |
| Carbohydrate 2 g | | Potassium 0 mg | 0 % |
| Fibre 0 g | 0 % | Calcium 0 mg | 0 % |
| Sugars 0 g | 0 % | Iron 0 mg | 0 % |
| Protein 0 g | | Vitamin C 47 mg | 52 % |

*5% or less is a little, 15% or more is a lot

**#3242 · 100 g / 34 portions · UPC 6-28747-03242-1**
PM0998-R1
**NONTAXABLE ITEM**
**Children's Health · Cold and Flu**



Our earth is being increasingly polluted by pesticides, so ensuring the purity and safety of plant ingredients is critical. The PerkinElmer QSight® LC/MS/MS System works by first breaking down plant samples into a liquid form and then separating out all the different chemicals inside. Using a high-tech "weighing" method at the molecular level, it identifies even tiny traces of unwanted chemicals.

# Children's Products

## Children's Omega-3

**550 mg EPA · 225 mg DHA** chewable softgels




### Development of Healthy Brain, Eyes, and Nerves · High EPA · Natural Lemon and Orange Mini-Bursts

Helps support the development of the brain, eyes, and nerves in children up to 12 years of age. Source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health. Helps support cognitive health and brain function.

### Four chewable softgels contain

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]). . . . . 1,680 mg
Providing 550 mg of EPA and 225 mg of DHA.

### Other ingredients

Natural vitamin E (D-*alpha*-tocopherol from sunflower) and rosemary extract in a softgel composed of potato starch, stevia (*Stevia rebaudiana*) leaf extract, turmeric (*Curcuma longa*) root extract, annatto extract, natural flavours (lemon and orange), bovine gelatin, glycerin, and purified water.

### Directions of use

**Children and adolescents 3–18 years old:** Chew 1 softgel four times daily with food or as directed by your health-care practitioner.

**#1856 · 120 chewable softgels · UPC 6-28747-11856-9**
NPN 80080677 · V0513-R6
**Children's Health · Fish Oils · Neurological Health**

## Children's Probiotic

**12 Strains · 10 Billion + Live Active Probiotic Cells** powder




### Supports Intestinal Health and Immunity · Reduces Risk of Respiratory Infections

**DAIRY-FREE · SOY-FREE**

Source of probiotics. A factor in the maintenance of good health. Helps support intestinal/gastrointestinal health and immune function. Helps to reduce the risk of upper respiratory tract infections. **This ultraconcentrated formula is easily added to cold food like yogurt without changing taste or texture.**

### Each dose of 2 rounded scoops (≈ 300 mg) contains 12 strains totalling 10 billion live active healthy whole cells

**Human Strains**
*Bifidobacterium longum* ssp. *infantis* UB5660 . . 1.04 billion CFU
*Lacticaseibacillus rhamnosus* GG . . . . . 1 billion CFU
*Bifidobacterium breve* UB3917 . . . . . 214 million CFU
*Bifidobacterium longum* ssp. *longum* UB6897 . . 214 million CFU
*Lactobacillus johnsonii* UB2214 . . . . . 8 million CFU

**Plant Strains**
*Lactiplantibacillus plantarum* UB6473 . . . . . 50 million CFU
*Lactobacillus acidophilus* UB6535 . . . . . 18 million CFU

**Dairy Strains**
*Lacticaseibacillus rhamnosus* UB6056 . . . . . 6.628 billion CFU
*Lacticaseibacillus casei* UB9297 . . . . . 1.284 billion CFU
*Limosilactobacillus reuteri* UB4772 . . . . . 350 million CFU
*Lactobacillus helveticus* UB5772 . . . . . 42 million CFU
*Lacticaseibacillus paracasei* UB8017 . . . . . 36 million CFU
Vitamin C (ascorbic acid). . . . . 6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, non-GMO tapioca maltodextrin, mono- and dipotassium phosphates, sodium chloride, sucrose, and vegetable magnesium stearate.

### Directions of use

**Children 1–12 years:** MIX POWDER WITH FOOD BEFORE INGESTING. Dissolve dose in a small amount of water before administration to children 3–5 years old. For best results, mix 2 rounded scoops daily with cold, fatty food (yogurt, ice cream, nut butter, hummus, etc.) or as directed by your health-care practitioner. Serve immediately. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#1821 · 20 g / 67 daily doses · UPC 6-28747-01821-0**
NPN 80136123 · PM0009-R6
**Children's Health · Probiotics**

## Children's Vitamin D3

**400 IU per Drop · 1,050 Doses** liquid




### Builds Stronger Bones and Teeth + Immunity

Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps with immune function.

### Each drop contains

Vitamin D3 (cholecalciferol). . . . 10 mcg (400 IU)

### Other ingredient

Medium-chain triglycerides (MCT).

### Directions of use

**Children (0–13 years old) and adolescents (≥ 14 years old):** Take 1 drop daily or as directed by your health-care practitioner. Put drop under the tongue, in cold drink, or in cold food.

**#1930 · 30 ml = 1050 doses · UPC 6-28747-21930-3**
NPN 80054011 · LM0128-R1
**Children's Health · Vitamins and Minerals**

# Chromium Picolinate

**500 mcg** capsules




## Healthy Glucose Metabolism

A factor in the maintenance of good health. Provides support for healthy glucose metabolism and helps the body to metabolize carbohydrates and fats.

## Each vegetable capsule contains

| | |
|---|---|
| Chromium (from chromium picolinate) | 500 mcg |

## Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 6 months.

**#0444 · 100 vegetable capsules · UPC 6-28747-10444-9**
NPN 80020092 · V0219-R2
**Blood Glucose Management · Vitamins and Minerals**

# Citronella Pure Essential Oil

***Cymbopogon winterianus***




## 100% Pure · Clean · Unadulterated

Aroma: Fresh, citrus, herbal, fruity.
Attributes: Purifying, reviving, cleansing.
Scent note: Top Note

## Each drop contains

| | |
|---|---|
| Java citronella (*Cymbopogon winterianus*) leaf essential oil, steam-distilled | 100% |

## Active compounds

Citronellal, citronellol, and geraniol.

## Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

## Duration of use

For external and occasional use only.

**#3208 · 30 ml · UPC 6-28747-13208-1**
O0084-R1
**Essential Oils**

Full line of essential oils, p. 82–90

# Citrus Bioflavonoids

**Plus Hesperidin and Quercetin** capsules




Provides antioxidants for the maintenance of good health.

## Each vegetable capsule contains

| | |
|---|---|
| Citrus bioflavonoids (from bitter orange [*Citrus* × *aurantium*]), 50% hesperidin | 500 mg |
| Hesperidin (from bitter orange [*Citrus* × *aurantium*] fruit) | 100 mg |
| Quercetin | 50 mg |

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 3 months.

**#0240 · 90 vegetable capsules · UPC 6-28747-10240-7**
NPN 80031507 · V0199-R3
**Allergy Relief · Antioxidants**

# Citrus Pectin: Modified Citrus Pectin

powder




## Helps to Support Detoxification

## Each scoop contains

| | |
|---|---|
| Modified citrus pectin, from lemon (*Citrus* × *limon*) fruit peel | 5 g |
| (Providing on average 400 mg sodium) | |

## Directions of use

**Adults ≥ 18 years old:** Take 1 scoop three times daily 30 minutes before food or as directed by your health-care practitioner. Put one 5 g scoop of Modified Citrus Pectin into a glass. Add liquid (water, juice, or tea). *Do not stir yet:* Let sit 3–5 minutes to allow the powder to rehydrate. Stir contents until powder is dissolved. We recommend weighing Modified Citrus Pectin for precise dosage.

## Caution

Provides a significant amount of sodium.

**#2239 · 150 g / 30 doses · UPC 6-28747- 02239-2**
NPN 80078773 · P0759-R1
**Detoxification · Herbs and Herbal Extracts · Immune Health**



# Clarity Mag

capsules

**Magnesium L-Threonate · 625 mg**




## Gentle on the Stomach

Helps in the development and maintenance of bones and teeth; in tissue formation; to maintain proper muscle function, including the heart muscle; in energy metabolism; and to maintain normal electrolyte balance.

## Each vegetable capsule contains

| | |
|---|---|
| Magnesium L-threonate | 625 mg |
| **Providing:** | |
| Elemental magnesium | 50 mg |

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule three times daily with food or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 3 months.

**#2337 · 90 vegetable capsules · UPC 6-28747-12337-2**
NPN 80084052 · V0647-R1
**50+ Health · Vitamins and Minerals**

Full line of magnesium supplements, p. 130–133

# Clary Sage Pure Essential Oil

*Salvia sclarea*




## 100% Pure · Clean · Unadulterated

Aroma: Herbal, earthy, sweet, floral.
Attributes: Inspiring, focusing, centering.
Scent note: Middle Note

## Each drop contains

| | |
|---|---|
| Clary sage (*Salvia sclarea*) flower essential oil, steam-distilled | 100% |

## Active compounds

Linalool and linalyl acetate.

## Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

## Duration of use

For external and occasional use only.

**#3201 · 30 ml · UPC 6-28747-13201-2**
O0090-R1
**Essential Oils**

Full line of essential oils, p. 82–90

> "I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back."
>
> *Andy Rooney*

# Clean Flow: Kidney Clean Flow

capsules




## Renal Support

Used in herbal medicine as a diuretic to help relieve symptoms associated with minor urinary tract infections, such as burning sensation and/or frequent urination. Ginger is traditionally used in herbal medicine to help relieve digestive upset/disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative). Cayenne is traditionally used in herbal medicine to support peripheral circulation.

## Each vegetable capsule contains

| | |
|---|---|
| Cranberry (*Vaccinium macrocarpon*) fruit concentrate | 85 mg |
| Marshmallow (*Althaea officinalis*) root | 85 mg |
| Cat's whiskers (*Orthosiphon aristatus*) herb 4:1 **extract** | 84 mg |
| Golden rod (*Solidago virgaurea*) leaf | 63 mg |
| Asparagus (*Asparagus officinalis*) shoot | 51 mg |
| Buchu (*Agathosma betulina*) leaf | 48 mg |
| Ginger (*Zingiber officinale*) rhizome 10:1 **extract**, providing 5% gingerols | 48 mg |
| Parsley (*Petroselinum crispum*) leaf | 48 mg |
| Birch (*Betula pubescens*) leaf | 42 mg |
| Uva ursi (*Arctostaphylos uva-ursi*) leaf 2.5:1 **extract** | 42 mg |
| Cayenne (*Capsicum annuum*) fruit | 21 mg |
| Corn (*Zea mays*) silk 4:1 **extract** | 17 mg |
| Juniper (*Juniperus communis*) berry | 10 mg |
| Black pepper (*Piper nigrum*) fruit **extract**, 95% piperine | 2 mg |

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 3 capsules daily or as directed by your health-care practitioner. If you are taking medication or natural health product, take this product a few hours before or after them. Take with meal or shortly after following a meal. Maintain adequate fluid intake while taking this product.

## Duration of use

For occasional use only. Consult a health-care practitioner for use beyond 7 days.

**#1079 · 90 vegetable capsules · UPC 6-28747-11079-2**
NPN 80068833 · V0306-R2
**Urogenital (Men) · Urogenital (Women)**



# Clove Bud Organic Essential Oil

*Syzygium aromaticum*
**100% Pure · Certified Organic**




Used in aromatherapy topically to help relieve toothache. Used in aromatherapy to help relieve colds/cough.

## Each drop contains

**Organic** clove (*Syzygium aromaticum*) bud essential oil . . . . . 100%

## Active compounds

Eugenol and *beta*-caryophyllene.

## Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation.

## Duration of use

For occasional use only.

**#2186 · 15 ml · UPC 6-28747-22186-3**
NPN 80076494 · O0060-R1
Essential Oils

Full line of essential oils, p. 82–90

# Cloves

**500 mg** capsules




## Relieves Bloating and Flatulence

Used in traditional herbal medicine as a carminative for the relief of digestive complaints such as flatulence or abdominal distention.

## Each vegetable capsule contains

Clove (*Syzygium aromaticum*) flower bud . . . . . 500 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of pullulan and purified water.

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for prolonged use.

**#0250 · 100 vegetable capsules · UPC 6-28747-10250-6**
NPN 80029855 · V0193-R3
Digestive Health · Herbs and Herbal Extracts



# Coconut MCT Oil




Medium-Chain Triglycerides
100% Pure MCT · No Filler Oils
14 g MCT per Serving · Unflavoured
Vegan · Ketogenic · Paleo
Dairy- and Gluten-Free · Non-GMO

Coconut MCT Oil is a convenient source of healthy fats easily absorbed and metabolized by the body to keep your flow of energy efficient and steady. More importantly, they're not stored as fat.

## Ingredient

Medium-chain triglycerides from coconut oil. **Hexane- and hydrogenation-free.**

## Where to Use

Coffee · Dressing · Shake · Cooking

## Nutrition Facts · Per 1 tbsp. (15 ml)

| Calories 130 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 14 g | 19 % | Cholesterol 0 mg | |
| Saturated 14 g + *Trans* 0 g | 70 % | Sodium 0 mg | 0 % |
| Carbohydrate 0 g | | Potassium 0 mg | 0 % |
| Fibre 0 g | 0 % | Calcium 0 mg | 0 % |
| Sugars 0 g | 0 % | Iron 0 mg | 0 % |
| Protein 0 g | | | |

*5% or less is a little, 15% or more is a lot

## MCTs per serving

C8:0 · Caprylic acid (60%) . . . . . 8.4 g
C10:0 · Capric acid (40%) . . . . . 5.6 g

**#2414 · 500 ml · UPC 6-28747-22414-7**
**#2415 · 1 litre · UPC 6-28747-22415-4**
O0076-R1
NONTAXABLE ITEM
Energy · Essential Fatty Acids · Keto Diet

# Co-Enzyme Q10

**30 mg** capsules




## Supports Cardiovascular Health

An antioxidant. Helps to maintain and support cardiovascular health.

## Each vegetable capsule contains

Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . . 30 mg

## Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1–2 capsules twice daily or as directed by your health-care practitioner.

**#0679 · 120 vegetable capsules · UPC 6-28747-10679-5**
NPN 80009241 · V0030-R2
Energy · Heart and Blood

"There are two ways of spreading the light: To be the candle or the mirror that reflects it."

*Edith Wharton*

## Co-Enzyme Q10
**60 mg** capsules




### Supports Cardiovascular Health
An antioxidant. Helps to maintain and support cardiovascular health.

### Each vegetable capsule contains
Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . . 60 mg

### Other ingredients
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule one to three times daily or as directed by your health-care practitioner.

**#0682 · 60 vegetable capsules · UPC 6-28747-10682-5**
NPN 80009243 · V0093-R2
**Energy · Heart and Blood**

## Co-Enzyme Q10
**100 mg** capsules




### Supports Cardiovascular Health
An antioxidant for the maintenance of good health. Helps to maintain and support cardiovascular health. Helps to reduce the frequency of migraine headaches as well as associated nausea and vomiting when taken as a prophylactic.

### Each vegetable capsule contains
Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . . 100 mg

### Other ingredients
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** *For cardiovascular health and as an antioxidant:* Take 1–3 capsules daily or as directed by your health-care practitioner. *For migraine prophylaxis:* Take 2–3 capsules daily or as directed by your health-care practitioner.

### Duration of use
**For migraine prophylaxis:** Use for a minimum of 3 months to see beneficial effects.

**#0288 · 60 vegetable capsules · UPC 6-28747-10288-9**
NPN 80024928 · V0205-R3
**Energy · Headache and Migraine · Heart and Blood**


**DON'T WAIT**
**TAKE THE CARDIAC HEALTH QUIZ**


## Co-Enzyme Q10
**200 mg** capsules




### Supports Cardiovascular Health
A fat-soluble antioxidant for the maintenance of good health. Helps to maintain and support cardiovascular health. Helps to reduce the frequency of migraine headaches as well as associated nausea and vomiting when taken as a prophylactic.

### Each vegetable capsule contains
Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . . 200 mg

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use
**For migraine prophylaxis:** Use for a minimum of 3 months to see beneficial effects.

**#2072 · 30 vegetable capsules · UPC 6-28747-12072-2**
**#2126 · 60 vegetable capsules · UPC 6-28747-12126-2**
NPN 80071034 · V0570-R1
**Energy · Headache and Migraine · Heart and Blood**

## Co-Enzyme Q10
**300 mg** capsules




### Supports Cardiovascular Health
An antioxidant for the maintenance of good health. Helps to maintain and support cardiovascular health. Helps to reduce the frequency of migraine headaches as well as associated nausea and vomiting when taken as a prophylactic. Helps support sperm health.

### Each vegetable capsule contains
Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . . 300 mg

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use
*For migraine prophylaxis:* Use for a minimum of 3 months to see beneficial effects.

**#1290 · 30 vegetable capsules · UPC 6-28747-11290-1**
NPN 80106303 · V0357-R2
**Energy · Headache and Migraine · Heart and Blood**
**Men's Fertility**

> "You must be the change you wish to see in the world."
>
> *Mahatma Gandhi*

## CoQ10 (Slow Release):
**Slow Release**

# CoQ10

capsules




### Supports Cardiovascular Health
### Helps Prevent Migraines

Helps to maintain and/or support cardiovascular health. Helps to reduce the frequency of migraine headaches and associated nausea and vomiting when taken as a prophylactic. An antioxidant for the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| Coenzyme Q10 (ubiquinone-10) (from fermentation) | 100 mg |

### Other ingredients

Non-GMO pea protein, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule two or three times daily or as directed by your health-care practitioner.

### Duration of use

When taken as migraine prophylactic, use for a minimum of 3 months to see beneficial effects.

**#1782 · 60 vegetable capsules · UPC 6-28747-11782-1**
NPN 80039835 · V0461-R7
**Energy · Headache and Migraine · Heart and Blood**

# Cold & Flu

capsules




### Reduces Symptoms and Severity
### Immune Support

*Andrographis paniculata* helps reduce the severity and symptoms of the common cold. Used in herbal medicine to help maintain a healthy immune system. Source of fungal polysaccharides with immunomodulating properties.

### Each vegetable capsule contains

| | |
|---|---|
| Andrographis (*Andrographis paniculata*) aerial part extract, 30% andrographolides III and IV | 200 mg |
| Astragalus (*Astragalus membranaceus*) root extract, 3% astragalosides | 190 mg |
| European elderberry (*Sambucus nigra*) fruit extract, 6% anthocyanosides | 50 mg |
| Echinacea (*Echinacea purpurea*) root extract, 4% polyphenols | 30 mg |
| Myrrh (*Commiphora myrrha*) resin | 30 mg |
| Rosemary (*Rosmarinus officinalis*) leaf extract, 5% carnosic acid | 30 mg |
| Maitake (*Grifola frondosa*) extract, 40% polysaccharides, 30% *beta*-glucans | 10 mg |
| Reishi (*Ganoderma lucidum*) extract, 40% polysaccharides, 30% *beta*-glucans | 10 mg |
| Shiitake (*Lentinula edodes*) extract, 40% polysaccharides, 25% *beta*-glucans | 10 mg |
| Berberine hydrochloride | 1.75 mg |

### Other ingredients

Vegetable magnesium stearate, silicon dioxide, and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with food, beginning at the onset of cold symptoms, or as directed by your health-care practitioner. Take for 4 to 5 days before noticing results.

### Duration of use

Consult a health-care practitioner for use beyond 10 days.

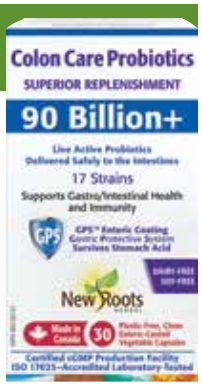
**#2203 · 15 vegetable capsules · UPC 6-28747-12203-0**
**#2204 · 30 vegetable capsules · UPC 6-28747-12204-7**
NPN 80105919 · V0576-R7
**Cold and Flu · Immune Health**

# Collagen 72–73

# Colon Care Probiotics

**Superior Replenishment**

capsules




### 90 Billion + Live Active Probiotics Delivered Safely to the Intestines
### 17 Strains · Supports Gastro/ Intestinal Health and Immunity
### GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid
### DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps support immune function. **Now 49 Billion CFU of *Bifido*!**

### Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 17 strains of live, active, healthy, and whole cells (90 billion) to the intestines

| | |
|---|---|
| **Human Strains** | |
| *Bifidobacterium bifidum* UB4925 | 11 billion CFU |
| *Bifidobacterium breve* UB3917 | 11 billion CFU |
| *Bifidobacterium longum* ssp. *infantis* UB5660 | 11 billion CFU |
| *Bifidobacterium longum* ssp. *longum* UB6897 | 11 billion CFU |
| *Bifidobacterium animalis* ssp. *lactis* UB9439 | 5 billion CFU |
| *Limosilactobacillus fermentum* UB3678 | 150 million CFU |
| *Lactobacillus gasseri* UB9507 | 150 million CFU |
| *Lactobacillus johnsonii* UB2214 | 20 million CFU |
| **Plant Strain** | |
| *Lactiplantibacillus plantarum* UB6473 | 7 billion CFU |
| *Lactobacillus acidophilus* UB6535 | 500 million CFU |
| **Dairy Strains** | |
| *Lacticaseibacillus rhamnosus* UB6056 | 21.26 billion CFU |
| *Lacticaseibacillus casei* UB9297 | 10 billion CFU |
| *Lacticaseibacillus paracasei* UB8017 | 1 billion CFU |
| *Limosilactobacillus reuteri* UB4772 | 600 million CFU |
| *Levilactobaciluus brevis* UB5892 | 500 million CFU |
| *Lactobacillus crispatus* UB1947 | 150 million CFU |
| *Lactabacillus helveticus* UB5772 | 20 million CFU |
| Vitamin C (ascorbic acid) | 6 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, potato starch, non-GMO potato maltodextrin and/or non-GMO tapioca maltodextrin, silicon dioxide, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1 capsule daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 h before or after them.

**#2153 · 30 vegetable capsules · UPC 6-28747-12153-8**
NPN 80136131 · V0614-R3
**50+ Health · Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

## Colostrum

capsules




### Immune Support
### Upper Respiratory Tract
### GPS™ Enteric Coating
### Gastric Protective System
### Survives Stomach Acid

With naturally occurring immunoglobulins. Helps to support immune function within the upper respiratory tract. Probiotics that temporarily modify gut flora. Helps support the immune system.

### Each vegetable capsule contains

| | |
|---|---|
| Bovine colostrum (from *Bos taurus*) | 480 mg |
| Mix of 1.2 billion probiotics (11 strains, whole cells) | 34 mg |
| *Lactobacillus rhamnosus* R0011 | 480 million CFU |
| *Lactobacillus rhamnosus* R1039 | 360 million CFU |
| *Lactobacillus acidophilus* R0418 | 66 million CFU |
| *Lactobacillus helveticus* R0052 | 60 million CFU |
| *Lactobacillus plantarum* R1012 | 48 million CFU |
| *Lactobacillus casei* R0215 | 48 million CFU |
| *Bifidobacterium longum* ssp. *infantis* R0033 | 36 million CFU |
| *Bifidobacterium breve* R0070 | 36 million CFU |
| *Bifidobacterium longum* ssp. *longum* R0175 | 36 million CFU |
| *Streptococcus salivarius* ssp. *thermophilus* R0083 | 24 million CFU |
| *Lactobacillus delbrueckii* ssp. *bulgaricus* R9001 | 6 million CFU |

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults:** Take 2 capsules twice daily with 8 oz. (250 ml) of water on an empty stomach. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 8 weeks.

**#0283 · 60 vegetable capsules · UPC 6-28747-10283-4**
**#0273 · 120 vegetable capsules · UPC 6-28747-10273-5**
NPN 80142556 · V0201-R5
**Amino Acids and Proteins · Cold and Flu · Digestive Health**
**Immune Health**



## Colostrum

powder




### Immune Support
### Upper Respiratory Tract

New Roots Herbal's **Colostrum** is 100% pure, low heat–processed to ensure potency. It provides immunoglobulins A, D, E, G and M. Colostrum is an immune-system modulator. Helps support the immune system. Helps to support immune function within the upper respiratory tract.

### Each ¼ teaspoon contains

| | |
|---|---|
| Bovine colostrum (from *Bos taurus*) | 650 mg |
| With naturally occurring immunoglobulins. | |

### Directions of use

**Adults:** Take ¼ teaspoon one to three times daily or as directed by your health-care practitioner.

### Duration of use

Consult your health-care practitioner for prolonged use.

**#0872 · 64 g / ≈98 doses · UPC 6-28747-00872-3**
NPN 80032126 · P0253
**Amino Acids and Proteins · Cold and Flu**
**Digestive Health · Immune Health**

## Copper

**Citrate · 2 mg**

capsules




### Helps Reduce Risk of Copper Deficiency Associated with Zinc Supplementation

Helps to prevent copper deficiency due to zinc supplementation or other causes. A factor in normal growth and development, and in the maintenance of good health. Helps to produce and repair connective tissue. Assists in the formation of red blood cells and in maintenance of normal iron transport in the body.

### Each vegetable capsule contains

| | |
|---|---|
| Copper (from copper citrate) | 2 mg |

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Children 6–8 years old:** Take 1 capsule daily or as directed by your health-care practitioner. **Children 9–13 years old:** Take 1–2 capsules daily or as directed by your health-care practitioner. **Adolescents 14–18 years old:** Take 1–3 capsules daily or as directed by your health-care practitioner. **Adults:** Take 1–4 capsules daily or as directed by your health-care practitioner.

**#3167 · 100 capsules · UPC 6-28747-13167-4**
NPN 80119472 · V0769-R1
**Vitamins and Minerals**

> "It is a terrible thing to see and have no vision."
>
> *Helen Keller*

# Collagen Products

## Multi 5 Collagen

**Protein-Building Peptides**
**5 Types of Food-Sourced Collagen: I, II, III, V, and X**

powder




**Dairy-Free**
**40 Calories per Portion**
**10 g Collagen per Portion (92% Protein)**
**No Fat, no Gluten, no GMO**

Collagen, a kind of protein naturally produced by the body, is crucial for skin's strength and elasticity, muscle strength, bone strength, and more. Keto- and paleo-friendly, this potent blend of 5 types of collagen is sourced from cattle, fish, and poultry. Free of GMOs, easily digestible, and gut-friendly.

### Ingredients

Hydrolyzed bovine collagen, beef bone broth collagen, chicken collagen, eggshell membrane collagen, and hydrolyzed fish collagen.

### Contains

Eggs, fish (cod [*Gadus morhua*], saithe [*Pollachius virens*], haddock [*Melanogrammus aeglefinus*], and plaice [*Pleuronectes platessa*]).

### Directions of use

Add 2 tablespoons to smoothies and blended drinks or shaker cups. Use in your favourite recipes when baking as well!

**Nutrition Facts · Per 2 tbsp. (10.9 g)**

| Calories 40 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Cholesterol 0 mg | |
| Saturated 0 g + *Trans* 0 g | 0 % | Sodium 15 mg | 1 % |
| Carbohydrate 0 g | | Potassium 0 mg | 0 % |
| Fibre 0 g | 0 % | Calcium 0 mg | 0 % |
| Sugars 0 g | 0 % | Iron 0 mg | 0 % |
| Protein 10 g | | | |

*5% or less is a little, 15% or more is a lot

**#2518 · 200 g / 18 portions · UPC 6-28747-02518-8**
**#2519 · 400 g / 36 portions · UPC 6-28747-02519-5**
PM0838-R2
NONTAXABLE ITEM
**50+ Health · Bone Health · Functional Foods · Hair · Joint Health Muscle Support · Nails · Skin**

## Multi 5 Collagen with Delicious Organic Cocoa

powder




**Protein-Building Peptides**
**5 Types of Food-Sourced Collagen: I, II, III, V, and X**

Collagen, a kind of protein naturally produced by the body, is crucial for skin's strength and elasticity, muscle strength, bone strength, and more. Keto- and paleo-friendly, this potent blend of 5 types of collagen is sourced from cattle, fish, and poultry. Free of GMOs, easily digestible, and gut-friendly.

### Ingredients

Hydrolyzed bovine collagen, **organic** cocoa powder, beef bone broth collagen, chicken collagen, eggshell membrane collagen, and hydrolyzed fish collagen.

### Contains

Eggs, fish (cod [*Gadus morhua*], saithe [*Pollachius virens*], haddock [*Melanogrammus aeglefinus*], and plaice [*Pleuronectes platessa*]).

### Directions of use

Add 2 tablespoons to smoothies and blended drinks or shaker cups. Use in your favourite recipes when baking as well!

**Nutrition Facts · Per 5 tsp. (12 g)**

| Calories 40 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0.2 g | 0 % | Calcium 10 mg | 1 % |
| Saturated 0.1 g + *Trans* 0 g | 1 % | Iron 0.2 mg | 1 % |
| Carbohydrate 1 g | | Phosphorus 10 mg | 1 % |
| Fibre 0 g | 0 % | Magnesium 8 mg | 2 % |
| Sugars 0 g | 0 % | Zinc 0.1 mg | 1 % |
| Protein 10 g | | Selenium 0.2 µg | 0 % |
| Cholesterol 0 mg | | Copper 0.06 mg | 7 % |
| Sodium 15 mg | 1 % | Manganese 0.05 mg | 2 % |
| Potassium 20 mg | 0 % | | |

*5% or less is a little, 15% or more is a lot

**#2546 · 200 g / 16 portions · UPC 6-28747-02546-1**
PM0855-R2
NONTAXABLE ITEM
**50+ Health · Bone Health · Functional Foods · Hair · Joint Health Muscle Support · Nails · Skin**



Our collagen products are ethically sourced. In addition, we ensure our raw materials are verified for protein content using spectrophotometers, to ensure our consumers benefit from the amount promised.

# Collagen Products

## Pūr Collagen Body Renew

**500 mg** capsules
**Grass-Fed, Antibiotic-Free Bovine**




### Smoother Skin in 4 Weeks
### Bioactive Peptides for Entire Body
### Reduces Osteoarthritis Joint Pain

Helps enhance skin elasticity, density, and appearance of smooth skin. Helps promote healthy collagen and elastin production. Helps reduce eye wrinkles (within 4 weeks) and fine facial lines. Helps to reduce joint pain associated with osteoarthritis.

### Each vegetable capsule contains

| | |
|---|---|
| Hydrolyzed collagen—types I and III (bovine*) (Verisol®) bioactive peptides | 500 mg |

*Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule five times daily or as directed by your health-care practitioner.

### Duration of use

*For joint pain:* Use for a minimum of 5 months to see beneficial effects.

**#2266 · 75 vegetable capsules · UPC 6-28747-12266-5**
**#2267 · 150 vegetable capsules · UPC 6-28747-12267-2**
NPN 80080791 · V0636-R2
**Beauty · Hair · Nails · Skin**

## Pūr Collagen Radiant Skin

**Marine-Sourced · 500 mg**
**With 6% Elastin** capsules




### Clinically Proven to Reduce Deep Wrinkles in 28 Days

Reduces the number of wrinkles after only 28 days. Reduces the number of deep wrinkles.

### Each vegetable capsule contains

| | |
|---|---|
| Collactive™ hydrolyzed collagen—type I, from fish skin and bones, with 30 mg elastin (6%) | 500 mg |

Sustainably sourced

### Other ingredients

Natural vanilla flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 4 capsules daily or as directed by your health-care practitioner.

**#2269 · 60 vegetable capsules · UPC 6-28747-12269-6**
**#2271 · 120 vegetable capsules · UPC 6-28747-12271-9**
NPN 80139946 · V0621-R1
**Beauty · Hair · Nails · Skin**

## Pūr Collagen+ Joint Recovery

**Healthy Cartilage and Bones** powder




### 20 g Collagen (Hydrolyzed) + 120 mg Hyaluronic Acid (HA) per Daily Dose · Bovine Sourced Grass-Fed · Pasture-Raised · Unflavoured

Helps support joint health. Helps in collagen formation to maintain healthy cartilage, bones, teeth, and/or gums. Helps in wound healing and connective tissue formation. Helps improve and increase skin hydration. Helps support skin health. Helps with immune function.

### Each scoop contains

| | |
|---|---|
| Hydrolyzed collagen—types I, II, and III (from bovine) | 10 g |
| Hyaluronic acid (from sodium hyaluronate) | 60 mg |
| Vitamin C (ascorbic acid) | 50 mg |

**Note:** Each scoop provides 10 g of protein.

### Directions of use

**Adults:** Take 2 scoops daily or as directed by your health-care practitioner. Add to water, juice, or a smoothie, and stir well. May be taken in 1 single dose or divided and spread throughout the day, for a total of 2 scoops per day. Dissolves well in cold and warm beverages.

### Duration of use

Consult a health-care practitioner for use beyond 5 weeks.

**#2776 · 454 g / ≈ 22 doses · UPC 6-28747-02766-2**
NPN 80116345 · PM0941-R1
**50+ Health · Bone Health · Joint Health · Muscle Support**
**Sport Nutrition**



Look Great, Feel Better with Our Collagen Products

# Cordyceps
**500 mg · Hot-Water Extract** capsules




## Medicinal Mushrooms
## Immune Support · Vitality
## 20% *beta*-Glucans (100 mg) from 40% Polysaccharides (200 mg)

Source of fungal polysaccharides with immunomodulating properties.

### Each vegetable capsule contains

Cordyceps (*Paecilomyces hepiali*) mushroom **extract** standardized to 40% polysaccharides (200 mg) providing 20% *beta*-glucans (100 mg) . . . . . 500 mg

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–2 capsules daily with food or as directed by your health-care practitioner.

**#1866 · 60 vegetable capsules · UPC 6-28747-11866-8**
NPN 80110671 · V0507-R3
**50+ Health · Energy · Immune Health**
**Medicinal Mushrooms**

Full line of medicinal mushrooms, p. 137–141

# Cordyceps Militaris
**400 mg · Hot-Water Extract** capsules




## Medicinal Mushrooms
## Immune Support · Vigour
## 20% *beta*-Glucans (80 mg) from 40% Polysaccharides (160 mg)

Source of fungal polysaccharides with immunomodulating properties.

### Each vegetable capsule contains:

Cordyceps mushroom (*Cordyceps militaris*) fruiting body **extract**, standardized to 40% polysaccharides (160 mg) providing 20% *beta*-glucans (80 mg) . . . . . 400 mg

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule twice daily with food or as directed by your health-care practitioner.

**#2672 · 60 vegetable capsules · UPC 6-28747-12672-4**
NPN 80105570 · V0698-R1
**Energy · Immune Health · Medicinal Mushrooms**

Full line of medicinal mushrooms, p. 137–141

> "We make a living by what we get; we make a life by what we give."
>
> *Winston Churchill*

# Coriolus
**Turkey Tail · 500 mg Hot-Water Extract** capsules




## Medicinal Mushrooms
## Immune Support · Antioxidant
## 50% *beta*-Glucans (250 mg) from 55% Polysaccharides (275 mg)

Used in herbal medicine to support the immune system. Source of antioxidants.

### Each vegetable capsule contains

Coriolus (*Trametes versicolor*) mushroom **extract** standardized to 55% polysaccharides (275 mg) providing 50% *beta*-glucans (250 mg) . . . . . 500 mg

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily with food or as directed by your health-care practitioner. Dosage can be increased up to 2 capsules two or three times daily.

**#1864 · 60 vegetable capsules · UPC 6-28747-11864-4**
NPN 80070797 · V0506-R4
**Immune Health · Medicinal Mushrooms**

Full line of medicinal mushrooms, p. 137–141

**Mushroom Lovers**

# Coriolus Powder
**Turkey Tail · Organic**




## Medicinal Mushrooms
## Immunity-Boosting · Antioxidant

Source of fungal polysaccharides with immunomodulating properties.

### Each ½ teaspoon contains

**Organic** coriolus (*Trametes versicolor*) . . . . . 3.125 g

### Directions of use

**Adults:** Take ½ teaspoon daily or as directed by your health-care practitioner. Use boiling water. Steep covered for 5 to 20 minutes before ingesting. Simmering will increase potency and benefits.

**#2578 · 100 g / 32 doses · UPC 6-28747-02578-2**
NPN 80105459 · P0830-R1
**Functional Foods · Immune Health · Medicinal Mushrooms**

Full line of medicinal mushrooms, p. 137–141



## Cornmint:
# Wild Field Mint Pure Essential Oil
***Mentha arvensis***




### 100% Pure · Clean · Unadulterated

**Aroma:** Fresh, herbal, minty.
**Attributes:** Refreshing, stimulating, revitalizing.
**Scent note:** Top Note

### Each drop contains

Wild field mint (*Mentha arvensis*) leaf essential oil, steam-distilled . . . . . 100%

### Active compounds

Menthol and menthone.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use

For external and occasional use only.

**#3211 · 30 ml · UPC 6-28747-13211-1**
O0093-R1
**Essential Oils**

Full line of essential oils, p. 82–90

# Cranberry Seed Oil
**Certified Organic**




### Reduces the Look of Aging

An oil that reduces the look of aging that will deeply hydrate, resulting in smoother- and firmer-looking skin. Rich in antioxidants; vitamins A and E; as well as omega-3, -6, and -9; this beauty oil will provide all the nutrients needed for healthy-looking, glowing, and youthful skin.

### Each bottle contains

**Organic** cranberry (*Vaccinium macrocarpon*) seed oil, cold-pressed, nondeodorized . . . . . 15 ml
with added **organic** rosemary (*Rosmarinus officinalis*) **extract**.

### Ingredients

*Vaccinium macrocarpon* seed oil and *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

**#2101 · 15 ml · UPC 6-28747-22101-6**
OM0051-R2
**Beauty · Exotic Skin Oils · Skin**

Full line of exotic skin oils, p. 92–95

# Cranberry
capsules




### Urinary Tract and Bladder Infections

Traditionally used in herbal medicine to help prevent recurrent urinary tract infections (UTIs). Source of antioxidants for the maintenance of good health.

### Each vegetable capsule contains

Cranberry (*Vaccinium macrocarpon*) fruit concentrate . . . . . 600 mg

### Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

### Duration of use

*For the prevention of recurrent UTIs:* Use for a minimum of 4 weeks to see beneficial effects.

**#1051 · 60 vegetable capsules · UPC 6-28747-11051-8**
NPN 80021849 · V0298-R2
**Urogenital (Women) · Women's Health**



# Curcumin
**Plus Piperine**
**95% Curcuminoids · 500 mg**
capsules




### Anti-Inflammatory Carbon-14–Tested to Guarantee Freedom from Impurities and Synthetic Substitutes

CURCUMIN TESTED BY Carbon-14

Provides antioxidants. Used in herbal medicine to help relieve joint inflammation.

### Each vegetable capsule contains

Turmeric (*Curcuma longa*) root **extract**, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin . . . . . 500 mg
Black pepper (*Piper nigrum*) fruit **extract**, 95% piperine . . . . . 5 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–3 capsules daily or as directed by your health-care practitioner. *Joint inflammation:* Take 1 capsule three times daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

**#1154 · 90 vegetable capsules · UPC 6-28747-11154-6**
NPN 80093664 · V0328-R3
**Herbs and Herbal Extracts · Pain and Inflammation**

curcuRouge® :
→ MaxAbsorb Curcumin 135

## D-Mannose
**Powder · 100% Pure**




### Urinary Tract Support
### UTI Prevention

Helps prevent the risk of recurrent urinary tract infections (UTIs) in women.

### One rounded half teaspoon contains

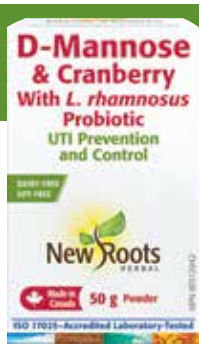
| | |
|---|---|
| D-Mannose | 2 g |

### Directions of use

**Adults:** Add ½ a rounded teaspoon (2 grams) to 1–2 cups of water or diluted juice daily, immediately before consumption, and mix well, or take as directed by your health-care practitioner. We recommend weighing D-Mannose for precise dosage.

**#2666 · 50 g / 25 doses · UPC 6-28747-02666-6**
**#2644 · 180 g / 90 doses · UPC 6-28747-02644-4**
NPN 80102333 · P0788-R1
**Urogenital (Women) · Women's Health**

## D-Mannose
**& Cranberry**
**With *L. rhamnosus* Probiotic** powder




### UTI Prevention and Control
### DAIRY-FREE AND SOY-FREE

Helps prevent recurrent urinary tract infections (UTIs) in women. Source of antioxidants for the maintenance of good health. Provides live microorganisms that temporarily modify gut flora.

### Two scoops contain

| | |
|---|---|
| D-Mannose | 4,800 mg |
| Cranberry (*Vaccinium macrocarpon*) fruit concentrate | 600 mg |
| *Lactobacillus rhamnosus* UB5115 | 500 million CFU |

### Directions of use

**Adults:** *Use the scoop that accompanies this product.* Mix 2 scoops in water or diluted juice twice daily for two days, then 2 scoops in water or diluted juice once daily, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#1549 · 50 g · UPC 6-28747-01549-3**
NPN 80112942 · PM0574-R2
**Probiotics · Urogenital (Women) · Women's Health**

### Clinically Studied

**An open-label clinical study was conducted by Nafarco Pharmacies to evaluate the effectiveness of New Roots Herbal's D-Mannose & Cranberry formula in eradicating *Escherichia coli* bacteria in women with recurrent cystitis. Twenty women took 2 scoops twice daily for two days; then, 2 scoops once daily for five days; finally, after 7 days of rest, ⅔ scoops daily for 10 days.**

**Symptoms improved after the first week of treatment, and were reduced by 90% over the entire treatment period. For 84% of the cohort studied, no recurrence occurred. Also, a trend of effectiveness was observed in relation to body mass index (BMI).**

**The results spoke for themselves, as all participants would either take the product again or recommend it to family or friends.**

## D-Pantothenate:
## Vitamin B5 capsules
**Calcium D-Pantothenate · 500 mg**




Helps the body to metabolize carbohydrates, fats, and protein. Helps in tissue formation.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B5 (calcium D-pantothenate) | 500 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults and children > 6 years old:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

**#1407 · 100 vegetable capsules · UPC 6-28747-11407-3**
NPN 80019683 · V0387-R3
**Neurological Health · Stress Management**
**Vitamins and Minerals**

Full line of B vitamins, p. 227–234

## D-Ribose powder




### 100% Pure · Energy and Endurance
### Athletic Support

Provides athletic support. Ribose is a factor in energy metabolism and production.

### Each rounded teaspoon contains approximately

| | |
|---|---|
| D-Ribose (100% pure) | 5 g |

### Directions of use

**Adults:** Take 1 teaspoon once or twice daily or as directed by your health-care practitioner. We recommend weighing D-Ribose for precise dosage.

**#0294 · 100 g / ≈20 doses · UPC 6-28747-00294-3**
**#1286 · 250 g / ≈50 doses · UPC 6-28747-01286-7**
**#1729 · 500 g / ≈100 doses · UPC 6-28747-01729-9**
NPN 80041899 · P0257
**Energy · Sport Nutrition**

## D-Stress
**Organic Lavender Oil** softgels




### Reduces Restlessness,
### Mental Stress, and Exhaustion

Traditionally used in herbal medicine to help relieve restlessness, for the relief of mild symptoms of mental stress and exhaustion, and to aid sleep.

### Each softgel contains

| | |
|---|---|
| **Organic** lavender (*Lavandula angustifolia*) essential oil, hexane-free | 80 mg |

### Other ingredients

**Organic** olive oil and natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in a softgel composed of annatto **extract** (in sunflower oil), bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 1 softgel daily with food and a full glass of water or as directed by your health-care practitioner.

**#2056 · 15 softgels · UPC 6-28747-12056-2**
**#2053 · 30 softgels · UPC 6-28747-12053-1**
**#1974 · 60 softgels · UPC 6-28747-11974-0**
NPN 80056812 · V0533-R4
**Herbs and Herbal Extracts · Mood Enhancement · Stress Management**

Full line of antistress products, p. 208–212

## Dandelion Root
**and Celery Seed · 430 mg** capsules




### Eases Digestive Disturbances
### Relieves Eczema

Dandelion is traditionally used in herbal medicine as a diuretic, to help treat digestive disturbances (dyspepsia), to increase bile flow (cholagogue), and to help stimulate appetite; and as an alterative to help relieve dermatological conditions such as eczema.

### Each vegetable capsule contains

| | |
|---|---|
| Dandelion (*Taraxacum officinale*) root | 323 mg |
| Celery (*Apium graveolens* var. *dulce*) seed | 107 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules three times daily.

### Duration of use

For occasional use only.

**#0835 · 100 vegetable capsules · UPC 6-28747-10835-5**
NPN 80035276 · V0113-R3
**Detoxification · Digestive Health**
**Herbs and Herbal Extracts · Skin**

## Devil's Claw
**525 mg** capsules




### Relieves Joint Pain
### Due to Osteoarthritis

Used in herbal medicine to relieve joint pain associated with osteoarthritis.

### Each vegetable capsule contains

| | |
|---|---|
| Devil's claw (*Harpagophytum procumbens*) secondary tuber | 525 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–2 capsules twice daily or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of 2–3 months to see beneficial effects.

**#0834 · 100 vegetable capsules · UPC 6-28747-10834-8**
NPN 80009416 · V0114-R2
**Herbs and Herbal Extracts · Pain and Inflammation**

## Digestive Enzymes
capsules




### With Betaine Hydrochloride and Ox Bile

Digestive aid to help decrease bloating after high-calorie, high-fat meals.

### Each vegetable capsule contains

| | |
|---|---|
| Pancreatic enzymes (from domestic pig [*Sus scrofa*]) 4× concentrate | 200 mg |
| Protease (20,000 PC USP) | |
| Amylase (20,000 AGU USP) | |
| Lipase (1,600 LU USP) | |
| Betaine hydrochloride† | 105.3 mg |
| Ox bile (from *Bos taurus* liver), 45% cholic acids | 64.8 mg |
| Pepsin A (324,000 FCC PU) | 32.4 mg |
| Papain (from papaya [*Carica papaya*] fruit) (384,000 FCC PU) | 3.84 mg |

†Betaine hydrochloride equivalent to 10 drops of dilute hydrochloric acid USP (United States Pharmacopeia).

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–4 capsules daily with food or as directed by your health-care practitioner. Take with or immediately before a meal/food. Swallow whole; do not crush or chew. Use the smallest effective dose which controls symptoms.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#3439 · 60 vegetable capsules · UPC 6-28747-13439-2**
**#0224 · 100 vegetable capsules · UPC 6-28747-10224-7**
NPN 80090702 · V0284-R4
**50+ Health · Digestive Health · Enzymes**

## DMG
**125 mg** capsules




### Helps Support Immune System Function

DMG is an intermediate in the metabolism of the nonessential amino acid glycine, which is involved in protein synthesis. Helps support immune system function.

### Each vegetable capsule contains

| | |
|---|---|
| *N*,*N*-Dimethylglycine (DMG) (from DMG hydrochloride) | 125 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 5 capsules daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#0962 · 100 vegetable capsules · UPC 6-28747-10962-8**
NPN 80114865 · V0265-R2
**Amino Acids and Proteins · Immune Health · Sport Nutrition**

# DMSO Liquid




## Pain Reduction
## Muscles, Tendons, Ligaments, Knees, Hips, Shoulders, Elbows, and Wrists

Helps to temporarily reduce the pain associated with musculoskeletal conditions of the large joints, such as posttraumatic soft-tissue injuries, acute bursitis, strains, and sprains.

### Medicinal ingredients

DMSO (methyl sulfoxide 99.9%) . . . . . 90%

### Other ingredient

Purified water (10%).

### Directions of use

**Adults:** Apply 8–12 ml on affected area three times daily or as directed by your health-care practitioner. Make sure the affected area is thoroughly cleansed before application. Wash your hands before and after application. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with water. For external use only.

**#1968 · 50 ml · UPC 6-28747-21968-6**
NEW SIZE!
**#3599 · 100 ml · UPC 6-28747-23599-0**
NPN 80058315 · LM0135-R1
**Pain and Inflammation**

# Dong Quai

**Women's Ginseng · 500 mg** capsules




## Relieves Menstrual Cramps and Irregularity

Used in traditional Chinese medicine to invigorate and harmonize/tonify the blood and to help relieve menstrual cramps and irregularity.

### Each vegetable capsule contains

Dong quai (*Angelica sinensis*) root . . 500 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 9 capsules daily or as directed by your health-care practitioner. Avoid prolonged exposure to sunlight, ultraviolet light (UV), or UV therapy.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

**#0388 · 100 vegetable capsules · UPC 6-28747-10388-6**
NPN 80039734 · V0023-R3
**Herbs and Herbal Extracts · Menopause · Women's Health**



# Echinacea

organic tincture




## Helps Relieve Sore Throats and Respiratory Tract Infections

Traditionally used in herbal medicine to help relieve the symptoms of upper respiratory tract infections, and to help relieve sore throats.

### Each teaspoon contains a crude quantity equivalent of

**Organic** echinacea
(*Echinacea angustifolia*) root . . . . . 691 mg

### Other ingredients

**Organic** alcohol 25% (from sugarcane) and purified water.

### Directions of use

**Adults and adolescents ≥ 15 years old:** Take at the first sign of infection. Take 2 teaspoons daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 8 weeks.

**#1708 · 50 ml · UPC 6-28747-21708-8**
NEW SIZE!
**#3598 · 100 ml · UPC 6-28747-23598-3**
NPN 80051823 · LM0015-R5
**Cold and Flu · Herbs and Herbal Extracts · Immune Health**

# Elderberry ResQ

**Concentrated Extract**
**With Blackcurrant and Bilberry** capsules




## Cold and Flu Formula

Used in herbal medicine to help relieve symptoms of colds and flus (such as coughs, sore throat, and mucus buildup [catarrh] of the upper respiratory tract), and to promote sweating (diaphoretic) to help relieve fever.

### Each vegetable capsule contains

Elderberry (*Sambucus nigra* ssp. *nigra*) fruit 50:1 **extract** . . . . . 428 mg
European bilberry (*Vaccinium myrtillus*) fruit 100:1 **extract**, 25% anthocyanosides . . . . . 37.5 mg
Blackcurrant (*Ribes nigrum*) fruit . . . . . 50 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

For occasional use only.

**#2670 · 30 vegetable capsules · UPC 6-28747-12670-0**
NPN 80106414 · V0710-R1
**Cold and Flu · Immune Health**

> "Life is ten percent what happens to you and ninety percent how you respond to it."
>
> *Lou Holtz*

# Elderberry ResQ

**European Berries** fruit tincture




## Cold and Flu

Used in herbal medicine to help relieve symptoms of colds and flus (such as coughs, sore throat, and mucus buildup [catarrh] of the upper respiratory tract) and to promote sweating (diaphoretic) to help relieve fever.

## Each 1 ml (40 drops) contains a crude quantity equivalent of

Elderberry
(*Sambucus nigra* ssp. *nigra*) fruit . . . . . 250 mg

## Other ingredients

Organic alcohol 25% (from sugarcane) and purified water.

## Directions of use

**Adults and adolescents 14 years and over:** Take 2 ml three times daily; **adolescents 10–13 years old:** Take 1 ml three times daily; **children 5–9 years old:** Take ½ ml three times daily; **children 2–4 years old:** Take ⅓ ml three times daily; or as directed by your health-care practitioner.

## Duration of use

For occasional use only.

**#2566 · 50 ml / 25 doses · UPC 6-28747-22566-3**
**#2567 · 95 ml / 47 doses · UPC 6-28747-22567-0**
NPN 80112083 · LM0155-R1
**Immune Health**

# ElderFlower ResQ

organic tincture




## Cold · Flu · Fever · Allergies

Used in herbal medicine (children and adults) to promote sweating (diaphoretic) to help relieve fever (in cases of common colds, flus), and to help relieve symptoms of colds and flus (such as coughs, sore throat and mucus buildup of the upper respiratory tract). Used in herbal medicine (adults) to help relieve nasal congestion and discharge associated with sinusitis, hay fever, and allergic rhinitis.

## Each 1 ml (40 drops) contains a crude quantity equivalent of

Organic European elderflower
(*Sambucus nigra* ssp. *nigra*) . . . . . 250 mg

## Other ingredients

Organic alcohol 25% (from sugarcane) and purified water.

## Directions of use

Mix with juice for children. Wait at least 4 hours between doses. **Adults and adolescents 14 and over:** Take 2 ml three times daily. **Adolescents 10–13 years old:** Take 1 ml three times daily. **Children 5–9 years old:** Take ½ ml (0.5 ml) three times daily. **Children 2–4 years old:** Take ⅓ ml (0.33 ml or 13 drops) three times daily. Take as directed above or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 1 week for children 6 years or younger.

**#2568 · 50 ml · UPC 6-28747-22568-7**
**#2569 · 95 ml · UPC 6-28747-22569-4**
NPN 80108530 · LM0154-R1
**Cold and Flu · Herbs and Herbal Extracts · Immune Health**

# Electrolytes 80

# Energy

capsules




## Improves Mental and Physical Performance

Siberian ginseng is used in herbal medicine to help improve mental or physical performance after periods of exertion, and as a tonic to help relieve general weakness or fatigue and to aid during recovery.

## Each vegetable capsule contains

| | |
|---|---|
| D-Ribose | 300 mg |
| Bee pollen | 250 mg |
| Siberian ginseng (*Eleutherococcus senticosus*) root **extract**, 0.8% eleutherosides | 100 mg |
| *N*,*N*-Dimethylglycine | 35 mg |
| Licorice (*Glycyrrhiza uralensis*) root **extract**, 10% glycyrrhizinic acid | 25 mg |
| Astragalus (*Astragalus membranaceus*) root **extract**, 16% polysaccharides | 20 mg |
| Red ginseng (*Panax ginseng*) leaf **extract**, 20% ginsenosides | 7.5 mg |
| Red ginseng (*Panax ginseng*) root **extract**, 20% ginsenosides | 2.5 mg |

## Other ingredients

Vegetable stearic acid, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

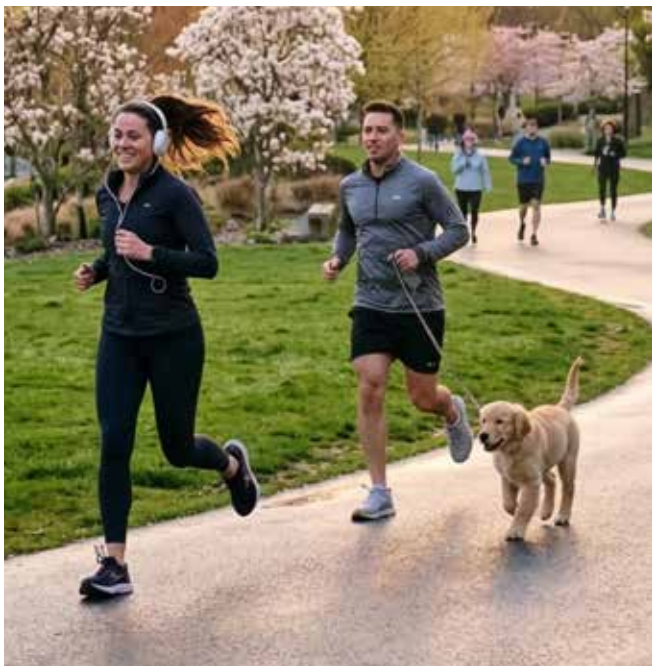
## Directions of use

**Adults ≥ 18 years old:** Take 1 capsule once or twice daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 1 month.

**#0209 · 45 vegetable capsules · UPC 6-28747-10209-4**
**#0937 · 90 vegetable capsules · UPC 6-28747-10937-6**
NPN 80143201 · V0061-R8
**Energy**



# Electrolytes

## Lectro-Lytes
**Coco-Pineapple** powder
**Electrolyte Rehydration Drink Mix**




### Rich in Vitamin C
### No Added Sugar · Gluten-Free
### Stay Properly Hydrated!

Keep properly hydrated in hot weather, when traveling, working out, or recuperating. Ideal for anyone needing to create a normal electrolyte balance within the body or for those that follow an exercise program.

### Ingredients

Magnesium bisglycinate, potassium citrate, citric acid, calcium citrate, malic acid, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate), and natural pineapple and coconut flavours (pineapple, coconut, maltodextrin, silicon dioxide).

### Directions of use

Add one scoop to 200 ml of water. Use once a day.

### Supplemented Food Facts · Per 1 scoop (4.2 g)

| Calories 5 | % Daily Value* |
|---|---|
| Fat 0 g | 0 % |
| Saturated 0 g + *Trans* 0 g | 0 % |
| Carbohydrate 1 g | |
| Fibres 0 g | 0 % |
| Sugars 0 g | 0 % |
| Protein 0 g | |
| Cholesterol 0 mg | |
| Sodium 55 mg | 2 % |
| Potassium 200 mg | 4 % |
| Calcium 100 mg | 8 % |
| Iron 0.1 mg | 1 % |
| **Supplemented with†:** | |
| Vitamin C 251 mg | 279 % |
| Vitamin B6 10 mg | 588 % |
| Magnesium 120 mg | 29 % |

*5% or less is a little, 15% or more is a lot
†Includes naturally occurring and supplemental amounts

**#2490 · 168 g / 40 portions · UPC 6-28747-02490-7**
NEW SIZE!
**#3405 · 30 sachets × 4.2 g · UPC 6-28747-03405-0**
PM0818-R1
NONTAXABLE ITEM
**Energy · Sport Nutrition · Vitamins and Minerals**

## Lectro-Lytes
**Lemon-Lime** powder
**Electrolyte Rehydration Drink Mix**




### Rich in Vitamin C
### No Added Sugar · Gluten-Free
### Stay Properly Hydrated!

Keep properly hydrated in hot weather, when traveling, working out, or recuperating. Ideal for anyone needing to create a normal electrolyte balance within the body or for those that follow an exercise program.

### Ingredients

Magnesium bisglycinate, potassium citrate, malic acid, citric acid, calcium citrate, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate), and natural lemon-lime flavour (lemon, lime, maltodextrin, silicon dioxide).

### Directions of use

Add one scoop to 200 ml of water. Use once a day.

### Supplemented Food Facts · Per 1 scoop (4.8 g)

| Calories 5 | % Daily Value* |
|---|---|
| Fat 0 g | 0 % |
| Saturated 0 g + *Trans* 0 g | 0 % |
| Carbohydrate 1 g | |
| Fibres 0 g | 0 % |
| Sugars 0 g | 0 % |
| Protein 0 g | |
| Cholesterol 0 mg | |
| Sodium 50 mg | 2 % |
| Potassium 200 mg | 4 % |
| Calcium 100 mg | 8 % |
| Iron 0 mg | 0 % |
| **Supplemented with†:** | |
| Vitamin C 251 mg | 279 % |
| Vitamin B6 10 mg | 588 % |
| Magnesium 120 mg | 29 % |

*5% or less is a little, 15% or more is a lot
†Includes naturally occurring and supplemental amounts

**#2488 · 192 g / 40 portions · UPC 6-28747-02488-4**
NEW SIZE!
**#3404 · 30 sachets × 4.8 g · UPC 6-28747-03404-3**
PM0814-R1
NONTAXABLE ITEM
**Energy · Sport Nutrition · Vitamins and Minerals**

Selecting the right electrolyte formula is elementary. Consumers expect precise elemental values of key minerals. ICP-MS and ICP-OES technologies guarantee our label claims deliver.



## Essence:

## New Roots Essence

tincture




### Removes Accumulated Waste Products via Kidneys, Skin, and Mucous Membranes

Traditionally used in herbal medicine as a diuretic, diaphoretic, and alterative to help remove accumulated waste products via the kidneys, skin, and mucous membranes.

### Each tablespoon contains a crude quantity equivalent of

| | |
|---|---|
| **Organic** burdock (*Arctium lappa*) root | 172 mg |
| **Organic** sheep sorrel (*Rumex acetosella*) herb top | 86 mg |
| Pau d'arco (*Tabebuia heptaphylla*) inner bark | 30.7 mg |
| **Organic** slippery elm (*Ulmus rubra*) bark | 21 mg |
| **Organic** blessed thistle (*Cnicus benedictus*) herb top | 8 mg |
| **Organic** red clover (*Trifolium pratense*) herb | 8 mg |
| Watercress (*Nasturtium officinale*) herb | 8 mg |
| **Organic** rhubarb (*Rheum plmatum*) root | 5 mg |

### Other ingredients

**Organic** whole Norwegian kelp (*Ascophyllum nodosum*), **organic** alcohol 25% (from sugarcane), glycerin, and purified water. · Steeped in **organic** alcohol (from **organic** sugarcane) for 21 days.

### Directions of use

**Adults:** Take 3 tablespoons in the morning and 4 tablespoons in the evening or as directed by your health-care practitioner. *Optional:* To reduce the alcohol content, add 4 ounces of boiling water and let sit for 5 minutes. Can also be mixed with orange juice or your favourite juice.

### Duration of use

For occasional use only.

**#1977 · 500 ml / ≈9½ doses · UPC 6-28747-21977-8**
NPN 80109774 · LM0136-R1
**Detoxification**

## Essential oils 82–90

## Essential Oil Gift Set



### 4 Pure Essential Oils + Spray Bottle

- Gift set includes 4 bestselling, full-sized 100% pure, undiluted, unadulterated essential oils
- Comes in elegant packaging with a reusable keepsake storage box and travel-ready 15 ml spray bottle
- Premium-quality, globally sourced, and laboratory-validated

### Bergamot Essential Oil

Bergamot (*Citrus bergamia*) fruit peel essential oil, cold-pressed . . . . . 30 ml
**Aroma:** Citrus, floral, spicy, sweet. **Top note.**
**Attributes:** Vibrant, inspiring, uplifting.

### Cedarwood Essential Oil

Himalayan cedar (*Cedrus deodara*) wood essential oil, steam-distilled . . . . . 30 ml
**Aroma:** Woody, fresh, resinous. **Base note.**
**Attributes:** Relaxing, reassuring, strengthening, empowering.

### Eucalyptus Essential Oil

Eucalyptus (*Eucalyptus globulus*) leaf and twig essential oil, steam-distilled . . . . . 30 ml
**Aroma:** Green, fresh, woody. **Middle note.**
**Attributes:** Regenerating, clarifying, deep.

### Wild Field Mint Essential Oil

Wild field mint (*Mentha arvensis*) leaf essential oil, steam-distilled . . . . . 30 ml
**Aroma:** Fresh, herbal, minty. **Top note.**
**Attributes:** Refreshing, stimulating, revitalizing.

**#K3425 · 4 bottles × 30 ml · UPC 6-28747-53425-3**
**Essential Oils**

Full line of essential oils, p. 82–90

## Eucalyptus Organic Essential Oil

***Eucalyptus globulus***
**100% Pure · Certified Organic**




Used in aromatherapy to help relieve colds/cough.

### Each drop contains

**Organic** bluegum (*Eucalyptus globulus*) leaf essential oil . . . . . 100%

### Active compounds

1,8-cineole, *alpha*-pinene, and limonene.

### Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation.

### Duration of use

For occasional use only.

**#2138 · 15 ml · UPC 6-28747-22138-2**
NPN 80071187 · O0032B-R1
**Essential Oils**

Full line of essential oils, p. 82–90

## Eucalyptus Pure Essential Oil

***Eucalyptus globulus***




### 100% Pure · Clean · Unadulterated

Aroma: Green, fresh, woody.
Attributes: Regenerating, clarifying, deep.
Scent note: Middle Note

### Each drop contains

Eucalyptus (*Eucalyptus globulus*) leaf and twig essential oil, steam-distilled . . . . . 100%

### Active compounds

α-Terpineol, 1,8-cineole, pinene, and camphene.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use

For external and occasional use only.

**#3202 · 30 ml · UPC 6-28747-13202-9**
O0032-R1
**Essential Oils · Herbs and Herbal Extracts**

Full line of essential oils, p. 82–90

# Essential Oils



# Essential Oils

## About Our Essential Oils…

When you select New Roots Herbal, you benefit from a product that has been tested for identity, purity, and potency in the on-site industry-leading, ISO 17025–accredited laboratory. Aromatherapy is at the crossroads of art and science, where naturally extracted essences of botanical origin invigorate body, mind, and spirit. It can also serve to bridge the gap between body and mind to stimulate our body's innate ability to heal itself.

## Buyer Beware!

According to the Aromatic Plant Research Center, it has been found that an alarming 80% of all essential oils available in the market are adulterated, indicating a significant prevalence of impurities or contaminants in these products.

Contaminated essential oils can be harmful to your health, as they may contain dangerous levels of lead, mercury, cadmium, glyphosate, DDT, PCB, ammonia, hexane, carcinogenic and toxic solvents, or other chemicals, potentially leading to respiratory irritation and other serious health concerns.

## Bergamot Pure Essential Oil

*Citrus bergamia*




**100% Pure · Clean · Unadulterated**

**Aroma:** Citrus, floral, spicy, sweet.
**Attributes:** Vibrant, inspiring, uplifting.
**Scent note:** Top Note

**Each drop contains**
Bergamot (*Citrus bergamia*) fruit peel essential oil, cold-pressed . . . . . 100%

**Active compounds**
Limonene, linalyl acetate, and linalool.

**Directions of use**
Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

**Duration of use**
For adult use only. For external and occasional use only. Do not take orally.

**#3199 · 30 ml · UPC 6-28747-13199-2**
O0089-R1
**Essential Oils · Herbs and Herbal Extracts**

## Cedarwood Pure Essential Oil

*Cedrus deodara*




**100% Pure · Clean · Unadulterated**

**Aroma:** Woody, fresh, resinous.
**Attributes:** Relaxing, reassuring, strengthening, empowering.
**Scent note:** Base Note

**Each drop contains**
Himalayan cedar (*Cedrus deodara*) wood essential oil, steam-distilled . . . . . 100%

**Active compound**
Himachalene.

**Directions of use**
Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

**#3200 · 30 ml · UPC 6-28747-13200-5**
O0086-R1
**Essential Oils · Herbs and Herbal Extracts**

## Citronella Pure Essential Oil

*Cymbopogon winterianus*




**100% Pure · Clean · Unadulterated**

**Aroma:** Fresh, citrus, herbal, fruity.
**Attributes:** Purifying, reviving, cleansing.
**Scent note:** Top Note

**Each drop contains**
Java citronella (*Cymbopogon winterianus*) leaf essential oil, steam-distilled . . . . . 100%

**Active compounds**
Citronellal, citronellol, and geraniol.

**Directions of use**
Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

**Duration of use**
For external and occasional use only.

**#3208 · 30 ml · UPC 6-28747-13208-1**
O0084-R1
**Essential Oils**



# Essential Oils

## Clary Sage Pure Essential Oil

*Salvia sclarea*




### 100% Pure · Clean · Unadulterated

**Aroma:** Herbal, earthy, sweet, floral.
**Attributes:** Inspiring, focusing, centering.
**Scent note:** Middle Note

### Each drop contains

Clary sage (*Salvia sclarea*) flower essential oil, steam-distilled . . . . . 100%

### Active compounds

Linalool and linalyl acetate.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use

For external and occasional use only.

**#3201 · 30 ml · UPC 6-28747-13201-2**
O0090-R1
Essential Oils

## Clove Bud Organic Essential Oil

*Syzygium aromaticum*
**100% Pure · Certified Organic**




Used in aromatherapy topically to help relieve toothache. Used in aromatherapy to help relieve colds/cough.

### Each drop contains

**Organic** clove (*Syzygium aromaticum*) bud essential oil . . . . . 100%

### Active compounds

Eugenol and *beta*-caryophyllene.

### Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation.

### Duration of use

For occasional use only.

**#2186 · 15 ml · UPC 6-28747-22186-3**
NPN 80076494 · O0060-R1
Essential Oils



## Essential Oil Gift Set



### 4 Pure Essential Oils + Spray Bottle

- Gift set includes 4 bestselling, full-sized 100% pure, undiluted, unadulterated essential oils
- Comes in elegant packaging with a reusable keepsake storage box and travel-ready 15 ml spray bottle
- Premium-quality, globally sourced, and laboratory-validated

### Bergamot Essential Oil

Bergamot (*Citrus bergamia*) fruit peel essential oil, cold-pressed . . . . . 30 ml
**Aroma:** Citrus, floral, spicy, sweet. **Top note.**
**Attributes:** Vibrant, inspiring, uplifting.

### Cedarwood Essential Oil

Himalayan cedar (*Cedrus deodara*) wood essential oil, steam-distilled . . . . . 30 ml
**Aroma:** Woody, fresh, resinous. **Base note.**
**Attributes:** Relaxing, reassuring, strengthening, empowering.

### Eucalyptus Essential Oil

Eucalyptus (*Eucalyptus globulus*) leaf and twig essential oil, steam-distilled. . . . . 30 ml
**Aroma:** Green, fresh, woody. **Middle note.**
**Attributes:** Regenerating, clarifying, deep.

### Wild Field Mint Essential Oil

Wild field mint (*Mentha arvensis*) leaf essential oil, steam-distilled. . . . . 30 ml
**Aroma:** Fresh, herbal, minty. **Top note.**
**Attributes:** Refreshing, stimulating, revitalizing.

**#K3425 · 4 bottles × 30 ml · UPC 6-28747-53425-3**
Essential Oils

## Eucalyptus Organic Essential Oil

*Eucalyptus globulus*
**100% Pure · Certified Organic**




Used in aromatherapy to help relieve colds/cough.

### Each drop contains

**Organic** bluegum (*Eucalyptus globulus*) leaf essential oil. . . . . 100%

### Active compounds

1,8-cineole, *alpha*-pinene, and limonene.

### Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation.

### Duration of use

For occasional use only.

**#2138 · 15 ml · UPC 6-28747-22138-2**
NPN 80071187 · O0032B-R1
Essential Oils

# Essential Oils

## Eucalyptus
## Pure Essential Oil
***Eucalyptus globulus***




**100% Pure · Clean · Unadulterated**

**Aroma:** Green, fresh, woody.
**Attributes:** Regenerating, clarifying, deep.
**Scent note:** Middle Note

**Each drop contains**
Eucalyptus (*Eucalyptus globulus*) leaf and twig essential oil, steam-distilled . . . . . 100%

**Active compounds**
α-Terpineol, 1,8-cineole, pinene, and camphene.

**Directions of use**
Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

**Duration of use**
For external and occasional use only.

**#3202 · 30 ml · UPC 6-28747-13202-9**
O0032-R1
**Essential Oils · Herbs and Herbal Extracts**

## Ginger
## Pure Essential Oil
***Zingiber officinale***




**100% Pure · Clean · Unadulterated**

**Aroma:** Warm, spicy, earthy, woody.
**Attributes:** Soothing, clarifying, energizing.
**Scent note:** Middle Note

**Each drop contains**
Ginger (*Zingiber officinale*) rhizome essential oil, steam-distilled . . . . . 100%

**Active compound**
Zingiberene.

**Directions of use**
Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

**Duration of use**
For external and occasional use only.

**#3205 · 30 ml · UPC 6-28747-13205-0**
O0088-R1
**Essential Oils · Herbs and Herbal Extracts**

## Geranium
## Pure Essential Oil
***Pelargonium graveolens***




**100% Pure · Clean · Unadulterated**

**Aroma:** Floral, green, soft, sweet.
**Attributes:** Nostalgic, purifying, balancing.
**Scent note:** Middle Note

**Each drop contains**
Geranium (*Pelargonium graveolens*) flower essential oil, steam-distilled . . . . . 100%

**Active compounds**
Citronellol and geraniol.

**Directions of use**
Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

**Duration of use**
For external and occasional use only.

**#3204 · 30 ml · UPC 6-28747-13204-3**
O0030-R1
**Essential Oils · Herbs and Herbal Extracts**

## Lavender
## Organic Essential Oil
***Lavandula angustifolia***
**100% Pure · Certified Organic**




Used in aromatherapy as a nervine/calmative.
Used in aromatherapy as carminative/antispasmodic for symptomatic relief of digestive discomfort.

**Each drop contains**
**Organic** lavender (*Lavandula angustifolia*) flowering herb top essential oil . . . . . 100%

**Active compounds**
Linalyl acetate and linalool.

**Directions of use**
**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Use diluted for baths.

**Duration of use**
For occasional use only.

**#2139 · 15 ml · UPC 6-28747-22139-9**
NPN 80069450 · O0031-R1
**Essential Oils**



# Essential Oils

## Lemon Organic Essential Oil

*Citrus × limon*

**100% Pure · Certified Organic**




Used in aromatherapy to help relieve colds/cough.

### Each drop contains

**Organic** lemon (*Citrus × limon*) fruit peel essential oil . . . . . 100%

### Active compounds

Limonene and *beta*-pinene.

### Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation.

### Duration of use

For occasional use only.

**#2148 · 15 ml · UPC 6-28747-22148-1**
NPN 80076490 · O0059-R1
Essential Oils

## Lemon Pure Essential Oil

*Citrus × limon*

**100% Pure · Clean · Unadulterated**




**Aroma:** Fresh, citrus, sweet.
**Attributes:** Refreshing, cleansing, energizing.
**Scent note:** Top Note

### Each drop contains

Lemon (*Citrus × limon*) fruit peel essential oil, cold-pressed . . . . . 100%

### Active compound

Limonene.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use

For external and occasional use only.

**#3206 · 30 ml · UPC 6-28747-131206-7**
O0094-R1
Essential Oils

## Lemon Eucalyptus Pure Essential Oil

*Corymbia citriodora*

**100% Pure · Clean · Unadulterated**




**Aroma:** Aromatic, fresh, citrus.
**Attributes:** Refreshing, cleansing, inspiring.
**Scent note:** Middle Note

### Each drop contains

Lemon-scent gum (*Corymbia citriodora*) leaf essential oil, steam-distilled. . . . . 100%

### Active compounds

Citronellal, citronellol, and geraniol.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use

For external and occasional use only.

**#3207 · 30 ml · UPC 6-28747-13207-4**
O0085-R1
Essential Oils

## Peppermint Organic Essential Oil

*Mentha × piperita*

**100% Pure · Certified Organic**




Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis. Used as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

### Each drop contains

**Organic** peppermint (*Mentha × piperita*) flowering twig essential oil . . . . . 100%

### Active compounds

Menthol and menthone.

### Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation.

### Duration of use

For occasional use only.

**#2137 · 15 ml · UPC 6-28747-22137-5**
NPN 80069445 · O0048-R1
Essential Oils



# Essential Oils

## Rose Geranium Organic Essential Oil

***Pelargonium graveolens***
**100% Pure · Certified Organic**




Used in aromatherapy to help relieve colds/cough.

### Each drop contains

Organic geranium (*Pelargonium graveolens*) flowering herb top essential oil . . . . . 100%

### Active compounds

Citronellol and geraniol.

### Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use.

**#2149 · 15 ml · UPC 6-28747-22149-8**
NPN 80073903 · O0030B-R1
Essential Oils

## Rosemary Organic Essential Oil

***Rosmarinus officinalis* ct. camphoriferum**
**100% Pure · Certified Organic**




Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis. Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

### Each drop contains

**Organic** rosemary (*Rosmarinus officinalis* ct. camphoriferum) flowering herb top essential oil . . . . . 100%

### Active compounds

Camphor and eucalyptol.

### Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use.

### Duration of use

For occasional use only.

**#2144 · 15 ml · UPC 6-28747-22144-3**
NPN 80071192 · O0056-R1
Essential Oils

> "Smell is a potent wizard that transports you across thousands of miles and all the years you have lived."
>
> *Helen Keller*

## Sweet Orange Organic Essential Oil

***(Citrus × sinensis)***
**100% Pure · Certified Organic**




Used in aromatherapy as a nervine/calmative. Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

### Each drop contains

**Organic** sweet orange (*Citrus × sinensis*) fruit peel essential oil . . . . . 100%

### Active compounds

Limonene and *beta*-pinene.

### Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

### Duration of use

For occasional use only.

**#2146 · 15 ml · UPC 6-28747-22146-7**
NPN 80071182 · O0058-R1
Essential Oils

## Tea Tree Organic Essential Oil

***Melaleuca alternifolia***
**100% Pure · Certified Organic**




Used in aromatherapy to help relieve colds/cough. Helps to improve symptoms of fungal nail-bed infections. Helps treat acne pimples.

### Each drop contains

**Organic** tea tree (*Melaleuca alternifolia*) leaf or twig essential oil. . . . . 100%

### Active compounds

Terpinen-4-ol, *alpha*- and *gamma*-terpinene.

### Directions of use

**Adults:** • **For aromatherapy use:** Mix 1 drop of essential oil in 1 tsp. (5 ml) of carrier (vegetable) oil (1% essential oil). Rub and/or massage into skin until solution vanishes. *For local application (10% or less of body surface area):* Apply to affected area up to three times per day. • **For acne use:** Mix 5 drops of essential oil in 1 tsp. (5 ml) of carrier (vegetable) oil (5% essential oil). Cleanse skin thoroughly before applying the product. Apply product to affected areas one to three times daily. • **For nail fungus use:** Do not dilute in carrier oil. Apply sparingly to affected nail(s) twice daily. Avoid contact with skin. • **For all uses:** Do not apply undiluted essential oils to skin. Not for oral use.

### Duration of use

For occasional use only.

**#2117 · 15 ml · UPC 6-28747-22117-7**
**#2116 · 50 ml · UPC 6-28747-22116-0**
NPN 80069443 · O0029-R1
Essential Oils

# Essential Oils

## Thyme
## Pure Essential Oil
***Thymus vulgaris***




### 100% Pure · Clean · Unadulterated

**Aroma:** Herbal, fresh, spicy.
**Attributes:** Elevating, revitalizing, clarifying.
**Scent note:** Middle Note

### Each drop contains

Thyme (*Thymus vulgaris*) flowering herb top essential oil, steam-distilled . . . . . 100%

### Active compounds

Thymol and *p*-cymene.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use

For external and occasional use only.

**#3212 · 30 ml · UPC 6-28747-13212-8**
O0091-R1
**Essential Oils**

## Wild Field Mint
## Pure Essential Oil
***Mentha arvensis***




### 100% Pure · Clean · Unadulterated

**Aroma:** Fresh, herbal, minty.
**Attributes:** Refreshing, stimulating, revitalizing.
**Scent note:** Top Note

### Each drop contains

Wild field mint (*Mentha arvensis*) leaf essential oil, steam-distilled . . . . . 100%

### Active compounds

Menthol and menthone.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use

For external and occasional use only.

**#3211 · 30 ml · UPC 6-28747-13211-1**
O0093-R1
**Essential Oils**

## Tingsation
### Essential Oil for Tingling Toes and Fingers




For sensitive or tingling toes and fingers.

### Each bottle contains

Lavender (*Lavandula angustifolia*) essential oil, geranium (*Pelargonium graveolens*) essential oil, bluegum (*Eucalyptus globulus*) essential oil, bergamot (*Citrus bergamia*) essential oil, tea tree (*Melaleuca alternifolia*) essential oil, **organic** alcohol from sugarcane, and tetrahydropiperine (from black pepper [*Piper nigrum*]).

### Directions of use

**Adults:** For topical use only; not for oral use. Apply to the affected area (toes and fingers) up to 4 times per day. Massage into skin until solution is completely absorbed. Do not use on broken skin. Do not tightly bandage. Do not apply with external heat, such as an electric heating pad, as this may result in excessive skin irritation or burning sensation.

### Duration of use

For occasional use only; consult a health-care practitioner for prolonged use.

**#1929 · 15 ml · UPC 6-28747-21929-7**
LM0002-R1
**Essential Oils · Pain and Inflammation**

## Wintergreen
## Pure Essential Oil
***Gaultheria procumbens***




### 100% Pure · Clean · Unadulterated

**Aroma:** Sweet, fresh, minty, woody.
**Attributes:** Stimulating, refreshing, awakening.
**Scent note:** Top Note

### Each drop contains

Wintergreen (*Gaultheria procumbens*) leaf essential oil, steam-distilled . . . . . 100%

### Active compound

Methyl salicylate.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use

For external and occasional use only.

**#3213 · 30 ml · UPC 6-28747-13213-5**
O0099-R1
**Essential Oils**

> "A great scent is a world you can return to over and over – a keyhole into another realm."
>
> *David Seth Moltz*

# Essential Oils

## Scent Profiles and Harmony

**Understanding scent notes is key to creating customized essential oil blends that evoke a desired mood, whether it's relaxing, romantic, or invigorating. They play a crucial role in defining an essential oil's fragrance profile and determining how long it will last.**

**Three main fragrance notes—top, middle, and base—can be used to formulate a balanced and lasting fragrance for every need or occasion.**

| Essential Oil | Scent Profile | Scent Note | Scent Attributes |
|---|---|---|---|
| Bergamot | Citrus, floral, spicy, sweet | | Vibrant, inspiring, uplifting |
| Cedarwood | Woody, fresh, resinous | | Relaxing, reassuring, strengthening, empowering |
| Citronella | Fresh, citrus, herbal, fruity | | Purifying, reviving, cleansing |
| Clary Sage | Herbal, earthy, sweet, floral | | Inspiring, focusing, centring |
| Clove Bud | Warm, aromatic, spicy | | Warm, soothing, reassuring |
| Clove Leaf | Warm, aromatic, spicy | | Warm, comforting, calm |
| Cornmint | Fresh, herbal, minty | | Refreshing, stimulating, revitalizing |
| Eucalyptus | Green, fresh, woody | | Rejuvenating, clarifying, deep |
| Geranium | Floral, green, soft, sweet | | Nostalgic, purifying, balancing |
| Ginger | Warm, spicy, earthy, woody | | Soothing, clarifying, energizing |
| Lavender | Floral, herbal, earthy, sweet | | Quieting, serene, zen |
| Lemon | Fresh, citrus, sweet | | Refreshing, cleansing, energizing |
| Lemon Eucalyptus | Aromatic, fresh, citrus | | Refreshing, cleansing, inspiring |
| Peppermint | Fresh, herbal, minty | | Refreshing, stimulating, revitalizing |
| Rosemary | Herbal, fresh, aromatic | | Purifying, uplifting |
| Rose Geranium | Floral, green, sweet, rosy | | Sensual, soothing, nostalgic |
| Sweet Orange | Fruity, citrus, sweet, fresh | | Mood-lifting, stress-reducing |
| Tea Tree | Fresh, woody, earthy, herbal | | Cleansing, purifying, grounding |
| Thyme | Herbal, fresh, spicy | | Elevating, revitalizing, clarifying |
| Wintergreen | Sweet, fresh, minty, woody | | Stimulating, refreshing, awakening |

Top Note  Middle Note  Base Note

### Top Note

- First scent to be noticed, first to evaporate
- Light, uplifting aroma
- Perceptible for approximately 20 min, composing 15–20% of the blend

### Middle Note

- Defines the mood of the blend
- Floral, herbal scents
- Perceptible for approximately 4 h, composing 50–80% of the blend

### Base Note

- Anchoring the aroma of the blend, slowest to evaporate
- Deeper, earthier, resinous, sweet, and warm tones
- Perceptible for approximately 8 h, composing 10–30% of the blend

# Essential Oils

## Therapeutic Comparison

| Product | NPN | Indications | Ingredients |
|---|---|---|---|
| Clove Bud Organic Essential Oil | 80076494 | Used in aromatherapy topically to help relieve toothache.* Used in aromatherapy to help relieve colds/cough.* | **Organic** clove (*Syzygium aromaticum*) bud essential oil |
| Eucalyptus Organic Essential Oil | 80071187 | Used in aromatherapy to help relieve colds/cough.** | **Organic** eucalyptus (*Eucalyptus globulus*) leaf essential oil |
| Lavender Organic Essential Oil | 80069450 | Used in aromatherapy as a nervine/calmative.** Used in aromatherapy as carminative/antispasmodic for symptomatic relief of digestive discomfort.** | **Organic** lavender (*Lavandula angustifolia*) flowering herb top essential oil |
| Lemon Organic Essential Oil | 80076490 | Used in aromatherapy to help relieve colds/cough.** | **Organic** lemon (*Citrus × limon*) fruit peel essential oil |
| Peppermint Organic Essential Oil | 80069445 | Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.* Used as a carminative/antispasmodic for symptomatic relief of digestive discomfort.** | **Organic** peppermint (*Mentha × piperita*) flowering twig essential oil |
| Rose Geranium Organic Essential Oil | 80073903 | Used in aromatherapy to help relieve colds/cough.** | **Organic** geranium (*Pelargonium graveolens*) flowering herb top essential oil |
| Rosemary Organic Essential Oil | 80071192 | Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis*. Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.** | **Organic** rosemary (*Rosmarinus officinalis* ct. camphoriferum) flowering herb top essential oil |
| Tea Tree Organic Essential Oil | 80069443 | Used in aromatherapy to help relieve colds/cough. Helps to improve symptoms of fungal nail-bed infections. Helps treat acne pimples. | **Organic** tea tree (*Melaleuca alternifolia*) leaf or twig essential oil |
| Tingsation | N/A | For sensitive or tingling toes and fingers. | Lavender (*Lavandula angustifolia*) essential oil, geranium (*Pelargonium graveolens*) essential oil, bluegum (*Eucalyptus globulus*) essential oil, bergamot (*Citrus bergamia*) essential oil, tea tree (*Melaleuca alternifolia*) essential oil, organic alcohol from sugarcane, and tetrahydropiperine (from black pepper [*Piper nigrum*]). |

Do not use essential oils undiluted. Do not use essential oils internally. *Topical use. **Topical and/or inhalation use. ***Photosensitizing.



**Identity and purity are critical for essential oils. GC-MS testing validates that our essential oils are authentic and 100% pure. It also screens for over 80 common pesticides.**

# Evening Primrose
**Oil · 500 mg** softgels




## Made with Organic Evening Primrose Eczema/Acne

Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.

## Each softgel contains

| | |
|---|---|
| **Organic** evening primrose (*Œnothera biennis*) seed oil, hexane-free | 500 mg |
| **Providing:** | |
| Linoleic acid (LA) (68%) | 340 mg |
| *gamma*-Linolenic acid (GLA) (10%) | 50 mg |

## Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) and rosemary leaf **extract** in a softgel composed of bovine gelatin, glycerin, and purified water.

## Directions of use

**Adults:** *As source of omega-6s / linoleic acid:* Take 3 softgels daily or as directed by your health-care practitioner. *For all other uses:* Take 3 softgels one to four times daily or as directed by your health-care practitioner.

**#0414 · 90 softgels · UPC 6-28747-10414-2**
**#0413 · 180 softgels · UPC 6-28747-10413-5**
NPN 80092918 · V0276-R6
**Essential Fatty Acids · Menopause · Skin · Women's Health**

# Evening Primrose
**Oil · 1,000 mg** softgels




## Made with Organic Evening Primrose Eczema/Acne

Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.

## Each softgel contains

| | |
|---|---|
| **Organic** evening primrose (*Œnothera biennis*) seed oil, hexane-free | 1,000 mg |
| **Providing:** | |
| Linoleic acid (LA) (68%) | 680 mg |
| *gamma*-Linolenic acid (GLA) (10%) | 100 mg |

## Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) and rosemary leaf extract in a softgel composed of bovine gelatin, glycerin, and purified water.

## Directions of use

**Adults:** *For acne/eczema/skin moisture, hydration, elasticity and firmness:* Take 2 softgels twice daily. *As source of omega-6s / linoleic acid:* Take 2 softgels daily. *For all other uses:* Take 2 softgels one to three times daily.

**#1438 · 90 softgels · UPC 6-28747-11438-7**
**#1439 · 180 softgels · UPC 6-28747-11439-4**
NPN 80092916 · V0401-R4
**Essential Fatty Acids · Menopause · Skin · Women's Health**

# Exotic Oils Gift Set



## In Wood Box with Roller Bottle

Elevate your gift-giving with our luxurious Exotic Oil Gift Set, featuring four top-selling oils and a refillable roll-on applicator, packaged in a charming keepsake box with lid. Pamper your skin, hair, and nails with Argan Oil, Cranberry Seed Oil, Rosehip Seed Oil, and Skin Lovers' Oil. All our oils are sustainably sourced and tested for purity in an industry-leading, ISO 17025–accredited laboratory.

### Argan Oil

Organic *Argania spinosa* (argan) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.
- Luxurious lightweight hydration for skin
- Excellent care for hair, nail, and cuticles

### Cranberry Seed Oil

Organic *Vaccinium macrocarpon* (cranberry) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.
- Minimizes the look of fine lines and wrinkles for firmer-looking soft skin

### Rosehip Seed Oil

Organic *Rosa rubiginosa / Rosa moschata* (rosehip) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.
- Minimizes the look of wrinkles for visibly younger and revitalized-looking skin

### Skin Lovers' Oil

Organic *Lycium barbarum* (goji) seed oil, organic *Rosa rubiginosa* or *Rosa moschata* (rosehip) seed oil, organic *Hippophae rhamnoides* (sea buckthorn) seed oil, organic *Argania spinosa* (argan) oil, organic *Vaccinium macrocarpon* (cranberry) seed oil, organic *Calophyllum inophyllum* (tamanu) oil, and natural vitamin E.
- Synergistic blend of 6 luxurious oils
- Collective skin benefits for deep skin hydration and rejuvenation

**#K3407 · 4 bottles × 15 ml · UPC 6-28747-53407-9**

**NOTE:** Due to packaging constraints, the code for this product is different in French: K3423.
**Beauty · Exotic Skin Oils · Hair · Nails · Skin**

Full line of exotic skin oils, p. 92–95



# Exotic Skin Oils

## Luxurious and Revitalizing Exotic Oils That Will Bring out Your Natural Glow!

**We're excited to present our collection of exotic oils, ethically sourced from around the world. Our entire collection is certified organic* and cold-pressed or extracted by solvent-free supercritical $CO_2$ extraction. This ensures you're receiving the purest, most nutrient-rich product available to maximize their benefits.**

**New Roots Herbal has forged a reputation for producing premium-quality, non-GMO natural health products. All oils selected for our Exotic Oils Collection are grown without the use of chemical fertilizers or toxic sprays. We have also validated our producers for sustainable agricultural ethics.**

**Our oils are tested in an on-site industry-leading ISO 17025–accredited analytical laboratory for identity, purity, heavy metals, pesticides, and environmental toxins. Our exhaustive battery of tests also guarantees our exotic oils are not diluted with inferior carrier oils.****

*With the exception of Cacay Seed Oil which is wildcrafted.
**Although not diluted with vegetable or other carrier oils, our exotic oils do contain a minute amount of vitamin E for stability.



## Argan Oil
### Certified Organic




**Moisturizer · Skin · Hair · Nails**

Hand-picked by a women's cooperative in Morocco, our **organic** argan oil provides fast-absorbing nourishment for your hair, nails and skin. Argan oil also reduces the look of wrinkles and stretch marks, while leaving your skin supple and moisturized with a fresh youthful glow.a

**Each bottle contains**

**Organic** raw argan (*Argania spinosa*) seed oil, cold-pressed, nondeodorized . . . 50 ml
**Organic** rosemary (*Rosmarinus officinalis*) **extract**

**Ingredients**

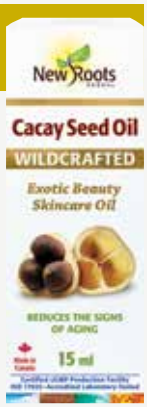
*Argania spinosa* seed oil and *Rosmarinus officinalis* (rosemary) leaf **extract**.

**Directions of use**

Place 5–8 drops in your hand and gently massage the oil on your face, neck, body, hair, or nails. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

**#1607 · 50 ml · UPC 6-28747-21607-4**
OM0126-R5
**Beauty · Exotic Skin Oils · Hair · Nails · Skin**

## Cacay Seed Oil
### Wildcrafted




**Reduces the Signs of Aging**

Wildcrafted and sustainably sourced in Colombia's Amazon, our pure, cold-pressed cacay seed oil is blessed with nutrients that invigorate and rejuvenate your skin for a more youthful appearance.

**Each bottle contains**

Wildcrafted cacay (*Caryodendron orinocense*) seed oil, cold-pressed . . . . . 15 ml
with added **organic** rosemary (*Rosmarinus officinalis*) **extract**.

**Ingredients**

*Caryodendron orinocense* seed oil and *Rosmarinus officinalis* (rosemary) leaf **extract**.

**Directions of use**

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

**#2304 · 15 ml · UPC 6-28747-22304-1**
OM0071B-R2
**Beauty · Exotic Skin Oils · Skin**

# Exotic Skin Oils

## Cranberry Seed Oil
### Certified Organic




### Reduces the Look of Aging

An oil that reduces the look of aging that will deeply hydrate, resulting in smoother- and firmer-looking skin. Rich in antioxidants; vitamins A and E; as well as omega-3, -6, and -9; this beauty oil will provide all the nutrients needed for healthy-looking, glowing, and youthful skin.

### Each bottle contains

**Organic** cranberry (*Vaccinium macrocarpon*) seed oil, cold-pressed, nondeodorized . . . . . 15 ml
with added **organic** rosemary (*Rosmarinus officinalis*) **extract**.

### Ingredients

*Vaccinium macrocarpon* seed oil and *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

**#2101 · 15 ml · UPC 6-28747-22101-6**
OM0051-R2
**Beauty · Exotic Skin Oils · Skin**

## Exotic Oils Gift Set



### In Wood Box with Roller Bottle

Elevate your gift-giving with our luxurious Exotic Oil Gift Set, featuring four top-selling oils and a refillable roll-on applicator, packaged in a charming keepsake box with lid. Pamper your skin, hair, and nails with Argan Oil, Cranberry Seed Oil, Rosehip Seed Oil, and Skin Lovers' Oil. All our oils are sustainably sourced and tested for purity in an industry-leading, ISO 17025–accredited laboratory.

### Argan Oil

Organic *Argania spinosa* (argan) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

- Luxurious lightweight hydration for skin
- Excellent care for hair, nail, and cuticles

### Cranberry Seed Oil

Organic *Vaccinium macrocarpon* (cranberry) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

- Minimizes the look of fine lines and wrinkles for firmer-looking soft skin

### Rosehip Seed Oil

Organic *Rosa rubiginosa* / *Rosa moschata* (rosehip) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

- Minimizes the look of wrinkles for visibly younger and revitalized-looking skin

### Skin Lovers' Oil

Organic *Lycium barbarum* (goji) seed oil, organic *Rosa rubiginosa* or *Rosa moschata* (rosehip) seed oil, organic *Hippophae rhamnoides* (sea buckthorn) seed oil, organic *Argania spinosa* (argan) oil, organic *Vaccinium macrocarpon* (cranberry) seed oil, organic *Calophyllum inophyllum* (tamanu) oil, and natural vitamin E.

- Synergistic blend of 6 luxurious oils
- Collective skin benefits for deep skin hydration and rejuvenation

**#K3407 · 4 bottles × 15 ml · UPC 6-28747-53407-9**
**NOTE:** Due to packaging constraints, the code for this product is different in French: K3423.
**Beauty · Exotic Skin Oils · Hair · Nails · Skin**

## Goji Seed Oil
### Certified Organic




### Moisturizer for Sensitive Skin

Our goji seed oil is hydrating and reduces the look of aging and of sun spots. It is ideal for sensitive skin.

### Each bottle contains

**Organic** goji (*Lycium barbarum*) seed oil, $CO_2$ supercritical **extract**, nondeodorized . . . . . 15 ml
With added **organic** rosemary (*Rosmarinus officinalis*) leaf **extract**.

### Ingredients

**Organic** *Lycium barbarum* seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

**#1599 · 15 ml · UPC 6-28747-21599-2**
OM0120-R2
**Beauty · Exotic Skin Oils · Skin**

## Marula Seed Oil
### Certified Organic




### Deeply Hydrating Facial Oil

Our **organic** marula seed oil is cold-pressed from kernels of fruits that are hand-harvested from the majestic marula trees of South Africa. It has a light texture to deeply penetrate skin for a smooth-looking, radiant complexion.

### Each bottle contains

**Organic** marula (*Sclerocarya birrea*) seed oil, cold-pressed . . . . . 30 ml
with added **organic** rosemary (*Rosmarinus officinalis*) **extract**.

### Ingredients

**Organic** *Sclerocarya birrea* (marula) seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

**#2306 · 30 ml · UPC 6-28747-22306-5**
OM0072-R2
**Beauty · Exotic Skin Oils · Skin**

# Exotic Skin Oils

## Moringa Seed Oil
**Certified Organic**




### Body, Face, and Hair

**Organic** and cold-pressed, our South African–sourced moringa seed oil is among the most versatile topical oils. It works wonders for hair, skin, and for a smooth-looking complexion.

### Each bottle contains

**Organic** moringa (*Moringa oleifera*) seed oil, cold-pressed . . . . . 30 ml
with added **organic** rosemary (*Rosmarinus officinalis*) **extract**.

### Ingredients

*Moringa oleifera* seed oil and *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face, neck, body, hair, or nails. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

**#2088 · 30 ml · UPC 6-28747-22088-0**
OM0129-R2
**Beauty · Exotic Skin Oils · Hair · Skin**

## Pomegranate Seed Oil
**100% Pure · Certified Organic**




### Soothes and Repairs Very Dry Skin

A rare natural source of omega-5 and antioxidants for glowing skin, this unique oil helps reduce the look of wrinkles and of aging. It soothes and relieves very dry and damaged skin. Its strong character is ideal for night care.

### Each bottle contains

**Organic** pomegranate (*Punica granatum*) seed oil, cold-pressed . . . . . 50 ml
with added **organic** rosemary (*Rosmarinus officinalis*) **extract**

### Ingredients

*Punica granatum* (pomegranate) seed oil and *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

**#2196 · 50 ml · UPC 6-28747-22196-2**
OM0062-R2
**Beauty · Exotic Skin Oils · Skin**

## Rosehip Seed Oil
**Organic**




### Minimizes the Look of Wrinkles

Revitalizes dry and dull skin, reduces the signs of aging, and the look of age spots. Fast-absorbing, leaving skin firm- and smooth-looking, with an even colour and tone.

### Each bottle contains

**Organic** rosehip (*Rosa canina*) seed oil, cold-pressed, nondeodorized . . . . . 30 ml
With added **organic** rosemary (*Rosmarinus officinalis*) **extract**.

### Ingredients

**Organic** *Rosa canina* (dog rose) seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

**#1738 · 15 ml · UPC 6-28747-21738-5**
**#1602 · 30 ml · UPC 6-28747-21602-9**
OM0123-R5
**Exotic Skin Oils · Skin**

## Sea Buckthorn Seed Oil
**Certified Organic**




### Nourishes and Repairs Dry Skin

Like a virtual shield for your skin, sea buckthorn seed oil provides antioxidants to protect the look and feel of your skin. Fast-absorbing for silky, radiant skin.

### Each bottle contains

**Organic** sea buckthorn (*Hippophae rhamnoides*) seed oil, $CO_2$ supercritical **extract**, nondeodorized . . . . . 30 ml
with added **organic** rosemary (*Rosmarinus officinalis*) **extract**.

### Ingredients

**Organic** *Hippophae rhamnoides* seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

**#1604 · 30 ml · UPC 6-28747-21604-3**
OM0124-R2
**Beauty · Exotic Skin Oils · Skin**

# Exotic Skin Oils

## Skin Lovers Oil
**Certified Organic**




### Deep Moisturizer

We have created the ultimate experience in skin care, where dramatic positive change is an absolute possibility.

### Each bottle contains

**Organic** goji (*Lycium barbarum*) seed oil, **organic** rosehip (*Rosa rubiginosa* or *Rosa moschata*) seed oil, **organic** sea buckthorn (*Hippophae rhamnoides*) seed oil, **organic** argan (*Argania spinosa*) oil, **organic** cranberry (*Vaccinium macrocarpon*) seed oil, and **organic** tamanu (*Calophyllum inophyllum*) oil—all oils are cold-pressed or $CO_2$ supercritical **extracts**, and nondeodorized. . . . . 15 ml
**Organic** rosemary (*Rosmarinus officinalis*) **extract**.

### Ingredients

**Organic** *Lycium barbarum* seed oil, **organic** *Rosa rubiginosa* / *Rosa moschata* seed oil, **organic** *Hippophae rhamnoides* seed oil, **organic** *Argania spinosa* seed oil, **organic** *Vaccinium macrocarpon* seed oil, **organic** *Calophyllum inophyllum* seed oil, and **organic** *Rosmarinus officinalis* leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

**#1601 · 15 ml · UPC 6-28747-21601-2**
OM0122-R3
**Beauty · Exotic Skin Oils · Skin**

## Tamanu Oil
**Certified Organic**




### Moisture Barrier Maintenance

Cold-pressed tamanu nut oil quenches the skin to help retain moisture and to reduce the signs of aging skin. It will help restore the look of your skin and so much more.

### Each bottle contains

**Organic** tamanu (*Calophyllum inophyllum*) seed oil, cold-pressed, nondeodorized . . 30 ml
with **organic** rosemary (*Rosmarinus officinalis*) **extract**.

### Ingredients

**Organic** *Calophyllum inophyllum* seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

**#1600 · 30 ml · UPC 6-28747-21600-5**
OM0121-R2
**Beauty · Exotic Skin Oils · Skin**



**GC-FIDs detect the unique fatty acid profiles specific to each of our exotic oils, allowing us to ensure they do not contain any carrier oils or other fillers that dilute quality.**



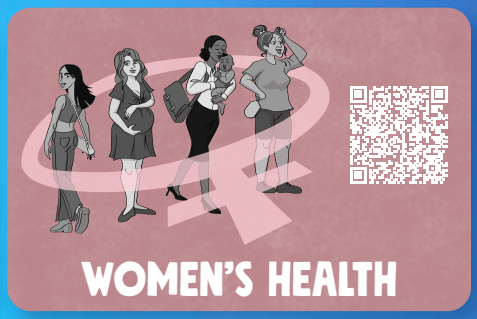
# HAVING TROUBLE CHOOSING A PRODUCT?



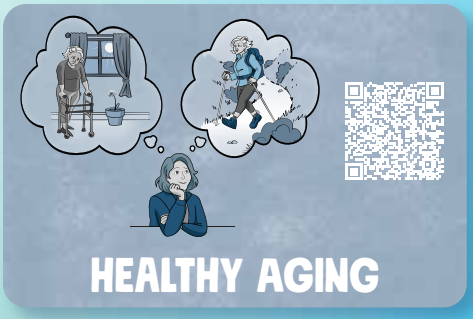

PROBIOTICS



MEDICINAL MUSHROOMS



WOMEN'S HEALTH



HEALTHY AGING



OMEGAS



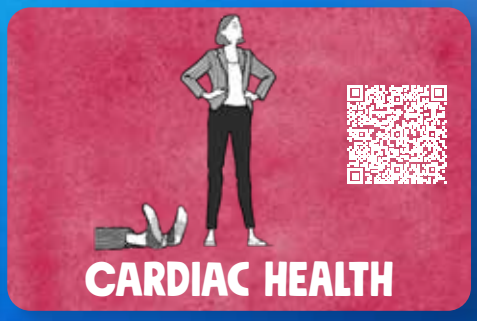
DIGESTION



MAGNESIUM



STRESS MANAGEMENT



CARDIAC HEALTH

## TRY OUR PRODUCT SELECTOR QUIZZES

New Roots HERBAL

newrootsherbal.com

Made in Canada

CURRENT GOOD MANUFACTURING PRACTICES cGMP CERTIFIED

TESTED IN AN ISO 17025 ACCREDITED LABORATORY

NON GMO

CANADIAN FAMILY-OWNED AND OPERATED SINCE 1985

ND Approved

To ensure these products are right for you, always read and follow label directions.

# EyeSurance
## Natural Lutein 25 mg and Zeaxanthin 5 mg
softgels




### Maintains Healthy Eyesight
### Helps Prevent Cataracts and AMD

Source of antioxidants for the maintenance of good health and of eye health. Helps to maintain eyesight in conditions associated with sunlight damage, such as cataracts and age-related macular degeneration. Helps to reduce the risk of developing cataracts. Helps to improve macular pigment optical density.

### Each softgel contains:

| | |
|---|---|
| Lutein (from marigold [*Tagetes erecta*] flower) | 25 mg |
| Zeaxanthin (from marigold [*Tagetes erecta*] flower) | 5 mg |

### Other ingredients

Organic sunflower oil, rosemary **extract**, beeswax, and natural vitamin E (D-*alpha*-tocopherol, from sunflower) in a softgel composed of annatto **extract**, bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 1 softgel daily with a meal containing oil/fat, or as directed by your health-care practitioner.

**#2724 · 30 softgels · UPC 6-28747-12724-0**
**#2725 · 60 softgels · UPC 6-28747-12725-7**
NPN 80109354 · V0675-R2
**Eye Health**

# Femina Flora
## Vaginal Flora
vaginal ovules




### 10 Billion Probiotics · 4 strains Specific Strength + Selected Special Strains

Provides microorganisms that temporarily modify vaginal flora.

### Each vaginal ovule contains

| | |
|---|---|
| *Lactobacillus rhamnosus* R0011 | 8.09 billion CFU |
| *Lactobacillus acidophilus* R0418 | 982 million CFU |
| *Streptococcus salivarus* ssp. *thermophilus* HA-110 | 616 million CFU |
| *Lactobacillus delbrueckii* ssp. *bulgaricus* HA-137 | 312 million CFU |

### Other ingredients

Lactose, vitamin C (ascorbic acid), and vegetable magnesium stearate in a capsule composed of bovine gelatin, purified water, and glycerin.

### Directions of use

**Adult women:** Insert 1 ovule intravaginally daily before bed for 10 days or as directed by your health-care practitioner. Gently twist narrow part of the ovule into applicator until firmly inserted. If you are taking antibiotics, use this product at least 2–3 hours before or after them.

**#1065 · 10 vaginal ovules · UPC 6-28747-11065-5**
NPN 80041956 · V0031-R5
**Probiotics · Women's Health**

Full line of probiotics, p. 175–188

# Femina Flora Oral
## Women's Probiotic
capsules




### 55 Billion + Live Active Probiotics Delivered Safely to the Intestines
### 16 Strains · Supports Gastro/Intestinal Health and Immunity
### Natural Water-Based GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid
### DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

### Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (55 billion) to the intestines

| | |
|---|---|
| **Human Strains** | |
| *Bifidobacterium bifidum* UB4925 | 2 billion CFU |
| *Bifidobacterium breve* UB3917 | 2 billion CFU |
| *Bifidobacterium longum* ssp. *longum* UB6897 | 2 billion CFU |
| *Lactobacillus gasseri* UB9507 | 750 million CFU |
| *Lactobacillus johnsonii* UB2214 | 750 million CFU |
| *Lactobacillus acidophilus* LA-14 | 300 million CFU |
| *Lactobacillus rhamnosus* GG | 300 million CFU |
| **Plant Strains** | |
| *Lactiplantibacillus plantarum* UB6473 | 8 billion CFU |
| *Lactobacillus acidophilus* UB6535 | 5.25 billion CFU |
| **Dairy Strains** | |
| *Lacticaseibacillus rhamnosus* UB6056 | 19.3 billion CFU |
| *Lacticaseibacillus casei* UB9297 | 12 billion CFU |
| *Lactobacillus crispatus* UB1947 | 750 million CFU |
| *Lacticaseibacillus paracasei* UB8017 | 600 million CFU |
| *Lactobacillus helveticus* UB5772 | 500 million CFU |
| *Limosilactobacillus reuteri* UB4772 | 500 million CFU |
| *Lactobacillus casei* LC-11 | 300 million CFU |
| Vitamin C | 6 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, potato starch, tapioca maltodextrin, mono- and dipotassium phosphates, sodium chloride, sucrose, trehalose, and vegetable magnesium stearate in a GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults and adolescents:** Take 1–2 capsules daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#2168 · 30 vegetable capsules · UPC 6-28747-12168-2**
NPN 80116921 · V0578-R3
**Digestive Health · Probiotics · Women's Health**

Full line of probiotics, p. 175–188

# Fermented Products

New Zealand

## Beef Bone Broth Protein

**+ Organic Fermented Ginger** powder



**Grass-Fed · 25 g Proteins (83% Protein), 110 Calories per Portion · Antibiotic-, BSE- and Hormone-Free · 100% Natural Gluten-Free · Non-GMO**

Our slow-simmered, traditionally made beef bone broth is made from the bones and connective tissues of New Zealand grass-fed cattle. Bone broth is a rich source of collagen, featuring the entire spectrum of amino acids, as well as vitamins B3, B6, and B12, instrumental to aid normal growth and development, and as a factor in energy metabolism. The smooth flavour and soothing aroma of fermented ginger adds a subtle finish to the flavour profile while amplifying its health benefits.

### Ingredient

Grass-fed beef bone broth protein powder and **organic** fermented ginger powder.

### Directions of use

Pump up the protein content of soups, stews, and sauces; or serve it solo as a delicious bouillon "on-the-go." **For a broth:** Add 3 rounded tbsp. (30 g) per 300 ml of hot water; if needed, add more water. Salt to taste. **For recipe ideas, visit newrootsherbal.com/recipes.**

### Nutrition Facts · Per 3 rounded tbsp. (30 g)

| Calories 110 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Potassium 125 mg | 3 % |
| Saturated 0 g + *Trans* 0 g | 0 % | Calcium 0 mg | 0 % |
| Carbohydrate 3 g | | Iron 0.3 mg | 2 % |
| Fibre 1 g | 4 % | Niacin 1.75 mg | 11 % |
| Sugars 0 g | 0 % | Vitamin B6 0.25 mg | 15 % |
| Protein 25 g | | Vitamin B12 0.8 µg | 33 % |
| Cholesterol 0 mg | | Selenium 2.5 µg | 5 % |
| Sodium 270 mg | 12 % | Molybdenum 4 µg | 9 % |

*5% or less is a little, 15% or more is a lot

### Typical amino acid profile (g/portion of 30 g)**

| | | | |
|---|---|---|---|
| Glycine | 4.975 | Valine* | 0.716 |
| Proline | 2.885 | Phenylalanine* | 0.582 |
| Glutamic acid | 2.796 | Threonine* | 0.523 |
| Hydroxyproline | 2.601 | Isoleucine* | 0.422 |
| Alanine | 2.125 | Tyrosine | 0.308 |
| Arginine | 1.913 | Histidine* | 0.264 |
| Aspartic acid | 1.520 | Methionine* | 0.212 |
| Lysine* | 0.967 | Tryptophan* | 0.039 |
| Leucine* | 0.955 | Cysteine | 0.022 |
| Serine | 0.748 | Taurine | 0.022 |

*Essential Amino Acid · **Average Analysis

**#2462 · 300 g / 10 portions · UPC 6-28747-02462-4**
PM0821-R1
NONTAXABLE ITEM
**Amino Acids and Proteins · Bone Health · Fermented Products Functional Foods · Joint Health · Keto Diet · Muscle Support Sport Nutrition**

Organic

## Fermented Ginger

**Whole-Food Powder**



**Unsweetened and No Flavour Added · 10 Calories per Portion 100% Pure · Gluten-Free Non-GMO**

Experience spicey, soothing flavour with a subtle sweet finish. Fermented Ginger elevates the flavour profile and health quotient of your favorite recipes.

### Ingredient

**Organic** fermented ginger root.

### Recommended use

Add to teas, smoothies, soups, sauces, marinades, vinaigrettes, baked goods, and more. Need a reset? Try ½ tsp. fermented ginger with 1 tbsp. lime or lemon juice in 8 oz (230 ml) of ice water.

### Nutrition Facts · Per 1 tsp. (3 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Cholesterol 0 mg | |
| Saturated 0 g + *Trans* 0 g | 0 % | Sodium 0 mg | 0 % |
| Carbohydrate 2 g | | Potassium 0 mg | 0 % |
| Fibre 0 g | 0 % | Calcium 0 mg | 0 % |
| Sugars 0 g | 0 % | Iron 0 mg | 0 % |
| Protein 0.2 g | | | |

*5% or less is a little, 15% or more is a lot

**#2279 · 150 g / 50 portions · UPC 6-28747-02279-8**
P0761-R1
NONTAXABLE ITEM
**Digestive Health · Fermented Products · Functional Foods**

Organic

## Fermented Red Beet

**Whole-Food Powder**



**Unsweetened and No Flavour Added 10 Calories per Portion · 100% Pure Gluten-Free · Non-GMO**

A powerful dietary source of health-promoting nutrients, our tasty fermented red beet root powder brings to your body the great properties of phenols, while enhancing the benefits of nitric oxide (NO) within. In addition, the fermentation process consumes the beet's naturally occurring sugar and increases its nutrient bioavailability.

### Ingredient

**Organic** fermented red beet root.

### Recommended use

Add to water, smoothies, fruit juice, garden cocktails, yogurts, baked goods, signature dips, spreads, or hot beverages.

# Fermented Products

### Nutrition Facts · Per 1 tsp. (3 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Cholesterol 0 mg | |
| Saturated 0 g + *Trans* 0 g | 0 % | Sodium 40 mg | 2 % |
| Carbohydrate 2 g | | Potassium 150 mg | 3 % |
| Fibre 1 g | 4 % | Calcium 10 mg | 1 % |
| Sugars 1 g | 1 % | Iron 0.4 mg | 2 % |
| Protein 0.5 g | | | |

*5% or less is a little, 15% or more is a lot

**#2340 · 150 g / 50 portions · UPC 6-28747-02340-5**
P0796-R1
NONTAXABLE ITEM
**Fermented Products · Functional Foods · Heart and Blood**

Organic

## Fermented Superfood Blend

powder

**+ Inulin from Jerusalem Artichoke**




29 Fully Fermented Plants
Unsweetened and No Flavour Added
35 Calories per Portion
100% Natural · Gluten-Free
Non-GMO

Fermented to maximize nutritional value · Very high source of fibre · Gut-friendly · Vegan · Nondairy · No soy · Add to taste in soups, stews, and shakes

### Ingredients

**Organic** fermented greens blend (**organic** wheatgrass, **organic** alfalfa grass, **organic** spirulina, **organic** broken-cell chlorella, **organic** barley grass, **organic** oat grass, **organic** rockweed, Vitakelp™) • **Organic** fermented fruit blend (**organic** noni fruit, **organic** amla fruit, **organic** apple, **organic** strawberry, **organic** blackcurrant, **organic** blueberry, **organic** cranberry, **organic** pomegranate juice, **organic** raspberry) • **Organic** fermented vegetable blend (**organic** carrot, **organic** beet, **organic** parsley, **organic** spinach, **organic** broccoli, **organic** kale, **organic** green cabbage, **organic** onion, **organic** pea protein) • **Organic** fermented flaxseed fibre • **Organic** fermented ginger • **Organic** fermented turmeric • **Organic** inulin (from Jerusalem artichoke).

### Nutrition Facts · Per 1½ tbsp. (11 g)

| Calories 35 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0.4 g | 1 % | Protein 2 g | |
| Saturated 0 g + *Trans* 0 g | 0 % | Cholesterol 0 mg | |
| Polyunsaturated 0.2 g | | Sodium 95 mg | 4 % |
| Omega-6 0.1 g | | Potassium 0 mg | 0 % |
| Omega-3 0.1 g | | Calcium 0 mg | 0 % |
| Monounsaturated 0.1 g | | Iron 0 mg | 0 % |
| Total Carbohydrate 7 g | | | |
| Dietary Fibre 6 g | 21 % | | |
| Sugars 1 g | 1 % | | |

*5% or less is a little, 15% or more is a lot

**#2341 · 230 g / 21 portions · UPC 6-28747-02341-2**
PM0792-R1
NONTAXABLE ITEM
**Digestive Health · Fermented Products · Functional Foods**

Organic

## Fermented Turmeric

**Whole-Food Powder**




Unsweetened and
No Flavour Added
10 Calories per Portion
100% Pure · Gluten-Free · Non-GMO

Antioxidant-rich turmeric ranks among the world's superfoods for both health benefits and culinary versatility. Our organic turmeric is naturally fermented for an enhanced flavour profile and ease of intestinal assimilation. It's a great way to invigorate the nutritional quotient of smoothies and soups, while being a great fit for countless culinary applications.

### Ingredient

**Organic** fermented turmeric root.

### Recommended use

Add to water, juice, smoothies, or your favourite beverages including hot teas. Can be used in cooking with curries, marinades, vegetables, stir-fry, and stews, as well as for your signature dips or spreads. Try it on popcorn or roasted nuts.

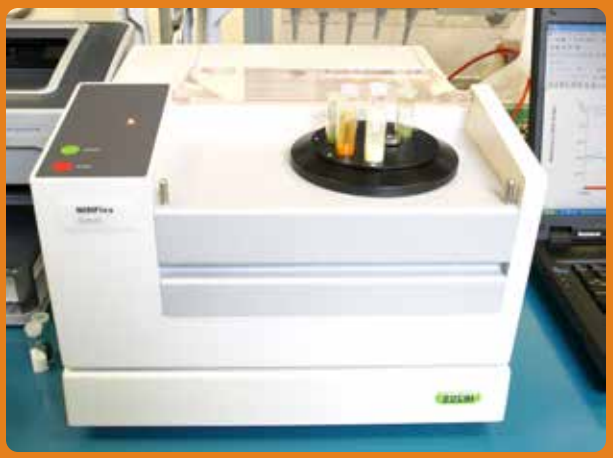
### Nutrition Facts · Per 1 tsp. (3 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Cholesterol 0 mg | |
| Saturated 0 g + *Trans* 0 g | 0 % | Sodium 0 mg | 0 % |
| Carbohydrate 2 g | | Potassium 100 mg | 2 % |
| Fibre 1 g | 4 % | Calcium 10 mg | 1 % |
| Sugars 0 g | 0 % | Iron 1.75 mg | 10 % |
| Protein 0.2 g | | | |

*5% or less is a little, 15% or more is a lot

**#2281 · 150 g / 50 portions · UPC 6-28747-02281-1**
P0760-R1
NONTAXABLE ITEM
**Fermented Products · Functional Foods**

Fermented products become more concentrated during processing. The near-infrared spectroscope (below) ensures a botanical origin, aided by HPTLC to fingerprint the exact material identity. ICP-MS and GC-MS test for heavy metals and pesticides, respectively.



# Fibre Ultra Rich
## Plantago + Inulin
powder




### Promotes Regularity and Cleansing

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content. Psyllium provides gentle relief of constipation and irregularity.

### Each teaspoon contains

| | |
|---|---|
| Psyllium (*Plantago ovata*) husk | 2,128 mg |
| Roselle (*Hibiscus sabdariffa*) | 126 mg |
| Inulin (from chicory root [*Cichorium intybus*]) | 100 mg |
| Clove (*Syzygium aromaticum*) flower bud | 53 mg |
| Licorice (*Glycyrrhiza glabra*) root | 53 mg |

### Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

### Directions of use

**Adults ≥ 19 years old:** Take 1 teaspoon twice daily. For each gram of psyllium, take with at least 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Mix well and drink immediately. Maintain adequate fluid intake. Effects observed 12–24 hours after the first dose; results may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

Note: Also take 1–2 capsules of enteric-coated Acidophilus Ultra each day. Start progressively or as directed by your health-care practitioner. Acidophilus Ultra capsules are protected from the harsh stomach acid with our GPS™ enteric coating; this guarantees intestinal delivery for maximum benefits.

**#0166 · 340 g / ≈136 doses · UPC 6-28747-00166-3**
NPN 80044396 · PM0077-R1
**Digestive Health · Weight Management**

# Fibre Ultra Rich
## Psyllium · 550 mg
capsules




### Regularity · Cleansing
### Lowers Cholesterol
### Promotes Heart Health

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Each vegetable capsule contains

| | |
|---|---|
| Psyllium (*Plantago ovata*) husk | 405.36 mg |
| Roselle (*Hibiscus sabdariffa*) flower | 80.98 mg |
| Inulin (from chicory root [*Cichorium intybus*]) | 42.92 mg |
| Clove (*Syzygium aromaticum*) flower bud | 10.12 mg |
| Licorice (*Glycyrrhiza glabra*) root | 10.12 mg |

### Other ingredients

Stevia (*Stevia rebaudiana*) leaf **extract** and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults ≥ 19 years old:** Take 3–9 capsules three times daily or as directed by your health-care practitioner. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. If you are taking other medications, take this product 2 hours before or after them. For cholesterol and heart health, take 9 capsules three times daily.

### Duration of use

Effects observed 12–24 hours after the first dose; results may take 2–3 days. Avoid long-term use, and consult a health-care practitioner for use beyond 6 weeks.

Note: Also take 1 or 2 capsules of enteric-coated Acidophilus Ultra each day.

**#0396 · 100 vegetable capsules · UPC 6-28747-10396-1**
NPN 80032690 · V0109-R2
**Digestive Health · Weight Management**

# Fibre Ultra Rich
## Psyllium + Inulin
powder




### Regularity · Cleansing
### Lowers Cholesterol
### Promotes Heart Health

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Each teaspoon contains

| | |
|---|---|
| Psyllium (*Plantago ovata*) husk | 1,945 mg |
| Roselle (*Hibiscus sabdariffa*) flower | 414 mg |
| Licorice (*Glycyrrhiza glabra*) root | 52 mg |
| Inulin (from chicory root [*Cichorium intybus*]) | 36 mg |
| Clove (*Syzygium aromaticum*) flower bud | 6 mg |

### Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

### Directions of use

**Adults ≥ 19 years old:** Take 1–3 teaspoons twice daily. For cholesterol and heart health, take 3 teaspoons twice daily. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. If you are taking other medications, take this product 2 hours before or after them.

### Duration of use

Effects observed 12–24 hours after the first dose; results may take 2–3 days. Minimum daily dose may be increased up to maximum daily dose, until desired effect is obtained.

Note: Also take 1–2 capsules of enteric-coated Acidophilus Ultra each day. Our Acidophilus Ultra capsule is protected by an enteric coating, which allows the probiotic content to resist stomach acid as well as to reach the intestines alive and intact to deliver their beneficial activity.

**#0156 · 200 g / ≈ 80 doses · UPC 6-28747-00156-4**
**#0085 · 340 g / ≈ 136 doses · UPC 6-28747-00085-7**
NPN 80034692 · PM0079-R1
**Digestive Health · Weight Management**

**Fish Oils: See Omegas 157–164**

# Flaxseed Oil

**Made with Cold-Pressed, Organic Flax · 1,000 mg** softgels




## Source of Omega-3, -6, -9

Source of essential fatty acids and of omega-3 for the maintenance of good health.

## Each softgel contains

| | |
|---|---|
| 100% Pure, cold-pressed, **organic** flax (*Linum usitatissimum*) seed oil, hexane-free | 1,000 mg |
| **Providing:** | |
| *alpha*-Linolenic acid (ALA) omega-3 fatty acids | 40–60% |
| Oleic acid (OA) | 10–20% |
| Linoleic acid (LA) | 10–20% |

## Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) and rosemary (*Rosmarinus officinalis*) leaf extract in a softgel composed of annatto extract, bovine gelatin, glycerin, and purified water.

## Directions of use

**Adults:** As a dietary supplement, take 2 softgels two to four times daily or as directed by your health-care practitioner.

**#0590 · 180 softgels · UPC 6-28747-10590-3**
NPN 80015256 · V0033-R5
**Essential Fatty Acids · Heart and Blood**

# Folate 102

## FORSIGHT: NATURAL V. SYNTHETIC

**Our lutein and zeaxanthin are from marigold.
Our lycopene is from tomatoes.
Phytonutrients should be sourced from their original plant source.
When sources are not listed, they are likely synthetic...
and up to 5× cheaper!**



# Forsight

**Complete Vision Formula** capsules




## Supports Optimal Eye Health
## Reduces Risk of Cataracts and AMD

Provides antioxidants for the maintenance of eye health. Helps to maintain and support eyesight and eye health in conditions (associated with sunlight damage) such as cataracts and age-related macular degeneration. Helps to reduce the risk of developing cataracts. Helps to improve macular pigment optical density.

## Each vegetable capsule contains

| | |
|---|---|
| Lutein from **marigold flower extract** (*Tagetes erecta*) | 5.5 mg |
| Zeaxanthin (2 mg), from marigold (*Tagetes erecta*) **extract** | 10 mg |
| Astaxanthin (200 mcg), from *Haematococcus pluvialis* **extract** | 13.33 mg |
| Bilberry (*Vaccinium myrtillus*) European fruit **extract**, 25% anthocyanosides | 80 mg |
| Vitamin C (ascorbic acid) | 170 mg |
| Vitamin B3 (niacinamide) | 75 mg |
| Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric proanthocyanidins | 50 mg |
| DL-*alpha*-Lipoic acid | 50 mg |
| Fruit blend, 20% multianthocyanidins* | 25 mg |
| *Provided by bilberry fruit and **extract**, grape seed **extract**, and grape skin **extract** | |
| L-Glutathione (L-glutathione reduced) | 25 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 25 mg |
| Vitamin B2 (riboflavin) | 25 mg |
| Vitamin E (D-*alpha*-tocopheryl acid succinate) | 20.1 mg AT (30 IU) |
| Lycopene (500 mcg), **from tomato** (*Solanum lycopersicum*) flesh **extract** | 10 mg |
| Vitamin B1 (thiamine hydrochloride) | 5 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 5 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 5 mg |
| Zinc (from zinc citrate) | 5 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 2 mg |
| Copper (from copper gluconate) | 500 mcg |
| Selenium (from yeast-free L-selenomethionine) | 50 mcg |

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule twice daily with a meal containing oil/fat or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 3 months.

**#0993 · 30 vegetable capsules · UPC 6-28747-10993-2**
**#0332 · 60 vegetable capsules · UPC 6-28747-10332-9**
NPN 80079876 · V0478-R9
**50+ Health · Eye Health**

# GABA

**600 mg · With Active-Form B6** capsules




## Relaxation

Helps to temporarily promote relaxation. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in tissue formation.

## Each vegetable capsule contains

| | |
|---|---|
| *gamma*-Aminobutyric acid (GABA) | 600 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 2 mg |

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1–5 capsules daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#2136 · 60 vegetable capsules · UPC 6-28747-12136-1**
**#2542 · 150 vegetable capsules · UPC 6-28747-12542-0**
NPN 80074264 · V0590-R2
**Mood Enhancement · Neurological Health · Stress Management**

Full line of antistress products, p. 208–212

# Folic Acid? Active Folate Is Much Better...

## Active Folate

**L-5-Methyltetrahydrofolate** capsules
**1,000 mcg plus Vitamins B6 and B12**




### Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize nutrients; helps in the normal function of the immune system; and helps in tissue formation.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 2 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 2.8 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#1900 · 60 vegetable capsules · UPC 6-28747-11900-9**
NPN 80095778 · V0518-R2
**Maternity · Vitamins and Minerals**

## Active Folate

**L-5-Methyltetrahydrofolate** tablets
**1,000 mcg plus Vitamins B6 and B12**




### Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize carbohydrates, fats, and proteins; and helps in tissue formation.

### Each tablet contains

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 2 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 2.8 mcg |

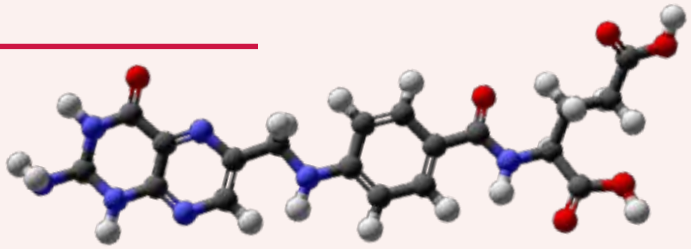
### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#2038 · 60 tablets · UPC 6-28747-12038-8**
NPN 80070154 · V0563-R1
**Maternity · Vitamins and Minerals**





## SCIENCE SAYS...

Folate is the naturally occurring, biologically active form of this critical B-complex constituent. Look for calcium-5-methyltetrahydrafolate on the label to be certain you have chosen active folate.

Folic acid is the synthetic version often found in multivitamins and fortified foods. The body does not use synthetic folic acid as efficiently.

# Garcinia Cambogia

**600 mg**
**60% Hydroxycitric Acid** capsules




## Weight Management

Helps to temporarily increase satiety / feeling of fullness.

## Each vegetable capsule contains

Malabar tamarind (*Garcinia cambogia*) fruit **extract**, 60% hydroxycitric acid . . . 600 mg

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule three times daily before meals or as directed by your health-care practitioner.

**#1943 · 90 vegetable capsules · UPC 6-28747-11943-6**
NPN 80054640 · V0521-R1
**Herbs and Herbal Extracts · Weight Management**

# Garlic:
# Odourless Garlic

**200 mg** capsules




## Cardiovascular Health
## Relieves Symptoms of Upper Respiratory Tract Infections

Garlic is traditionally used in herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions; to help reduce elevated blood lipid levels/hyperlipidaemia in adults; and to help maintain cardiovascular health in adults.

## Each vegetable capsule contains

Odourless garlic (*Allium sativum*) bulb, 1% allicin . . . . . 200 mg
Sweet fennel (*Foeniculum vulgare* ssp. *vulgare* var. *dulce*) seed . . . . . 25 mg

## Other ingredients

Parsley (*Petroselinum crispum*) leaf (200 mg) and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule three times daily or as directed by your health-care practitioner.

## Duration of use

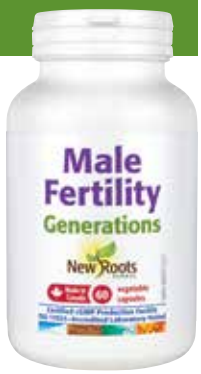
Consult a health-care practitioner for use beyond 2 weeks.

**#0778 · 90 vegetable capsules · UPC 6-28747-10778-5**
NPN 80030358 · V0174-R3
**Cholesterol Management · Cold and Flu · Heart and Blood Herbs and Herbal Extracts**



# Generations:
# Male Fertility

capsules




## Generations

Helps to support sperm cell health; helps to support prostate health; and helps maintain immune function. An antioxidant for the maintenance of good health.

## Each vegetable capsule contains

Acetyl-L-carnitine hydrochloride. . . 225 mg
Vitamin C (ascorbic acid). . . . . 125 mg
*N*-Acetyl-L-cysteine . . . . . 91.67 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . . 50 mg
Astaxanthin 1.5%, from 44.33 mg *Haematococcus pluvialis* . . . . . 44.33 mg
Ashwagandha (*Withania somnifera*) root **extract**, 5% withanolides . . . . . 33.33 mg
Natural vitamin E (mixed tocopherol concentrate, from non-GMO sunflower) . . . . . 12.5 mg
Lycopene . . . . . 3.334 mg
Zinc (from zinc citrate) . . . . . 1.67 mg
Selenium (from yeast-free L-selenomethionine). . . . . 4.17 mcg

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adult men:** Take 3 capsules twice daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 6 months.

**#2109 · 60 vegetable capsules · UPC 6-28747-12109-5**
NPN 80071357 · V0587-R2
**Men's Fertility**

# Geranium
# Pure Essential Oil

***Pelargonium graveolens***




## 100% Pure · Clean · Unadulterated

Aroma: Floral, green, soft, sweet.
Attributes: Nostalgic, purifying, balancing.
Scent note: Middle Note

## Each drop contains

Geranium (*Pelargonium graveolens*) flower essential oil, steam-distilled . . . . . 100%

## Active compounds

Citronellol and geraniol.

## Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

## Duration of use

For external and occasional use only.

**#3204 · 30 ml · UPC 6-28747-13204-3**
O0030-R1
**Essential Oils · Herbs and Herbal Extracts**

Full line of essential oils, p. 82–90

# Ginger
**195 mg · 10% gingerols** capsules




## Clinically Proven to Prevent Nausea
## Relieves Upset Stomach

Clinically shown to help prevent nausea and vomiting associated with motion sickness or seasickness. Traditionally used in herbal medicine to help relieve digestive upset and disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative); and as an expectorant and antitussive to help relieve bronchitis as well as coughs and colds. Relief of symptoms associated to primary dysmenorrhea. Combines the benefits of the rhizome powder and its standardized extract to maximize assimilation and effects.

### Each vegetable capsule contains

| | |
|---|---|
| Ginger (*Zingiber officinale*) rhizome | 100 mg |
| Ginger (*Zingiber officinale*) rhizome 20:1 **extract**, 10% gingerols | 95 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. *For motion sickness:* Take 1 dose 30 minutes before travel.

**#2319 · 30 vegetable capsules · UPC 6-28747-12319-8**
NPN 80087672 · V0639-R1
**Digestive Health · Herbs and Herbal Extracts**

# Ginger
**475 mg** capsules




## Prevents / Relieves
## Nausea and Upset Stomach

Helps prevent nausea and vomiting associated with motion sickness or seasickness. Traditionally used in herbal medicine to help relieve digestive upset including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative); and as an expectorant and antitussive to help relieve bronchitis, coughs, and colds. Provides all the benefits of the rhizome through the synergy of its active ingredients. Suitable for long-term use.

### Each vegetable capsule contains

| | |
|---|---|
| Ginger (*Zingiber offfficinale*) rhizome | 475 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules twice daily with meals or as directed by your health-care practitioner. Take a single dose 30 minutes before travel and every 4 hours as necessary.

**#0830 · 100 vegetable capsules · UPC 6-28747-10830-0**
NPN 80013871 · V0118-R2
**Digestive Health · Herbs and Herbal Extracts**

# Ginger (Fermented):
**Organic**
# Fermented Ginger
**Whole-Food Powder**




## Unsweetened and No Flavour Added · 10 Calories per Portion
## 100% Pure · Gluten-Free
## Non-GMO

Experience spicey, soothing flavour with a subtle sweet finish. Fermented Ginger elevates the flavour profile and health quotient of your favorite recipes.

### Ingredient

**Organic** fermented ginger root.

### Recommended use

Add to teas, smoothies, soups, sauces, marinades, vinaigrettes, baked goods, and more. Need a reset? Try ½ tsp. fermented ginger with 1 tbsp. lime or lemon juice in 8 oz (230 ml) of ice water.

### Nutrition Facts · Per 1 tsp. (3 g)

| **Calories 10** | **% Daily Value*** | | **% Daily Value*** |
|---|---|---|---|
| Fat 0 g | 0 % | Cholesterol 0 mg | |
| Saturated 0 g + *Trans* 0 g | 0 % | Sodium 0 mg | 0 % |
| Carbohydrate 2 g | | Potassium 0 mg | 0 % |
| Fibre 0 g | 0 % | Calcium 0 mg | 0 % |
| Sugars 0 g | 0 % | Iron 0 mg | 0 % |
| Protein 0.2 g | | | |

*5% or less is a little, 15% or more is a lot

**#2279 · 150 g / 50 portions · UPC 6-28747-02279-8**
P0761-R1
**NONTAXABLE ITEM**
**Digestive Health · Fermented Products · Functional Foods**

Full line of fermented products, p. 98–99

# Ginger
# Pure Essential Oil
***Zingiber officinale***




## 100% Pure · Clean · Unadulterated

**Aroma:** Warm, spicy, earthy, woody.
**Attributes:** Soothing, clarifying, energizing.
**Scent note:** Middle Note

### Each drop contains

| | |
|---|---|
| Ginger (*Zingiber officinale*) rhizome essential oil, steam-distilled | 100% |

### Active compound

Zingiberene.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use

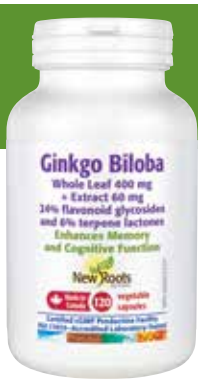
For external and occasional use only.

**#3205 · 30 ml · UPC 6-28747-13205-0**
O0088-R1
**Essential Oils · Herbs and Herbal Extracts**

Full line of essential oils, p. 82–90

# Ginkgo Biloba

**Whole Leaf 400 mg + Extract 60 mg**
**24% flavonoid glycosides**
**and 6% terpene lactones** capsules




## Enhances Memory and Cognitive Function

Helps to enhance cognitive function and memory in aging population and memory in adults. Helps to support peripheral circulation.

## Each vegetable capsule contains

Ginkgo (*Ginkgo biloba*) leaf . . . . . 400 mg
Ginkgo (*Ginkgo biloba*) leaf **extract**,
24% flavonoid glycosides and 6% terpene lactones . . . . . 60 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule two or three times daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#0790 · 60 vegetable capsules · UPC 6-28747-10790-7**
**#0791 · 120 vegetable capsules · UPC 6-28747-10791-4**
NPN 80022257 · V0119-R2
**Heart and Blood · Herbs and Herbal Extracts**
**Memory Help**

# Ginkgo Smart:
# Smart Ginkgo

capsules




## Enhances Memory and Cognitive Function · Peripheral Circulation

Helps to enhance cognitive function and memory in adults, and to support peripheral circulation. Provides antioxidants. Source of fungal polysaccharides with immunomodulating properties. Siberian ginseng is used in herbal medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion, and as a tonic to help relieve general weakness/fatigue and/or to aid during recovery.

## Each vegetable capsule contains

Lion's mane mushroom (*Hericium erinaceus*) **extract**,
standardized to 40% polysaccharides
providing 35% *beta*-glucans . . . . . 170 mg
L-Glutamine . . . . . 150 mg
Siberian ginseng (*Eleutherococcus senticosus*)
root **extract**, 0.8% eleutherosides . . . . . 100 mg
Ginkgo (*Ginkgo biloba*) leaf **extract**,
24% flavonoid glycosides and 6% terpene lactones . . . . . 80 mg
L-Theanine . . . . . 50 mg
Ginkgo (*Ginkgo biloba*) leaf . . . . . 40 mg
Whole gotu kola (*Centella asiatica*) . . . . . 40 mg
Bacopa (*Bacopa monnieri*)
25:1 **extract**, 45% bacosides . . . . . 30 mg
Huperzine A, from toothed club-moss
(*Huperzia serrata*) . . . . . 200 mcg

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#1939 · 30 vegetable capsules · UPC 6-28747-11939-9**
**#0208 · 60 vegetable capsules · UPC 6-28747-10208-7**
NPN 80108131 · V0156-R5
**Heart and Blood · Memory Help**

# Ginseng:
# Panax Ginseng

**20% Ginsenosides · 300 mg** capsules




## Increases Energy and Reduces Mental Fatigue

Used in herbal medicine as supportive therapy for the promotion of healthy glucose levels, to help support cognitive function or reduce mental fatigue, and to help enhance physical performance.

## Each vegetable capsule contains

*Panax ginseng* root and leaf **extract**,
standardized to a minimum of
20% ginsenosides
(including both Rb and Rg ginsenosides) . . . . . 300 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules daily with meals or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 3 months.

**#0780 · 90 vegetable capsules · UPC 6-28747-10780-8**
NPN 80075193 · V0028-R3
**50+ Health · Energy · Herbs and Herbal Extracts · Sexual Health (Men)**
**Sport Nutrition**

# Ginseng:
# Siberian Ginseng

**0.8% Eleutherosides** capsules




## Improves Mental and Physical Performance

Used in herbal medicine as a tonic to help relieve general weakness/fatigue, or to help improve mental or physical performance after periods of mental or physical exertion.

## Each vegetable capsule contains

Siberian ginseng (*Eleutherococcus senticosus*) root **extract** . . . . . 250 mg
**Providing:**
0.8% eleutherosides B and E
Siberian ginseng (*Eleutherococcus senticosus*) root . . . . . 235 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

### Duration of use
Consult a health-care practitioner for use beyond 1 month.

**#0779 · 90 vegetable capsules · UPC 6-28747-10779-2**
NPN 80025577 · V0080-R4
**Energy · Herbs and Herbal Extracts · Immune Health · Sport Nutrition Stress Management**

## Glucosamine Sulfate
**500 mg** capsules




### Relieves Osteoarthritis Joint Pain · Protects Against Cartilage Deterioration
### SODIUM-FREE

A factor in maintaining cartilage and joint health. Helps to relieve joint pain associated with osteoarthritis. Helps to protect against the deterioration of cartilage.

### Each vegetable capsule contains
Glucosamine sulfate (from crab or shrimp exoskeleton, stabilized with potassium chloride), sodium-free. . . . . 500 mg

### Other ingredients
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule three times daily or as directed by your health-care practitioner.

### Duration of use
Use for a minimum of 4 weeks to see beneficial effects.

**#0614 · 120 vegetable capsules · UPC 6-28747-10614-6**
**#0615 · 300 vegetable capsules · UPC 6-28747-10615-3**
NPN 80010450 · V0034-R1
**50+ Health · Joint Health · Pain and Inflammation**

## Glucosamine Sulfate
**750 mg** capsules




### Relieves Osteoarthritis Joint Pain Protects Against Cartilage Deterioration · SODIUM-FREE

A factor in maintaining good cartilage and joint health. Helps to relieve joint pain associated with osteoarthritis and with osteoarthritis of the knee. Helps to protect against the deterioration of cartilage.

### Each vegetable capsule contains
Glucosamine sulfate (from crab or shrimp exoskeleton, stabilized with potassium chloride), sodium-free. . . . . 750 mg

### Other ingredients
Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

### Duration of use
Use for a minimum of 4 weeks to see beneficial effects.

**#0617 · 120 vegetable capsules · UPC 6-28747-10617-7**
NPN 80043822 · V0036-R2
**50+ Health · Joint Health · Pain and Inflammation**

Vegan

## Glucosamine
**750 mg** capsules




### Joint Health and Cartilage Support
Helps to maintain cartilage/joint health.

### Each vegetable capsule contains
Glucosamine hydrochloride (from *Aspergillus niger*). . . . . 750 mg

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

### Duration of use
Use for at least 1 month to see beneficial effects.

**#2533 · 60 vegetable capsules · UPC 6-28747-12533-8**
NPN 80101263 · V0697-R2
**50+ Health · Joint Health · Pain and Inflammation**

## Glucose Align
**Advanced Formula** capsules




### Promotes Healthier Blood Sugar Levels

Provides support for healthy glucose metabolism. Helps to maintain normal blood glucose levels; to maintain/support the body's ability to metabolize nutrients; and to prevent chromium deficiency. Supports good health.

### Each vegetable capsule contains
Berberine (from 200 mg of berberine hydrochloride) . . . . . 181 mg
*trans*-Resveratrol . . . . . 100 mg
(From 200 mg of Japanese knotweed [*Reynoutria japonica*] root **extract**)
Cassia cinnamon (*Cinnamomum aromaticum*) bark **extract**, 10% polyphenols. . . . . 50 mg
DL-*alpha*-Lipoic acid . . . . . 50 mg
Bitter melon (*Momordica charantia*) fruit **extract**. . . . . 25 mg
*Gymnema sylvestre* leaf **extract**, 25% gymnemic acids . . . . . 25 mg
Chromium (from chromium picolinate) . . . . . 250 mcg

### Other ingredients
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults ≥ 19 years old:** Take 2 capsules daily with a meal or as directed by your health-care practitioner.

### Duration of use
Consult a health-care practitioner for use beyond 6 weeks.

**#3030 · 60 vegetable capsules · UPC 6-28747-13030-1**
NPN 80121138 · V0753-R1
**Blood Glucose Management**

Glucose support :
→ **Blood Sugar Balance** 55

## Glutamic Acid
**500 mg** capsules




### Amino Acid
L-Glutamic acid is a nonessential amino acid involved in protein synthesis.

### Each vegetable capsule contains
L-Glutamic acid . . . . . 500 mg

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 3 capsules daily with meals and water or as directed by your health-care practitioner.

**#0671 · 100 vegetable capsules · UPC 6-28747-10671-9**
NPN 80030136 · V0108-R1
**Amino Acids and Proteins · Memory Help**
**Neurological Health · Sport Nutrition**

## Glutamine:
## L-Glutamine
**500 mg** capsules




### Gut Health · Muscle Repair
Helps in muscle cell repair and to restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps support immune and digestive system health after periods of physical stress.

### Each vegetable capsule contains
L-Glutamine. . . . . 500 mg

### Other ingredients
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 4 capsule three times daily with a meal or as directed by your health-care practitioner. *For weight training:* **Adults:** Take 3 capsules up to six times (9 g) daily.

**#0865 · 120 vegetable capsules · UPC 6-28747-10865-2**
**#0866 · 240 vegetable capsules · UPC 6-28747-10866-9**
NPN 80010311 · V0100-R2
**Amino Acids and Proteins · Digestive Health · Muscle Support**
**Sport Nutrition**

## Glutamine:
## L-Glutamine
powder




### Muscle Recovery · Amino Acid
Helps support immune and digestive system health after periods of physical stress. Helps restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps to assist in muscle cell repair after exercise.

### Each rounded teaspoon (5 g) contains
L-Glutamine. . . . . 5 g

### Directions of use
**Adults:** Mix 1 rounded teaspoon (approx. 5 g) with cold liquid once daily or as directed by your health-care practitioner. We recommend weighing L-Glutamine for precise dosage.

**#0868 · 250 g · UPC 6-28747-00868-6**
NEW SIZE!
**#3613 · 500 g · UPC 6-28747-03613-9**
NPN 80021094 · P0163-R1
**Amino Acids and Proteins · Digestive Health · Muscle Support**
**Sport Nutrition**

## Glutathione
**Reduced · 200 mg**
**+ Vitamin C 50 mg** capsules




### Free-Radical Protection
### Immune Support
An antioxidant for the maintenance of good health. Helps protect cells against the oxidative damage caused by free radicals. Helps support immune function.

### Each vegetable capsule contains
L-Glutathione
(L-glutathione reduced) . . . . . 200 mg
Vitamin C (ascorbic acid). . . . . 50 mg

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#0598 · 30 vegetable capsules · UPC 6-28747-10598-9**
**#0599 · 60 vegetable capsules · UPC 6-28747-10599-6**
NPN 80025650 · V0446-R2
**Antioxidants · Detoxification · Immune Health**



## Glutathione:
# S-Acetyl-Glutathione
**100 mg** capsules




### Intracellular Antioxidant
### Superior Assimilation

Source of antioxidants that help protect cells against the oxidative damage caused by free radicals.

### Each vegetable capsule contains

| | |
|---|---|
| S-Acetylglutathione | 100 mg |
| **Providing** | |
| L-Glutathione | 87 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–2 capsules daily or as directed by your health-care practitioner.

**#2416 · 60 vegetable capsules · UPC 6-28747-12416-4**
NPN 80091902 · V0670-R1
**Antioxidants · Detoxification · Immune Health · Neurological Health**

# Goji Seed Oil
**Certified Organic**




### Moisturizer for Sensitive Skin

Our goji seed oil is hydrating and reduces the look of aging and of sun spots. It is ideal for sensitive skin.

### Each bottle contains

| | |
|---|---|
| **Organic** goji (*Lycium barbarum*) seed oil, $CO_2$ supercritical **extract**, nondeodorized | 15 ml |

With added **organic** rosemary (*Rosmarinus officinalis*) leaf **extract**.

### Ingredients

**Organic** *Lycium barbarum* seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

**#1599 · 15 ml · UPC 6-28747-21599-2**
OM0120-R2
**Beauty · Exotic Skin Oils · Skin**

Full line of exotic skin oils, p. 92–95



# Gotu Kola
**500 mg** capsules




### Improves Memory
### Stimulates Appetite

Traditionally used in Ayurvedic medicine as *Smrtiprada* (memory-enhancing activity) to improve memory; to relieve lack or loss of the appetite for food and to relieve cough; to help relieve *Jvara* and *Kasa* (fever and cough); as *Rasayana* (rejuvenative tonic); as *Medhya* (brain tonic); and as *Dipana* (digestive tonic) to help promote digestion.

### Each vegetable capsule contains

| | |
|---|---|
| Whole gotu kola (*Centella asiatica*) | 500 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules twice daily or as directed by your health-care practitioner.

**#0829 · 100 vegetable capsules · UPC 6-28747-10829-4**
NPN 80022868 · V0038-R2
**Digestive Health · Herbs and Herbal Extracts Memory Help**

# Grapefruit Seed Extract
**With Wormwood and Echinacea** capsules




### Antiparasitic

This formula is a combination of grapefruit, echinacea, and wormwood **extracts**, which are traditionally used in herbal medicine as a vermifuge (to expel intestinal worms). Echinacea helps relieve sore throats and symptoms of upper respiratory tract infections.

### Each vegetable capsule contains

| | |
|---|---|
| Echinacea (*Echinacea angustifolia*) root | 161 mg |
| Wormwood (*Artemisia absinthium*) aerial part | 161 mg |
| Grapefruit seed **extract** | 84 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 5 capsules twice daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 1 month.

**#0885 · 90 vegetable capsules · UPC 6-28747-10885-0**
NPN 80048368 · V0039-R2
**Herbs and Herbal Extracts · Parasitic and Fungal Management**

> "We have two lives, and the second one begins when we realize we only have one."
>
> *Confucius*

# Grapefruit Seed Extract

liquid concentrate




## Safe Travels

This formula is a combination of natural **extracts** of grapefruit, lemon, and tangerine seeds, used by health-care practitioners to provide nutritional support for individuals with certain health concerns. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, and teeth. An antioxidant for the maintenance of good health.

## Each drop contains

Grapefruit seed **extract**
(560 mcg of vitamin C per drop) . . . . . 7 mg

## Other ingredient

Vegetable glycerin.

## Directions of use

**Adults:** Mix 12–15 drops in a glass of water or juice, one to three times daily, with or without meals, or as directed by your health-care practitioner.

**#1641 · 30 ml · UPC 6-28747-21641-8**
**#0142 · 112 ml · UPC 6-28747-20142-1**
**#0009 · 250 ml · UPC 6-28747-20009-7**
NPN 80036596 · LM0064-R1
**Herbs and Herbal Extracts · Parasitic and Fungal Management**

# Grapeseed

**Extract**
**80% Oligomeric Proanthocyanidins**
**150 mg**

capsules




## Antioxidant

A source of antioxidants for the maintenance of good health.

## Each vegetable capsule contains

**Organic** bilberry
(*Vaccinium myrtillus*) fruit . . . . . 300 mg
Grape (*Vitis vinifera*) seed **extract**,
80% oligomeric proanthocyanidins. 150 mg
Grape (*Vitis vinifera*) skin **extract**, 25% polyphenols . . . . 100 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 3 months. Use for at least 1 month to see beneficial effects.

**#1226 · 60 vegetable capsules · UPC 6-28747-11226-0**
NPN 80096625 · V0204-R4
**Antioxidants · Heart and Blood · Herbs and Herbal Extracts**

# Grapeseed

**Extract**
**80% Oligomeric Proanthocyanidins**
**500 mg**

capsules




## Antioxidant

A source of antioxidants for the maintenance of good health. Grape seed extract also helps to relieve symptoms related to non-complicated chronic venous insufficiency (CVI), such as sensation of swelling, heaviness and tingling of the legs.

## Each vegetable capsule contains

Grape (*Vitis vinifera*) seed **extract**,
80% oligomeric proanthocyanidins. . . . . 500 mg
Cranberry (*Vaccinium macrocarpon*) fruit concentrate . . . 100 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

## Duration of use

*For CVI:* Use for a minimum of 1 month to see beneficial effects. Consult a health-care practitioner for use beyond 3 months.

**#1225 · 60 vegetable capsules · UPC 6-28747-11225-3**
NPN 80035162 · V0343-R3
**Antioxidants · Heart and Blood · Herbs and Herbal Extracts**

# Grass-Fed Beef Liver

**Pure Glandular · 600 mg**

capsules




## Hormone- and Pesticide-Free
## Supports Immunity

Supports good health.
Helps support immune function.

## Each vegetable capsule contains

Liver organ,
from bovine source (*Bos taurus*)* . . 600 mg
Vitamin C (ascorbic acid). . . . . 6 mg

*Superior-quality, freeze-dried organ powder, from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

## Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 6 capsules daily or as directed by your health-care practitioner.

**#1963 · 30 vegetable capsules · UPC 6-28747-11963-4**
**#3434 · 90 vegetable capsules · UPC 6-28747-13434-7**
**#3187 · 180 vegetable capsules · UPC 6-28747-13187-2**
NPN 80119351 · V0541-R1
**Detoxification · Glandular Extracts**



# Grass-Fed Beef Spleen

**Pure Glandular · 650 mg** capsules




## Hormone- and Pesticide-Free
## Supports Immunity

Supports good health.
Helps support immune function.

### Each vegetable capsule contains

| | |
|---|---|
| Spleen (organ), from bovine source (*Bos taurus*)* | 650 mg |
| Vitamin C (ascorbic acid) | 6 mg |

*Superior-quality, freeze-dried organ from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#1964 · 30 vegetable capsules · UPC 6-28747-11964-1**
**#3435 · 90 vegetable capsules · UPC 6-28747-13435-4**
NPN 80058174 · V0527-R2
**Glandular Extracts · Immune Health**

# Grass-Fed Lamb Pancreas

**Pure Glandular · 450 mg** tablets




## Hormone- and Pesticide-Free
## Supports Good Health

### Each tablet contains

| | |
|---|---|
| Pancreas organ (from lamb [*Ovis aries*])* | 450 mg |
| Vitamin C (ascorbic acid) | 6 mg |

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, and silicon dioxide.

### Directions of use

**Adults:** Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#2027 · 30 tablets · UPC 6-28747-12027-2**
**#3437 · 90 tablets · UPC 6-28747-13437-8**
NPN 80071898 · V0556-R2
**Blood Glucose Management · Digestive Health · Glandular Extracts**

# Grass-Fed Lamb Thymus

**Pure Glandular · 450 mg** tablets




## Hormone- and Pesticide-Free
## Supports Immunity

Supports good health.
Helps support immune function.

### Each tablet contains

| | |
|---|---|
| Glandular thymus (from lamb [*Ovis aries*]) | 450 mg |
| Vitamin C | 6 mg |

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

### Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner.

**#2482 · 30 tablets · UPC 6-28747-12482-9**
**#3436 · 90 tablets · UPC 6-2877-13436-1**
NPN 80103735 · V0524-R2
**Glandular Extracts · Immune Health**

# Green Tea

**Extract · 500 mg · 75% EGCG** capsules




## Antioxidant

Source of antioxidants for the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| Green tea (*Camellia sinensis*) leaf **extract**, 75% epigallocatechin-3-gallate (EGCG) | 500 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#1696 · 60 vegetable capsules · UPC 6-28747-11696-1**
NPN 80032105 · V0449-R4
**Antioxidants · Heart and Blood · Herbs and Herbal Extracts**
**Weight Management**



## Green Tea Matcha:
# Matcha

powder




### First Harvest · Organic Green Tea Pesticide-Free

Matcha green tea, unlike regular dried green tea, is made using the whole tea leaf, stone-ground to a fine powder. It contains at least three times as much EGCG (antioxidant). Our matcha comes from the first harvest of shade-grown tea leaves in Asia.

### Ingredient

Pure **organic** premium matcha green tea (*Camellia sinensis*).

### Preparation

Mix ¼–½ teaspoon per 150 ml cup of hot water. Adjust to taste.

**#1874 · 30 g · UPC 6-28747-01874-6**
**#1907 · 100 g · UPC 6-28747-01907-1**
P0659-R2

**NONTAXABLE ITEM**

**Antioxidants · Energy · Functional Foods**
**Green Foods · Teas and Herbal Teas**

# Hair & Scalp

softgels




### For Healthier, Stronger Hair

Helps to promote and maintain hair health. Helps in tissue formation. Helps to metabolize nutrients. Helps in the formation of red blood cells. Grape seed extract is a source of antioxidants for the maintenance of good health.

### Each softgel contains

| | |
|---|---|
| **Certified organic** pumpkin (*Cucurbita pepo*) seed oil | 400 mg |
| Taurine (2-aminoethanesulfonic acid) | 240 mg |
| Wild-crafted saw palmetto (*Serenoa repens*) fruit liposterolic **extract**, 95% fatty acids ($CO_2$-extracted) | 185 mg |
| Field horsetail (*Equisetum arvense*), 4.9 mg of silicon | 150 mg |
| **Certified organic** evening primrose (*Œnothera biennis*) seed oil | 100 mg |
| Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]), 40% eicosapentaenoic acid (EPA), 20% docosahexaenoic acid (DHA) | 50 mg |
| Flax (*Linum usitatissimum*) seed **extract**, 40% secoisolariciresinol diglucoside | 50 mg |
| Whole stinging nettle (*Urtica dioica*) **extract**, 1% silicic acid | 50 mg |
| Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric proanthocyanidins | 35 mg |
| Green tea (*Camellia sinensis*) leaf **extract**, 75% epigallocatechin-3-gallate (EGCG) | 35 mg |
| Apple (*Pyrus malus*) fruit **extract**, 5% proanthocyanidins B2 | 12 mg |
| Vitamin B3 (niacinamide) | 8 mg |
| Vitamin B5 (calcium D-pantothenate) | 8 mg |
| Silicon (from silicon dioxide) | 7 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 2 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 2 mg |
| Biotin | 150 mcg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 50 mcg |
| Vitamin B12 (methylcobalamin) | 25 mcg |
| Vitamin D3 (cholecalciferol) | 12.5 mcg (500 IU) |

### Other ingredients

Beeswax, sunflower lecithin, and microcrystalline cellulose in a softgel composed of annatto **extract** (in sunflower oil), bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 2 softgels daily with meals or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 3 months.

**#1612 · 30 softgels · UPC 6-28747-11612-1**
**#1555 · 60 softgels · UPC 6-28747-11555-1**
NPN 80072372 · V0439-R19

**Hair**

# Hawthorn Berry

**500 mg**

capsules




### Supports Cardiovascular Health

Traditionally used in herbal medicine to help maintain and support cardiovascular health in adults.

### Each vegetable capsule contains

| | |
|---|---|
| Hawthorn (*Crataegus monogyna*) berry | 500 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–2 capsules twice daily with a meal or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of two months to see beneficial effects.

**#0828 · 100 vegetable capsules · UPC 6-28747-10828-7**
NPN 80021188 · V0043-R2

**Heart and Blood · Herbs and Herbal Extracts**

# Heart Mag

**770 mg Magnesium Orotate**

capsules




### Supports Healthy Cardiac Function Gentle on the Stomach

Research supports the ability of true magnesium orotate to support cardiac function under stress. Promotes maintenance of healthy muscle function, including that of the heart muscle. Helps maintain the body's ability to metabolize nutrients, maintain a normal electrolyte balance, with tissue formation, and the development and maintenance of bones and teeth. Magnesium and orotic acid exert complementary effects on the biosynthesis of pyrimidine nucleotides, and maintain normal glycogen stores, protein synthesis, ATP levels, and contractile function.

### Each vegetable capsule contains

| | |
|---|---|
| Fully reacted magnesium orotate | 770 mg |
| **Providing:** | |
| Elemental magnesium | 50 mg |
| Orotic acid | 650 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule four times daily or as directed by your health-care practitioner.

**#2311 · 60 vegetable capsules · UPC 6-28747-12311-2**
NPN 80084636 · V0642-R1
**Heart and Blood · Vitamins and Minerals**

Full line of magnesium supplements, p. 130–133

## Heart Smart Extra Virgin Organic Olive Oil




### First Cold-Pressed · Non-GMO

Plant sterol–fortified to promote healthy cholesterol levels. Helps lower total blood and LDL cholesterol. Helps maintain healthy cholesterol levels.

### Each tablespoon contains

| | |
|---|---|
| Plant sterols esters (combined *beta*-sitosterols, campesterols, and stigmasterols) | 375 mg |

### Other ingredients

**Certified organic** extra virgin olive (*Olea europaea*) oil and natural vitamin E (mixed tocopherol concentrate, from non-GMO sunflower). Nitrogen-flushed to maintain optimum freshness, prevent oxidation, and ensure maximum nutritional value.

### Fatty Acids

| | |
|---|---|
| Oleic | 56–85% |
| Linoleic | 3.5–20% |
| Palmitic | 7.5–20% |
| Stearic | 0.5–5% |

### Directions of use

**Adults:** Take 3 tablespoons daily with food or as directed by your health-care practitioner. Stir into soups, stews, and sauces; or use for light sautéing. Its taste of sweet butter with subtle notes of pear, along with its low acidity level, makes it excellent for vinaigrettes, marinades, or as a replacement for butter or margarine on your toast. Enjoy a cholesterol-reduced breakfast, lunch, or dinner. Great-tasting and low in saturated fat; salt-, gluten-, cholesterol-, and *trans* fat–free.

**#1626 · 500 ml · UPC 6-28747-21626-5**
NPN 80059927 · OM0116
**Cooking Oils · Functional Foods · Heart and Blood**

> "Everyone has inside them a piece of good news. The good news is you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is."
>
> *Anne Frank*

## Heavy Metal Detox

capsules




Helps to support the normal detoxification processes involved in the removal of heavy metals to which the body is exposed on a daily basis. Helps to support and protect liver function, an organ involved in the detoxification process. Helps with immune function.

### Each vegetable capsule contains

| | |
|---|---|
| *N*-Acetyl-L-cysteine | 500 mg |
| Vitamin C (ascorbic acid) | 200 mg |
| DL-*alpha*-Lipoic acid | 50 mg |

### Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule one to three times daily with meals providing protein or as directed by your health-care practitioner.

### Duration of use

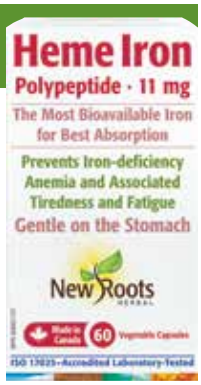
Consult a health-care practitioner for use beyond 4 weeks.

**#0801 · 120 vegetable capsules · UPC 6-28747-10801-0**
NPN 80024488 · V0208-R5
**Detoxification**

## Heme Iron

**Polypeptide · 11 mg**

capsules




### The Most Bioavailable Iron for Best Absorption
### Prevents Iron-deficiency Anemia and Associated Tiredness and Fatigue
### Gentle on the Stomach

Helps to form red blood cells and helps in their proper function. A factor in the maintenance of good health. Helps to prevent iron deficiency, iron-deficiency anaemia, and associated tiredness and fatigue.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (ascorbic acid) | 90 mg |
| Iron (heme iron polypeptide, from domestic pig [*Sus scrofa*] hemoglobin) | 11 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 333 mcg |
| Vitamin B12 (methylcobalamin) | 333 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 7 weeks.

NEW CHILD-RESISTANT PACKAGE!
**#3495 · 23 vegetable capsules · UPC 6-28747-13495-8**
**#1876 · 30 vegetable capsules · UPC 6-28747-11876-7**
**#2185 · 60 vegetable capsules · UPC 6-28747-12185-9**
NPN 80061737 · V0514-R2
**Vitamins and Minerals · Women's Health**

Full line of iron supplements, p. 118–119

# Heme Iron (Bovine)

**Polypeptide · 11 mg**
**BSE-Free**

capsules




## The Most Bioavailable Iron for Best Absorption Gentle on the Stomach

Helps to form red blood cells and helps in their proper function. A factor in the maintenance of good health. Helps to prevent iron-deficiency anemia and associated tiredness and fatigue.

## Each vegetable capsule contains

| | |
|---|---|
| Iron (heme iron polypeptide, from bovine hemoglobin) | 11 mg |
| Vitamin C (ascorbic acid) | 90 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 333 mcg |
| Vitamin B12 (methylcobalamin) | 333 mcg |

From cattle free of hormones and bovine spongiform encephalopathy (BSE).

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!
**#3497 · 23 vegetable capsules · UPC 6-28747-13497-2**
**#2494 · 30 vegetable capsules · UPC 6-28747-12494-2**
**#2495 · 60 vegetable capsules · UPC 6-28747-12495-9**
NPN 80093863 · V0691-R1
**Vitamins and Minerals · Women's Health**

Full line of iron supplements, p. 118–119

*Hericium erinaceus:*

# Lion's Mane

**500 mg · Hot-Water Extract**

capsules




## Medicinal Mushrooms Cognitive Health Immune-Boosting 35% *beta*-Glucans (175 mg) from 40% Polysaccharides (200 mg)

Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants.

## Each vegetable capsule contains

| | |
|---|---|
| Lion's mane (*Hericium erinaceus*) mushroom **extract**, standardized to 40% polysaccharides (200 mg) providing 35% *beta*-glucans (175 mg) | 500 mg |

Hot-water extraction.

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal. Dosage can be increased up to 3 capsules daily.

**#1868 · 60 vegetable capsules · UPC 6-28747-11868-2**
**#2297 · 120 vegetable capsules · UPC 6-28747-12297-9**
NPN 80070799 · V0510-R2
**Medicinal Mushrooms · Memory Help · Neurological Health**

Full line of medicinal mushrooms, p. 137–141

*Hericium erinaceus:*
**Mushroom Lovers**

# Lion's Mane Powder




## Medicinal Mushrooms Cognitive Health · Immune Support Organic · Creamy, Lobster-like Taste

Source of fungal polysaccharides with immunomodulating properties. Supports cognitive health.

## Each ¾ teaspoon contains

| | |
|---|---|
| **Organic** lion's mane (*Hericium erinaceus*) | 1 g |

## Directions of use

*Source of fungal polysaccharides:* **Adults:** Take two 1 g (two ¾ teaspoons) servings daily or as directed by your health-care practitioner. *Supports cognitive health:* **Adults 50 years and older:** Take two 1 g (two ¾ teaspoons) servings daily or as directed by your health-care practitioner. • Mix product well in 1 cup (250 ml) of hot liquid (water, coffee, tea, etc.) and steep covered for 5 to 20 minutes before ingesting.

**#2579 · 100 g / 100 doses · UPC 6-28747-02579-9**
NPN 80111122 · P0831-R1
**Functional Foods · Immune Health · Medicinal Mushrooms Memory Help · Neurological Health**

Full line of medicinal mushrooms, p. 137–141

# Holy Basil Max

**500 mg · Potent 10% Ursolic Acid**

capsules




## Increases Energy and Resistance to Mental and Physical Stress

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress). Traditionally used in Ayurveda as an expectorant and/or demulcent to help relieve cough (*Kasa*) and colds; as an expectorant to help relieve respiratory mucus buildup (catarrh); as a cardiotonic (*Hrdya*); and to aid digestion (*Dipani*) and stimulate appetite (stomachic). Source of antioxidants.

## Each vegetable capsule contains

| | |
|---|---|
| Holy basil (*Ocimum tenuiflorum*) leaf **extract**, 10.0% ursolic acid | 500 mg |

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

**#2898 · 60 vegetable capsules · UPC 6-28747-12898-8**
NPN 80112767 · V0740-R1
**Cold and Flu · Energy · Herbs and Herbal Extracts Stress Management**

Full line of antistress products, p. 208–212

> "A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing."
>
> *George Bernhard Shaw*

# Homocysteine Reduce

powder




## Clinically Formulated
## Natural Lemon-Lime Flavour

Helps to reduce homocysteine levels, which may be associated with deficiencies of folate or vitamin B12. Helps to support liver function.

### Medicinal ingredients per 9.375 g dose (approximately 2 scoops)

| | |
|---|---|
| Betaine (trimethylglycine) | 4 g |
| Inositol (*myo*-inositol) | 1.5 g |
| Choline bitartrate | 1 g |
| Zinc (from zinc bisglycinate) | 30 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 10 mg |
| Vitamin B12 (methylcobalamin) | 1.5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |

### Other ingredients

Natural lemon/lime flavour, isomaltulose (naturally occurring disaccharide from sugar beet), DL-malic acid, microcrystalline cellulose, stevia (*Stevia rebaudiana*) leaf **extract**, and silicon dioxide.

### Directions of use

**Adults (19 years and over):** Take 2 scoops daily with food. Mix with 150–250 ml of water (dilute to taste) or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of 3 weeks to see beneficial effects.

**#2210 · 285 g / 30 doses · UPC 6-28747-02210-1**
NPN 80061652 · PM0094-R2
**Heart and Blood**

# Horny Goat Weed

***Epimedium grandiflorum***
**500 mg**

capsules




## Helps Increase Libido

Horny goat weed is used in traditional Chinese medicine to strengthen kidney *yang* and to help increase libido by tonifying the kidney *yang*.

### Each vegetable capsule contains

| | |
|---|---|
| Horny goat weed (*Epimedium grandiflorum*) **extract**, 20% icariin | 500 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults ≥ 19 years old:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Take for a minimum of 4 weeks to see improvements. Consult a health-care practitioner for use beyond 6 months.

**#0847 · 60 vegetable capsules · UPC 6-28747-10847-8**
NPN 80042652 · V0220-R3
**Herbs and Herbal Extracts · Sexual Health (Men)**

# Hospital Bacteria

**Defense**

capsules




## 10 Billion+ Live Active Whole Cells Delivered Safely to the Intestines
## *Saccharomyces boulardii*
## Helps to Reduce the Risk of Antibiotic-Associated Diarrhea
## Supports Healthy Immunity

Source of probiotics. Helps reduce the risk of antibiotic-associated diarrhea. Helps support intestinal/gastrointestinal health and a favourable gut flora. Helps maintain/support immune function. A factor in the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| *Saccharomyces boulardii* | 10 billion CFU |
| Vitamin C (ascorbic acid) | 6 mg |

### Other ingredients

Maltodextrin and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults and children ≥ 6 years old:** Take 1–3 capsules daily or as directed by your health-care practitioner. If you are taking antifungal medications, take this product at least 2–3 hours before or after them.

**#1588 · 30 vegetable capsules · UPC 6-28747-11588-9**
NPN 80110227 · V0436-R2
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

# Human Probiotics

**Colonizing Flora**

capsules




## 42 Billion + Live Active Probiotics Delivered Safely to the Intestines
## 12 Strains · Supports Gastro/Intestinal Health and Immunity
## GPS™ Enteric Coating
## Gastric Protective System
## Survives Stomach Acid
## DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

### Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live, active, healthy, and whole cells (42 billion) to the intestines

**Human Strains**

| | |
|---|---|
| *Ligilactobacillus salivarius* UB3488 | 16 billion CFU |
| *Lactobacillus gasseri* UB9507 | 5 billion CFU |
| *Limosilactobacillus fermentum* UB3678 | 4 billion CFU |
| *Bifidobacterium longum* ssp. *infantis* UB5660 | 3 billion CFU |
| *Bifidobacterium animalis* ssp. *lactis* UB9439 | 3 billion CFU |
| *Bifidobacterium bifidum* UB4925 | 3 billion CFU |
| *Bifidobacterium breve* UB3917 | 3 billion CFU |
| *Bifidobacterium longum* ssp. *longum* UB6897 | 3 billion CFU |
| *Lactobacillus johnsonii* UB2214 | 1 billion CFU |

*Bifidobacterium animalis* ssp. *lactis* BL-04 . . . . . 400 million CFU
*Lacticaseibacillus rhamnosus* GG. . . . . 400 million CFU
*Lactobacillus acidophilus* LA-14 . . . . . 200 million CFU
Vitamin C (ascorbic acid). . . . . 6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, trehalose, tapioca maltodextrin, sodium chloride, mono- and dipotassium phosphate, sucrose, and vegetable magnesium stearate in a non-GMO GPS™ vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#2166 · 30 vegetable capsules · UPC 6-28747-12166-8**
NPN 80131384 · V0579-R3
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

## IBS Urgency

**Irritable Bowel Syndrome** capsules




### 10 Billion + Live Active Probiotics Delivered Safely to the Intestines
### 5 Strains · Supports Gastro/Intestinal Health · Reduces Instances of Diarrhea
### GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid

Could help reduce the duration of diarrhea in people with irritable bowel syndrome. Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.

### Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 5 strains of live, active, healthy, and whole cells (10 billion) to the intestines

**Human Strains**
*Bifidobacterium longum* ssp. *infantis* R0033 . . . . 3.40 billion CFU
*Bifidobacterium longum* ssp. *longum* R0175 . . . . 3.40 billion CFU
*Lactobacillus acidophilus* R0418 . . . . . 1.13 billion CFU
**Plant Strain**
*Lactobacillus plantarum* R1012 . . . . . 1.13 billion CFU
**Dairy Strain**
*Lactobacillus rhamnosus* R0011 . . . . . 1.13 billion CFU
Bovine colostrum (from *Bos taurus*) . . . . . 180 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

### Duration of use

Consult a health-care practitioner for prolonged use.

**#1521 · 30 vegetable capsules · UPC 6-28747-11521-6**
**#1945 · 60 vegetable capsules · UPC 6-28747-11945-0**
NPN 80042032 · V0374-R4
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

## Indole-3-Carbinol

**150 mg** capsules




### Supports Healthy Estrogen Balance

Source of antioxidants. Helps to support healthy estrogen metabolism/balance.

### Each vegetable capsule contains

Indole-3-carbinol (I-3-C) . . . . . 150 mg

### Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules once daily or as directed by your health-care practitioner.

**#1151 · 60 vegetable capsules · UPC 6-28747-11151-5**
NPN 80072220 · V0327-R3
**Women's Health**

## Infla-Heal Plus

capsules




### Inflammation and Pain Support for Joint, Muscle, and Tendon Health
### GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid

Used in herbal medicine to help relieve minor pain, swelling, and inflammation.

### Each enteric-coated vegetable capsule contains

Pancreatic enzymes (from domestic pig [*Sus scrofa*])
4× concentrate . . . . . 250 mg
**Providing the following:**
Protease (25,000 USP proteolytic units)
Amylase (25,000 USP amyloglucosidase units)
Lipase (2,000 USP lipase units)
Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem), 2,400 GDU/g (6,480,000 FCC papain units). . . . . 180 mg
Trypsin (from domestic pig [*Sus scrofa*] pancreas) (18,000 USP trypsin units) . . . . . 120 mg
**Providing** 5,400–12,960 USP chymotrypsin units
Rutin (from Japanese pagoda tree [*Styphnolobium japonicum*] flower bud) . . . . . 85 mg
Papain (from papaya [*Carica papaya*] fruit) (1,800,000 FCC papain units) . . . . . 18 mg
Serratiopeptidase (30,000 SU). . . . . 13.63 mg
L-Cysteine hydrochloride . . . . . 10 mg
Zinc (from zinc gluconate). . . . . 2.6 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults:** Take 1 capsule two to four times daily with food or as directed by your health-care practitioner. Swallow whole; do not crush or chew. If you are taking other medications, take this product a few hours before or after them. Use the smallest effective dose which controls symptoms.

### Duration of use

*For swelling and pain reduction:* Consult a health-care practitioner for use beyond 7 days. *For the reduction of ear, nose, and throat infections, or as a mucolytic enzyme:* Consult a health-care practitioner for use beyond 4 weeks.

**#1832 · 30 vegetable capsules · UPC 6-28747-11832-3**
**#1829 · 90 vegetable capsules · UPC 6-28747-11829-3**
**#1825 · 180 vegetable capsules · UPC 6-28747-11825-5**
NPN 80044720 · V0499-R2
**Enzymes · Pain and Inflammation**

## Inositol:
# Myo-Inositol
powder




### PCOS Management · Enhances Fertility by Improving Ovarian Function · Healthy Glucose Metabolism / Mood Balance

Helps to improve ovarian function in women with oligomenorrhea and polycystic ovaries; in the management of polycystic ovarian syndrome (PCOS) by helping to restore normal ovarian function; in the management of PCOS by reducing oxidative stresses; to restore ovulation and oocyte quality, and to normalize menstrual cycle irregularities; to reduce serum testosterone in women with PCOS; and in the management of PCOS's hormonal and metabolic conditions by promoting healthy glucose metabolism. As an important component of phospholipids, inositol can assist in regulating cellular response for healthy body functioning. Helps support healthy mood balance.

### Each scoop contains

| | |
|---|---|
| Inositol (*myo*-inositol) | 4 g |

100% Vegan. Does not alter taste of drinks when mixed in.

### Directions of use

**Adults:** Take 1 scoop added to 250 ml of water or juice, one to three times daily or as directed by your health-care practitioner. *For healthy mood balance:* Take 3 scoops daily or as directed by your health-care practitioner. We recommend weighing Myo-Inositol for precise dosage.

### Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

**#2208 · 125 g/31 doses · UPC 6-28747-02208-8**
**#2209 · 250 g/62 doses · UPC 6-28747-02209-5**
**#2081 · 500 g/125 doses · UPC 6-28747-02081-7**
NPN 80072476 · P0003-R0
**Blood Glucose Management · Women Fertility**

> "Being generous often consists of simply extending a hand. That's hard to do if you are grasping tightly to your righteousness, your belief system, your superiority, your assumptions about others, your definition of normal."
>
> *Patti Digh*

## Intensity Probiotic:
# Probiotic Intensity
**Extra Daily Care**
capsules




### 20 Billion + Live Active Probiotics Delivered Safely to the Intestines 16 Strains + Colostrum · Supports Gastro/Intestinal Health and Immunity · GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid
### SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (20 billion) to the intestines:**

| | |
|---|---|
| **Human Strains** | |
| *Lactobacillus johnsonii* UB2214 | 1.9 billion CFU |
| *Bifidobacterium animalis* ssp. *lactis* UB9439 | 1.42 billion CFU |
| *Lactobacillus gasseri* UB9507 | 1.42 billion CFU |
| *Ligilactobacillus salivarius* UB3488 | 1.4 billion CFU |
| *Bifidobacterium bifidum* UB4925 | 950 million CFU |
| *Bifidobacterium longum* ssp. *infantis* UB5660 | 315 million CFU |
| *Bifidobacterium longum* ssp. *longum* UB6897 | 315 million CFU |
| *Bifidobacterium breve* UB3917 | 315 million CFU |
| **Plant Strains** | |
| *Lactiplantibacillus plantarum* UB6473 | 70 million CFU |
| *Lactobacillus acidophilus* UB6535 | 30 million CFU |
| **Dairy Strains** | |
| *Lacticaseibacillus rhamnosus* UB6056 | 7.46 billion CFU |
| *Lacticaseibacillus casei* UB9297 | 1.9 billion CFU |
| *Lactobacillus crispatus* UB1947 | 1.9 billion CFU |
| *Lactobacillus helveticus* UB5772 | 540 million CFU |
| *Lacticaseibacillus paracasei* UB8017 | 52 million CFU |
| *Lactococcus lactis* LL-23 | 13 million CFU |
| Vitamin C (ascorbic acid) | 6 mg |
| Bovine colostrum (from *Bos taurus*) | 25 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan (AOS), inulin, xylooligosaccharides (XOS), non-GMO potato starch, non-GMO tapioca maltodextrin, vegetable magnesium stearate, silicon dioxide, acacia gum, and sucrose in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

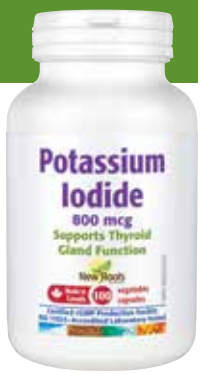
### Duration of use

Consult a health-care practitioner for prolonged use.

**#1880 · 30 vegetable capsules · UPC 6-28747-11880-4**
**#1878 · 60 vegetable capsules · UPC 6-28747-11878-1**
NPN 80136157 · V0498-R5
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

## Iodide (Potassium):
# Potassium Iodide
**800 mcg** capsules




### Supports Thyroid Gland Function
Helps in the function of the thyroid gland. A factor in the maintenance of good health.

### Each vegetable capsule contains
Iodine . . . . . 800 mcg
(from 1.05 mg of potassium iodide)

### Other ingredients
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#1533 · 100 vegetable capsules · UPC 6-28747-11533-9**
NPN 80024925 · V0422-R1
Vitamins and Minerals

## Iodide (Potassium):
# Potassium Iodide
**65 mg** tablets




### For Nuclear Emergency Use Only Not for Daily Use
Thyroid blocking agent for use in nuclear emergencies which involve the release of radioiodine.

### Each tablet contains
Potassium iodide . . . . . 65 mg

### Other ingredients
Dicalcium phosphate, microcrystalline cellulose, vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, and silicon dioxide.

### Directions of use
Take as directed by a public official if a nuclear emergency should happen. Take just before or shortly after exposure to radioiodine. For children under 6 years old, crush or dissolve tablets into food or drink prior to consumption; do not allow child to swallow tablet whole. **2 months–3 years:** Take half a tablet daily; **4–18 years old:** Take 1 tablet daily; **18 years+:** Take 2 tablets daily; or as directed by your health-care practitioner. Take daily until threat is over as directed by public officials.

**#3141 · 60 tablets · UPC 6-28747-13141-4**
NPN 80086446 · V0765-R1
Vitamins and Minerals

# Iron 118–119

> "If you look at how long the Earth has been here, we're living in the blink of an eye. So, whatever it is you want to do, you go out and do it."
>
> *Jamie Foxx*

# Iron Bisglycinate
**35 mg Elemental Iron** capsules




### Helps Prevent Iron-Deficiency Anemia · Gentle on the Stomach
A factor in the maintenance of good health. Helps to form red blood cells and to prevent iron-deficiency anemia.

### Each vegetable capsule contains
Iron (from iron bisglycinate). . . . . 35 mg
Vitamin C (ascorbic acid). . . . . 75 mg
Inositol hexanicotinate, flush-free (providing 4.55 mg of vitamin B3) . . . 5 mg
Vitamin B1 (thiamine hydrochloride). . 5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) . . . . . 5 mg
Vitamin B6 (pyridoxal-5'-phosphate). . . . . 5 mg
Copper (from copper citrate) . . . . . 1 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . 1,000 mcg
Vitamin B12 (methylcobalamin). . . . . 1,000 mcg

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!
**#3506 · 10 vegetable capsules · UPC 6-28747-13506-1**
**#1898 · 30 vegetable capsules · UPC 6-28747-11898-9**
**#3186 · 60 vegetable capsules · UPC 6-28747-13186-5**
NPN 80052360 · V0515-R2
Vitamins and Minerals

# Joint Pain Relief
**With NEM®** capsules




### In as Little as 1 Day
CURCUMIN TESTED BY Carbon-14

Helps to relieve joint pain associated with osteoarthritis. NEM® increases joint flexibility, helps reduce joint pain and stiffness, and provides relief from joint pain due to moderate-intensity aerobic exercise, as quickly as 1 day. NEM® helps minimize discomfort, improve recovery from joint pain and stiffness, and reduce levels of CTX-II, a biomarker of cartilage/joint degradation, due to moderate-intensity aerobic exercise in postmenopausal women.

### Each vegetable capsule contains
NEM® (eggshell membrane) powder. . . . . 250 mg
Boswellia (*Boswellia serrata*) oleogum resin, 70% organic acid providing 35% boswellic acid. . . . . 150 mg
Devil's claw (*Harpagophytum procumbens*) secondary tuber, 5% harpagosides . . . . . 150 mg
Turmeric (*Curcuma longa*) root **extract**, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin . . . . . 100 mg
Black pepper (*Piper nigrum*) fruit **extract**, 95% piperine. . . 2 mg
NEM is a registered trademark of ESM Technologies, LLC.

### Other ingredients
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

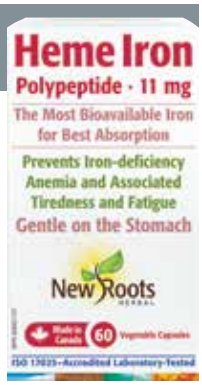
### Directions of use
**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

### Duration of use
Consult a health-care practitioner for use beyond 8 weeks.

**#1735 · 60 vegetable capsules · UPC 6-28747-11735-7**
NPN 80038376 · V0465-R4
Herbs and Herbal Extracts · Pain and Inflammation

# Iron Supplements

## Heme Iron
**Polypeptide · 11 mg** capsules




### The Most Bioavailable Iron for Best Absorption
### Prevents Iron-deficiency Anemia and Associated Tiredness and Fatigue
### Gentle on the Stomach

Helps to form red blood cells and helps in their proper function. A factor in the maintenance of good health. Helps to prevent iron deficiency, iron-deficiency anaemia, and associated tiredness and fatigue.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (ascorbic acid) | 90 mg |
| Iron (heme iron polypeptide, from domestic pig [*Sus scrofa*] hemoglobin) | 11 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 333 mcg |
| Vitamin B12 (methylcobalamin) | 333 mcg |

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.

### Duration of use
Consult a health-care practitioner for use beyond 7 weeks.

NEW CHILD-RESISTANT PACKAGE!
**#3495 · 23 vegetable capsules · UPC 6-28747-13495-8**
**#1876 · 30 vegetable capsules · UPC 6-28747-11876-7**
**#2185 · 60 vegetable capsules · UPC 6-28747-12185-9**
NPN 80061737 · V0514-R2
**Vitamins and Minerals · Women's Health**

## Heme Iron (Bovine)
**Polypeptide · 11 mg**
**BSE-Free** capsules




### The Most Bioavailable Iron for Best Absorption
### Gentle on the Stomach

Helps to form red blood cells and helps in their proper function. A factor in the maintenance of good health. Helps to prevent iron-deficiency anemia and associated tiredness and fatigue.

### Each vegetable capsule contains

| | |
|---|---|
| Iron (heme iron polypeptide, from bovine hemoglobin) | 11 mg |
| Vitamin C (ascorbic acid) | 90 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 333 mcg |
| Vitamin B12 (methylcobalamin) | 333 mcg |

From cattle free of hormones and bovine spongiform encephalopathy (BSE).

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!
**#3497 · 23 vegetable capsules · UPC 6-28747-13497-2**
**#2494 · 30 vegetable capsules · UPC 6-28747-12494-2**
**#2495 · 60 vegetable capsules · UPC 6-28747-12495-9**
NPN 80093863 · V0691-R1
**Vitamins and Minerals · Women's Health**

## Iron Bisglycinate
**35 mg Elemental Iron** capsules




### Helps Prevent Iron-Deficiency Anemia · Gentle on the Stomach

A factor in the maintenance of good health. Helps to form red blood cells and to prevent iron-deficiency anemia.

### Each vegetable capsule contains

| | |
|---|---|
| Iron (from iron bisglycinate) | 35 mg |
| Vitamin C (ascorbic acid) | 75 mg |
| Inositol hexanicotinate, flush-free (providing 4.55 mg of vitamin B3) | 5 mg |
| Vitamin B1 (thiamine hydrochloride) | 5 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 5 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 5 mg |
| Copper (from copper citrate) | 1 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1,000 mcg |
| Vitamin B12 (methylcobalamin) | 1,000 mcg |

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!
**#3506 · 10 vegetable capsules · UPC 6-28747-13506-1**
**#1898 · 30 vegetable capsules · UPC 6-28747-11898-9**
**#3186 · 60 vegetable capsules · UPC 6-28747-13186-5**
NPN 80052360 · V0515-R2
**Vitamins and Minerals**



# Iron Supplements

## Super Iron
**15 mg** capsules




### Advanced Formula with Vitamins C and B12

Helps to form red blood cells and helps in their proper function. Vitamin C is an antioxidant for the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (ascorbic acid) | 175 mg |
| Iron (from iron ascorbate) | 15 mg |
| Vitamin B1 (thiamine hydrochloride) | 5 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 5 mg |
| Inositol hexanicotinate, flush-free (vitamin B3) | 2 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 2 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 250 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!
**#3503 · 30 vegetable capsules · UPC 6-28747-13503-0**
**#0970 · 90 vegetable capsules · UPC 6-28747-10970-3**
NPN 80048168 · V0489-R4
**Energy · Vitamins and Minerals · Women's Health**

## Ultra Iron
**30 mg** capsules




### Advanced Formula with Vitamins C and B12

Helps to prevent iron deficiency. Helps to form red blood cells and helps in their proper function.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (ascorbic acid) | 350 mg |
| Iron (from iron ascorbate) | 30 mg |
| Vitamin B1 (thiamine hydrochloride) | 10 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 10 mg |
| Inositol hexanicotinate, flush-free (vitamin B3) | 4 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 4 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 350 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!
**#3501 · 30 vegetable capsules · UPC 6-28747-13501-6**
**#0971 · 90 vegetable capsules · UPC 6-28747-10971-0**
NPN 80047902 · V0485-R3
**Energy · Vitamins and Minerals · Women's Health**

Iron plays many roles within the human body, the most important as the backbone of red blood cells (hemoglobin) that assimilate oxygen within the lungs.

Iron supplementation depends upon accurate elemental values. The on-site laboraotry employs ICP-OES and ICP-MS (pictured) as needed to guarantee our label claim, ensuring consumers get the expected benefits.



NEW PRODUCT! Since December 2025

# Joint-Tissu&MSM

**Stronger Formula** capsules




## Triple-Action Joint Support and Pain Relief for Osteoarthritis

Used in herbal medicine to help relieve joint pain associated with osteoarthritis.

## Each vegetable capsule contains:

Glucosamine sulfate (from crab or shrimp exoskeleton, stabilized with potassium chloride), sodium-free . . . . . 300 mg
Methylsulfonylmethane (MSM) . . . 300 mg
Devil's claw (*Harpagophytum procumbens*) secondary tuber, 5% harpagosides . . . . . 170 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule three times daily or as directed by your health-care practitioner.

## Duration of use

Use for at least 2–3 months to observe beneficial effects.

**#3617 · 90 vegetable capsules · UPC 6-28747-13617-4**
NPN 80143604· V0189-R3
**50+ Health · Joint Health · Pain and Inflammation**

# Joyful:

**New Roots Herbal**

# Joyful

capsules




## Healthy Mood Balance

Helps to promote healthy mood balance. Helps to temporarily promote relaxation.

## Each vegetable capsule contains

*gamma*-Aminobutyric acid (GABA) . . . . . 200 mg
L-Theanine . . . . . 83.33 mg
L-Tryptophan . . . . . 73.333 mg
L-5-Hydroxytryptophan (L-5-HTP) (from *Griffonia simplicifolia* seed) . . . 50 mg
San-qi ginseng (*Panax notoginseng*) leaf 15:1 **extract** . . . . . 50 mg
Phellodendron (*Phellodendron amurense*) bark **extract**, 1% berberine . . . . . 10 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . . 10 mg
Magnolia (*Magnolia officinalis*) bark 50:1 **extract**, 80% magnolol + honokiol . . . . . 5 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . . 333 mcg
Vitamin B12 (methylcobalamin) . . . . . 333 mcg
Vitamin D3 (cholecalciferol) . . . . . 8.33 mcg (333.33 IU)

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

## Duration of use

*For healthy mood balance:* Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

**#2022 · 30 vegetable capsules · UPC 6-28747-12022-7**
**#2024 · 60 vegetable capsules · UPC 6-28747-12024-1**
NPN 80069682 · V0557-R1
**Mood Enhancement · Neurological Health · Stress Management**

Full line of antistress products, p. 208–212

# Juicy

**Immune - Energy** powder




## 8 Organic Berries + 20 Nutraceuticals

## No added sugar · Non-GMO

## Antioxidant · ORAC Value ~5000

Helps with immune function. Provides antioxidants for the maintenance of good health. Helps support liver function. Helps in wound healing; in connective tissue formation; and in collagen formation for the development and maintenance of bones, cartilage, teeth, and gums.
**Calories per dose:** 14 calories.
***From carbohydrates:*** 13 calories. ***From fat:*** 0.5 calories.
***From protein:*** 0.5 calories.

## Each 10 g (2 heaping teaspoons) dose contains

**Freeze-dried organic berry powders**
**Organic** sea buckthorn (*Hippophae rhamnoides*) fruit . . . . . 1,200 mg
**Organic** goji (*Lycium barbarum*) fruit . . . . . 1,000 mg
**Organic** pomegranate (*Punica granatum*) fruit . . . . . 1,000 mg
**Organic** blackberry (*Rubus plicatus*) fruit . . . . . 400 mg
**Organic** strawberry (*Fragaria* × *ananassa*) . . . . . 400 mg
**Organic** red raspberry (*Rubus idaeus*) fruit . . . . . 300 mg
**Organic** sour cherry (*Prunus* ssp.) fruit . . . . . 300 mg
**Organic** bilberry (*Vaccinium myrtillus*) fruit . . . . . 250 mg

**Nutraceuticals**
Inulin (from chicory root) . . . . . 2,210 mg
Lecithin (from non-GMO sunflower oil) . . . . . 1,000 mg
Arabinogalactan (from *Larix laricina*) . . . . . 750 mg
Roselle (*Hibiscus sabdariffa*) flower . . . . . 400 mg
Vitamin C (ascorbic acid) . . . . . 360 mg
Cranberry (*Vaccinium macrocarpon*) fruit concentrate . . 75 mg
Green tea (*Camellia sinensis*) leaf **extract**, 75% epigallocatechin-3-gallate (EGCG) . . . . . 50 mg
Cili (*Rosa roxburghii*) fruit **extract** . . . . . 40 mg
Japanese knotweed (*Fallopia japonica*) root, 50% resveratrol . . . . . 27.5 mg
Astragalus (*Astragalus membranaceus*) root **extract**, 3% astragalosides . . . . . 25 mg
Bilberry (*Vaccinium myrtillus*) European fruit **extract**, 25% anthocyanosides . . . . . 25 mg
Blend of berry **extracts**, 20% multianthocyanidins, from bilberry (*Vaccinium myrtillus*) and grape (*Vitis vinifera*) . . . . . 25 mg
European elderberry (*Sambucus nigra*) fruit **extract** . . . 25 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . 10 mg
Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric proanthocyanidins . . . . . 10 mg
Grape (*Vitis vinifera*) skin **extract**, 25% polyphenols . . . . 10 mg
Marigold (*Tagetes erecta*) flower **extract**, 15% lutein . . 2.25 mg
Zeaxanthin esters (400 mcg) from marigold (*Tagetes erecta*) flower **extract** . . . . . 2 mg
Lycopene (100 mcg) from tomato (*Solanum lycopersicum*) flesh **extract** . . . . . 1 mg
Astaxanthin 1.5%, from 375 mcg of *Haematococcus pluvialis* . . . . . 375 mcg

### Other ingredient
Stevia (*Stevia rebaudiana*) leaf **extract**.

### Directions of use
**Adults:** Mix 2 heaping teaspoons (about 10 g) with at least 8 oz.† (235 ml) of water or other fluids once daily, or as directed by your health-care practitioner.

†Adjust amount of water to taste.

**#1511 · 305 g / ≈ 30 doses · UPC 6-28747-01511-0**
NPN 80082454 · PM0557-R9
**Antioxidants · Energy · Functional Foods · Herbs and Herbal Extracts**
**Immune Health**

## Kava Kava
**400 mg · 30% Kavalactones** capsules




### Promotes Relaxation and Serenity
Used in herbal medicine to help relieve nervousness; as a calmative; as a sedative; and as a sleep aid / to promote sleep.

### Each vegetable capsule contains
Kava kava (*Piper methysticum*) root **extract**, 30% kavalactones . . . 400 mg

### Other ingredients
Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use
Consult a health-care practitioner for use beyond 6 months.

**#2111 · 60 vegetable capsules · UPC 6-28747-12111-8**
NPN 80072998 · V0586-R2
**Herbs and Herbal Extracts · Mood Enhancement**
**Stress Management**

Full line of antistress products, p. 208–212

## Kelp
**225 mg**
**Made with Organic Kelp** tablets




### Supports Thyroid Gland Function
A factor in the maintenance of good health. Helps in the function of the thyroid gland.

### Each tablet contains
Iodine (from 225 mg of **organic** Norwegian kelp [*Ascophyllum nodosum*]). . . . . 225 mcg
**May contain traces of crustaceans, mollusks, and fish.**

### Other ingredients
Microcrystalline cellulose, croscarmellose sodium, and silicon dioxide.

### Directions of use
**Adults:** Take 1–2 tablets daily with meals or as directed by your health-care practitioner.

**#0807 · 100 tablets · UPC 6-28747-10807-2**
**#0314 · 300 tablets · UPC 6-28747-10314-5**
NPN 80020944 · V0047-R6
**Detoxification · Herbs and Herbal Extracts**

## Kidney Clean Flow capsules




### Renal Support
Used in herbal medicine as a diuretic to help relieve symptoms associated with minor urinary tract infections, such as burning sensation and/or frequent urination. Ginger is traditionally used in herbal medicine to help relieve digestive upset/disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative). Cayenne is traditionally used in herbal medicine to support peripheral circulation.

### Each vegetable capsule contains

| | |
|---|---|
| Cranberry (*Vaccinium macrocarpon*) fruit concentrate | 85 mg |
| Marshmallow (*Althaea officinalis*) root | 85 mg |
| Cat's whiskers (*Orthosiphon aristatus*) herb 4:1 **extract** | 84 mg |
| Golden rod (*Solidago virgaurea*) leaf | 63 mg |
| Asparagus (*Asparagus officinalis*) shoot | 51 mg |
| Buchu (*Agathosma betulina*) leaf | 48 mg |
| Ginger (*Zingiber officinale*) rhizome 10:1 **extract, providing 5% gingerols** | 48 mg |
| Parsley (*Petroselinum crispum*) leaf | 48 mg |
| Birch (*Betula pubescens*) leaf | 42 mg |
| Uva ursi (*Arctostaphylos uva-ursi*) leaf 2.5:1 **extract** | 42 mg |
| Cayenne (*Capsicum annuum*) fruit | 21 mg |
| Corn (*Zea mays*) silk 4:1 **extract** | 17 mg |
| Juniper (*Juniperus communis*) berry | 10 mg |
| Black pepper (*Piper nigrum*) fruit **extract**, 95% piperine | 2 mg |

### Other ingredients
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 3 capsules daily or as directed by your health-care practitioner. If you are taking medication or natural health product, take this product a few hours before or after them. Take with meal or shortly after following a meal. Maintain adequate fluid intake while taking this product.

### Duration of use
For occasional use only. Consult a health-care practitioner for use beyond 7 days.

**#1079 · 90 vegetable capsules · UPC 6-28747-11079-2**
NPN 80068833 · V0306-R2
**Urogenital (Men) · Urogenital (Women)**

**NEW PRODUCT! Since September 2025**

## Kidney Glandular
**Grass-Fed · Pure**
**Beef-Sourced**




### Pesticide-Free
### Supports Good Health

### Each tablet contains:

| | |
|---|---|
| Kidney (from bovine [*Bos taurus*]) | 475 mg |
| Vitamin C (ascorbic acid) | 6 mg |

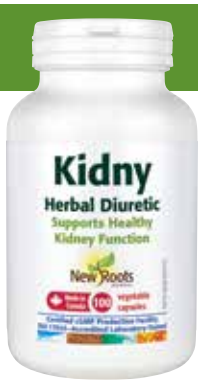
*Superior-quality, freeze-dried organ powder, from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients
Natural peppermint flavour, sorbitol, dicalcium phosphate, vegetable stearic acid, and croscarmellose sodium.

### Directions of use
**Adults:** Take 1 tablet daily or as directed by your health-care practitioner.

**#3532 · 30 tablets · UPC 6-28747-13532-0**
NPN 80112197 · V0523-R1
**Glandular Extracts · Urogenital (Men) Urogenital (Women)**

## Kidney
**Herbal Diuretic** capsules




### Supports Healthy Kidney Function
Uva ursi is traditionally used in herbal medicine as a mild diuretic to help relieve symptoms associated with minor urinary tract infections, such as burning sensation and/or frequent urination.

### Each vegetable capsule contains
| | |
|---|---|
| Uva ursi (*Arctostaphylos uva-ursi*) leaf | 345 mg |
| Buchu (*Agathosma betulina*) leaf | 57 mg |
| Ginger (*Zingiber officinale*) rhizome | 57 mg |
| Marshmallow (*Althea officinalis*) root | 57 mg |
| Parsley (*Petroselinum crispum*) leaf | 57 mg |
| Juniper (*Juniperus communis*) berry | 12 mg |

### Other ingredients
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 2 capsules three times daily or as directed by your health-care practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them. Take with food to avoid gastrointestinal upset. Do not take with highly acidic foods (e.g., citrus fruits and juice) or medications which may acidify urine.

### Duration of use
For occasional use only. Consult a health-care practitioner for use beyond 1 week.

**#1346 · 100 vegetable capsules · UPC 6-28747-11346-5**
NPN 80043472 · V0366-R2
**Urogenital (Men) · Urogenital (Women)**

## L-Arginine
**500 mg** capsules




### Amino Acid · Exercise Support
A nonessential amino acid involved in protein synthesis. May help support a modest improvement in exercise capacity in individuals with stable cardiovascular diseases (CVD).

### Each vegetable capsule contains
| | |
|---|---|
| L-Arginine (from L-arginine hydrochloride) | 500 mg |

### Other ingredients
Vegetable magnesium stearate and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 4 capsules three times daily with meals or as directed by your health-care practitioner.

### Duration of use
If you suffer from a cardiovascular disease, consult a health-care practitioner for use beyond 6 weeks.

**#1018 · 100 vegetable capsules · UPC 6-28747-11018-1**
NPN 80021242 · V0153-R5
**Amino Acids and Proteins · Sport Nutrition**

## L-Carnitine Tartrate
**750 mg** capsules




### Athletic Workout Support Muscle Recovery
Athletic workout supplement. Aids in muscle recovery process by reducing muscle tissue damage associated with a resistance training regimen. May help promote an improvement in physical performance when used in conjunction with a training regimen. Helps delay fatigue during physical activity by increasing the metabolism of fats. Helps support fat metabolism.

### Each vegetable capsule contains
| | |
|---|---|
| L-Carnitine tartrate | 750 mg |
| Providing 500 mg of L-carnitine. | |

### Other ingredients
Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Start with 1 capsule twice daily with food and gradually increase to 2 capsules twice daily with food or as directed by your health-care practitioner. Take 2–4 hours prior to exercise.

### Duration of use
Consult a health-care practitioner for use beyond 6 months.

**#1795 · 90 vegetable capsules · UPC 6-28747-11795-1**
NPN 80044764 · V0098-R2
**Amino Acids and Proteins · Sport Nutrition · Weight Management**

## L-Glutamine
**500 mg** capsules




### Gut Health · Muscle Repair
Helps in muscle cell repair and to restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps support immune and digestive system health after periods of physical stress.

### Each vegetable capsule contains
| | |
|---|---|
| L-Glutamine | 500 mg |

### Other ingredients
Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 4 capsule three times daily with a meal or as directed by your health-care practitioner. *For weight training:* **Adults:** Take 3 capsules up to six times (9 g) daily.

**#0865 · 120 vegetable capsules · UPC 6-28747-10865-2**
**#0866 · 240 vegetable capsules · UPC 6-28747-10866-9**
NPN 80010311 · V0100-R2

**Amino Acids and Proteins · Digestive Health · Muscle Support Sport Nutrition**

## L-Glutamine

powder




### Muscle Recovery · Amino Acid

Helps support immune and digestive system health after periods of physical stress. Helps restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps to assist in muscle cell repair after exercise.

### Each rounded teaspoon (5 g) contains

| | |
|---|---|
| L-Glutamine | 5 g |

### Directions of use

**Adults:** Mix 1 rounded teaspoon (approx. 5 g) with cold liquid once daily or as directed by your health-care practitioner. We recommend weighing L-Glutamine for precise dosage.

**#0868 · 250 g · UPC 6-28747-00868-6**
NEW SIZE!
**#3613 · 500 g · UPC 6-28747-03613-9**
NPN 80021094 · P0163-R1

**Amino Acids and Proteins · Digestive Health · Muscle Support Sport Nutrition**

## L-Lysine

500 mg

capsules




### Reduces Recurrence of Cold Sores

Helps to reduce the recurrence, severity, and healing time of cold sores. L-Lysine is one of the nine essential amino acids.

### Each vegetable capsule contains

| | |
|---|---|
| L-Lysine | 500 mg |

From L-lysine monohydrochloride.

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** For cold sores, take 2 capsules three times daily with meals.

**#0252 · 100 vegetable capsules · UPC 6-28747-10252-0**
**#1019 · 250 vegetable capsules · UPC 6-28747-11019-8**
NPN 80000790 · V0151-R2

**Amino Acids and Proteins · Immune Health**

## L-Methionine

500 mg

capsules




### Supports Liver Function Amino Acid Involved in Building Protein

Helps support liver function. Provides an essential amino acid involved in protein synthesis. A factor in the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| L-Methionine | 500 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**6 years old and over:** Take 1 capsule once or twice daily with food or as directed by your health-care practitioner.

**#0148 · 50 vegetable capsules · UPC 6-28747-10148-6**
NPN 80017685 · V0102-R2

**Amino Acids and Proteins · Detoxification**

## L-5-Methyltetrahydrofolate: Active Folate

capsules

**L-5-Methyltetrahydrofolate 1,000 mcg plus Vitamins B6 and B12**




### Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize nutrients; helps in the normal function of the immune system; and helps in tissue formation.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 2 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 2.8 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#1900 · 60 vegetable capsules · UPC 6-28747-11900-9**
NPN 80095778 · V0518-R2

**Maternity · Vitamins and Minerals**

Full line of B vitamins, p. 227–234



## L-5-Methyltetrahydrofolate:
# Active Folate
tablets

**L-5-Methyltetrahydrofolate**
**1,000 mcg plus Vitamins B6 and B12**




### Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize carbohydrates, fats, and proteins; and helps in tissue formation.

### Each tablet contains

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 2 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 2.8 mcg |

### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#2038 · 60 tablets · UPC 6-28747-12038-8**
NPN 80070154 · V0563-R1
**Maternity · Vitamins and Minerals**

Full line of B vitamins, p. 227–234

# L-Theanine
**250 mg**
capsules




### Relaxation

Helps to temporarily promote relaxation.

### Each vegetable capsule contains

| | |
|---|---|
| L-Theanine | 250 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

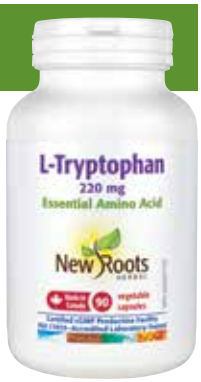
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#1786 · 30 vegetable capsules · UPC 6-28747-11786-9**
**#2551 · 60 vegetable capsules · UPC 6-28747-12551-2**
**#2552 · 120 vegetable capsules · UPC 6-28747-12552-9**
NPN 80039946 · V0484-R2
**Amino Acids and Proteins · Memory Help**
**Sleep Aids**

Full line of antistress products, p. 208–212

> "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do, you have to keep moving forward."
>
> *Rev. Martin Luther King, Jr*

# L-Tryptophan
**220 mg**
capsules




### Essential Amino Acid

Source of an essential amino acid for the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| L-Tryptophan | 220 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#1645 · 90 vegetable capsules · UPC 6-28747-11645-9**
NPN 80031759 · V0456-R4
**Amino Acids and Proteins · Mood Enhancement**

# L-Tyrosine
**500 mg**
capsules




### Stress Management
### Physical · Psychological

Helps in the management of some forms of stress (physical, psychological, sleep deprivation, multitasking, etc.).

### Each vegetable capsule contains

| | |
|---|---|
| L-Tyrosine | 500 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Take 2 capsules daily with meals or as directed by your health-care practitioner.

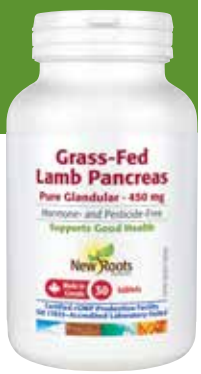
### Duration of use

Consult a health-care practitioner for long-term use.

**#1020 · 60 vegetable capsules · UPC 6-28747-11020-4**
NPN 80000017 · V0169-R3
**Amino Acids and Proteins · Mood Enhancement · Stress Management**

Full line of antistress products, p. 208–212

## Lamb Pancreas:
# Grass-Fed Lamb Pancreas
**Pure Glandular · 450 mg**
tablets




### Hormone- and Pesticide-Free
### Supports Good Health

### Each tablet contains

| | |
|---|---|
| Pancreas organ (from lamb [*Ovis aries*])* | 450 mg |

Vitamin C (ascorbic acid) . . . . . 6 mg

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, and silicon dioxide.

### Directions of use

**Adults:** Take 1 tablet daily with or immediately before a meal/ food or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#2027 · 30 tablets · UPC 6-28747-12027-2**
**#3437 · 90 tablets · UPC 6-28747-13437-8**
NPN 80071898 · V0556-R2
**Blood Glucose Management · Digestive Health**
**Glandular Extracts**

## Lamb Thymus: Grass-Fed Lamb Thymus

tablets

**Pure Glandular · 450 mg**




### Hormone- and Pesticide-Free
### Supports Immunity

Supports good health.
Helps support immune function.

### Each tablet contains

Glandular thymus
(from lamb [*Ovis aries*]) . . . . . 450 mg
Vitamin C . . . . . 6 mg

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

### Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner.

**#2482 · 30 tablets · UPC 6-28747-12482-9**
**#3436 · 90 tablets · UPC 6-2877-13436-1**
NPN 80103735 · V0524-R2
**Glandular Extracts · Immune Health**

## Lavender Organic Essential Oil

*Lavandula angustifolia*

**100% Pure · Certified Organic**




Used in aromatherapy as a nervine/calmative.
Used in aromatherapy as carminative/ antispasmodic for symptomatic relief of digestive discomfort.

### Each drop contains

**Organic** lavender (*Lavandula angustifolia*) flowering herb top essential oil . . . . . 100%

### Active compounds

Linalyl acetate and linalool.

### Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Use diluted for baths.

### Duration of use

For occasional use only.

**#2139 · 15 ml · UPC 6-28747-22139-9**
NPN 80069450 · O0031-R1
**Essential Oils**

Full line of essential oils, p. 82–90

## Lectro-Lytes Coco-Pineapple Electrolyte Rehydration Drink Mix

powder




### Rich in Vitamin C
### No Added Sugar · Gluten-Free
### Stay Properly Hydrated!

Keep properly hydrated in hot weather, when traveling, working out, or recuperating. Ideal for anyone needing to create a normal electrolyte balance within the body or for those that follow an exercise program.

### Ingredients

Magnesium bisglycinate, potassium citrate, citric acid, calcium citrate, malic acid, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate), and natural pineapple and coconut flavours (pineapple, coconut, maltodextrin, silicon dioxide).

### Directions of use

Add one scoop to 200 ml of water. Use once a day.

### Supplemented Food Facts · Per 1 scoop (4.2 g)

| Calories 5 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Potassium 200 mg | 4 % |
| Saturated 0 g + *Trans* 0 g | 0 % | Calcium 100 mg | 8 % |
| Carbohydrate 1 g | | Iron 0.1 mg | 1 % |
| Fibres 0 g | 0 % | **Supplemented with†:** | |
| Sugars 0 g | 0 % | Vitamin C 251 mg | 279 % |
| Protein 0 g | | Vitamin B6 10 mg | 588 % |
| Cholesterol 0 mg | | Magnesium 120 mg | 29 % |
| Sodium 55 mg | 2 % | | |

*5% or less is a little, 15% or more is a lot
†Includes naturally occurring and supplemental amounts

**#2490 · 168 g / 40 portions · UPC 6-28747-02490-7**
NEW SIZE!
**#3405 · 30 sachets × 4.2 g · UPC 6-28747-03405-0**
PM0818-R1
NONTAXABLE ITEM
**Energy · Sport Nutrition · Vitamins and Minerals**

## Lectro-Lytes Lemon-Lime Electrolyte Rehydration Drink Mix

powder




### Rich in Vitamin C
### No Added Sugar · Gluten-Free
### Stay Properly Hydrated!

Keep properly hydrated in hot weather, when traveling, working out, or recuperating. Ideal for anyone needing to create a normal electrolyte balance within the body or for those that follow an exercise program.

### Ingredients

Magnesium bisglycinate, potassium citrate, malic acid, citric acid, calcium citrate, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate),

and natural lemon-lime flavour (lemon, lime, maltodextrin, silicon dioxide).

### Directions of use
Add one scoop to 200 ml of water. Use once a day.

**Supplemented Food Facts · Per 1 scoop (4.8 g)**

| Calories 5 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Potassium 200 mg | 4 % |
| Saturated 0 g + *Trans* 0 g | 0 % | Calcium 100 mg | 8 % |
| Carbohydrate 1 g | | Iron 0 mg | 0 % |
| Fibres 0 g | 0 % | **Supplemented with†:** | |
| Sugars 0 g | 0 % | Vitamin C 251 mg | 279 % |
| Protein 0 g | | Vitamin B6 10 mg | 588 % |
| Cholesterol 0 mg | | Magnesium 120 mg | 29 % |
| Sodium 50 mg | 2 % | | |

*5% or less is a little, 15% or more is a lot
†Includes naturally occurring and supplemental amounts

**#2488 · 192 g / 40 portions · UPC 6-28747-02488-4**
NEW SIZE!
**#3404 · 30 sachets × 4.8 g · UPC 6-28747-03404-3**
PM0814-R1
**NONTAXABLE ITEM**
**Energy · Sport Nutrition · Vitamins and Minerals**

## Lemon Organic Essential Oil
***Citrus × limon***
**100% Pure · Certified Organic**




Used in aromatherapy to help relieve colds/cough.

### Each drop contains
**Organic** lemon (*Citrus × limon*) fruit peel essential oil . . . . . 100%

### Active compounds
Limonene and *beta*-pinene.

### Directions of use
**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation.

### Duration of use
For occasional use only.

**#2148 · 15 ml · UPC 6-28747-22148-1**
NPN 80076490 · O0059-R1
**Essential Oils**

Full line of essential oils, p. 82–90

## Lemon Pure Essential Oil
***Citrus × limon***




**100% Pure · Clean · Unadulterated**

Aroma: Fresh, citrus, sweet.
Attributes: Refreshing, cleansing, energizing.
Scent note: Top Note

### Each drop contains
Lemon (*Citrus × limon*) fruit peel essential oil, cold-pressed . . . . . 100%

### Active compound
Limonene.

### Directions of use
Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use
For external and occasional use only.

**#3206 · 30 ml · UPC 6-28747-131206-7**
O0094-R1
**Essential Oils**

Full line of essential oils, p. 82–90

## Lemon Eucalyptus Pure Essential Oil
***Corymbia citriodora***




**100% Pure · Clean · Unadulterated**

Aroma: Aromatic, fresh, citrus.
Attributes: Refreshing, cleansing, inspiring.
Scent note: Middle Note

### Each drop contains
Lemon-scent gum (*Corymbia citriodora*) leaf essential oil, steam-distilled . . . . . 100%

### Active compounds
Citronellal, citronellol, and geraniol.

### Directions of use
Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use
For external and occasional use only.

**#3207 · 30 ml · UPC 6-28747-13207-4**
O0085-R1
**Essential Oils**

Full line of essential oils, p. 82–90

## Lion's Mane
**500 mg · Hot-Water Extract** capsules




**Medicinal Mushrooms**
**Cognitive Health**
**Immune-Boosting**
**35% *beta*-Glucans (175 mg)**
**from 40% Polysaccharides (200 mg)**

Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants.

### Each vegetable capsule contains
Lion's mane (*Hericium erinaceus*) mushroom **extract**, standardized to 40% polysaccharides (200 mg) providing 35% *beta*-glucans (175 mg) . . . . . 500 mg
Hot-water extraction.

### Other ingredients
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal. Dosage can be increased up to 3 capsules daily.

**#1868 · 60 vegetable capsules · UPC 6-28747-11868-2**
**#2297 · 120 vegetable capsules · UPC 6-28747-12297-9**
NPN 80070799 · V0510-R2
**Medicinal Mushrooms · Memory Help · Neurological Health**

Full line of medicinal mushrooms, p. 137–141

## Mushroom Lovers
# Lion's Mane Powder




### Medicinal Mushrooms
### Cognitive Health · Immune Support
### Organic · Creamy, Lobster-like Taste

Source of fungal polysaccharides with immunomodulating properties. Supports cognitive health.

### Each ¾ teaspoon contains

**Organic** lion's mane (*Hericium erinaceus*). . . . . 1 g

### Directions of use

*Source of fungal polysaccharides:* **Adults:** Take two 1 g (two ¾ teaspoons) servings daily or as directed by your health-care practitioner. *Supports cognitive health:* **Adults 50 years and older:** Take two 1 g (two ¾ teaspoons) servings daily or as directed by your health-care practitioner. • Mix product well in 1 cup (250 ml) of hot liquid (water, coffee, tea, etc.) and steep covered for 5 to 20 minutes before ingesting.

**#2579 · 100 g / 100 doses · UPC 6-28747-02579-9**
NPN 80111122 · P0831-R1
**Functional Foods · Immune Health · Medicinal Mushrooms**
**Memory Help · Neurological Health**

Full line of medicinal mushrooms, p. 137–141

## Lipoic Acid
# Alpha Lipoic
**125 mg** capsules




### Antioxidant

Provides antioxidants for the maintenance of good health.

### Each vegetable capsule contains

DL-*alpha*-Lipoic acid . . . . . 125 mg

### Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** As a dietary supplement, take 1–2 capsules twice daily with food or as directed by your health-care practitioner.

**#0289 · 60 vegetable capsules · UPC 6-28747-10289-6**
NPN 80017722 · V0203-R1
**Antioxidants · Detoxification**

## Lipoic acid:
# Alpha Lipoic
**250 mg** capsules




### Antioxidant

Provides antioxidants for the maintenance of good health.

### Each vegetable capsule contains

DL-*alpha*-Lipoic acid . . . . . 250 mg

### Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** As a dietary supplement, take 1–2 capsules daily with food or as directed by your health-care practitioner.

**#0770 · 60 vegetable capsules · UPC 6-28747-10770-9**
NPN 80017724 · V0096-R1
**Antioxidants · Detoxification · Immune Health**

## Lipoic acid:
# R+ Alpha Lipoic
**150 mg** capsules




### Antioxidant · Promotes Healthy Glucose Metabolism

*R*(+)–*alpha*-Lipoic acid provides antioxidants. Helps to promote healthy glucose metabolism.

### Each vegetable capsule contains

*R*(+)–*alpha*-Lipoic acid
(1,2-dithiolane-3-pentanoic acid) . . 150 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

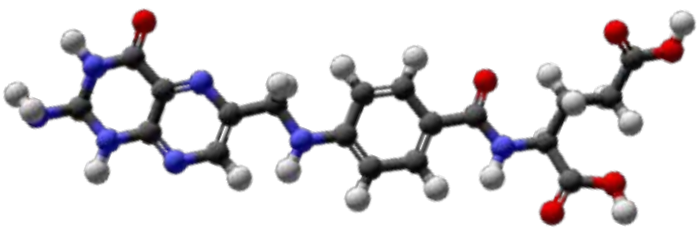
### Directions of use

**Adults:** Take 1–2 capsules twice daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 3 months.

**#1378 · 60 vegetable capsules · UPC 6-28747-11378-6**
NPN 80113344 · V0381-R4
**Antioxidants · Blood Glucose Management · Detoxification**



## Liquid DMSO:
# DMSO Liquid




### Pain Reduction
### Muscles, Tendons, Ligaments, Knees, Hips, Shoulders, Elbows, and Wrists

Helps to temporarily reduce the pain associated with musculoskeletal conditions of the large joints, such as posttraumatic soft-tissue injuries, acute bursitis, strains, and sprains.

### Medicinal ingredients

DMSO (methyl sulfoxide 99.9%) . . . . . 90%

### Other ingredient

Purified water (10%).

### Directions of use

**Adults:** Apply 8–12 ml on affected area three times daily or as directed by your health-care practitioner. Make sure the affected area is thoroughly cleansed before application. Wash your hands before and after application. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with water. For external use only.

**#1968 · 50 ml · UPC 6-28747-21968-6**
NEW SIZE!
**#3599 · 100 ml · UPC 6-28747-23599-0**
NPN 80058315 · LM0135-R1
**Pain and Inflammation**

## Liquid Melatonin
# Melatonin Liquid




### Non–Habit-Forming · Sleep Support

Helps increase total sleep time in people suffering from sleep restriction or altered sleep schedule.

### Each drop contains

Melatonin . . . . . 120 mcg
Pharmaceutical grade.

### Other ingredients

**Organic** alcohol from sugarcane, glycerin, purified water, and natural peppermint **extract**.

### Directions of use

**Adults:** Take 5–50 drops daily or as directed by your health-care practitioner. Sensitivity to melatonin is different from person to person. Take once a day, at or before bedtime.

### Duration of use

*For sleep restriction / altered sleep schedule; for delayed sleep phase disorder; and to restore sleep-wake cycle:* Consult a health-care practitioner for use beyond 4 weeks.

Note: This product is not shipped during the winter, due to freezing conditions.

**#1946 · 50 ml · UPC 6-28747-21946-4**
**#2548 · 95 ml · UPC 6-28747-22548-9**
NPN 80112811 · LM0134-R1
**Sleep Aids**



## Liver:
# Grass-Fed Beef Liver
**Pure Glandular · 600 mg** capsules




### Hormone- and Pesticide-Free
### Supports immunity.

Supports good health.
Helps support immune function.

### Each vegetable capsule contains

Liver organ, from bovine source (*Bos taurus*)* . . . . . 600 mg
Vitamin C (ascorbic acid) . . . . . 6 mg

*Superior-quality, freeze-dried organ powder, from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

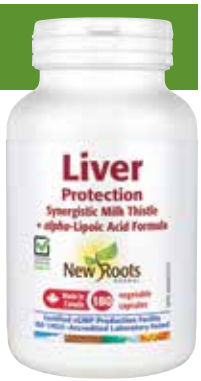
Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 6 capsules daily or as directed by your health-care practitioner.

**#1963 · 30 vegetable capsules · UPC 6-28747-11963-4**
**#3434 · 90 vegetable capsules · UPC 6-28747-13434-7**
**#3187 · 180 vegetable capsules · UPC 6-28747-13187-2**
NPN 80119351 · V0541-R1
**Detoxification · Glandular Extracts**

# Liver
**Protection** capsules




### Synergistic Milk Thistle + *alpha*-Lipoic Acid Formula

CURCUMIN TESTED BY Carbon-14

Traditionally used in herbal medicine as a hepatoprotectant / liver protectant. Helps to support liver function. Used in herbal medicine to help relieve digestive disturbances / dyspepsia. Provides antioxidants for the maintenance of good health.

### Each vegetable capsule contains

Milk thistle (*Silybum marianum*) seed **extract**, 80% silymarin . . . . . 250 mg
Red beet (*Beta vulgaris*) root . . . . . 120 mg
Black Spanish radish (*Raphanus sativus* var. *niger*) root . . . 120 mg
Curcuma (*Curcuma longa*) root **extract**, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin . . . . . 50 mg
Dandelion (*Taraxacum officinale*) root **extract**, 3% flavonoids . . . . . 50 mg
DL-*alpha*-Lipoic acid . . . . . 50 mg
Schizandra (*Schisandra chinensis*) fruit **extract**, 9% schisandrins . . . . . 50 mg
Artichoke (*Cynara scolymus*) leaf, 5% cynarin . . . . . 35 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily with food or as directed by your health-care practitioner.

### Duration of use
Use for a minimum of 3 weeks to see beneficial effects.

**#0210 · 45 vegetable capsules · UPC 6-28747-10210-0**
**#0206 · 90 vegetable capsules · UPC 6-28747-10206-3**
**#0859 · 180 vegetable capsules · UPC 6-28747-10859-1**
NPN 80085370 · V0050-R5
**Detoxification · Digestive Health**

## Lupine Seed Protein
**Organic**
**Whole-Food Protein Powder**




### 16 g Proteins (53% Protein), 4 g Fibres, 2 g Omega-3/6/7/9, 110 Calories per Portion
### Unsweetened and Unflavoured
### 100% Pure · Gluten-Free · Non-GMO

Lupine seed protein powder is an excellent source of protein, is high in fibre, and is a source of potassium and iron. It's a good source of healthy protein for vegans, vegetarians, and those looking to limit their meat consumption.

### Ingredient
**Organic** lupine seed.

### Directions of use
Its neutral flavour and versatility of being soluble in both oil and water make it terrific for soups, smoothies, salad dressings, cooking, baking, and more.

### Nutrition Facts · Per ⅓ cup (30 g)

| Calories 110 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 3 g | 4 % | Protein 16 g | |
| Saturated 0.5 g + *Trans* 0 g | 3 % | Cholesterol 0 mg | |
| Polyunsaturated 1 g | | Sodium 0 mg | 0 % |
| Monounsaturated 1 g | | Potassium 300 mg | 6 % |
| Carbohydrate 7 g | | Calcium 50 mg | 4 % |
| Fibre 4 g | 14 % | Iron 1.5 mg | 8 % |
| Sugars 2 g | 2 % | | |

*5% or less is a little, 15% or more is a lot

### Typical amino acid profile (g/portion of 30 g)**

| | | | |
|---|---|---|---|
| Glutamic acid | 4.427 | Alanine | 0.727 |
| Arginine | 2.318 | Threonine* | 0.727 |
| Leucine* | 1.455 | Isoleucine* | 0.705 |
| Lysine* | 1.019 | Histidine* | 0.540 |
| Serine | 1.019 | Phenylalanine* | 0.488 |
| Glycine | 0.873 | Tryptophan* | 0.187 |
| Valine* | 0.800 | Methionine* | 0.166 |
| Tyrosine | 0.769 | Proline | 0.143 |

*Essential Amino Acid · **Average Analysis

**#2264 · 250 g · UPC 6-28747-02264-4**
P0765-R1
**NONTAXABLE ITEM**
**Amino Acids and Proteins · Keto Diet · Sport Nutrition**



## Maca
capsules
**Made with Organic Maca · 750 mg**




### Mood Balance / Sexual Health
Helps support emotional aspects of sexual health. Helps to support healthy mood balance during menopause. Provides antioxidants.

### Each vegetable capsule contains
**Organic** maca
(*Lepidium meyenii*) root . . . . . 750 mg

### Other ingredients
Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 2 capsules twice daily or as directed by your health-care practitioner.

### Duration of use
Consult a health-care practitioner for use beyond 3 months. *Menopausal and postmenopausal women only:* Consult a health-care practitioner for use beyond 6 weeks.

**#1835 · 120 vegetable capsules · UPC 6-28747-11835-4**
NPN 80042262 · V0490-R3
**Energy · Herbs and Herbal Extracts · Menopause**
**Sexual Health (Men) · Sexual Health (Women)**

## Magnesium 130–133

## Maitake
**400 mg · Hot-Water Extract** capsules




### Medicinal Mushrooms
### Immune Support · Balance
### 30% *beta*-Glucans (120 mg) from 40% Polysaccharides (160 mg)
Used in herbal medicine to support the immune system.

### Each vegetable capsule contains
Maitake (*Grifola frondosa*) mushroom **extract**, standardized to 40% polysaccharides (160 mg) providing 30% *beta*-glucans (120 mg). . . . . 400 mg
Hot-water extraction.

### Other ingredients
Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 2 capsules daily with food or as directed by your health-care practitioner.

**#1860 · 60 vegetable capsules · UPC 6-28747-11860-6**
NPN 80117430 · V0509-R3
**Immune Health · Medicinal Mushrooms**

Full line of medicinal mushrooms, p. 137–141

# Magnesium




**MAGNESIUM** is the catalyst that sparks countless metabolic-, skeletal-, and nervous-system functions. The problem for many of us is that it's critically deficient in our food chain. Furthermore, dietary habits that include consumption of saturated fats, sugar, and caffeine place our magnesium levels at risk. Magnesium regulates heartbeat, skeletal health, bowel regularity, and blood pressure; it clots blood, activates B vitamins, helps with stress management, and impacts blood glucose levels. It also aids in the metabolism of complex carbohydrates, proteins, and fats.

**MAGNESIUM** is essential for nerve and muscle function. It relaxes muscles, therefore low levels of this precious mineral can lead to muscle spasms, frequent cramps, and restless leg syndrome. Nerve cells rely upon the presence of adequate levels of magnesium to conduct impulses across the minute gaps between them called synapses.

**MAGNESIUM** deficiency is among the most common mineral deficiency in the population, affecting more than 30% of Canadians according to Health Canada. Identifying a magnesium deficiency, then choosing the right form and dosage, could represent a simple therapeutic intervention that dramatically impacts your life.

## Active Mag

capsules

**With Taurine and Potassium**




### Supports Muscle Function and Energy Metabolism

Helps in energy metabolism and to support cardiovascular function. Helps to maintain proper heart and muscle function. Magnesium and potassium support electrolyte balance for the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| Taurine (2-aminoethanesulfonic acid) | 375 mg |
| Magnesium (from magnesium citrate) | 70 mg |
| Potassium (from potassium chloride) | 25 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule four times daily or as directed by your health-care practitioner.

**#3185 · 120 vegetable capsules · UPC 6-28747-13185-8**
NPN 80082220 · V0776-R1
**Energy · Heart and Blood · Sport Nutrition**

## Cal-Mag Citrate

capsules

**With Zinc, Potassium, Selenium**




### Immunity

A factor in the maintenance of good health. Helps to maintain healthy skin. Helps the body to metabolize nutrients. Helps in the development and maintenance of bones and teeth. Helps support the immune system.

### Each vegetable capsule contains

| | |
|---|---|
| Magnesium (from magnesium citrate) | 78 mg |
| Magnesium (from magnesium oxide) | 26 mg |
| Calcium (from calcium citrate) | 52 mg |
| Potassium (from potassium citrate) | 4.15 mg |
| Zinc (from zinc citrate) | 2.08 mg |
| Manganese (from manganese citrate) | 414 mcg |
| Vanadium (from vanadium HVP chelate) | 20 mcg |
| Chromium (from chromium HVP chelate) | 18 mcg |
| Molybdenum (from molybdenum HVP chelate) | 18 mcg |
| Selenium (from yeast-free L-selenomethionine) | 8.3 mcg |
| Vitamin D3 (cholecalciferol) | 0.5 mcg (20 IU) |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules twice daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before of after them.

**#0784 · 90 vegetable capsules · UPC 6-28747-10784-6**
**#0229 · 180 vegetable capsules · UPC 6-28747-10229-2**
NPN 80028481 · V0155-R2
**Bone Health · Vitamins and Minerals**

## Cal-Mag Citrates

capsules

**Vitamin D, Zinc, Silica, and Boron**




Calcium, magnesium, zinc, boron, and vitamins D and K1 are factors in the maintenance of good health. Adequate calcium and vitamin D as part of a healthy diet may reduce the risk of developing osteoporosis. Calcium, magnesium, and vitamins D and K1 help in the development and maintenance of bones. Zinc helps in connective tissue formation and in maintaining healthy skin and immune function.

### Each vegetable capsule contains

| | |
|---|---|
| Calcium (from calcium citrate) | 100 mg |
| Field horsetail (*Equisetum arvense*), 7% silica | 62.5 mg |
| Magnesium (from magnesium citrate) | 50 mg |
| Betaine hydrochloride | 12.5 mg |
| L-Glutamic acid hydrochloride | 12.5 mg |
| Taurine (2-aminoethanesulfonic acid) | 12.5 mg |
| Zinc (from zinc citrate) | 2.5 mg |
| Boron (from boron citrate) | 400 mcg |
| Vitamin K1 | 12 mcg |
| Vitamin D3 (cholecalciferol) | 3.75 mcg (150 IU) |

### Other ingredients

Vegetable magnesium stearate, magnesium caprylate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

# Magnesium

### Directions of use
**Adults:** Take 2 capsules three times daily with meals. If you are taking other medications, take this product a few hours before or after them.

### Duration of use
Consult a health-care practitioner for use beyond 12 weeks.

**#1468 · 100 vegetable capsules · UPC 6-28747-11468-4**
**#1470 · 200 vegetable capsules · UPC 6-28747-11470-7**
NPN 80033666 · V0406-R3
**Bone Health · Vitamins and Minerals**

## Clarity Mag
**Magnesium L-Threonate · 625 mg** capsules




### Gentle on the Stomach
Helps in the development and maintenance of bones and teeth; in tissue formation; to maintain proper muscle function, including the heart muscle; in energy metabolism; and to maintain normal electrolyte balance.

### Each vegetable capsule contains
Magnesium L-threonate . . . . . 625 mg
**Providing:**
Elemental magnesium . . . . . 50 mg

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule three times daily with food or as directed by your health-care practitioner.

### Duration of use
Consult a health-care practitioner for use beyond 3 months.

**#2337 · 90 vegetable capsules · UPC 6-28747-12337-2**
NPN 80084052 · V0647-R1
**50+ Health · Vitamins and Minerals**

## Heart Mag
**770 mg Magnesium Orotate** capsules




### Supports Healthy Cardiac Function Gentle on the Stomach
Research supports the ability of true magnesium orotate to support cardiac function under stress. Promotes maintenance of healthy muscle function, including that of the heart muscle. Helps maintain the body's ability to metabolize nutrients, maintain a normal electrolyte balance, with tissue formation, and the development and maintenance of bones and teeth. Magnesium and orotic acid exert complementary effects on the biosynthesis of pyrimidine nucleotides, and maintain normal glycogen stores, protein synthesis, ATP levels, and contractile function.

### Each vegetable capsule contains
Fully reacted magnesium orotate . . . . . 770 mg
**Providing:**
Elemental magnesium . . . . . 50 mg
Orotic acid . . . . . 650 mg

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule four times daily or as directed by your health-care practitioner.

**#2311 · 60 vegetable capsules · UPC 6-28747-12311-2**
NPN 80084636 · V0642-R1
**Heart and Blood · Vitamins and Minerals**

NEW PRODUCT! Since May 2025

## Magnesium[8]
**105 mg Elemental Magnesium**
**8 Types—Oxide-Free** capsules




### Supports Biological Functions to Maintain Good Health
Supports biological functions to maintain good health. Helps to support normal muscle function, including the heart muscle; normal electrolyte balance; development and maintenance of bones and teeth; energy metabolism; tissue formation; and the body's ability to metabolize nutrients.

### Each vegetable capsule contains
Magnesium (from magnesium citrate, magnesium bisglycinate, magnesium ascorbate, magnesium orotate, magnesium malate, magnesium aspartate, magnesium L-threonate, and magnesium acetyl taurate) . . . . . 105 mg

### Other ingredients
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults, adolescents, and children ≥ 9 years old:** Take 1–3 capsules daily or as directed by your health-care practitioner.

**#3537 · 90 vegetable capsules · UPC 6-28747-13537-5**
NPN 80134392 · V0847-R1
**50+ Health · Bone Health · Muscle Support**
**Vitamins and Minerals**

**TROUBLE CHOOSING A MAGNESIUM?**
**TAKE THE QUIZ**

# Magnesium

## Magnesium Acetyl Taurate

**821 mg** capsules




Fully Reacted for Higher Bioavailability
Gentle on the Stomach

Supports biological functions which play a key role in the maintenance of good health. Helps in energy metabolism and to maintain normal electrolyte balance, in tissue formation, and to support normal muscle function, including that of the heart.

### Each vegetable capsule contains

| | |
|---|---|
| Elemental magnesium (from 821 mg of ATA Mg® [magnesium acetyl taurate]) | 55 mg |

For more information, visit **https://atamg.com/home/**

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–2 capsules daily or as directed by your health-care practitioner.

**#3429 · 30 vegetable capsules · UPC 6-28747-13429-3**
NPN 80126307 · V0812-R1
**Neurological Health · Stress Management**
**Vitamins and Minerals**

## Magnesium Bisglycinate

**200 mg Elemental Magnesium** capsules




Heart/Muscle Function
Gentle on the Stomach

Helps to maintain the body's ability to metabolize nutrients; in the development and maintenance of bones and teeth; in tissue formation; to maintain proper muscle function, including the heart muscle; and to maintain normal electrolyte balance.

### Each vegetable capsule contains

| | |
|---|---|
| Elemental magnesium from a magnesium bisglycinate blend (magnesium bisglycinate chelate, glycine, and magnesium oxide) | 200 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner.

**#2308 · 120 vegetable capsules · UPC 6-28747-12308-2**
**#2402 · 240 vegetable capsules · UPC 6-28747-12402-7**
NPN 80085063 · V0649-R2
**Bone Health · Muscle Support**
**Vitamins and Minerals**

## Magnesium Bisglycinate

**200 mg of Fully Reacted Magnesium With Vitamin C** powder




Supports Heart and Muscle Function · Gentle on the Stomach · Delicious Natural Lemon-Lime Flavour

Helps to maintain the body's ability to metabolize nutrients; in the development and maintenance of bones and teeth; in tissue formation; to maintain proper muscle function, including the heart muscle; and to maintain normal electrolyte balance and a good health.

### Each scoop contains

| | |
|---|---|
| Vitamin C (ascorbic acid) | 375 mg |
| Magnesium (from pure, fully reacted magnesium bisglycinate) | 200 mg |

### Other ingredients

Natural lemon-lime flavour, citric acid, DL-malic acid, isomaltulose (naturally occurring disaccharide from sugar beet), and stevia (*Stevia rebaudiana*) leaf **extract**.

### Directions of use

**Adults:** Take 1 scoop daily with 250 ml or more of water, or as directed by your health-care practitioner.

**#2378 · 226 g / 45 doses · UPC 6-28747-02378-8**
**#2380 · 454 g / 90 doses · UPC 6-28747-02380-1**
NPN 80077751 · PM0192-R2
**Bone Health · Muscle Support · Vitamins and Minerals**

## Magnesium Bisglycinate Plus

**150 mg Elemental Magnesium** capsules




Healthy Muscle Function
*Very* Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function; to metabolize carbohydrates, proteins, and fats; and in the development and maintenance of bones and teeth.

### Each vegetable capsule contains

| | |
|---|---|
| Elemental magnesium from a magnesium bisglycinate blend (magnesium bisglycinate chelate, glycine, and magnesium oxide) | 150 mg |
| Taurine (2-aminoethanesulfonic acid) | 30 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

**#2202 · 60 vegetable capsules · UPC 6-28747-12202-3**
**#1390 · 120 vegetable capsules · UPC 6-28747-11390-8**
NPN 80022757 · V0382-R5
**Bone Health · Muscle Support**
**Vitamins and Minerals**

# Magnesium

## Magnesium Citrate Plus Taurine

capsules




### High Absorption

Helps the body to metabolize carbohydrates, proteins, and fats. Helps in the development and maintenance of bones and teeth. Helps in tissue formation and to maintain proper muscle function.

### Each vegetable capsule contains

| | |
|---|---|
| Magnesium (from magnesium citrate) | 136 mg |
| Taurine (2-aminoethanesulfonic acid) | 45 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adolescents 14–18 years and adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

**#0903 · 90 vegetable capsules · UPC 6-28747-10903-1**
**#0904 · 180 vegetable capsules · UPC 6-28747-10904-8**
NPN 80023337 · V0262-R2
**Bone Health · Digestive Health · Muscle Support**
**Vitamins and Minerals**

## Pure Magnesium Bisglycinate

**Fully Reacted · 115 mg + Taurine**

capsules




### Supports Healthy Heart and Muscle Function
### *Very* Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function. Helps to maintain the body's ability to metabolize nutrients. Helps in the development and maintenance of bones and teeth.

### Each vegetable capsule contains

| | |
|---|---|
| Magnesium (from 885 mg of pure, fully reacted magnesium bisglycinate) | 115 mg |
| Taurine (2-aminoethanesulfonic acid) | 25 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily with food or as directed by your health-care practitioner.

**#2200 · 90 vegetable capsules · UPC 6-28747-12200-9**
NPN 80077470 · V0612-R1
**Bone Health · Muscle Support**
**Vitamins and Minerals**

## Pure Magnesium Bisglycinate

**Fully Reacted**
**130 mg Elemental Magnesium**

capsules




### Heart/Muscle Function
### *Very* Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function. Helps the body to metabolize nutrients. Helps in the development and maintenance of bones and teeth.

### Each vegetable capsule contains

| | |
|---|---|
| Elemental magnesium (from 1,000 mg of pure, fully reacted magnesium bisglycinate) | 130 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

**#2183 · 60 vegetable capsules · UPC 6-28747-12183-5**
**#2175 · 120 vegetable capsules · UPC 6-28747-12175-0**
NPN 80110865 · V0603-R1
**Bone Health · Muscle Support**
**Vitamins and Minerals**



Magnesium is a critical mineral available in many different forms, each suited for specific therapeutic outcomes. ICP-MS (pictured) and ICP-OES ensure consumers get the right form with an accurate elemental value.

Mushroom Lovers

# Maitake Powder




## Organic *Grifola frondosa*
## 10 Calories per Portion
## 100% Pure · Gluten-Free · Non-GMO

The magic of mushrooms is no mystery to us! Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured maitake tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

### Ingredient

**Organic** maitake (*Grifola frondosa*) powder.

### Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

### Nutrition Facts · Per ½ tsp. (2.6 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0.1 g | 0 % | Cholesterol 0 mg | |
| Saturated 0 g + *Trans* 0 g | 0 % | Sodium 0 mg | 0 % |
| Carbohydrate 2 g | | Potassium 0 mg | 0 % |
| Fibres 1 g | 4 % | Calcium 0 mg | 0 % |
| Sugars 0 g | 0 % | Iron 0 mg | 0 % |
| Protein 0.5 g | | | |

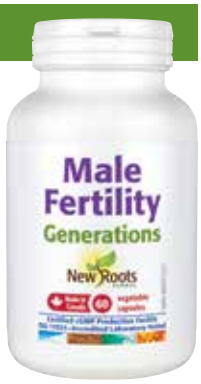
*5% or less is a little, 15% or more is a lot

**#2581 · 100 g / 38 portions · UPC 6-28747-02581-2**
P0833-R1
NONTAXABLE ITEM
**Functional Foods · Immune Health**
**Medicinal Mushrooms**

Full line of medicinal mushrooms, p. 137–141

# Male Fertility

capsules




### Generations

Helps to support sperm cell health; helps to support prostate health; and helps maintain immune function. An antioxidant for the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| Acetyl-L-carnitine hydrochloride | 225 mg |
| Vitamin C (ascorbic acid) | 125 mg |
| *N*-Acetyl-L-cysteine | 91.67 mg |
| Coenzyme Q10 (ubiquinone-10) (from fermentation) | 50 mg |
| Astaxanthin 1.5%, from 44.33 mg *Haematococcus pluvialis* | 44.33 mg |
| Ashwagandha (*Withania somnifera*) root **extract**, 5% withanolides | 33.33 mg |
| Natural vitamin E (mixed tocopherol concentrate, from non-GMO sunflower) | 12.5 mg |
| Lycopene | 3.334 mg |
| Zinc (from zinc citrate) | 1.67 mg |
| Selenium (from yeast-free L-selenomethionine) | 4.17 mcg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adult men:** Take 3 capsules twice daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

**#2109 · 60 vegetable capsules · UPC 6-28747-12109-5**
NPN 80071357 · V0587-R2
**Men's Fertility**

Mannose:

# D-Mannose

**Powder · 100% Pure**




## Urinary Tract Support
## UTI Prevention

Helps prevent the risk of recurrent urinary tract infections (UTIs) in women.

### One rounded half teaspoon contains

| | |
|---|---|
| D-Mannose | 2 g |

### Directions of use

**Adults:** Add ½ a rounded teaspoon (2 grams) to 1–2 cups of water or diluted juice daily, immediately before consumption, and mix well, or take as directed by your health-care practitioner. We recommend weighing D-Mannose for precise dosage.

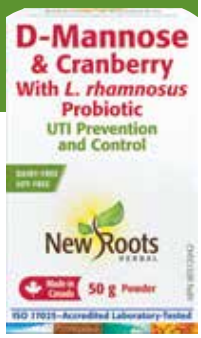
**#2666 · 50 g / 25 doses · UPC 6-28747-02666-6**
**#2644 · 180 g / 90 doses · UPC 6-28747-02644-4**
NPN 80102333 · P0788-R1
**Urogenital (Women) · Women's Health**

Mannose:

# D-Mannose

**& Cranberry**
**With *L. rhamnosus* Probiotic**

powder




## UTI Prevention and Control
## DAIRY-FREE AND SOY-FREE

Helps prevent recurrent urinary tract infections (UTIs) in women. Source of antioxidants for the maintenance of good health. Provides live microorganisms that temporarily modify gut flora.

### Two scoops contain

| | |
|---|---|
| D-Mannose | 4,800 mg |
| Cranberry (*Vaccinium macrocarpon*) fruit concentrate | 600 mg |
| *Lactobacillus rhamnosus* UB5115 | 500 million CFU |

### Directions of use

**Adults:** *Use the scoop that accompanies this product.* Mix 2 scoops in water or diluted juice twice daily for two days, then 2 scoops in water or diluted juice once daily, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**An open-label clinical study was conducted by Nafarco Pharmacies to evaluate the effectiveness of New Roots Herbal's D-Mannose & Cranberry formula in eradicating *Escherichia coli* bacteria in women with recurrent cystitis. Twenty women took 2 scoops twice daily for two days; then, 2 scoops once daily for five days; finally, after 7 days of rest, ⅔ scoops daily for 10 days.**

**Symptoms improved after the first week of treatment, and were reduced by 90% over the entire treatment period. For 84% of the cohort studied, no recurrence occurred. Also, a trend of effectiveness was observed in relation to body mass index (BMI).**

The results spoke for themselves, as all participants would take the product again or recommend it to family or friends.

**#1549 · 50 g · UPC 6-28747-01549-3**
NPN 80112942 · PM0574-R2
**Probiotics · Urogenital (Women) · Women's Health**

## Marula Seed Oil
**Certified Organic**




### Deeply Hydrating Facial Oil
Our **organic** marula seed oil is cold-pressed from kernels of fruits that are hand-harvested from the majestic marula trees of South Africa. It has a light texture to deeply penetrate skin for a smooth-looking, radiant complexion.

### Each bottle contains
**Organic** marula (*Sclerocarya birrea*) seed oil, cold-pressed . . . . . 30 ml
with added **organic** rosemary (*Rosmarinus officinalis*) **extract**.

### Ingredients
**Organic** *Sclerocarya birrea* (marula) seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use
Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

**#2306 · 30 ml · UPC 6-28747-22306-5**
OM0072-R2
**Beauty · Exotic Skin Oils · Skin**

Full line of exotic skin oils, p. 92–95

## Matcha
powder




### First Harvest · Organic Green Tea Pesticide-Free
Matcha green tea, unlike regular dried green tea, is made using the whole tea leaf, stone-ground to a fine powder. It contains at least three times as much EGCG (antioxidant). Our matcha comes from the first harvest of shade-grown tea leaves in Asia.

### Ingredient
Pure **organic** premium matcha green tea (*Camellia sinensis*).

### Preparation
Mix ¼–½ teaspoon per 150 ml cup of hot water. Adjust to taste.

**#1874 · 30 g · UPC 6-28747-01874-6**
**#1907 · 100 g · UPC 6-28747-01907-1**
P0659-R1
**NONTAXABLE ITEM**
**Antioxidants · Energy · Functional Foods**
**Green Foods · Teas and Herbal Teas**

> "Opportunity is always knocking. The problem is that most people have the self-doubt station in their heads turned up way too loud to hear it."
>
> *Brian Vaszily*

**NEW PRODUCT! Since May 2025**

## MaxAbsorb Curcumin
**curcuRouge® 225 mg** capsules




### Reduces Inflammation Markers
### New Study: Higher Absorption
Helps to reduce blood C-reactive protein levels, a clinical marker of inflammation in people with knee osteoarthritis.

### Each vegetable capsule contains
curcuRouge® (from *Curcuma longa* rhizome), providing 90 mg of curcumin . . . . . 225 mg
**For more information, visit:**
www.therabio.co.jp/curcurouge

### Other ingredients
Microcrystalline cellulose, modified food starch, silicon dioxide, and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults (18 years and over):** Take 1 capsule twice daily or as directed by your health-care practitioner.

### Duration of use
Consult a health-care practitioner for use beyond 12 weeks.

**#3402 · 60 vegetable capsules · UPC 6-28747-13402-6**
NPN 80135388 · V0806-R1
**Herbs and Herbal Extracts · Pain and Inflammation**

## MCT: Coconut MCT Oil




### Medium-Chain Triglycerides
### 100% Pure MCT · No Filler Oils
### 14 g MCT per Serving · Unflavoured
### Vegan · Ketogenic · Paleo
### Dairy- and Gluten-Free · Non-GMO
Coconut MCT Oil is a convenient source of healthy fats easily absorbed and metabolized by the body to keep your flow of energy efficient and steady. More importantly, they're not stored as fat.

### Ingredient
Medium-chain triglycerides from coconut oil.
**Hexane- and hydrogenation-free.**

### Where to Use
Coffee · Dressing · Shake · Cooking

### Nutrition Facts · Per 1 tbsp. (15 ml)

| Calories 130 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 14 g | 19 % | Cholesterol 0 mg | |
| Saturated 14 g + *Trans* 0 g | 70 % | Sodium 0 mg | 0 % |
| Carbohydrate 0 g | | Potassium 0 mg | 0 % |
| Fibre 0 g | 0 % | Calcium 0 mg | 0 % |
| Sugars 0 g | 0 % | Iron 0 mg | 0 % |
| Protein 0 g | | | |

*5% or less is a little, 15% or more is a lot

### MCTs per serving

C8:0 · Caprylic acid (60%) . . . . . 8.4 g
C10:0 · Capric acid (40%) . . . . . 5.6 g

**#2414 · 500 ml · UPC 6-28747-22414-7**
**#2415 · 1 litre · UPC 6-28747-22415-4**
O0076-R1

**NONTAXABLE ITEM**

**Energy · Essential Fatty Acids · Keto Diet**

## MCT Energy

**Medium-Chain Triglycerides 60/40 Formula**

liquid




### Keeps the Flow of Energy Strong and Steady · Healthy Fats · Unflavoured 100% Pure MCT · No Filler Oils · Vegan Ketogenic · Paleo · Non-GMO Dairy- and Gluten-Free

MCT Energy is a complete source of medium-chain triglycerides. These healthy fats are easily absorbed within the intestines, and travel directly to the liver for energy assignment. More importantly, they're not stored as fat. They keep your flow of energy strong and steady.

### Ingredients

Medium-chain triglycerides (from coconut or palm kernel oils). Hexane- and hydrogenation-free.

### Where to Use

Coffee · Dressing · Shake· Cooking

### Nutrition Facts · Per 1 tbsp. (15 ml)

| Calories 130 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 14 g | 19 % | Cholesterol 0 mg | |
| Saturated 14 g + *Trans* 0 g | 70 % | Sodium 0 mg | 0 % |
| Carbohydrate 0 g | | Potassium 0 mg | 0 % |
| Fibre 0 g | 0 % | Calcium 0 mg | 0 % |
| Sugars 0 g | 0 % | Iron 0 mg | 0 % |
| Protein 0 g | | | |

*5% or less is a little, 15% or more is a lot

### MCTs per serving

C8:0 · Caprylic acid (60%) 8.4 g
C10:0 · Capric acid (40%). 5.6 g

*Essential Amino Acid · **Average Analysis

**#1546 · 500 ml · UPC 6-28747-21546-6**
**#1800 · 1 litre · UPC 6-28747-21800-9**
O0015B-R1

**NONTAXABLE ITEM**

**Energy · Essential Fatty Acids · Keto Diet · Sport Nutrition**
**Weight Management**

## MCT Energy

**1,000 mg**

softgels




### Weight Management Mental and Physical Energy

Source of medium-chain fatty acids to support energy production in the body at cellular level (ATP). To be used with a program of reduced intake of dietary calories and increased physical activity (if possible) to help in weight management.

### Each softgel contains

Medium-chain triglycerides (providing 60% caprylic acid (C8:0) and 40% capric acid (C10:0) (from coconut and palm) . . . . . 1 g

### Other ingredients

Softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** *Weight management:* Take 14 softgels daily or as directed by your health-care practitioner. *To support energy production:* Take 3 softgels twice daily or as directed by your health-care practitioner. • To avoid digestive issues, start with 1 softgel three times daily for the first week, and double the amount every week until the fourth week (14 softgels daily).

### Duration of use

Consult a health-care practitioner for use beyond 16 weeks.

**#2190 · 90 softgels · UPC 6-28747-12190-3**
**#2171 · 180 softgels · UPC 6-28747-12171-2**
NPN 80071199 · V0580-R1

**Energy · Essential Fatty Acids · Keto Diet · Sport Nutrition**
**Weight Management**

# Medicinal mushrooms 137–141

## Melatonin

**3 mg**

tablets




### Non–Habit-Forming Sleep Support Shift-Work · Jet-Lag

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).

### Each tablet contains

Melatonin . . . . . 3 mg
Pharmaceutical grade.

### Other ingredients

Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, vegetable magnesium stearate, and vegetable stearic acid.

### Directions of use

**Adults:** Take 1–3 tablets daily, at or before bedtime, or as directed by your health-care practitioner. *For jet lag:* Take once a day at bedtime after darkness has fallen, while travelling, and at destination until adaptation to the new daily pattern in occasional short-term use.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#0658 · 60 tablets · UPC 6-28747-10658-0**
**#1016 · 90 tablets · UPC 6-28747-11016-7**
NPN 80120429 · V0029-R2

**Sleep Aids**

> "Hope is putting faith to work when doubting would be easier."
>
> *(author unknown)*

# Medicinal Mushrooms

## Medicinal Mushrooms

Mushrooms have been revered by cultures around the globe for centuries for their medicinal properties. Recent studies have validated their incredible health benefits, and their popularity has grown further. Whole mushrooms, powders, and extracts will provide varying levels of therapeutic benefits.

## Accessing Therapeutic Benefits

Science has shown that mushrooms' therapeutic benefits come from compounds called polysaccharides, the most studied of which are *beta*-glucans. However, they are encased within the mushrooms' rigid cell walls, known as chitin—the same unabsorbable substance lobster shells are made of. Chitin can be melted down by immersing mushrooms in hot water, at precise temperatures, over extended periods of time. The remaining rich liquid extract can then be dehydrated to deliver concentrated polysaccharides and *beta*-glucans in a form our bodies can absorb. This process is known as hot-water extraction. Recognizing this can go a long way in guiding consumers to get the most out of their mushroom selection.

## Whole Mushrooms

Certified organic Reishi Slices and wildcrafted Chaga Tea are ideal for consumers who prefer the versatility to steep their own medicinal tea or brew artisanal liquid extracts. To release medicinal compounds, these mushrooms must be simmered in hot water for considerable lengths of time: Hours for teas, and even days for tinctures. Those committed to traditional brewing will appreciate starting with the highest-quality mushrooms, guaranteed safe from impurities.

## Certified Organic Medicinal Mushroom Powders

Our organic mushroom powders may be enjoyed in hot water; mixed in with your favourite hot beverages; or added to soups, stews, or sauces. Whichever you choose, mushroom powders must be infused in a hot liquid to release their therapeutic compounds: Recommended times vary from 5 to 20 minutes; simmering even longer will release higher amounts of active constituents.

## Medicinal Mushroom Extracts

For those looking to maximize health benefits and access the full spectrum of therapeutic compounds, hot-water extracts are the smartest choice. Hot-water extracts are the only form of medicinal mushrooms allowing for validated measures of polysaccharides, and particularly *beta*-glucans. New Roots Herbal's medicinal mushroom extracts are hot-water–extracted and their polysaccharide content is potency-validated, with quantified amounts of *beta*-glucans. The best medicinal benefits, in a convenient capsule format.

## The Rumour Mill

The term "micronization" is being used on some of the competition's mushroom powders, suggesting superior absorption and assimilation. In reality, micronization is simply a process by which a high-speed jet mill grinds mushrooms into a fine dust. This process ***does not*** melt away chitin and ***does not*** release therapeutic constituents. The consumer may think they are getting a medicinal extract, ***but they are not***.



**Medicinal mushroom extract potency is measured by percentage of polysaccharides and *beta*-glucans. Spectrophotometers, such as the one pictured here, accurately determine their presence and potency.**

# Medicinal Mushrooms

## Chaga
**Extract · 350 mg**
**Hot-Water Extract** capsules




### Medicinal Mushrooms
### Immune Support · Harmony
### 25% *beta*-Glucans (87.5 mg) from 40% Polysaccharides (140 mg)

Source of fungal polysaccharides with immunomodulating properties.

### Each vegetable capsule contains

Chaga (*Inonotus obliquus*) mushroom **extract**, standardized to 40% polysaccharides (140 mg) providing
25% *beta*-glucans (87.5 mg) . . . . . 350 mg

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

**#1936 · 60 vegetable capsules · UPC 6-28747-11936-8**
NPN 80055779 · V0522-R2
**Immune Health · Medicinal Mushrooms**

## Chaga Tea
chunks




### Immunity · European Wild-Crafted

Our wild-crafted chaga is 100% sustainably sourced from living trees, not causing any damage to the host tree. Source of fungal polysaccharides with immunomodulating properties. Source of antioxidants.

### Ingredient

Wild chaga (*Inonotus obliquus*) mushroom chunks.

### Directions of use

**Adults:** Add 3 g of chaga chunks to 1 litre of water. Simmer for 10–20 minutes to make a tonic, or several hours to make a concentrate. Temperature range should be between 50 and 70 °C; never a rolling boil. Serve hot or let cool to room temperature, then refrigerate up to 14 days. Store used chaga chunks in freezer, and reuse 3–5 times or until water runs clear. After several brews, you may wish to break chaga chunks into smaller pieces to enable hot water to penetrate further and extract more beneficial compounds.

**#2093 · 100 g · UPC 6-28747-92093-3**
NPN 80069451 · P0624-R1
**Immune Health · Medicinal Mushrooms · Teas and Herbal Teas**

**If you are selling mushroom products that are simply a capsule filled with mushroom powder, your customers are getting poor value, little medicinal ingredients, and few health benefits!**

## Cordyceps
**500 mg · Hot-Water Extract** capsules




### Medicinal Mushrooms
### Immune Support · Vitality
### 20% *beta*-Glucans (100 mg) from 40% Polysaccharides (200 mg)

Source of fungal polysaccharides with immunomodulating properties.

### Each vegetable capsule contains

Cordyceps (*Paecilomyces hepiali*) mushroom **extract** standardized to 40% polysaccharides (200 mg) providing 20% *beta*-glucans (100 mg). . . . . 500 mg

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–2 capsules daily with food or as directed by your health-care practitioner.

**#1866 · 60 vegetable capsules · UPC 6-28747-11866-8**
NPN 80110671 · V0507-R3
**50+ Health · Energy · Immune Health**
**Medicinal Mushrooms**

## Cordyceps Militaris
**400 mg · Hot-Water Extract** capsules




### Medicinal Mushrooms
### Immune Support · Vigour
### 20% *beta*-Glucans (80 mg) from 40% Polysaccharides (160 mg)

Source of fungal polysaccharides with immunomodulating properties.

### Each vegetable capsule contains:

Cordyceps mushroom (*Cordyceps militaris*) fruiting body **extract**, standardized to 40% polysaccharides (160 mg) providing 20% *beta*-glucans (80 mg) . . . . . 400 mg

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule twice daily with food or as directed by your health-care practitioner.

**#2672 · 60 vegetable capsules · UPC 6-28747-12672-4**
NPN 80105570 · V0698-R1
**Energy · Immune Health · Medicinal Mushrooms**



# Medicinal Mushrooms

## Coriolus

capsules

**Turkey Tail · 500 mg**
**Hot-Water Extract**




Medicinal Mushrooms
Immune Support · Antioxidant
50% *beta*-Glucans (250 mg)
from 55% Polysaccharides (275 mg)

Used in herbal medicine to support the immune system. Source of antioxidants.

### Each vegetable capsule contains

Coriolus (*Trametes versicolor*) mushroom **extract** standardized to 55% polysaccharides (275 mg) providing 50% *beta*-glucans (250 mg) . . . . . 500 mg

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily with food or as directed by your health-care practitioner. Dosage can be increased up to 2 capsules two or three times daily.

**#1864 · 60 vegetable capsules · UPC 6-28747-11864-4**
NPN 80070797 · V0506-R4
**Immune Health · Medicinal Mushrooms**

Mushroom Lovers

## Coriolus Powder

**Turkey Tail · Organic**




Medicinal Mushrooms
Immunity-Boosting · Antioxidant

Source of fungal polysaccharides with immunomodulating properties.

### Each ½ teaspoon contains

**Organic** coriolus (*Trametes versicolor*) . . . . . 3.125 g

### Directions of use

**Adults:** Take ½ teaspoon daily or as directed by your health-care practitioner. Use boiling water. Steep covered for 5 to 20 minutes before ingesting. Simmering will increase potency and benefits.

**#2578 · 100 g / 32 doses · UPC 6-28747-02578-2**
NPN 80105459 · P0830-R1
**Functional Foods · Immune Health · Medicinal Mushrooms**

## PICK FRUITING BODY

**Medicinal mushroom extracts derived from the fruiting body are proven superior. The fruiting body is rich in key polysaccharides (including *beta*-glucans), responsible for therapeutic benefits. Products derived from mycelium ("roots") may be contaminated by starches from growing mediums such as rice.**

## Lion's Mane

**500 mg · Hot-Water Extract**

capsules




Medicinal Mushrooms
Cognitive Health
Immune-Boosting
35% *beta*-Glucans (175 mg)
from 40% Polysaccharides (200 mg)

Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants.

### Each vegetable capsule contains

Lion's mane (*Hericium erinaceus*) mushroom **extract**, standardized to 40% polysaccharides (200 mg) providing 35% *beta*-glucans (175 mg) . . . . . 500 mg

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal. Dosage can be increased up to 3 capsules daily.

**#1868 · 60 vegetable capsules · UPC 6-28747-11868-2**
**#2297 · 120 vegetable capsules · UPC 6-28747-12297-9**
NPN 80070799 · V0510-R2
**Medicinal Mushrooms · Memory Help · Neurological Health**

Mushroom Lovers

## Lion's Mane Powder




Medicinal Mushrooms
Cognitive Health · Immune Support
Organic · Creamy, Lobster-like Taste

Source of fungal polysaccharides with immunomodulating properties. Supports cognitive health.

### Each ¾ teaspoon contains

**Organic** lion's mane (*Hericium erinaceus*) . . . . . 1 g

### Directions of use

*Source of fungal polysaccharides:* **Adults:** Take two 1 g (two ¾ teaspoons) servings daily or as directed by your health-care practitioner. *Supports cognitive health:* **Adults 50 years and older:** Take two 1 g (two ¾ teaspoons) servings daily or as directed by your health-care practitioner. • Mix product well in 1 cup (250 ml) of hot liquid (water, coffee, tea, etc.) and steep covered for 5 to 20 minutes before ingesting.

**#2579 · 100 g / 100 doses · UPC 6-28747-02579-9**
NPN 80111122 · P0831-R1
**Functional Foods · Immune Health · Medicinal Mushrooms**
**Memory Help · Neurological Health**

# Medicinal Mushrooms

## Maitake
**400 mg · Hot-Water Extract** capsules




### Medicinal Mushrooms
### Immune Support · Balance
### 30% *beta*-Glucans (120 mg)
### from 40% Polysaccharides (160 mg)

Used in herbal medicine to support the immune system.

### Each vegetable capsule contains

Maitake (*Grifola frondosa*) mushroom **extract**, standardized to 40% polysaccharides (160 mg) providing 30% *beta*-glucans (120 mg) . . . . . 400 mg

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules daily with food or as directed by your health-care practitioner.

**#1860 · 60 vegetable capsules · UPC 6-28747-11860-6**
NPN 80117430 · V0509-R3
**Immune Health · Medicinal Mushrooms**

## Mushroom Lovers
## Maitake Powder




### Organic *Grifola frondosa*
### 10 Calories per Portion
### 100% Pure · Gluten-Free · Non-GMO

The magic of mushrooms is no mystery to us! Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured maitake tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

### Ingredient

**Organic** maitake (*Grifola frondosa*) powder.

### Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

### Nutrition Facts · Per ½ tsp. (2.6 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0.1 g | 0 % | Cholesterol 0 mg | |
| Saturated 0 g + *Trans* 0 g | 0 % | Sodium 0 mg | 0 % |
| Carbohydrate 2 g | | Potassium 0 mg | 0 % |
| Fibres 1 g | 4 % | Calcium 0 mg | 0 % |
| Sugars 0 g | 0 % | Iron 0 mg | 0 % |
| Protein 0.5 g | | | |

*5% or less is a little, 15% or more is a lot

**#2581 · 100 g / 38 portions · UPC 6-28747-02581-2**
P0833-R1
**NONTAXABLE ITEM**
**Functional Foods · Immune Health · Medicinal Mushrooms**

## Reishi
**500 mg · Hot-Water Extract** capsules




### Medicinal Mushrooms
### Immunity – Energy – Stress Resistance
### 30% *beta*-Glucans (150 mg)
### from 40% Polysaccharides (200 mg)

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress), as a liver tonic, and to support the immune system. Provides antioxidants.

### Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) fruiting body **extract**, standardized to 40% polysaccharides (200 mg) providing 30% *beta*-glucans (140 mg) . . . . . 500 mg

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

### Duration of use

*Immune support:* Use for a minimum of 4 weeks to see beneficial effects.

**#1862 · 60 vegetable capsules · UPC 6-28747-11862-0**
**#2298 · 120 vegetable capsules · UPC 6-28747-12298-6**
NPN 80126891 · V0505-R6
**Energy · Immune Health · Medicinal Mushrooms · Stress Management**

## Mushroom Lovers
## Organic Reishi Powder
### *Ganoderma lucidum*




### 10 calories per portion · 100% Pure
### Gluten-Free · Non-GMO
### Robust and Earthy Taste

The magic of mushrooms is no mystery to us! Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured reishi tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

### Ingredient

**Organic** reishi (*Ganoderma lucidum*) powder.

### Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

### Nutrition Facts · Per ½ tsp. (2.7 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0.1 g | 0 % | Cholesterol 0 mg | |
| Saturated 0 g + *Trans* 0 g | 0 % | Sodium 0 mg | 0 % |
| Carbohydrate 2 g | | Potassium 0 mg | 0 % |
| Fibres 2 g | 7 % | Calcium 0 mg | 0 % |
| Sugars 0 g | 0 % | Iron 0 mg | 0 % |
| Protein 0.2 g | | | |

*5% or less is a little, 15% or more is a lot

**#2580 · 100 g / 37 portions · UPC 6-28747-02580-5**
P0832-R1
**NONTAXABLE ITEM**
**Functional Foods · Immune Health · Medicinal Mushrooms**
**Stress Management**

# Medicinal Mushrooms

## Reishi Spores
**Broken Cell-Wall Spores** capsules




### Medicinal Mushrooms
### Energy – Immunity – Antioxidant
### Adjunctive Therapy to Reduce Fatigue / Weakness During Radiation and Chemotherapy
### 350 mg

Provides antioxidants. Contains fungal polysaccharides with immunomodulating properties. To help manage the symptoms of fatigue and weakness and as assistive therapy in order to alleviate central energy deficiency symptoms of patients undergoing chemical and radiation treatments.

### Each vegetable capsule contains

| | |
|---|---|
| Reishi (*Ganoderma lucidum*) spores (broken sporoderm) | 350 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dixodide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule four times daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

### Duration of use

Consult a health-care practitioner for prolonged use. *Symptom management:* Use for a minimum of 4 weeks to see beneficial effects.

**#2696 · 60 vegetable capsules · UPC 6-28747-12696-0**
NPN 80108206 · V0724-R1
**Energy · Immune Health · Medicinal Mushrooms · Stress Management**

## Resilience
**Mushroom Extract Blend** capsules




### Medicinal Mushrooms
### Immunity – Energy – Stress Reduction
### Hot-Water Extract
### 32% *beta*-Glucans (125 mg) from 42% Polysaccharides (170 mg)

Used in herbal medicine to support the immune system, as an adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress), and as a liver tonic. Source of antioxidants.

### Each vegetable capsule contains

*Each mushroom **extract** is standardized to 40% polysaccharides.

| | |
|---|---|
| Chaga (*Inonotus obliquus*) mushroom **extract*** | 68 mg |
| Coriolus (*Trametes versicolor*) mushroom **extract*** | 68 mg |
| Maitake (*Grifola frondosa*) mushroom **extract*** | 68 mg |
| Reishi (*Ganoderma lucidum*) mushroom **extract*** | 68 mg |
| Shiitake (*Lentinula edodes*) mushroom **extract*** | 68 mg |
| Cordyceps (*Paecilomyces hepiali*) mushroom **extract*** | 30 mg |
| Lion's mane (*Hericium erinaceus*) mushroom **extract*** | 30 mg |

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules three times daily or as directed by your health-care practitioner. Take with a meal if gastrointestinal upset occurs.

**#1933 · 90 vegetable capsules · UPC 6-28747-11933-7**
NPN 80087975 · V0512-R1
**Immune Health · Medicinal Mushrooms**

## Shiitake
**300 mg · Hot-Water Extract** capsules




### Medicinal Mushrooms
### Immune Support · Wellness
### 25% *beta*-Glucans (75 mg) from 40% Polysaccharides (120 mg)

Used in herbal medicine to support the immune system. Source of antioxidants.

### Each vegetable capsule contains

| | |
|---|---|
| Shiitake (*Lentinula edodes*) mushroom **extract**, standardized to 40% polysaccharides (120 mg) providing 25% *beta*-glucans (75 mg) | 300 mg |

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily with food or as directed by your health-care practitioner.

**#1870 · 60 vegetable capsules · UPC 6-28747-11870-5**
NPN 80113474 · V0508-R3
**Immune Health · Medicinal Mushrooms**


MYSTIFIED BY MUSHROOMS?
TAKE THE QUIZ

# Melatonin
**5 mg** tablets




## Non–Habit-Forming
## Sleep Support
## Shift-Work · Jet-Lag

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).

### Each tablet contains

Melatonin . . . . . 5 mg
Pharmaceutical grade.

### Other ingredients

Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, vegetable magnesium stearate, and vegetable stearic acid.

### Directions of use

**Adults:** Take ½–2 tablets daily or as directed by your health-care practitioner. Take as needed, 30 to 60 minutes before bedtime.

**#2076 · 60 tablets · UPC 6-28747-12076-0**
NPN 80068403 · V0568-R1
**Sleep Aids**

# Melatonin
**10 mg** tablets




## Non–Habit-Forming Sleep Support
## Shift-Work · Jet-Lag

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).

### Each tablet contains

Melatonin . . . . . 10 mg
Pharmaceutical grade.

### Other ingredients

Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, vegetable magnesium stearate, and vegetable stearic acid.

### Directions of use

**Adults:** Take ½–1 tablet daily or as directed by your health-care practitioner. Take as needed, 30 to 60 minutes before bedtime.

**#2078 · 60 tablets · UPC 6-28747-12078-4**
NPN 80068400 · V0569-R1
**Sleep Aids**

# Melatonin Liquid




## Non–Habit-Forming · Sleep Support

Helps increase total sleep time in people suffering from sleep restriction or altered sleep schedule.

### Each drop contains

Melatonin . . . . . 120 mcg
Pharmaceutical grade.

### Other ingredients

**Organic** alcohol from sugarcane, glycerin, purified water, and natural peppermint **extract**.

### Directions of use

**Adults:** Take 5–50 drops daily or as directed by your health-care practitioner. Sensitivity to melatonin is different from person to person. Take once a day, at or before bedtime.

### Duration of use

*For sleep restriction / altered sleep schedule; for delayed sleep phase disorder; and to restore sleep-wake cycle:* Consult a health-care practitioner for use beyond 4 weeks.

Note: This product is not shipped during the winter, due to freezing conditions.

**#1946 · 50 ml · UPC 6-28747-21946-4**
**#2548 · 95 ml · UPC 6-28747-22548-9**
NPN 80112811 · LM0134-R1
**Sleep Aids**

# Memory Care
***Bacopa monnieri* · 300 mg**
**25:1 Extract · 45% Bacosides**
capsules




## Memory Protection and Cognitive Support

Helps support cognitive health and/or brain function. Helps support memory.

### Each vegetable capsule contains

Whole bacopa (*Bacopa monnieri*)
25:1 **extract**, 45% bacosides . . . . . 300 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#3148 · 60 vegetable capsules · UPC 6-28747-13148-3**
NPN 80105758 · V0766-R1
**50+ Health · Herbs and Herbal Extracts**
**Memory Help · Neurological Health**

> "At first, people refuse to believe that a strange new thing can be done. Then, they begin to hope it can be done. Then, they see it can be done. Then it is done, and all the world wonders why it was not done centuries ago."
>
> *Francis Eliza Hodgson Burnett*

# Menopeace

capsules




## Hot Flashes · Night Sweats Mood Swings · Soy-Free

Used in herbal medicine as a hormone normalizer to help stabilize menstrual cycle irregularities, and to help relieve symptoms associated with menopause, such as hot flashes. Black cohosh is used in herbal medicine to help relieve muscle and joint pain associated with rheumatic conditions (such as rheumatoid arthritis, osteoarthritis or fibrositis), and of pain associated with neuralgia (such as sciatica).

### Each vegetable capsule contains

| | |
|---|---|
| Chaste tree (*Vitex agnus-castus*) fruit **extract**, 0.5% agnusides | 125 mg |
| Dong quai (*Angelica sinensis*) root **extract**, 1% Z-ligustilide | 125 mg |
| Red clover (*Trifolium pratense*) flower top **extract**, 40% isoflavones, 25.2 mg AIE* | 75 mg |
| Dandelion (*Taraxacum officinale*) root **extract**, 3% flavonoids | 62.5 mg |
| Black cohosh (*Actaea racemosa*) root **extract**, 2.5% triterpenes | 30 mg |
| Wild yam (*Dioscorea villosa*) rhizome 8:1 **extract**, 16% diosgenin | 25 mg |

*AIE = Aglycone Isoflavone Equivalents

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adult women (perimenopausal):** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of 3 months to help stabilize menstrual cycle irregularities.

**#0232 · 60 vegetable capsules · UPC 6-28747-10232-2**
**#0948 · 120 vegetable capsules · UPC 6-28747-10948-2**
NPN 80036425 · V0187-R4
**Menopause · Women's Health**

# Merry Mind Omega 3

**1,000 mg EPA · 100 mg DHA**

softgels




## Healthy Mood Balance 0% Porcine/Bovine

Helps to promote healthy mood balance.

### Each softgel contains

| | |
|---|---|
| Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) | 1,366 mg |
| **Providing omega-3 fatty acids, including:** | |
| Eicosapentaenoic acid (EPA) | 1,000 mg |
| Docosahexaenoic acid (DHA) | 100 mg |
| Other omega-3s | 71 mg |

### Other ingredients

Natural vitamin E (D-*alpha*-tocopherol, from non-GMO sunflower) and rosemary leaf extract in an improved softgel composed of fish gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 1 softgel daily with a meal or as directed by your health-care practitioner.

**#2163 · 30 fish-based softgels · UPC 6-28747-12163-7**
NPN 80077448 · V0577-R5
**Fish Oils · Mood Enhancement**
**Pain and Inflammation**

Full line of antistress products, p. 208–212
Full line of fish oils, p. 157–164

# Methionine: L-Methionine

**500 mg**

capsules




## Supports Liver Function

Helps support liver function. Provides an essential amino acid involved in protein synthesis. A factor in the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| L-Methionine | 500 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**6 years old and over:** Take 1 capsule once or twice daily with food or as directed by your health-care practitioner.

**#0148 · 50 vegetable capsules · UPC 6-28747-10148-6**
NPN 80017685 · V0102-R2
**Amino Acids and Proteins · Detoxification**

# Methyltetrahydrofolate: Active Folate

**L-5-Methyltetrahydrofolate**
**1,000 mcg plus Vitamins B6 and B12**

capsules




## Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize nutrients; helps in the normal function of the immune system; and helps in tissue formation.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 2 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 2.8 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#1900 · 60 vegetable capsules · UPC 6-28747-11900-9**
NPN 80095778 · V0518-R2
**Maternity · Vitamins and Minerals**

Full line of B vitamins, p. 227–234

## Methyltetrahydrofolate:
# Active Folate
tablets

**L-5-Methyltetrahydrofolate**
**1,000 mcg plus Vitamins B6 and B12**




### Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize carbohydrates, fats, and proteins; and helps in tissue formation.

### Each tablet contains

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 2 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 2.8 mcg |

### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#2038 · 60 tablets · UPC 6-28747-12038-8**
NPN 80070154 · V0563-R1
**Maternity · Vitamins and Minerals**

Full line of B vitamins, p. 227–234

# Milk Thistle
organic tincture

### Liver Protection

Traditionally used in herbal medicine as a hepatoprotectant/liver protectant, to help to support liver function, and to help relieve digestive disturbances/dyspepsia.




### Each teaspoon contains a crude quantity equivalent of

| | |
|---|---|
| **Organic** milk thistle (*Silybum marianum*) seed | 1.5 g |

### Other ingredients

**Organic** alcohol 25% (from sugarcane) and purified water.

### Directions of use

**Adults:** Take 2 teaspoons (10 ml) daily or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of 3 weeks to see beneficial effects (hepatoprotectant/liver protectant agent or support of liver function).

**#1597 · 50 ml · UPC 6-28747-21597-8**
NEW SIZE!
**#3596 · 100 ml · UPC 6-28747-23596-9**
NPN 80079356 · LM0036-R4
**Detoxification · Herbs and Herbal Extracts**

**NEW PRODUCT! Since February 2026**

# Milk Thistle Seed Extract 250 mg
**80% Silymarin · 200 mg**
capsules




### Liver Protection

Traditionally used in herbal medicine as a hepatoprotectant / liver protectant; to help support liver function; and to help relieve digestive disturbances/dyspepsia.

### Each vegetable capsule contains

| | |
|---|---|
| Milk thistle (*Silybum marianum*) 30:1 seed extract (80% silymarin) | 250 mg |
| (7,500 mg crude quantity equivalent) | |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily or as directed by your health-care practitioner.

### Duration of use

Use for at least 3 weeks to see beneficial effects.

**#3628 · 90 vegetable capsules · UPC 6-28747-13628-0**
**#3618 · 270 vegetable capsules · UPC 6-28747-13618-1**
NPN 80127788 · V0870-R1
**Detoxification · Digestive Health · Herbs and Herbal Extracts**

# Modified Citrus Pectin
powder




### Helps to Support Detoxification

### Each scoop contains

| | |
|---|---|
| Modified citrus pectin, from lemon (*Citrus* × *limon*) fruit peel | 5 g |
| (Providing on average 400 mg sodium) | |

### Directions of use

**Adults ≥ 18 years old:** Take 1 scoop three times daily 30 minutes before food or as directed by your health-care practitioner. Put one 5 g scoop of Modified Citrus Pectin into a glass. Add liquid (water, juice, or tea). *Do not stir yet:* Let sit 3–5 minutes to allow the powder to rehydrate. Stir contents until powder is dissolved. We recommend weighing Modified Citrus Pectin for precise dosage.

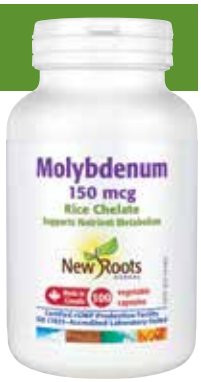
### Caution

Provides a significant amount of sodium.

**#2239 · 150 g / 30 doses · UPC 6-28747- 02239-2**
NPN 80078773 · P0759-R1
**Detoxification · Herbs and Herbal Extracts · Immune Health**

> "Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can."
>
> *John Wesley*

# Molybdenum
**150 mcg** capsules




## Rice Chelate
## Supports Nutrient Metabolism

Helps to maintain the body's ability to metabolize nutrients. Helps to prevent molybdenum deficiency.

### Each vegetable capsule contains

| | |
|---|---|
| Molybdenum (from molybdenum HVP chelate) | 150 mcg |

### Other ingredients

Microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–4 capsules daily or as directed by your health-care practitioner.

**#0846 · 100 vegetable capsules · UPC 6-28747-10846-1**
NPN 80114485 · V0215-R2
**Detoxification · Immune Health**
**Vitamins and Minerals**

# Moringa Seed Oil
**Certified Organic**




## Body, Face, and Hair

**Organic** and cold-pressed, our South African–sourced moringa seed oil is among the most versatile topical oils. It works wonders for hair, skin, and for a smooth-looking complexion.

### Each bottle contains

| | |
|---|---|
| **Organic** moringa (*Moringa oleifera*) seed oil, cold-pressed with added **organic** rosemary (*Rosmarinus officinalis*) **extract**. | 30 ml |

### Ingredients

*Moringa oleifera* seed oil and *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face, neck, body, hair, or nails. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

**#2088 · 30 ml · UPC 6-28747-22088-0**
OM0129-R2
**Beauty · Exotic Skin Oils · Hair · Skin**

Full line of exotic skin oils, p. 92–95



# MSM
**Methylsulfonylmethane**
**100% Pure · 850 mg** capsules




## Relief of Joint Pain
## Due to Osteoarthritis

Helps to relieve joint pain associated with osteoarthritis. Helps to relieve the pain and swelling associated with osteoarthritis of the knee. Helps to maintain skin health. Helps to reduce fine lines and wrinkles. Supports antioxidant capacity after exercise.

### Each vegetable capsule contains

| | |
|---|---|
| Methylsulfonylmethane (MSM), 100% pure | 850 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules two or three times daily with food or as directed by your health-care practitioner. Avoid taking at bedtime.

### Duration of use

Use for a minimum of 4 weeks to see beneficial effects.

**#0785 · 90 vegetable capsules · UPC 6-28747-10785-3**
**#0795 · 180 vegetable capsules · UPC 6-28747-10795-2**
NPN 80042766 · V0094-R4
**Detoxification · Joint Health · Pain and Inflammation · Skin**

# MSM
**Methylsulfonylmethane · 100% Pure** powder




## Osteoarthritis Joint Pain Relief

Helps to relieve joint pain associated with osteoarthritis.

### Contains

100% pure, pharmaceutical-grade methylsulfonylmethane (MSM).

### Directions of use

**Adults:** Take ¼ teaspoon (1,000 mg) before meals three times daily. Mix with 8 oz. of water or orange or apple juice, or as directed by your health-care practitioner. Take with Vitamin C Calcium Ascorbate (SKUs #0030 or #0159) for better results. Avoid taking at bed time.

### Duration of use

Use for a minimum of 4 weeks to see beneficial effects.

**#0796 · 300 g / ≈300 doses · UPC 6-28747-00796-2**
**#0797 · 600 g / ≈600 doses · UPC 6-28747-00797-9**
NPN 80019681 · P0195
**Detoxification · Joint Health**
**Pain and Inflammation · Skin**

> "Almost all our health concerns can be traced back to our belly. Ensure a healthy gut, and the rest will take care of itself."
>
> *Behzad Azargoshasb, "Rules of Health"*

# Multivitamins

## Multi
**Vitamin and Mineral Formula** capsules




### With Activated B Vitamins and 1,000 IU of Vitamin D
### FREE OF IRON, *BETA*-CAROTENE, AND VITAMIN A

Helps in the maintenance of good health, healthy skin, and immune function.

### Each vegetable capsule contains

| | |
|---|---|
| **Vitamins** | |
| Vitamin C (from 80 mg calcium ascorbate) | 56 mg |
| Vitamin B1 (thiamine hydrochloride) | 50 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 50 mg |
| Vitamin B5 (calcium D-pantothenate) | 50 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 50 mg |
| Vitamin B2 (riboflavin) | 25 mg |
| Vitamin B2 (riboflavin-5'-phosphate) | 25 mg |
| Vitamin E (D-*alpha*-tocopheryl acid succinate) (20 IU) | 13.38 mg AT |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1,000 mcg |
| Vitamin B12 (methylcobalamin) | 1,000 mcg |
| Biotin | 150 mcg |
| Vitamin K2 (menaquinone-4) | 25 mcg |
| Vitamin D3 (cholecalciferol) (1,000 IU) | 25 mcg |
| **Minerals** | |
| Magnesium (from magnesium citrate) | 35 mg |
| Zinc (from zinc citrate) | 10 mg |
| Copper (from copper gluconate) | 1 mg |
| Manganese (from manganese citrate) | 1 mg |
| Molybdenum (from molybdenum citrate) | 150 mcg |
| Chromium (from chromium HVP chelate) | 50 mcg |
| Selenium (from yeast-free L-selenomethionine) | 10 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#1726 · 30 vegetable capsules · UPC 6-28747-11726-5**
**#1731 · 60 vegetable capsules · UPC 6-28747-11731-9**
**#1734 · 120 vegetable capsules · UPC 6-28747-11734-0**
NPN 80035202 · V0468-R11
**Vitamins and Minerals**

## WHY IRON-FREE?

Iron is recommended for those with iron deficiencies or during pregnancy.
Iron overload causes oxidation which can contribute to chronic disease.

## Multi-Max
**Multivitamin** capsules




### Advanced 45-Ingredient Formula
### IRON-FREE

Source of vitamins, minerals, and antioxidants for the maintenance of good health. Helps to maintain healthy skin and immune function. Helps in the function of the thyroid gland. Helps in the development and maintenance of bones.

### Two vegetable capsules contain

| | |
|---|---|
| **Vitamins** | |
| Vitamin C (from calcium ascorbate) | 43.75 mg |
| Vitamin E (D-*alpha*-tocopheryl acid succinate) | 33.44 mg AT |
| Vitamin B5 (calcium D-pantothenate) | 11.5 mg |
| Vitamin B1 (thiamine hydrochloride) | 8.25 mg |
| Vitamin B3 (niacinamide) | 7.5 mg |
| Vitamin B2 (riboflavin) | 5 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 5 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 5 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 1.25 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 1.25 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 95 mcg |
| Vitamin B12 (methylcobalamin) | 75 mcg |
| Biotin | 16.5 mcg |
| Vitamin D3 (cholecalciferol) (1.425 mcg) | 57 IU |
| **Minerals** | |
| Magnesium (from magnesium citrate) | 112.5 mg |
| Calcium (from calcium citrate and calcium ascorbate) | 81 mg |
| Potassium (from potassium citrate) | 8.25 mg |
| Zinc (from zinc citrate) | 3.75 mg |
| Manganese (from manganese citrate) | 1 mg |
| Copper (from copper gluconate) | 250 mcg |
| Boron (from boron citrate) | 125 mcg |
| Iodine (from Norwegian kelp [*Ascophyllum nodosum*]) | 25 mcg |
| Chromium (from chromium HVP chelate) | 12.5 mcg |
| Selenium (from selenium HVP chelate) | 12.5 mcg |
| **Amino Acids** | |
| L-Proline | 22.5 mg |
| *N*,*N*-Dimethylglycine (DMG) | 20 mg |
| L-Cysteine hydrochloride monohydrate | 7.5 mg |
| **Supplements / Nutraceuticals** | |
| Green tea (*Camellia sinensis*) **extract**, 50% polyphenols | 60 mg |
| Citrus bioflavonoids (from bitter orange [*Citrus* × *aurantium*]), 50% hesperidin | 50 mg |
| Bee pollen | 35 mg |
| D-Ribose | 30 mg |
| DL-*alpha*-Lipoic acid | 25 mg |
| Broken-cell, **organic** chlorella (*Chlorella vulgaris*) | 18 mg |
| **Organic** spirulina (*Spirulina platensis*) | 18 mg |
| Betaine hydrochloride | 12.5 mg |
| Lecithin (from non-GMO sunflower oil) | 8.25 mg |
| *para*-Aminobenzoic acid (PABA) | 6.25 mg |
| Coenzyme Q10 (ubiquinone-10) (from fermentation) | 6 mg |
| Rutin | 5 mg |
| Choline citrate | 4.15 mg |
| Inositol (*myo*-inositol) | 4.075 mg |
| Hesperidin (from bitter orange [*Citrus* × *aurantium*] fruit) | 2.5 mg |
| Quercetin | 2.5 mg |
| Tomato (*Solanum lycopersicum*) flesh **extract**, 20% lycopene | 750 mcg |
| Black pepper (*Piper nigrum*) fruit **extract**, 95% piperine | 200 mcg |

# Multivitamins

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules one to four times daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#1235 · 60 vegetable capsules · UPC 6-28747-11235-2**
**#0963 · 120 vegetable capsules · UPC 6-28747-10963-5**
**#0964 · 240 vegetable capsules · UPC 6-28747-10964-2**
NPN 80083606 · V0476-R10
**50+ Health · Vitamins and Minerals**

## Multi-Max IMMUNE

**Multivitamin** capsules




### Advanced 50-Ingredient Formula With Colostrum and Green Tea
### IRON-FREE

Source of vitamins, minerals, and antioxidants for the maintenance of good health. Helps to maintain healthy skin and immune function. Helps in the function of the thyroid gland. Helps in the development and maintenance of bones.

### Two vegetable capsules contain

**Vitamins**

| | |
|---|---|
| Vitamin C (from calcium ascorbate) | 61.25 mg |
| Vitamin B5 (calcium D-pantothenate) | 50 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 50 mg |
| Vitamin B3 (niacinamide) | 25 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 25 mg |
| Vitamin E (D-*alpha*-tocopheryl acid succinate) from sunflower | 15.075 mg AT (22.5 IU) |
| Vitamin B1 (thiamine hydrochloride) | 8.75 mg |
| Vitamin B2 (riboflavin) | 8.75 mg |
| Vitamin B2 (riboflavin-5'-phosphate) | 3.75 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 2.5 mg |
| Vitamin B12 (methylcobalamin) | 250 mcg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 250 mcg |
| Biotin | 75 mcg |
| Vitamin D3 (cholecalciferol) (3.75 mcg) | 150 IU |

**Minerals**

| | |
|---|---|
| Magnesium (from magnesium citrate) | 75 mg |
| Calcium (from calcium citrate) | 62.5 mg |
| Potassium (from potassium citrate) | 6.25 mg |
| Zinc (from zinc citrate) | 6.25 mg |
| Manganese (from manganese citrate) | 3.75 mg |
| Copper (from copper gluconate) | 1 mg |
| Boron (from boron citrate) | 500 mcg |
| Molybdenum (from molybdenum citrate) | 87.5 mcg |
| Chromium (from chromium HVP chelate) | 62.5 mcg |
| Selenium (from selenium HVP chelate) | 50 mcg |
| Iodine (from potassium iodide) | 25 mcg |

**Amino Acids**

| | |
|---|---|
| DL-Methionine | 50 mg |
| L-Cysteine hydrochloride monohydrate | 7.5 mg |
| *N*,*N*-Dimethylglycine (DMG) | 6.25 mg |
| Taurine (2-aminoethanesulfonic acid) | 6.25 mg |

**Supplements/Nutraceuticals**

| | |
|---|---|
| Green tea (*Camellia sinensis*) leaf **extract**, 50% polyphenols | 50 mg |
| Free plant sterols (from non-GMO soy) | 38.75 mg |
| Choline bitartrate | 31.75 mg |
| *para*-Aminobenzoic acid (PABA) | 18.75 mg |
| DL-*alpha*-Lipoic acid | 12.5 mg |
| Betaine hydrochloride | 12.5 mg |
| Rutin | 11.25 mg |
| Japanese knotweed (*Fallopia japonica*) root **extract**, 50% resveratrol | 10 mg |
| Inositol (*myo*-inositol) | 8.75 mg |
| Bovine colostrum (from *Bos taurus*) | 7.5 mg |
| Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric proanthocyanidins | 7.5 mg |
| Hesperidin (from bitter orange [*Citrus* × *aurantium*] fruit) | 7.5 mg |
| **Organic** spirulina (*Spirulina platensis*) | 7.5 mg |
| Coenzyme Q10 (ubiquinone-10) (from fermentation) | 6 mg |
| Lecithin (from non-GMO sunflower oil) | 3.75 mg |
| Tomato (*Solanum lycopersicum*) flesh **extract**, 10% lycopene | 2.5 mg |
| *Haematococcus pluvialis* **extract**, 2% astaxanthin | 1 mg |
| Lutein (from marigold [*Tagetes erecta*]) | 312 mcg |
| Black pepper (*Piper nigrum*) fruit **extract**, 95% piperine | 200 mcg |
| Zeaxanthin (from marigold [*Tagetes erecta*]) | 200 mcg |

## Other ingredients

Arabinogalactan (25 mg per 2 capsules), microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules two to four times daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#0225 · 120 vegetable capsules · UPC 6-28747-10225-4**
**#0253 · 240 vegetable capsules · UPC 6-28747-10253-7**
NPN 80046526 · V0286-R14
**Immune Health · Vitamins and Minerals**



# Multivitamins

## Prenatal
**Complete Multivitamin** capsules




### Benefits Mom and Baby Preconception to Early Motherhood · Reduces Risk of Neural-Tube Defects

For prenatal, pregnancy, postnatal, and breast-feeding. Vitamin and mineral formula beneficial for mother and infant health. Helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to form red blood cells and helps in their proper function.

### Each vegetable capsule contains

| | |
|---|---|
| Calcium (from calcium citrate) | 66.67 mg |
| Vitamin C (from calcium ascorbate) | 58.33 mg |
| Magnesium (from fully reacted magnesium bisglycinate) | 33.33 mg |
| Vitamin B5 (calcium D-pantothenate) | 33.33 mg |
| Vitamin B1 (thiamine hydrochloride) | 25 mg |
| Potassium (from potassium citrate) | 23.33 mg |
| Vitamin B3 (niacinamide) | 16.67 mg |
| Iron (from iron bisglycinate) | 11.67 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 11.67 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 11.67 mg |
| Vitamin E (D-*alpha*-tocopheryl acid succinate) | 11.17 mg AT (16.7 IU) |
| Zinc (from zinc citrate) | 8.33 mg |
| Manganese (from manganese citrate) | 1.67 mg |
| Copper (from copper citrate) | 500 mcg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 333.33 mcg |
| Vitamin B12 (methylcobalamin) | 333.33 mcg |
| Biotin | 100 mcg |
| Iodine (from potassium iodide) | 50 mcg |
| Chromium (from chromium polynicotinate) | 33.33 mcg |
| Vitamin K1 | 33.33 mcg |
| Molybdenum (from molybdenum citrate) | 16.667 mcg |
| Selenium (from yeast-free L-selenomethionine) | 16.667 mcg |
| Vitamin D3 (cholecalciferol) | 3.33 mcg (133.33 IU) |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!
**#3500 · 30 vegetable capsules · UPC 6-28747-13500-9**
**#1434 · 90 vegetable capsules · UPC 6-28747-11434-9**
NPN 80115689 · V0378-R11
**Maternity · Vitamins and Minerals**



Ultra-High-Performance Liquid Chromatography (UHPLC) is indeed a masterful analytical technique for determining the identity and quantity of compounds in a sample.

These versatile, high-precision machines determine both the identity and quantity of complex molecules, including fat- and water-soluble vitamins. This allows us to identify and differentiate various compounds present in complex mixtures.



# Multi
## Vitamin and Mineral Formula
capsules




### With Activated B Vitamins and 1,000 IU of Vitamin D FREE OF IRON, *BETA*-CAROTENE, AND VITAMIN A

Helps in the maintenance of good health, healthy skin, and immune function.

### Each vegetable capsule contains

**Vitamins**

| | |
|---|---|
| Vitamin C (from 80 mg calcium ascorbate) | 56 mg |
| Vitamin B1 (thiamine hydrochloride) | 50 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 50 mg |
| Vitamin B5 (calcium D-pantothenate) | 50 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 50 mg |
| Vitamin B2 (riboflavin) | 25 mg |
| Vitamin B2 (riboflavin-5'-phosphate) | 25 mg |
| Vitamin E (D-*alpha*-tocopheryl acid succinate) (20 IU) | 13.38 mg AT |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1,000 mcg |
| Vitamin B12 (methylcobalamin) | 1,000 mcg |
| Biotin | 150 mcg |
| Vitamin K2 (menaquinone-4) | 25 mcg |
| Vitamin D3 (cholecalciferol) (1,000 IU) | 25 mcg |

**Minerals**

| | |
|---|---|
| Magnesium (from magnesium citrate) | 35 mg |
| Zinc (from zinc citrate) | 10 mg |
| Copper (from copper gluconate) | 1 mg |
| Manganese (from manganese citrate) | 1 mg |
| Molybdenum (from molybdenum citrate) | 150 mcg |
| Chromium (from chromium HVP chelate) | 50 mcg |
| Selenium (from yeast-free L-selenomethionine) | 10 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#1726 · 30 vegetable capsules · UPC 6-28747-11726-5**
**#1731 · 60 vegetable capsules · UPC 6-28747-11731-9**
**#1734 · 120 vegetable capsules · UPC 6-28747-11734-0**
NPN 80035202 · V0468-R11
**Vitamins and Minerals**

Full line of multivitamins, p. 146–148

# Multi-Max
## Multivitamin
capsules




### Advanced 45-Ingredient Formula IRON-FREE

Source of vitamins, minerals, and antioxidants for the maintenance of good health. Helps to maintain healthy skin and immune function. Helps in the function of the thyroid gland. Helps in the development and maintenance of bones.

### Two vegetable capsules contain

**Vitamins**

| | |
|---|---|
| Vitamin C (from calcium ascorbate) | 43.75 mg |
| Vitamin E (D-*alpha*-tocopheryl acid succinate) | 33.44 mg AT |
| Vitamin B5 (calcium D-pantothenate) | 11.5 mg |
| Vitamin B1 (thiamine hydrochloride) | 8.25 mg |
| Vitamin B3 (niacinamide) | 7.5 mg |
| Vitamin B2 (riboflavin) | 5 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 5 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 5 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 1.25 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 1.25 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 95 mcg |
| Vitamin B12 (methylcobalamin) | 75 mcg |
| Biotin | 16.5 mcg |
| Vitamin D3 (cholecalciferol) (1.425 mcg) | 57 IU |

**Minerals**

| | |
|---|---|
| Magnesium (from magnesium citrate) | 112.5 mg |
| Calcium (from calcium citrate and calcium ascorbate) | 81 mg |
| Potassium (from potassium citrate) | 8.25 mg |
| Zinc (from zinc citrate) | 3.75 mg |
| Manganese (from manganese citrate) | 1 mg |
| Copper (from copper gluconate) | 250 mcg |
| Boron (from boron citrate) | 125 mcg |
| Iodine (from Norwegian kelp [*Ascophyllum nodosum*]) | 25 mcg |
| Chromium (from chromium HVP chelate) | 12.5 mcg |
| Selenium (from selenium HVP chelate) | 12.5 mcg |

**Amino Acids**

| | |
|---|---|
| L-Proline | 22.5 mg |
| *N*,*N*-Dimethylglycine (DMG) | 20 mg |
| L-Cysteine hydrochloride monohydrate | 7.5 mg |

**Supplements / Nutraceuticals**

| | |
|---|---|
| Green tea (*Camellia sinensis*) **extract**, 50% polyphenols | 60 mg |
| Citrus bioflavonoids (from bitter orange [*Citrus* × *aurantium*]), 50% hesperidin | 50 mg |
| Bee pollen | 35 mg |
| D-Ribose | 30 mg |
| DL-*alpha*-Lipoic acid | 25 mg |
| Broken-cell, **organic** chlorella (*Chlorella vulgaris*) | 18 mg |
| **Organic** spirulina (*Spirulina platensis*) | 18 mg |
| Betaine hydrochloride | 12.5 mg |
| Lecithin (from non-GMO sunflower oil) | 8.25 mg |
| *para*-Aminobenzoic acid (PABA) | 6.25 mg |
| Coenzyme Q10 (ubiquinone-10) (from fermentation) | 6 mg |
| Rutin | 5 mg |
| Choline citrate | 4.15 mg |
| Inositol (*myo*-inositol) | 4.075 mg |
| Hesperidin (from bitter orange [*Citrus* × *aurantium*] fruit) | 2.5 mg |
| Quercetin | 2.5 mg |
| Tomato (*Solanum lycopersicum*) flesh **extract**, 20% lycopene | 750 mcg |
| Black pepper (*Piper nigrum*) fruit **extract**, 95% piperine | 200 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules one to four times daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#1235 · 60 vegetable capsules · UPC 6-28747-11235-2**
**#0963 · 120 vegetable capsules · UPC 6-28747-10963-5**
**#0964 · 240 vegetable capsules · UPC 6-28747-10964-2**
NPN 80083606 · V0476-R10
**50+ Health · Vitamins and Minerals**

Full line of multivitamins, p. 146–148

# Multi-Max IMMUNE

**Multivitamin** capsules




## Advanced 50-Ingredient Formula With Colostrum and Green Tea

## IRON-FREE

Source of vitamins, minerals, and antioxidants for the maintenance of good health. Helps to maintain healthy skin and immune function. Helps in the function of the thyroid gland. Helps in the development and maintenance of bones.

## Two vegetable capsules contain

**Vitamins**

| | |
|---|---|
| Vitamin C (from calcium ascorbate) | 61.25 mg |
| Vitamin B5 (calcium D-pantothenate) | 50 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 50 mg |
| Vitamin B3 (niacinamide) | 25 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 25 mg |
| Vitamin E (D-*alpha*-tocopheryl acid succinate) from sunflower | 15.075 mg AT (22.5 IU) |
| Vitamin B1 (thiamine hydrochloride) | 8.75 mg |
| Vitamin B2 (riboflavin) | 8.75 mg |
| Vitamin B2 (riboflavin-5'-phosphate) | 3.75 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 2.5 mg |
| Vitamin B12 (methylcobalamin) | 250 mcg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 250 mcg |
| Biotin | 75 mcg |
| Vitamin D3 (cholecalciferol) (3.75 mcg) | 150 IU |

**Minerals**

| | |
|---|---|
| Magnesium (from magnesium citrate) | 75 mg |
| Calcium (from calcium citrate) | 62.5 mg |
| Potassium (from potassium citrate) | 6.25 mg |
| Zinc (from zinc citrate) | 6.25 mg |
| Manganese (from manganese citrate) | 3.75 mg |
| Copper (from copper gluconate) | 1 mg |
| Boron (from boron citrate) | 500 mcg |
| Molybdenum (from molybdenum citrate) | 87.5 mcg |
| Chromium (from chromium HVP chelate) | 62.5 mcg |
| Selenium (from selenium HVP chelate) | 50 mcg |
| Iodine (from potassium iodide) | 25 mcg |

**Amino Acids**

| | |
|---|---|
| DL-Methionine | 50 mg |
| L-Cysteine hydrochloride monohydrate | 7.5 mg |
| *N*,*N*-Dimethylglycine (DMG) | 6.25 mg |
| Taurine (2-aminoethanesulfonic acid) | 6.25 mg |

**Supplements/Nutraceuticals**

| | |
|---|---|
| Green tea (*Camellia sinensis*) leaf **extract**, 50% polyphenols | 50 mg |
| Free plant sterols (from non-GMO soy) | 38.75 mg |
| Choline bitartrate | 31.75 mg |
| *para*-Aminobenzoic acid (PABA) | 18.75 mg |
| DL-*alpha*-Lipoic acid | 12.5 mg |
| Betaine hydrochloride | 12.5 mg |
| Rutin | 11.25 mg |
| Japanese knotweed (*Fallopia japonica*) root **extract**, 50% resveratrol | 10 mg |
| Inositol (*myo*-inositol) | 8.75 mg |
| Bovine colostrum (from *Bos taurus*) | 7.5 mg |
| Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric proanthocyanidins | 7.5 mg |
| Hesperidin (from bitter orange [*Citrus* × *aurantium*] fruit) | 7.5 mg |
| **Organic** spirulina (*Spirulina platensis*) | 7.5 mg |
| Coenzyme Q10 (ubiquinone-10) (from fermentation) | 6 mg |
| Lecithin (from non-GMO sunflower oil) | 3.75 mg |
| Tomato (*Solanum lycopersicum*) flesh **extract**, 10% lycopene | 2.5 mg |
| *Haematococcus pluvialis* **extract**, 2% astaxanthin | 1 mg |
| Lutein (from marigold [*Tagetes erecta*]) | 312 mcg |
| Black pepper (*Piper nigrum*) fruit **extract**, 95% piperine | 200 mcg |
| Zeaxanthin (from marigold [*Tagetes erecta*]) | 200 mcg |

## Other ingredients

Arabinogalactan (25 mg per 2 capsules), microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules two to four times daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#0225 · 120 vegetable capsules · UPC 6-28747-10225-4**
**#0253 · 240 vegetable capsules · UPC 6-28747-10253-7**
NPN 80046526 · V0286-R14
**Immune Health · Vitamins and Minerals**

Full line of multivitamins, p. 146–148

# Multi 5 Collagen

**Protein-Building Peptides**
**5 Types of Food-Sourced Collagen: I, II, III, V, and X** powder




## Dairy-Free
## 40 Calories per Portion
## 10 g Collagen per Portion (92% Protein)
## No Fat, no Gluten, no GMO

Collagen, a kind of protein naturally produced by the body, is crucial for skin's strength and elasticity, muscle strength, bone strength, and more. Keto- and paleo-friendly, this potent blend of 5 types of collagen is sourced from cattle, fish, and poultry. Free of GMOs, easily digestible, and gut-friendly.

## Ingredients

Hydrolyzed bovine collagen, beef bone broth collagen, chicken collagen, eggshell membrane collagen, and hydrolyzed fish collagen.

## Contains

Eggs, fish (cod [*Gadus morhua*], saithe [*Pollachius virens*], haddock [*Melanogrammus aeglefinus*], and plaice [*Pleuronectes platessa*]).

## Directions of use

Add 2 tablespoons to smoothies and blended drinks or shaker cups. Use in your favourite recipes when baking as well!

## Nutrition Facts · Per 2 tbsp. (10.9 g)

| Calories 40 | % Daily Value* |
|---|---|
| Fat 0 g | 0 % |
| Saturated 0 g + *Trans* 0 g | 0 % |
| Carbohydrate 0 g | |
| Fibre 0 g | 0 % |
| Sugars 0 g | 0 % |
| Protein 10 g | |
| Cholesterol 0 mg | |
| Sodium 15 mg | 1 % |
| Potassium 0 mg | 0 % |
| Calcium 0 mg | 0 % |
| Iron 0 mg | 0 % |

*5% or less is a little, 15% or more is a lot

**#2518 · 200 g / 18 portions · UPC 6-28747-02518-8**
**#2519 · 400 g / 36 portions · UPC 6-28747-02519-5**
PM0838-R2
**NONTAXABLE ITEM**
**50+ Health · Bone Health · Functional Foods · Hair · Joint Health Muscle Support · Nails · Skin**

Full line of collagen products, p. 72–73

# Multi 5 Collagen

powder

**with Delicious Organic Cocoa**




## Protein-Building Peptides 5 Types of Food-Sourced Collagen: I, II, III, V, and X

Collagen, a kind of protein naturally produced by the body, is crucial for skin's strength and elasticity, muscle strength, bone strength, and more. Keto- and paleo-friendly, this potent blend of 5 types of collagen is sourced from cattle, fish, and poultry. Free of GMOs, easily digestible, and gut-friendly.

### Ingredients

Hydrolyzed bovine collagen, **organic** cocoa powder, beef bone broth collagen, chicken collagen, eggshell membrane collagen, and hydrolyzed fish collagen.

### Contains

Eggs, fish (cod [*Gadus morhua*], saithe [*Pollachius virens*], haddock [*Melanogrammus aeglefinus*], and plaice [*Pleuronectes platessa*]).

### Directions of use

Add 2 tablespoons to smoothies and blended drinks or shaker cups. Use in your favourite recipes when baking as well!

### Nutrition Facts · Per 5 tsp. (12 g)

| Calories 40 | % Daily Value* |
|---|---|
| **% Daily Value*** | |
| Fat 0.2 g | 0 % |
| Saturated 0.1 g + *Trans* 0 g | 1 % |
| Carbohydrate 1 g | |
| Fibre 0 g | 0 % |
| Sugars 0 g | 0 % |
| Protein 10 g | |
| Cholesterol 0 mg | |
| Sodium 15 mg | 1 % |
| Potassium 20 mg | 0 % |
| Calcium 10 mg | 1 % |
| Iron 0.2 mg | 1 % |
| Phosphorus 10 mg | 1 % |
| Magnesium 8 mg | 2 % |
| Zinc 0.1 mg | 1 % |
| Selenium 0.2 µg | 0 % |
| Copper 0.06 mg | 7 % |
| Manganese 0.05 mg | 2 % |

*5% or less is a little, 15% or more is a lot

**#2546 · 200 g / 16 portions · UPC 6-28747-02546-1**
PM0855-R2
NONTAXABLE ITEM
**50+ Health · Bone Health · Functional Foods · Hair · Joint Health Muscle Support · Nails · Skin**

Full line of collagen products, p. 72–73

# Mum Ma Milkstream

capsules




## Promotes Lactation

Used in herbal medicine as a galactagogue/lactagogue to help promote milk production/secretion (lactation). Used in herbal medicine as supportive therapy for the promotion of healthy glucose levels; to help reduce elevated blood lipid levels / hyperlipidemia; and as a nutritive tonic.

### Each vegetable capsule contains

| | |
|---|---|
| Fenugreek (*Trigonella foenum-graecum*) seed 5:1 **extract** | 425 mg |
| Blessed thistle (*Cnicus benedictus*) herb top 5:1 **extract** | 75 mg |
| Red raspberry (*Rubus idaeus*) leaf | 75 mg |
| Fennel (*Foeniculum vulgare* ssp. *vulgare* var. *dulce*) seed | 35 mg |
| Red clover (*Trifolium pratense*) flowering tip | 20 mg |
| Burdock (*Arctium lappa*) root | 20 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

**#2231 · 60 vegetable capsules · UPC 6-28747-12231-3**
NPN 80077537 · V0606-R1
**Maternity**

# Mum Ma Milkstream

organic tincture




## Promotes Lactation

Traditionally used in herbal medicine as a galactogogue to help promote milk production/secretion. Traditionally used in herbal medicine to promote lactation.

### Each teaspoon contains a crude quantity equivalent of

| | |
|---|---|
| **Organic** red raspberry (*Rubus idaeus*) leaf | 123 mg |
| **Organic** blessed thistle (*Cnicus benedictus*) herb top | 61.5 mg |
| **Organic** sweet fennel (*Foeniculum vulgare* ssp. *vulgare* var. *dulce*) seed | 61.5 mg |
| **Organic** burdock (*Arctium lappa*) root | 34.5 mg |
| **Organic** red clover (*Trifolium pratense*) flower | 34.5 mg |

### Other ingredients

**Organic** alcohol 25% (from sugarcane), purified water, and vegetable glycerin.

### Directions of use

**Adults:** Take 3 teaspoons once daily or as directed by your health-care practitioner.

### Directions of use

For occasional use only.

**#1587 · 50 ml · UPC 6-28747-21587-9**
**#1586 · 95 ml · UPC 6-28747-21586-2**
NPN 80052389 · LM0038-R7
**Maternity**

# Mushrooms 137–141

# Myo-Inositol

powder




## PCOS Management · Enhances Fertility by Improving Ovarian Function · Healthy Glucose Metabolism / Mood Balance

Helps to improve ovarian function in women with oligomenorrhea and polycystic ovaries; in the management of polycystic ovarian syndrome (PCOS) by helping to restore normal ovarian function; in the management of PCOS by reducing oxidative stresses; to restore ovulation and oocyte quality, and to normalize menstrual cycle irregularities; to reduce serum testosterone in women with PCOS; and in the management of PCOS's hormonal and metabolic conditions by promoting healthy glucose metabolism. As an important component of phospholipids, inositol can assist in regulating cellular response for healthy body functioning. Helps support healthy mood balance.

### Each scoop contains

Inositol (*myo*-inositol) . . . . . 4 g

100% Vegan. Does not alter taste of drinks when mixed in.

### Directions of use

**Adults:** Take 1 scoop added to 250 ml of water or juice, one to three times daily or as directed by your health-care practitioner. *For healthy mood balance:* Take 3 scoops daily or as directed by your health-care practitioner. We recommend weighing Myo-Inositol for precise dosage.

### Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

**#2208 · 125 g/31 doses · UPC 6-28747-02208-8**
**#2209 · 250 g/62 doses · UPC 6-28747-02209-5**
**#2081 · 500 g/125 doses · UPC 6-28747-02081-7**
NPN 80072476 · P0003-R0
**Blood Glucose Management · Women Fertility**

## N-AcetylCysteine

**NAC · 600 mg** capsules




### Helps Relieve Symptoms of Chronic Bronchitis and Respiratory Tract Inflammation

Provides antioxidants. Helps to relieve symptoms of chronic bronchitis. A supportive therapy in the treatment of inflammation of the respiratory system.

### Each vegetable capsule contains

*N*-Acetyl-L-cysteine . . . . . 600 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

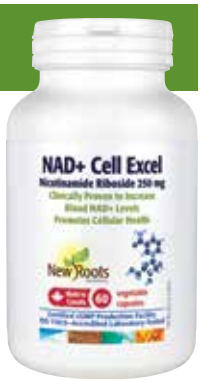
### Directions of use

**Adults:** Take 1 capsule twice daily with a meal or as directed by your health-care practitioner.

**#0301 · 90 vegetable capsules · UPC 6-28747-10301-5**
**#0302 · 180 vegetable capsules · UPC 6-28747-10302-2**
NPN 80107262 · V0210-R5
**Antioxidants · Cold and Flu · Detoxification**

## NAD+ Cell Excel

**Nicotinamide Riboside 250 mg** capsules




### Clinically Proven to Increase Blood NAD+ Levels Promotes Cellular Health

Supports biological functions which play a key role in the maintenance of good health by maintaining blood NAD+ levels. Clinically proven to increase blood NAD+ levels, to support cellular health.

### Each vegetable capsule contains

Nicotinamide riboside
(from nicotinamide riboside chloride) . . . . . 250 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2–3 capsules daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#3137 · 60 vegetable capsules · UPC 6-28747-13137-7**
NPN 80112465 · V0741-R1
**50+ Health · Energy · Vitamins and Minerals**

# Natural sweeteners 217–218

## Neem Leaf

capsules




### Helps Relieve Eczema and Itchy Skin · Helps Relieve Diarrhea

Traditionally used in Ayurveda as a blood purifier to help relieve eczema, itching, and irritation associated with skin conditions and wounds; as *Grahi* (astringent) to help relieve diarrhea; as a vermifuge to help expel intestinal worms (*Krmiroga* [worm infestation]); and to help promote digestion.

### Each vegetable capsule contains

Neem (*Azadirachta indica*) leaf . . . . 500 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2–6 capsules daily or as directed by your health-care practitioner.

**#1472 · 90 vegetable capsules · UPC 6-28747-11472-1**
NPN 80026134 · V0399-R2
**Herbs and Herbal Extracts · Parasitic and Fungal Management · Skin**

## Neem Oil

**Organic**




### Nourishes Dry Skin

Nourishing oil for skin-related issues.

### Each bottle contains

**Organic** neem (*Azadirachta indica*) seed and fruit oil, cold-pressed, nondeodorized . . . . . 30 ml
with added organic rosemary (*Rosmarinus officinalis*) leaf extract.

### Other ingredients

*Azadirachta indica* seed and *Rosmarinus officinalis* (rosemary) leaf extract.

### Directions of use

Place 5–8 drops in your hand and gently massage desired areas. Larger body parts may require more oil.

**#1976 · 30 ml · UPC 6-28747-21976-1**
OM0128-R2
**Beauty · Herbs and Herbal Extracts Parasitic and Fungal Management · Skin**

# NeuroPerform

**Citicoline 250 mg** capsules




## Promotes Healthy Cognitive Function

Helps support cognitive function in the elderly.

## Each vegetable capsule contains

| | |
|---|---|
| Citicoline (cytidine-5'-diphosphocholine) | 250 mg |
| Choline (choline bitartrate) | 14 mg |

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults 19 years and older:** Take 2 capsules once or twice daily or as directed by your health-care practitioner.

**#3090 · 60 vegetable capsules · UPC 6-28747-13090-5**
NPN 80110011 · V0744-R1
**Memory Help · Neurological Health**

# New Roots Essence

tincture




## Removes Accumulated Waste Products via Kidneys, Skin, and Mucous Membranes

Traditionally used in herbal medicine as a diuretic, diaphoretic, and alterative to help remove accumulated waste products via the kidneys, skin, and mucous membranes.

## Each tablespoon contains a crude quantity equivalent of

| | |
|---|---|
| **Organic** burdock (*Arctium lappa*) root | 172 mg |
| **Organic** sheep sorrel (*Rumex acetosella*) herb top | 86 mg |
| Pau d'arco (*Tabebuia heptaphylla*) inner bark | 30.7 mg |
| **Organic** slippery elm (*Ulmus rubra*) bark | 21 mg |
| **Organic** blessed thistle (*Cnicus benedictus*) herb top | 8 mg |
| **Organic** red clover (*Trifolium pratense*) herb | 8 mg |
| Watercress (*Nasturtium officinale*) herb | 8 mg |
| **Organic** rhubarb (*Rheum plmatum*) root | 5 mg |

## Other ingredients

**Organic** whole Norwegian kelp (*Ascophyllum nodosum*), **organic** alcohol 25% (from sugarcane), glycerin, and purified water. · Steeped in **organic** alcohol (from **organic** sugarcane) for 21 days.

## Directions of use

**Adults:** Take 3 tablespoons in the morning and 4 tablespoons in the evening or as directed by your health-care practitioner. *Optional:* To reduce the alcohol content, add 4 ounces of boiling water and let sit for 5 minutes. Can also be mixed with orange juice or your favourite juice.

## Duration of use

For occasional use only.

**#1977 · 500 ml / ≈9½ doses · UPC 6-28747-21977-8**
NPN 80109774 · LM0136-R1
**Detoxification**

New Roots Herbal's

# Breathe Easy

**Made with Organic Plantain and Lobelia** capsules




## Respiratory Relaxant and Expectorant

New Roots Herbal's Breathe Easy is formulated with selected organic quality herbals. Lobelia is traditionally used in herbal medicine as a respiratory relaxant and expectorant.

## Each vegetable capsule contains

| | |
|---|---|
| **Organic** plantain (*Plantago major*) leaf | 500 mg |
| **Organic** alfalfa (*Medicago sativa*) herb | 100 mg |
| **Organic** lobelia (*Lobelia inflata*) herb top | 50 mg |

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules twice daily or as directed by your health-care practitioner.

**#0242 · 100 vegetable capsules · UPC 6-28747-10242-1**
NPN 80036947 · V0123-R4
**Cold and Flu**

New Roots Herbal

# Chill Pills

capsules




## Relaxation

L-Theanine helps to temporarily promote relaxation. B-complex vitamins are a factor in the maintenance of good health.

## Each vegetable capsule contains

| | |
|---|---|
| L-Theanine | 100 mg |
| Phellodendron (*Phellodendron amurense*) bark **extract**, 0.1% berberine | 15 mg |
| Passionflower (*Passiflora incarnata*) **extract**, 4% flavonoids | 50 mg |
| Astragalus (*Astragalus membranaceus*) root **extract**, 3% astragalosides | 25 mg |
| Ashwagandha (*Withania somnifera*) root **extract**, 2.5% withanolides | 75 mg |
| Holy basil (*Ocimum tenuiflorum*) leaf **extract**, 10% ursolic acid | 50 mg |
| Oat (*Avena sativa*) 10:1 **extract** | 50 mg |
| Rhodiola (*Rhodiola rosea*) root **extract**, 5% rosavins | 50 mg |
| Vitamin B2 (riboflavin, riboflavin-5'-phosphate sodium) | 27.5 mg |
| Vitamin B6 (pyridoxine hydrochloride / pyridoxal-5'-phosphate) | 27.5 mg |
| *para*-Aminobenzoic acid (PABA) | 25 mg |
| Choline bitartrate | 25 mg |
| Inositol (*myo*-inositol) | 25 mg |
| D-Ribose | 25 mg |
| Vitamin B1 (thiamine hydrochloride) | 25 mg |
| Vitamin B5 (calcium D-pantothenate) | 25 mg |
| Inositol hexanicotinate, flush-free (vitamin B3) | 17.5 mg |
| Chinese jujube (*Ziziphus jujuba*) fruit | 12.5 mg |
| Magnolia (*Magnolia officinalis*) bark 50:1 **extract**, 80% magnolol + honokiol | 7.5 mg |
| Vitamin B3 (niacinamide) | 7.5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 500 mcg |
| Vitamin B12 (methylcobalamin) | 75 mcg |
| Biotin | 37.5 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules at once daily with food or as directed by your health-care practitioner. Not to be taken immediately before bedtime. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#1166 · 16 vegetable capsules · UPC 6-28747-11166-9**
**#1163 · 30 vegetable capsules · UPC 6-28747-11163-8**
**#1277 · 60 vegetable capsules · UPC 6-28747-11277-2**
NPN 80084696 · V0324-R9

**Mood Enhancement · Stress Management**

Full line of antistress products, p. 208–212

## New Roots Herbal
# Joyful
capsules




### Healthy Mood Balance

Helps to promote healthy mood balance.
Helps to temporarily promote relaxation.

### Each vegetable capsule contains

| | |
|---|---|
| *gamma*-Aminobutyric acid (GABA) | 200 mg |
| L-Theanine | 83.33 mg |
| L-Tryptophan | 73.333 mg |
| L-5-Hydroxytryptophan (L-5-HTP) (from *Griffonia simplicifolia* seed) | 50 mg |
| San-qi ginseng (*Panax notoginseng*) leaf 15:1 **extract** | 50 mg |
| Phellodendron (*Phellodendron amurense*) bark **extract**, 1% berberine | 10 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 10 mg |
| Magnolia (*Magnolia officinalis*) bark 50:1 **extract**, 80% magnolol + honokiol | 5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 333 mcg |
| Vitamin B12 (methylcobalamin) | 333 mcg |
| Vitamin D3 (cholecalciferol) | 8.33 mcg (333.33 IU) |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

### Duration of use

*For healthy mood balance:* Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

**#2022 · 30 vegetable capsules · UPC 6-28747-12022-7**
**#2024 · 60 vegetable capsules · UPC 6-28747-12024-1**
NPN 80069682 · V0557-R1

**Mood Enhancement · Neurological Health · Stress Management**

Full line of antistress products, p. 208–212

> “Problems are challenges to creative minds. Without problems, there would be little reason to think at all.”
>
> *Earl Nightingale*

## Niacin:
# Vitamin B3
**Niacin · 100 mg**
capsules




### Advanced Formula

A factor in the maintenance of good health.
Helps to prevent niacin deficiency.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B3 (niacin) | 100 mg |
| Bilberry (*Vaccinium myrtillus*) fruit **extract** | 50 mg |
| Hawthorn (*Crataegus monogyna*) berry | 45 mg |
| Hawthorn (*Crataegus monogyna*) berry **extract**, 2% vitexin | 5 mg |
| Vitamin B1 (thiamine hydrochloride) | 5 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 1 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 1 mg |

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner.

**#0980 · 90 vegetable capsules · UPC 6-28747-10980-2**
NPN 80027828 · V0430-R2

**Cholesterol Management · Heart and Blood · Vitamins and Minerals**

Full line of B vitamins, p. 227–234

## Niacin:
# Vitamin B3
**Niacin · 500 mg**
capsules




Helps the body to metabolize nutrients.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B3 (niacin) | 500 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

**#0908 · 60 vegetable capsules · UPC 6-28747-10908-6**
NPN 80059091 · V0539-R1

**Cholesterol Management · Neurological Health Vitamins and Minerals**

Full line of B vitamins, p. 227–234



# Niacinamide

**Vitamin B3 · 500 mg** capsules




## Flush-Free · Energy Metabolism

Helps normal growth and development; in energy metabolism and tissue formation; to maintain the body's ability to metabolize nutrients; to reduce the risk of actinic keratosis, an early skin lesion that may precede nonmelanoma skin cancer; and to reduce skin immunosuppression caused by the sunlight. A factor in the maintenance of good health.

## Each vegetable capsule contains

Vitamin B3 (niacinamide) . . . . . 500 mg

## Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take one capsule 1–2 times per day with food or as directed by your health-care practitioner. *For reducing the risk of actinic keratosis:* Take 2 capsules per day with food. *For all other uses:* Take 1 capsule per day with food or as directed by a health-care practitioner.

**#2191 · 90 vegetable capsules · UPC 6-28747-12191-0**
NPN 80077106 · V0611-R2
**Energy · Skin · Vitamins and Minerals**

Full line of B vitamins, p. 227–234

# NMN Renew

**150 mg**
**Metabolically Active**
**Nicotinamide Mononucleotide** capsules




## NAD+ Precursor · Healthy Aging

Nicotinamide mononucleotide is a precursor of NAD+. Helps in energy metabolism, tissue formation, and maintaining the body's ability to metabolize nutrients.

## Each vegetable capsule contains

Pure NMN
(nicotinamide mononucleotide) . . . 150 mg

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

**#3408 · 60 vegetable capsules · UPC 6-28747-13408-8**
**#3409 · 120 vegetable capsules · UPC 6-28747-13409-5**
NPN 80127124 · V0798-R1
**50+ Health · Energy**

# NMN Renew

**300 mg · Extra Strength**
**Metabolically Active**
**Nicotinamide Mononucleotide** capsules




## NAD+ Precursor · Healthy Aging

Nicotinamide mononucleotide is a precursor of NAD+. Helps in energy metabolism, tissue formation, and maintaining the body's ability to metabolize nutrients.

## Each vegetable capsule contains

Pure NMN
(nicotinamide mononucleotide) . . . 300 mg

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

**#3391 · 30 vegetable capsules · UPC 6-28747-13391-3**
**#3421 · 60 vegetable capsules · UPC 6-28747-13421-7**
NPN 80127129 · V0799-R1
**50+ Health · Energy**

# Odourless Garlic

**200 mg** capsules




## Cardiovascular Health
## Relieves Symptoms of Upper Respiratory Tract Infections

Garlic is traditionally used in herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions; to help reduce elevated blood lipid levels/hyperlipidaemia in adults; and to help maintain cardiovascular health in adults.

## Each vegetable capsule contains

Odourless garlic (*Allium sativum*) bulb, 1% allicin . . . . . 200 mg
Sweet fennel (*Foeniculum vulgare* ssp. *vulgare* var. *dulce*) seed . . . . . 25 mg

## Other ingredients

Parsley (*Petroselinum crispum*) leaf (200 mg) and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule three times daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 2 weeks.

**#0778 · 90 vegetable capsules · UPC 6-28747-10778-5**
NPN 80030358 · V0174-R3
**Cholesterol Management · Cold and Flu**
**Heart and Blood · Herbs and Herbal Extracts**

# Olive Leaf

**Extract · 500 mg** capsules




## 20% oleuropein

An antioxidant for the maintenance of good health.

## Each vegetable capsule contains

Olive (*Olea europaea*) leaf **extract**, 20% oleuropein . . . . . 500 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

## Duration of use

For occasional use only.

**#0845 · 60 vegetable capsules · UPC 6-28747-10845-4**
**#1011 · 120 vegetable capsules · UPC 6-28747-11011-2**
NPN 80040247 · V0214-R4
**Antioxidants · Heart and Blood · Herbs and Herbal Extracts**
**Immune Health**

# Olive Leaf Extract

**95–130 mg Oleuropein per Dose** liquid




## Antioxidant · Peppermint Flavour

Source of antioxidants.

## Other ingredients

Peppermint essential oil and vegetable glycerin.

## Directions of use

**Adults:** Take 16 ml (approx. 1 tbsp.) once daily with food or as directed by your health-care practitioner.

## Nutrition Facts · For approx. 1 Tbsp. (16 ml)

| **Calories 48** | **% Daily Value*** | | **% Daily Value*** |
|---|---|---|---|
| Fat 0 g | 0 % | Protein 0 g | |
| Carbohydrate 10 g | 4 % | Sodium 0 mg | 0 % |
| Sugars 0 g | 0 % | | |
| Olive (*Olea europaea*) Leaf **Extract** (Equivalent to 12.8 g of fresh leaves) | | | † |
| Standardized to: Oleuropein 95–130 mg | | | † |

*5% or less is a little, 15% or more is a lot.
Percent Daily Values are based on a 2,000-calorie diet.
†Daily Value not established

**#2294 · 250 ml · UPC 6-28747-22294-5**
**#2296 · 500 ml · UPC 6-28747-22296-9**
NPN 80087742 · L0152-R1
**Antioxidants · Heart and Blood**
**Herbs and Herbal Extracts · Immune Health**



# Olive Oil: Heart Smart Extra Virgin Organic Olive Oil




## First Cold-Pressed · Non-GMO

Plant sterol–fortified to promote healthy cholesterol levels. Helps lower total blood and LDL cholesterol. Helps maintain healthy cholesterol levels.

## Each tablespoon contains

Plant sterols esters . . . . . 375 mg
(combined *beta*-sitosterols, campesterols, and stigmasterols).

## Other ingredients

**Certified organic** extra virgin olive (*Olea europaea*) oil and natural vitamin E (mixed tocopherol concentrate, from non-GMO sunflower). Nitrogen-flushed to maintain optimum freshness, prevent oxidation, and ensure maximum nutritional value.

## Fatty Acids

| | |
|---|---|
| Oleic | 56–85% |
| Linoleic | 3.5–20% |
| Palmitic | 7.5–20% |
| Stearic | 0.5–5% |

## Directions of use

**Adults:** Take 3 tablespoons daily with food or as directed by your health-care practitioner. Stir into soups, stews, and sauces; or use for light sautéing. Its taste of sweet butter with subtle notes of pear, along with its low acidity level, makes it excellent for vinaigrettes, marinades, or as a replacement for butter or margarine on your toast. Enjoy a cholesterol-reduced breakfast, lunch, or dinner. Great-tasting and low in saturated fat; salt-, gluten-, cholesterol-, and *trans* fat–free.

**#1626 · 500 ml · UPC 6-28747-21626-5**
NPN 80059927 · OM0116
**Cooking Oils · Functional Foods · Heart and Blood**

## Omegas 157–164



> "When I was 5 years old, my mother told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down 'happy.' They told me I didn't understand the assignment, and I told them they didn't understand life."
>
> *John Lennon*

# Omegas

## Help Support Cardiovascular and Cognitive Health

**Hundreds of clinical trials reveal the benefits of naturally sourced omega-3 fatty acids from infancy to adulthood. Wild omega-3 fish oils support cognitive function and cardiovascular health and help lower serum triglycerides. Cold-water fatty fish are the most common dietary sources of omega-3 fatty acids. Furthermore, wild-caught larger fish have higher levels of contaminants, while farm-raised fish have lower levels of the valuable nutrients. Unfortunately, the average North American falls short for dietary consumption of omega-3 fatty acids. Supplementation with high-potency wild omega-3 fish oil is ideal for the maintenance of your good health. You will also have peace of mind in knowing they have been screened for contamination from heavy metals, which are no match for our ICP-MS analytical instruments. GC-FID further ensures therapeutic amounts of EPA and DHA match our label claim.**

## Black Cumin Seed Oil (Black Seed Oil) 500 mg

softgels

**Mediterranean *Nigella sativa***
**Made with Premium, Organic, First Cold-Pressed Black Cumin Seed Oil**




### Allergy Support

Helps reduce symptoms of allergic rhinitis. Source of linoleic acid for the maintenance of good health.

### Each softgel contains

**Organic** black cumin (*Nigella sativa*) seed oil (black seed oil), 50% linoleic acid, 20% oleic acid, hexane-free . . . . . 500 mg

### Other ingredients

Natural vitamin E (mixed tocopherols from sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 2 softgels three times daily with food or as directed by your health-care practitioner. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#0130 · 60 softgels · UPC 6-28747-20130-8**
**#0945 · 120 softgels · UPC 6-28747-10945-1**
NPN 80035939 · V0163-R5
**Allergy Relief · Essential Fatty Acids · Herbs and Herbal Extracts**



## Black Cumin Seed Oil (Black Seed Oil) 1,000 mg Extra Strength

softgels

**Mediterranean *Nigella sativa***
**Made with Premium, Organic, First Cold-Pressed Black Cumin Seed Oil**




### Allergy Support

Helps reduce symptoms of allergic rhinitis. Source of linoleic acid for the maintenance of good health.

### Each softgel contains

**Organic** black cumin (*Nigella sativa*) seed oil (black seed oil), 50% linoleic acid, 20% oleic acid, hexane-free . . . . . 1,000 mg

### Other ingredients

Mixed tocopherol concentrate (from sunflower) in a softgel of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 1 softgel three times daily before a meal or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#3139 · 60 softgels · UPC 6-28747-13139-1**
NPN 80095308 · V0761-R1
**Allergy Relief · Essential Fatty Acids**
**Herbs and Herbal Extracts**

## Black Cumin Seed Oil (Black Seed Oil) Organic

**2.0 – 2.4% Thymoquinone**

liquid




### Reduces Allergy Symptoms Including Inflammation

Helps reduce symptoms of allergic rhinitis. Source of antioxidants that help protect against cell damage caused by free radicals. Source of omega-6 essential fatty acids for the maintenance of good health.

### Each teaspoon contains

**Organic** black cumin (*Nigella sativa*) seed oil (black seed oil), first cold-pressed, 50% linoleic acid, 20% oleic acid . . . . . 5 ml

### Other ingredients

**Organic** rosemary (*Rosmarinus officinalis*) **extract** and **organic** olive oil.

### Directions of use

**Adults:** Take ½ teaspoon twice daily with food to avoid digestive upset or as directed by your health-care practitioner. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

# Omegas

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks. Use for a minimum of 2 weeks to reduce symptoms of allergic rhinitis.

**#2226 · 100 ml / ≈ 20 doses · UPC 6-28747-22226-6**
**#2225 · 200 ml / ≈ 40 doses · UPC 6-28747-22225-9**
NPN 80080852 · LM0151-R2
**Allergy Relief · Essential Fatty Acids · Herbs and Herbal Extracts**

## Borage Oil

**Made with Organic Borage** softgels




### Eczema · Acne Dermal Inflammation

Helps to reduce symptoms and skin inflammation associated with acne. Helps improve the inflammatory symptoms such as roughness, redness, and other symptoms associated with atopic dermatitis (eczema). Helps to maintain skin firmness, moisture, elasticity, and hydration. Source of omega-6, linoleic acid, and other essential fatty acids for the maintenance of good health.

### Each softgel contains

| | |
|---|---|
| 100% **Organic** borage (*Borago officinalis*) seed oil, hexane-free | 1,200 mg |
| **Providing:** | |
| Linoleic acid (37%) | 444 mg |
| *gamma*-Linolenic acid (GLA) (22%) | 264 mg |

**Solvent-free. Not bleached, deodorized, nor refined. Cold-pressed.**

### Other ingredients

Mixed tocopherol concentrate (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 2 softgels twice daily or as directed by your health-care practitioner.

**#0882 · 60 softgels · UPC 6-28747-10882-9**
**#0775 · 90 softgels · UPC 6-28747-10775-4**
NPN 80097675 · V0704-R2
**Essential Fatty Acids · Skin**



Our earth is being increasingly polluted by pesticides, so ensuring the purity and safety of plant ingredients is critical. The PerkinElmer QSight® LC/MS/MS System works by first breaking down plant samples into a liquid form and then separating out all the different chemicals inside. Using a high-tech "weighing" method at the molecular level, it identifies even tiny traces of unwanted chemicals.

## Children's ADHD Balance

chewable softgels




### Improves Focus and Attention Mild Lemony Taste

May help to improve concentration levels in school age children with attention deficit hyperactivity disorders (ADHD). May help reduce the symptoms associated with ADHD in school-age children exhibiting excessive thirst and dry skin. Helps support cognitive health (brain function and development) and cardiovascular health. Helps the development of the eyes and nerves in children up to 12 years of age. Source of omega-3 fatty acids for the maintenance of good health.

### Each chewable softgel contains

| | |
|---|---|
| **Organic** evening primrose (*Œnothera biennis*) seed oil, hexane-free | 260 mg |
| **Providing:** | |
| *gamma*-Linolenic acid (GLA) (10%) | 26 mg |
| Fish-oil omega-3 fatty acids from wild, deep-sea whole anchovies (*Engraulidae*) and whole sardines (*Clupeidae*) | 325 mg |
| **Providing:** | |
| Eicosapentaenoic acid (EPA) | 145 mg |
| Docosahexaenoic acid (DHA) | 87.5 mg |

### Other ingredients

Natural lemon oil and vitamin E (D-*alpha*-tocopherol, from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerine, and purified water.

### Directions of use

**Children and adolescents (3–18 years old):** Chew 1 softgel four times daily or as directed by your health-care practitioner. Do not allow child to swallow the softgel whole.

**#2730 · 120 chewable softgels · UPC 6-28747-12730-1**
NPN 80085697 · V0617-R1
**Children's Health · Essential Fatty Acids · Fish Oils Neurological Health**

## Children's Omega-3

**550 mg EPA · 225 mg DHA** chewable softgels




### Development of Healthy Brain, Eyes, and Nerves · High EPA · Natural Lemon and Orange Mini-Bursts

Helps support the development of the brain, eyes, and nerves in children up to 12 years of age. Source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health. Helps support cognitive health and brain function.

### Four chewable softgels contain

| | |
|---|---|
| Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) | 1,680 mg |

Providing 550 mg of EPA and 225 mg of DHA.

# Omegas

### Other ingredients
Natural vitamin E (D-*alpha*-tocopherol from sunflower) and rosemary extract in a softgel composed of potato starch, stevia (*Stevia rebaudiana*) leaf extract, turmeric (*Curcuma longa*) root extract, annatto extract, natural flavours (lemon and orange), bovine gelatin, glycerin, and purified water.

### Directions of use
**Children and adolescents 3–18 years old:** Chew 1 softgel four times daily with food or as directed by your health-care practitioner.

**#1856 · 120 chewable softgels · UPC 6-28747-11856-9**
NPN 80080677 · V0513-R6
**Children's Health · Fish Oils · Neurological Health**

## Evening Primrose
**Oil · 500 mg** softgels




### Made with Organic Evening Primrose Eczema/Acne
Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.

### Each softgel contains
| | |
|---|---|
| **Organic** evening primrose (*Œnothera biennis*) seed oil, hexane-free | 500 mg |
| **Providing:** | |
| Linoleic acid (LA) (68%) | 340 mg |
| *gamma*-Linolenic acid (GLA) (10%) | 50 mg |

### Other ingredients
Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) and rosemary leaf **extract** in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use
**Adults:** *As source of omega-6s / linoleic acid:* Take 3 softgels daily or as directed by your health-care practitioner. *For all other uses:* Take 3 softgels one to four times daily or as directed by your health-care practitioner.

**#0414 · 90 softgels · UPC 6-28747-10414-2**
**#0413 · 180 softgels · UPC 6-28747-10413-5**
NPN 80092918 · V0276-R6
**Essential Fatty Acids · Menopause · Skin · Women's Health**



## Evening Primrose
**Oil · 1,000 mg** softgels




### Made with Organic Evening Primrose Eczema/Acne
Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.

### Each softgel contains
| | |
|---|---|
| **Organic** evening primrose (*Œnothera biennis*) seed oil, hexane-free | 1,000 mg |
| **Providing:** | |
| Linoleic acid (LA) (68%) | 680 mg |
| *gamma*-Linolenic acid (GLA) (10%) | 100 mg |

### Other ingredients
Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) and rosemary leaf extract in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use
**Adults:** *For acne/eczema/skin moisture, hydration, elasticity and firmness:* Take 2 softgels twice daily. *As source of omega-6s / linoleic acid:* Take 2 softgels daily. *For all other uses:* Take 2 softgels one to three times daily.

**#1438 · 90 softgels · UPC 6-28747-11438-7**
**#1439 · 180 softgels · UPC 6-28747-11439-4**
NPN 80092916 · V0401-R4
**Essential Fatty Acids · Menopause · Skin · Women's Health**

## Flaxseed Oil
**Made with Cold-Pressed, Organic Flax · 1,000 mg** softgels




### Source of Omega-3, -6, -9
Source of essential fatty acids and of omega-3 for the maintenance of good health.

### Each softgel contains
| | |
|---|---|
| 100% Pure, cold-pressed, **organic** flax (*Linum usitatissimum*) seed oil, hexane-free | 1,000 mg |
| **Providing:** | |
| *alpha*-Linolenic acid (ALA) omega-3 fatty acids | 40–60% |
| Oleic acid (OA) | 10–20% |
| Linoleic acid (LA) | 10–20% |

### Other ingredients
Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) and rosemary (*Rosmarinus officinalis*) leaf extract in a softgel composed of annatto extract, bovine gelatin, glycerin, and purified water.

# Omegas

### Directions of use
**Adults:** As a dietary supplement, take 2 softgels two to four times daily or as directed by your health-care practitioner.

**#0590 · 180 softgels · UPC 6-28747-10590-3**
NPN 80015256 · V0033-R5
**Essential Fatty Acids · Heart and Blood**

## Merry Mind Omega 3
**1,000 mg EPA · 100 mg DHA** softgels




### Healthy Mood Balance
### 0% Porcine/Bovine
Helps to promote healthy mood balance.

### Each softgel contains
| | |
|---|---|
| Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) | 1,366 mg |
| **Providing omega-3 fatty acids, including:** | |
| Eicosapentaenoic acid (EPA) | 1,000 mg |
| Docosahexaenoic acid (DHA) | 100 mg |
| Other omega-3s | 71 mg |

### Other ingredients
Natural vitamin E (D-*alpha*-tocopherol, from non-GMO sunflower) and rosemary leaf extract in an improved softgel composed of fish gelatin, glycerin, and purified water.

### Directions of use
**Adults:** Take 1 softgel daily with a meal or as directed by your health-care practitioner.

**#2163 · 30 fish-based softgels · UPC 6-28747-12163-7**
NPN 80077448 · V0577-R5
**Fish Oils · Mood Enhancement**
**Pain and Inflammation**

Full line of antistress products, p. 208–212

## Omega 3/6/7/9
**Made with Organic Borage, Flax, and Sea Buckthorn** softgels




### Cognitive/Brain Function
### Cardiovascular Health
Source of essential fatty acids for the maintenance of good health. Helps support cognitive health and brain function. Helps to maintain and support cardiovascular health.

### Each softgel contains
| | |
|---|---|
| Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) | 400 mg |
| **Providing:** | |
| Eicosapentaenoic acid (EPA) | 160 mg |
| Docosahexaenoic acid (DHA) | 80 mg |
| **Organic** borage (*Borago officinalis*) seed oil, 24% *gamma*-linolenic acid (GLA) | 400 mg |
| **Organic** flax (*Linum usitatissimum*) seed oil | 400 mg |
| **Organic** sea buckthorn (*Hippophae rhamnoides*) fruit pulp oil, 16–54% palmitoleic acid, 2–35% oleic acid, 1–15% linoleic acid | 100 mg |

### Other ingredients
Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use
**Adults:** Take 2 softgels twice daily or as directed by your health-care practitioner.

**#2002 · 90 softgels · UPC 6-28747-12002-9**
**#1999 · 180 softgels · UPC 6-28747-11999-3**
NPN 80090997 · V0558-R3
**Essential Fatty Acids · Heart and Blood**
**Neurological Health**

## Omega Jolly
**EPA 650 mg / DHA 100 mg** softgels




### Cognitive/Brain Function
### Healthy Mood Balance
Source of omega-3 fatty acids for the maintenance of good health. Source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health. Helps support cognitive health and brain function. Helps promote healthy mood balance.

### Each softgel contains
| | |
|---|---|
| Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) | 1,400 mg |
| **Providing:** | |
| Eicosapentaenoic acid (EPA; 20:5 *n*–3) | 650 mg |
| Docosahexaenoic acid (DHA; 22:6 *n*–3) | 100 mg |
| Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) | 3.35 mg AT (5 IU) |

### Other ingredients
Rosemary **extract** in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use
**Adults:** Take 1–4 softgels daily or as directed by your health-care practitioner.

**#1535 · 60 softgels · UPC 6-28747-11535-3**
NPN 80025979 · V0434-R5
**Fish Oils · Mood Enhancement**
**Neurological Health**

## Sea Buckthorn Oil
**Fruit and Seed with Goji Oil** softgels




### Supercritical $CO_2$ Extracted from Organic Berries
### A Good Source of Omega-7
Source of omega-7 fatty acids.
Sea buckthorn seed oil and sea buckthorn fruit oil provide essential fatty acids for the maintenance of good health.

### Each softgel contains
| | |
|---|---|
| **Organic** sea buckthorn (*Hippophae rhamnoides*) fruit oil, 16–54% palmitoleic acid, 2–35% oleic acid, 1–15% linoleic acid | 600 mg |

# Omegas

**Organic** sea buckthorn (*Hippophae rhamnoides*) seed oil, 13–30% oleic acid, 30–40% linoleic acid, hexane-free . . . . . 400 mg
**Organic** goji (*Lycium barbarum*) seed oil . . . . . 40 mg
**All oils are supercritical $CO_2$ extracted from organic berries grown on the Qinghai-Tibetan plateau.**

### Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 1 softgel daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 3 months.

**#1585 · 30 softgels · UPC 6-28747-11585-8**
NPN 80037109 · V0440-R3
**Beauty · Essential Fatty Acids · Skin**

## Wild Omega 3
**180 mg EPA · 120 mg DHA** softgels




### Cognitive/Brain Function
### Cardiovascular Health

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and/or brain function, and helps to maintain and support cardiovascular health.

### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 1,000 mg
**Providing:**
Eicosapentaenoic acid (EPA) . . . . . 180 mg
Docosahexaenoic acid (DHA). . . . . 120 mg

### Other ingredients

Rosemary extract and natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 2 softgels twice daily with meals or as directed by your health-care practitioner.

**#1000 · 60 softgels · UPC 6-28747-11000-6**
**#1001 · 120 softgels · UPC 6-28747-11001-3**
**#1002 · 180 softgels · UPC 6-28747-11002-0**
NPN 80020862 · V0062-R3
**Fish Oils · Heart and Blood · Memory Help**
**Neurological Health**

## Wild Omega 3
**EPA 330 mg · DHA 165 mg** softgels




### Cognitive/Brain Function
### Cardiovascular Health
### 43% Smaller Size* Easier to Swallow
### Lemon-Infused to Prevent Fishy Burps

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides. **No fishy aftertaste.**

### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]). . . . . 750 mg
**Providing:**
Eicosapentaenoic acid (EPA) . . . . . 330 mg
Docosahexaenoic acid (DHA). . . . . 165 mg

### Other ingredients

Natural lemon oil and natural vitamin E (D-*alpha*-tocopherol, from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 2 softgels twice daily with meals or as directed by your health-care practitioner.

*43% smaller softgel than Wild Omega 3 EPA 660 mg · DHA 330 mg Lemon Flavour.

**#2194 · 60 softgels · UPC 6-28747-12194-1**
**#3237 · 120 softgels · UPC 6-28747-13237-4**
NPN 80077104 · V0608-R2
**Fish Oils · Heart and Blood · Memory Help · Neurological Health**

## Wild Omega 3
**EPA 660 mg · DHA 330 mg** softgels




### Cognitive / Brain Function
### Cardiovascular Health
### 0% Porcine/Bovine

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides. Helps promote healthy mood balance.

### Each softgel contains

Fish oil (omega-3 fatty acids from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]). . . . . 1,414 mg
**Providing:**
Eicosapentaenoic acid (EPA) . . . . . 660 mg
Docosahexaenoic acid (DHA). . . . . 330 mg

### Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in an softgel composed of fish gelatin, vegetable glycerin, and purified water.

# Omegas

### Directions of use

**Adults, adolescents, and children (9 years and older):** Take 1 softgel twice daily or as directed by your health-care practitioner.

**#1253 · 60 fish softgels · UPC 6-28747-11253-6**
**#1280 · 120 fish softgels · UPC 6-28747-11280-2**
NPN 80009414 · V0320-R4
**Fish Oils · Heart and Blood · Memory Help**
**Neurological Health · Pain and Inflammation**

## Wild Omega 3
**EPA 660 mg DHA 330 mg** softgels




### Cognitive / Brain Function
### Cardiovascular Health
### Healthy Mood Balance
### Lemon Flavour

Source of omega-3 fatty acids for maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce blood triglycerides. Helps promote healthy mood balance. **No fishy aftertaste.**

### Each softgel contains

| | |
|---|---|
| Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) | 1,414 mg |
| **Providing:** | |
| Eicosapentaenoic acid (EPA) | 660 mg |
| Docosahexaenoic acid (DHA) | 330 mg |

### Other ingredients

Natural lemon oil, natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower), and rosemary extract in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults, adolescents, and children (9 years and older):** Take 1 softgel twice daily or as directed by your health-care practitioner.

**#2007 · 60 softgels · UPC 6-28747-12007-4**
**#2006 · 120 softgels · UPC 6-28747-12006-7**
NPN 80064643 · V0411-R4
**Fish Oils · Heart and Blood · Memory Help**
**Neurological Health · Pain and Inflammation**

## Wild Omega 3
**EPA 900 mg DHA 600 mg** liquid




### Cognitive / Brain Function
### Lemon Flavour

Helps support cognitive health and brain function. Helps support the development of the brain, eyes, and nerves in children up to 12 years old. Source of eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and omega-3 fatty acids for the maintenance of good health.

### Each teaspoon contains

| | |
|---|---|
| Fish oil (from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) | 4,500 mg |
| **Providing:** | |
| Eicosapentaenoic acid (EPA) | 900 mg |
| Docosahexaenoic acid (DHA) | 600 mg |

### Other ingredients

Natural lemon oil, green tea (*Camellia sinensis*) and rosemary (*Rosmarinus officinalis*) **extracts** to prevent oxidation.

### Directions of use

**All ages above 1 year old:** Take 1 teaspoon daily or as directed by your health-care practitioner.

**#2465 · 200 ml / ≈ 40 doses · UPC 6-28747-22465-9**
NPN 80092888 · OM0135-R1
**Fish Oils · Heart and Blood · Memory Help**
**Neurological Health · Pain and Inflammation**





Consumers want the peace of mind in knowing their fish oils have been properly screened for contamination by heavy metals. Mercury, lead, and arsenic, among others, are no match for the ICP-MS (left). GC-FID (right) further ensures therapeutic amounts of EPA and DHA are as advertised.

# Omegas

## 2 IN 5 CANADIANS ARE NOT GETTING ENOUGHOMEGA-3 FOR GOOD HEART HEALTH

# O-MEGA SOLUTIONS

## Brain and Heart Health






- Best-seller
- 2:1 ratio
- Fish-based softgel
- 0% porcine or bovine






- Our original formula
- 3:2 ratio
- Smaller softgel






- Sourced from organic borage, sea buckthorn, flax, and wild anchovies and/or sardines






- 2:1 ratio
- Lemon flavour
- No fishy burps






- 43% smaller softgel
- 2:1 ratio
- Easier swallow
- No fishy burps






- Our strongest
- Liquid form, 3:2 ratio
- Lemon flavour

## Allergies

### Our Black Cumin (Black Seed) Oil Contains 2%–2.4% Thymoquinone






- Allergy support
- Omega-6/9
- Organic Mediterranean *Nigella sativa*






- Extra Strength
- Allergy support
- Omega-6/9
- Organic Mediterranean *Nigella sativa*






- Omega-6/9
- Reduces allergy symptoms including inflammation
- Organic

Additional size visuals on page 164 →

Softgels pictured are actual size, drops represent liquids. Complete product information on pages 157 to 162.

# Omegas

# YOUR CUSTOMERS WILL APPRECIATE THE CHOICE OF SOURCES AND FORMATS

## Mood Balance






- 1,000 mg EPA
- 10:1 EPA to DHA ratio






- 650 mg EPA
- 6.5:1 EPA to DHA ratio

## Speciality






- A source of omega-3/6/9, made with cold-pressed, organic flax

## Children's Health






- Development of healthy brain, eyes, and nerves






- ADHD
- Improves focus and attention






- Omega-7
- Made with organic fruit and seed oils, as well as goji oil

## Healthier Skin






- Omega-6
- 500 mg dose
- Eczema
- Acne






- Omega-6
- Stronger 1,000 mg dose
- Eczema/acne






- Omega-6
- Eczema/acne
- Dermal inflammation

Softgels pictured are actual size, drops represent liquids. Complete product information on pages 157 to 162.

# Omega 3/6/7/9

**Made with Organic Borage, Flax, and Sea Buckthorn** — softgels




## Cognitive/Brain Function
## Cardiovascular Health

Source of essential fatty acids for the maintenance of good health. Helps support cognitive health and brain function. Helps to maintain and support cardiovascular health.

### Each softgel contains

| | |
|---|---|
| Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) | 400 mg |
| **Providing:** | |
| Eicosapentaenoic acid (EPA) | 160 mg |
| Docosahexaenoic acid (DHA) | 80 mg |
| **Organic** borage (*Borago officinalis*) seed oil, 24% *gamma*-linolenic acid (GLA) | 400 mg |
| **Organic** flax (*Linum usitatissimum*) seed oil | 400 mg |
| **Organic** sea buckthorn (*Hippophae rhamnoides*) fruit pulp oil, 16–54% palmitoleic acid, 2–35% oleic acid, 1–15% linoleic acid | 100 mg |

### Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 2 softgels twice daily or as directed by your health-care practitioner.

**#2002 · 90 softgels · UPC 6-28747-12002-9**
**#1999 · 180 softgels · UPC 6-28747-11999-3**
NPN 80090997 · V0558-R3
**Essential Fatty Acids · Heart and Blood**
**Neurological Health**

Full line of fish oils, p. 157–164

# Omega Jolly

**EPA 650 mg / DHA 100 mg** — softgels




## Cognitive/Brain Function
## Healthy Mood Balance

Source of omega-3 fatty acids for the maintenance of good health. Source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health. Helps support cognitive health and brain function. Helps promote healthy mood balance.

### Each softgel contains

| | |
|---|---|
| Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) | 1,400 mg |
| **Providing:** | |
| Eicosapentaenoic acid (EPA; 20:5 *n*–3) | 650 mg |
| Docosahexaenoic acid (DHA; 22:6 *n*–3) | 100 mg |
| Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) | 3.35 mg AT (5 IU) |

### Other ingredients

Rosemary **extract** in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 1–4 softgels daily or as directed by your health-care practitioner.

**#1535 · 60 softgels · UPC 6-28747-11535-3**
NPN 80025979 · V0434-R5
**Fish Oils · Mood Enhancement**
**Neurological Health**

Full line of fish oils, p. 157–164

# Oregano oil 166

# Ox Bile

**500 mg** — capsules




## Increase Bile Flow

Used in herbal medicine to help increase bile flow (choleretic).

### Each vegetable capsule contains

| | |
|---|---|
| Ox bile, from bovine source (*Bos taurus*), 45% cholic acid | 500 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

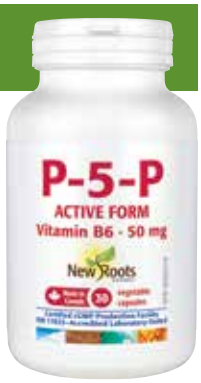
### Duration of use

Consult a health-care practitioner for use beyond 4 weeks. Not for prolonged use.

**#2641 · 60 vegetable capsules · UPC 6-28747-12641-0**
NPN 80102342 · V0645-R1
**Digestive Health · Glandular Extracts**

# P-5-P

**Active Form Vitamin B6 · 50 mg** — capsules




Helps in energy metabolism and in tissue formation, to form red blood cells, to prevent vitamin B6 deficiency, and to maintain the body's ability to metabolize nutrients.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 50 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule once or twice daily or as directed by your health-care practitioner.

**#2549 · 30 vegetable capsules · UPC 6-28747-12549-9**
NPN 80082116 · V0545-R1
**Energy · Vitamins and Minerals**

Full line of B vitamins, p. 227–234

# Oregano

## Wild Oregano C93

liquid




### Wild Mediterranean · 93% Carvacrol
### Antioxidant · Fights Free Radicals

Source of antioxidants. Mountain-grown 1,500 m (5,000 ft.) above sea level.
**1:5 blend of oregano and olive oils.**

### Each drop contains

Oregano (*Origanum minutiflorum*) oil, 75–85% carvacrol (93% carvacrol of total volatile oils) . . . . . 5.42 mg

### Other ingredients

Extra-virgin **certified organic** olive oil.

### Directions of use

**Adults:** Put 5 drops under the tongue and gulp or mix with 30 ml of water or juice, three to five times daily or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

### Duration of use

For occasional use only.

**#1233 · 15 ml / ≈ 109 doses · UPC 6-28747-21233-5**
**#1255 · 30 ml / ≈ 218 doses · UPC 6-28747-21255-7**
**#1476 · 50 ml / ≈ 364 doses · UPC 6-28747-21476-6**
NPN 80033637 · OM0016-R6
**Cold and Flu · Immune Health**

## Wild Oregano C93
**Extra Strong**

liquid




### Wild Mediterranean · 93% Carvacrol
### Antioxidant

Source of antioxidants.
**1:3 blend of oregano and olive oils.**

### Each drop contains

Oregano (*Origanum minutiflorum*) oil, 75–85% carvacrol (93% carvacrol of total volatile oils) . . . . . 8.85 mg

### Other ingredients

Extra-virgin **organic** olive oil.

### Directions of use

**Adults:** Put 1–4 drops under the tongue and swallow or mix with 30 ml of water or juice, three to six times daily or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

### Duration of use

For occasional use only.

**#2094 · 15 ml · UPC 6-28747-22094-1**
**#2095 · 30 ml · UPC 6-28747-22095-8**
NPN 80073040 · OM0130-R1
**Cold and Flu · Immune Health**

## Wild Oregano C93
**With Garlic**

liquid




### Wild Mediterranean · 93% Carvacrol
### Relieves Symptoms of
### Respiratory Infections

Source of antioxidants. Traditionally used in herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions; to help reduce elevated blood lipid levels/ hyperlipidaemia in adults; and to help maintain cardiovascular health in adults.
**1:5 blend of oregano with garlic oils to olive oil.**

### Each drop contains

Oregano (*Origanum minutiflorum*) oil, 75–85% carvacrol (93% carvacrol of total volatile oils) . . . . . 5.42 mg
Garlic (*Allium sativum*) distilled oil . . . . . 250 mcg

### Other ingredients

**Organic** extra virgin olive oil.

### Directions of use

**Adults:** Take 4–10 drops twice daily or as recommended by your health-care practitioner.

**#1632 · 15 ml / ≈ 109 doses · UPC 6-28747-21632-6**
**#1633 · 30 ml / ≈ 218 doses · UPC 6-28747-21633-3**
**#1634 · 50 ml / ≈ 364 doses · UPC 6-28747-21634-0**
NPN 80043763 · OM0119-R3
**Cold and Flu · Immune Health**

Oregano exists in a variety of species, each containing an array of volatile oils. GC-MS validates every batch, ensuring only *Origanum minutiflorum*, the revered species of oregano, is present. It then quantifies the precise therapeutic amount of carvacrol present, ensuring our entire family of Wild Oregano C93 products meets the therapeutic content consumers expect.



# Panax Ginseng

**20% Ginsenosides · 300 mg** capsules




## Increases Energy and Reduces Mental Fatigue

Used in herbal medicine as supportive therapy for the promotion of healthy glucose levels, to help support cognitive function or reduce mental fatigue, and to help enhance physical performance.

## Each vegetable capsule contains

| | |
|---|---|
| *Panax ginseng* root and leaf **extract**, standardized to a minimum of 20% ginsenosides (including both Rb and Rg ginsenosides) | 300 mg |

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules daily with meals or as directed by your health-care practitioner.

## Duration of use

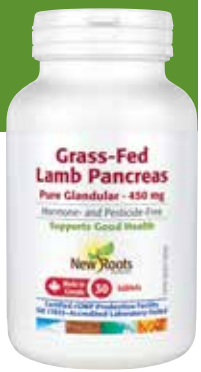
Consult a health-care practitioner for use beyond 3 months.

**#0780 · 90 vegetable capsules · UPC 6-28747-10780-8**
NPN 80075193 · V0028-R3
**50+ Health · Energy · Herbs and Herbal Extracts · Sexual Health (Men) Sport Nutrition**

Pancreas

# Grass-Fed Lamb Pancreas

**Pure Glandular · 450 mg** tablets




## Hormone- and Pesticide-Free Supports Good Health

## Each tablet contains

| | |
|---|---|
| Pancreas organ (from lamb [*Ovis aries*])* | 450 mg |
| Vitamin C (ascorbic acid) | 6 mg |

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

## Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, and silicon dioxide.

## Directions of use

**Adults:** Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#2027 · 30 tablets · UPC 6-28747-12027-2**
**#3437 · 90 tablets · UPC 6-28747-13437-8**
NPN 80071898 · V0556-R2
**Blood Glucose Management · Digestive Health · Glandular Extracts**

# Pancreatin

capsules




## Equivalent to 1,300 mg Activity
## Digestive Aid · Reduces Bloating
## Natural Water-Based GPS™ Enteric Coating
## Gastric Protective System

**Each 325 mg dose of 4× concentrated Pancreatin provides the equivalent activity of 1,300 mg of unconcentrated pancreatic enzymes.**
Digestive aid. Helps to decrease bloating after high-calorie, high-fat meals.
Pancreatin capsules are enteric-coated. This is important because the capsules are protected from stomach acid. Pancreatin capsules must be delivered intact to the small intestine in order to work. Capsules that are not enteric-coated will be destroyed in the stomach by stomach acid.

## Each enteric-coated vegetable capsule contains

| | |
|---|---|
| Pancreatic enzymes (from pork [*Sus scrofa*]) 4× concentrate | 325 mg |
| **Providing:** | |
| Amylase activity | 32,500 USP units |
| Protease activity | 32,500 USP units |
| Lipase activity | 2,600 USP units |

## Other ingredients

A non-GMO vegetable capsule composed of vegetable carbohydrate gum, purified water, and a water-based GPS™ enteric coating (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

## Directions of use

**Adults:** Take 1 capsule two to four times daily with food or as directed by your health-care practitioner. Take with or immediately before a meal/food. Swallow whole; do not crush or chew. Use the smallest effective dose which controls symptoms.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks or for prolonged use.

**#1697 · 60 vegetable capsules · UPC 6-28747-11697-8**
**#1698 · 120 vegetable capsules · UPC 6-28747-11698-5**
**#1700 · 260 vegetable capsules · UPC 6-28747-11700-5**
NPN 80038831 · V0466-R6
**Digestive Health · Enzymes**

Pantothenate:

# Vitamin B5

**Calcium D-Pantothenate · 500 mg** capsules




Helps the body to metabolize carbohydrates, fats, and protein. Helps in tissue formation.

## Each vegetable capsule contains

| | |
|---|---|
| Vitamin B5 (calcium D-pantothenate) | 500 mg |

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults and children > 6 years old:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

**#1407 · 100 vegetable capsules · UPC 6-28747-11407-3**
NPN 80019683 · V0387-R2
**Neurological Health · Stress Management Vitamins and Minerals**

Full line of B vitamins, p. 227–234

## Parasite Purge:
# Purge Parasitis

capsules




### Antiparasitic

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

### Each vegetable capsule contains

| | |
|---|---|
| Black walnut (*Juglans nigra*) hull and leaf | 157.8 mg |
| Whole wormwood (*Artemisia absinthium*) | 94.68 mg |
| Odourless garlic (*Allium sativum*) bulb | 63.12 mg |
| Oregano (*Origanum vulgare*) 50:1 leaf extract | 40 mg |
| Clove (*Syzygium aromaticum*) flower bud | 31.56 mg |
| Oregon-grape (*Berberis aquifolium*) root | 13.41 mg |
| Ginger (*Zingiber officinale*) rhizome | 7.89 mg |
| Aloe (*Aloe vera*) leaf | 5.52 mg |
| Quassia (*Picrasma excelsa*) stem wood | 5.52 mg |
| Sage (*Salvia officinalis*) leaf | 5.52 mg |

### Other ingredients

Grapefruit seed extract (37 mg), vegetable magnesium stearate, and microcrystalline cellulose in a non-GMO vegetable capsule composed of pullulan and purified water.

### Directions of use

**Adults:** Take 9 capsules daily with food or as directed by your health-care practitioner. Take for 15 days. Stop for 5 days. Repeat for 15 days. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them. To remove dead or dying parasites, take Fibre Ultra Rich (Plantago or Psyllium) from New Roots Herbal 1 or 2 times a day with 2 Probiotics Urgency GPS™ enteric-coated capsules.

### Duration of use

For occasional use only. Consult a health-care practitioner for use beyond 14 days.

**#0482 · 90 vegetable capsules · UPC 6-28747-10482-1**
**#0935 · 180 vegetable capsules · UPC 6-28747-10935-2**
NPN 80105121 · V0104-R8
**Parasitic and Fungal Management**

## Parasite Purge:
# Purge Parasitis Program

kit




### Therapeutic Treatment for Elimination of Parasites 33-Day Program Now Includes Fibre Ultra!

The Purge Parasitis Program includes a combination of proven antiparasitic ingredients used in herbal medicine to neutralize parasites as well as their eggs and toxins. This maximum-strength program delivers comprehensive results when all products are taken as indicated and the recommended program protocol is properly followed.

### Each kit contains

| | |
|---|---|
| 2 bottles of Black Walnut Green Hull | 60 capsules |
| 1 bottle of Cloves | 100 capsules |
| 1 bottle of Fibre Ultra Rich Psyllium + Inulin | 200 g |
| 2 bottles of Purge Parasitis | 90 capsules |
| 1 bottle of Wormwood | 100 capsules |

### Black Walnut Green Hull

Traditionally used in herbal medicine to help expel intestinal worms (vermifuge/anthelmintic) and eliminate ringworm (*Tinea corporis*).

### Cloves

Used in traditional herbal medicine as a carminative for the relief of digestive complaints such as flatulence or abdominal distention.

### Fibre Ultra Rich Psyllium + Inulin

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Purge Parasitis

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

### Wormwood

Used in traditional herbal medicine as a stimulant tonic to improve appetite and to relieve symptoms of dyspepsia (carminative). Used in traditional herbal medicine to expel worms (vermifuge).

**#2646 · Kit · UPC 6-28747-52646-3**
NPN 80058096
**Parasitic and Fungal Management**

# Passion Flower

organic tincture




### Sleep Aid for Insomnia Due to Mental Stress

Traditionally used in herbal medicine as a sleep aid (in cases of restlessness or insomnia due to mental stress).

### Each teaspoon contains an equivalent of

| | |
|---|---|
| **Organic** passion flower (*Passiflora incarnata*) herb top | 259 mg |

### Other ingredients

Purified water and **organic** alcohol 25% (from sugarcane).

### Directions of use

**Adolescents ≥ 13 years old and adults:** Take 1 teaspoon (~ 5 ml) one to four times daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for prolonged use.

**#1426 · 50 ml · UPC 6-28747-21426-1**
**#1410 · 95 ml · UPC 6-28747-21410-0**
NPN 80024264 · LM0043-R4
**Herbs and Herbal Extracts · Sleep Aids**
**Stress Management**



## Pau d'Arco Taheebo

***Tabebuia heptaphylla* 500 mg** capsules




### Immune – Antifungal

Used in herbal medicine as a treatment for bacterial, fungal, and protozoal infections; and to help treat sore throat and colds.

### Each vegetable capsule contains

Pau d'arco (*Tabebuia heptaphylla*) inner bark . . . . . 500 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules three times daily or as directed by your health-care practitioner.

**#0124 · 100 vegetable capsules · UPC 6-28747-10124-0**
NPN 80043836 · V0044-R2
**Herbs and Herbal Extracts**
**Parasitic and Fungal Management**

## Pau d'Arco Taheebo

***Tabebuia heptaphylla*** liquid extract




### Immune – Antifungal

Used in traditional Western herbalism to help treat sore throat and colds. Used in herbal medicine to help alleviate mild cases of fungal infections.

### Each ½ teaspoon contains a crude quantity equivalent of

Pau d'arco (*Tabebuia heptaphylla*) inner bark . . . . . 900 mg

### Other ingredients

Vegetable glycerin, **organic** alcohol 25% (from sugarcane), and purified water.

### Directions of use

**Adults:** Take ½ teaspoon twice daily or as directed by your health-care practitioner.

**#0026 · 50 ml / 25 doses · UPC 6-28747-20026-4**
**#0147 · 95 ml / 38 doses · UPC 6-28747-20147-6**
NPN 80044382 · LM0001-R2
**Herbs and Herbal Extracts**
**Parasitic and Fungal Management**

## PEA Pain Relief

**Micronized Palmitoylethanolamide 600 mg** capsules




### Chronic Pain Relief
### Compressed Nerves · Sciatica

Anti-inflammatory to help relieve chronic pain. Helps to relieve pain associated with compressed nerves, such as sciatica.

### Each vegetable capsule contains

Micronized palmitoylethanolamide (*N*-(2-hydroxyethyl) hexadecanamide) . . . . . 600 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of 2 weeks to see beneficial effects. Consult a health-care practitioner for use beyond 3 months.

**#3092 · 60 vegetable capsules · UPC 6-28747-13092-9**
NPN 80113092 · V0751-R2
**Essential Fatty Acids · Neurological Health · Pain and Inflammation**

## Pectin: Modified Citrus Pectin

powder




### Helps to Support Detoxification

### Each scoop contains

Modified citrus pectin, from lemon (*Citrus* × *limon*) fruit peel . . . . . 5 g
(Providing on average 400 mg sodium)

### Directions of use

**Adults ≥ 18 years old:** Take 1 scoop three times daily 30 minutes before food or as directed by your health-care practitioner. Put one 5 g scoop of Modified Citrus Pectin into a glass. Add liquid (water, juice, or tea). *Do not stir yet:* Let sit 3–5 minutes to allow the powder to rehydrate. Stir contents until powder is dissolved. We recommend weighing Modified Citrus Pectin for precise dosage.

### Caution

Provides a significant amount of sodium.

**#2239 · 150 g / 30 doses · UPC 6-28747- 02239-2**
NPN 80078773 · P0759-R1
**Detoxification · Herbs and Herbal Extracts · Immune Health**

## Peppermint Organic Essential Oil

***Mentha* × *piperita***
**100% Pure · Certified Organic**




Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis. Used as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

### Each drop contains

**Organic** peppermint (*Mentha* × *piperita*) flowering twig essential oil . . . . . 100%

### Active compounds

Menthol and menthone.

### Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation.

### Duration of use

For occasional use only.

**#2137 · 15 ml · UPC 6-28747-22137-5**
NPN 80069445 · O0048-R1
**Essential Oils**

**Full line of essential oils, p. 82–90**

## Plant Digestive Enzymes

capsules




### Supports Healthy Digestion

Digestive aid.

### Each vegetable capsule contains

| | |
|---|---|
| Protease | |
| **Providing the following:** | |
| Protease I | 41,437 FCC HUT |
| Protease II | 7,380 FCC HUT |
| Protease III | 57 FCC SAP |
| Amylase (all carbohydrates) | 11,812 FCC DU |
| Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem) (proteins) | 720,000 FCC PU (20 mg) |
| Cellulase (all fibres) | 1,260 FCC CU |
| Dipeptidyl-peptidase IV (gluten) | 2,050 FCC HUT |
| *alpha*-Galactosidase (beans and legumes) | 19 FCC GalU |
| Glucoamylase (starch) | 50 FCC AGU |
| Hemicellulase (plant fibres) | 33.3 FCC HCU |
| Invertase (sugar) | 80 FCC INVU |
| Lactase (milk sugar) | 544 FCC ALU |
| Lipase (all fats and oils) | 3,000 FCC LU |
| Maltase (all grains) | 130 FCC DP |
| Papain (from papaya [*Carica papaya*] fruit) (all proteins) | 300,000 FCC PU |
| Pectinase (pectins) | 60 endo-PGU |
| Phytase (phosphorus) | 2.5 FCC FTU |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily with a meal or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for prolonged use.

**#1309 · 30 vegetable capsules · UPC 6-28747-11309-0**
**#1310 · 60 vegetable capsules · UPC 6-28747-11310-6**
**#1311 · 120 vegetable capsules · UPC 6-28747-11311-3**
NPN 80073581 · V0361-R5
**50+ Health · Digestive Health · Enzymes**

## Plant Sterols

powder




### Easily Added to Shakes, Smoothies, Soups, Stews, and Sauces · Helps Lower Cholesterol

Helps lower cholesterol (total and LDL). Helps maintain healthy cholesterol levels.

### Each ½ teaspoon contains

| | |
|---|---|
| Free plant sterols (from non-GMO soy) | 1.2 g |
| *beta*-Sitosterol | 480 mg |
| Campesterol | 240 mg |
| Stigmasterol | 240 mg |

### Directions of use

**Adults:** Take ½ teaspoon (1.2 g) once or twice daily with food (sprinkle into your shakes, smoothies, soups, stews, and sauces) or as directed by your health-care practitioner.

**#1595 · 80 g / ≈ 66 doses · UPC 6-28747-01595-0**
NPN 80023646 · P0294-R1
**Cholesterol Management · Functional Foods Heart and Blood**

## Plantago: Fibre Ultra Rich

**Plantago + Inulin**

powder




### Promotes Regularity and Cleansing

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content. Psyllium provides gentle relief of constipation and irregularity.

### Each teaspoon contains

| | |
|---|---|
| Psyllium (*Plantago ovata*) husk | 2,128 mg |
| Roselle (*Hibiscus sabdariffa*) | 126 mg |
| Inulin (from chicory root [*Cichorium intybus*]) | 100 mg |
| Clove (*Syzygium aromaticum*) flower bud | 53 mg |
| Licorice (*Glycyrrhiza glabra*) root | 53 mg |

### Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

### Directions of use

**Adults ≥ 19 years old:** Take 1 teaspoon twice daily. For each gram of psyllium, take with at least 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Mix well and drink immediately. Maintain adequate fluid intake. Effects observed 12–24 hours after the first dose; results may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

Note: Also take 1–2 capsules of enteric-coated Acidophilus Ultra each day. Start progressively or as directed by your health-care practitioner. Acidophilus Ultra capsules are protected from the harsh stomach acid with our GPS™ enteric coating; this guarantees intestinal delivery for maximum benefits.

**#0166 · 340 g / ≈136 doses · UPC 6-28747-00166-3**
NPN 80044396 · PM0077-R1
**Digestive Health · Weight Management**

## PMS Relief

capsules




### Cramps · Pain · Mood

Chaste tree is used in herbal medicine to help relieve premenstrual symptoms, and as a hormone normalizer to help stabilize menstrual cycle irregularities. Black cohosh is used in herbal medicine to help relieve premenstrual symptoms, and to help relieve the pain associated with menstruation.

### Each vegetable capsule contains

| | |
|---|---|
| Dandelion (*Taraxacum officinale*) root extract, 3% flavonoids | 150 mg |
| Chaste tree (*Vitex agnus-castus*) fruit extract, 0.5% agnuside | 125 mg |
| Dong quai (*Angelica sinensis*) root extract, 1% Z-ligustilide | 125 mg |
| Corn silk (*Zea mays*) 4:1 extract | 50 mg |

Cramp bark (*Viburnum opulus*) 4:1 extract . . . . . 50 mg
Red clover (*Trifolium pratense*) flower extract, 8% isoflavones . . . . . 35 mg
Black cohosh (*Actaea racemosa*) root extract, 2.5% triterpene glycosides . . . . . 20 mg
Siberian ginseng (*Eleutherococcus senticosus*) root extract, 0.8% eleutherosides . . . . . 5 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adult women:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Use for at least 3 months to see beneficial effects. Consult a health-care practitioner for use beyond 6 months.

**#0233 · 90 vegetable capsules · UPC 6-28747-10233-9**
NPN 80053836 · V0186-R2
**Women's Health**

## Pomegranate Seed Oil

**100% Pure · Certified Organic**




### Soothes and Repairs Very Dry Skin

A rare natural source of omega-5 and antioxidants for glowing skin, this unique oil helps reduce the look of wrinkles and of aging. It soothes and relieves very dry and damaged skin. Its strong character is ideal for night care.

### Each bottle contains

**Organic** pomegranate (*Punica granatum*) seed oil, cold-pressed . . . . . 50 ml
with added **organic** rosemary (*Rosmarinus officinalis*) **extract**

### Ingredients

*Punica granatum* (pomegranate) seed oil and *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

**#2196 · 50 ml · UPC 6-28747-22196-2**
OM0062-R2
**Beauty · Exotic Skin Oils · Skin**

Full line of exotic skin oils, p. 92–95

## Potassium Citrate

**100 mg** capsules




### High Bioavailability

A factor in the maintenance of good health.

### Each vegetable capsule contains

Potassium (from potassium citrate) . . . . . 100 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

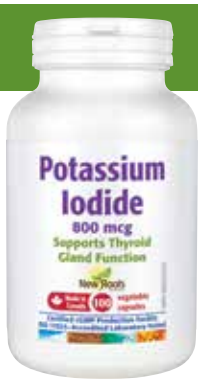
### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#1328 · 100 vegetable capsules · UPC 6-28747-11328-1**
NPN 80045230 · V0171-R3
**Urogenital (Men) · Urogenital (Women)**
**Vitamins and Minerals**

## Potassium Iodide

**800 mcg** capsules




### Supports Thyroid Gland Function

Helps in the function of the thyroid gland. A factor in the maintenance of good health.

### Each vegetable capsule contains

Iodine . . . . . 800 mcg
(from 1.05 mg of potassium iodide)

### Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#1533 · 100 vegetable capsules · UPC 6-28747-11533-9**
NPN 80024925 · V0422-R1
**Vitamins and Minerals**

## Potassium Iodide

**65 mg** tablets




### For Nuclear Emergency Use Only Not for Daily Use

Thyroid blocking agent for use in nuclear emergencies which involve the release of radioiodine.

### Each tablet contains

Potassium iodide . . . . . 65 mg

### Other ingredients

Dicalcium phosphate, microcrystalline cellulose, vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, and silicon dioxide.

### Directions of use

Take as directed by a public official if a nuclear emergency should happen. Take just before or shortly after exposure to radioiodine. For children under 6 years old, crush or dissolve tablets into food or drink prior to consumption; do not allow child to swallow tablet whole. **2 months–3 years:** Take half a tablet daily; **4–18 years old:** Take 1 tablet daily; **18 years+:** Take 2 tablets daily; or as directed by your health-care practitioner. Take daily until threat is over as directed by public officials.

**#3141 · 60 tablets · UPC 6-28747-13141-4**
NPN 80086446 · V0765-R1
**Vitamins and Minerals**

# Prenatal
## Complete Multivitamin

capsules




### Benefits Mom and Baby Preconception to Early Motherhood · Reduces Risk of Neural-Tube Defects

For prenatal, pregnancy, postnatal, and breast-feeding. Vitamin and mineral formula beneficial for mother and infant health. Helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to form red blood cells and helps in their proper function.

### Each vegetable capsule contains

| | |
|---|---|
| Calcium (from calcium citrate) | 66.67 mg |
| Vitamin C (from calcium ascorbate) | 58.33 mg |
| Magnesium (from fully reacted magnesium bisglycinate) | 33.33 mg |
| Vitamin B5 (calcium D-pantothenate) | 33.33 mg |
| Vitamin B1 (thiamine hydrochloride) | 25 mg |
| Potassium (from potassium citrate) | 23.33 mg |
| Vitamin B3 (niacinamide) | 16.67 mg |
| Iron (from iron bisglycinate) | 11.67 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 11.67 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 11.67 mg |
| Vitamin E (D-*alpha*-tocopheryl acid succinate) | 11.17 mg AT (16.7 IU) |
| Zinc (from zinc citrate) | 8.33 mg |
| Manganese (from manganese citrate) | 1.67 mg |
| Copper (from copper citrate) | 500 mcg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 333.33 mcg |
| Vitamin B12 (methylcobalamin) | 333.33 mcg |
| Biotin | 100 mcg |
| Iodine (from potassium iodide) | 50 mcg |
| Chromium (from chromium polynicotinate) | 33.33 mcg |
| Vitamin K1 | 33.33 mcg |
| Molybdenum (from molybdenum citrate) | 16.667 mcg |
| Selenium (from yeast-free L-selenomethionine) | 16.667 mcg |
| Vitamin D3 (cholecalciferol) | 3.33 mcg (133.33 IU) |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!
**#3500 · 30 vegetable capsules · UPC 6-28747-13500-9**
**#1434 · 90 vegetable capsules · UPC 6-28747-11434-9**
NPN 80115689 · V0378-R11
**Maternity · Vitamins and Minerals**

Full line of multivitamins, p. 146–148

> "If there's one thing to know about the human body, it's this: The human body has a ringmaster. This ringmaster controls your digestion, your immunity, your brain, your weight, your health, and even your happiness. This ringmaster is the gut."
>
> *Nancy Mure*

# Prevent

capsules




### 1 Capsule = 44 Cups of Green Tea

CURCUMIN TESTED BY Carbon-14

Source of antioxidants. Cayenne is traditionally used in herbal medicine to help support peripheral circulation.

### Each vegetable capsule contains

| | |
|---|---|
| Green tea (*Camellia sinensis*) leaf **extract** (450 mg catechins including 375 mg epigallocatechine-3-gallate [EGCG]) | 500 mg |
| Turmeric (*Curcuma longa*) root **extract**, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin | 100 mg |
| *N*-Acetyl-L-cysteine | 60 mg |
| Japanese knotweed (*Fallopia japonica*) root **extract**, 50% resveratrol | 50 mg |
| Tomato (*Solanum lycopersicum*) flesh **extract**, 10% lycopene | 30 mg |
| Cayenne (*Capsicum annuum*) fruit | 25 mg |
| Astaxanthin 1.5%, from 20 mg *Haematococcus pluvialis* | 20 mg |
| Zeaxanthin (from marigold [*Tagetes erecta*] **extract**) | 5 mg |
| Black pepper (*Piper nigrum*) fruit **extract**, 95% piperine | 2 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. Take with a meal containing oil/fat.

### Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

**#1204 · 30 vegetable capsules · UPC 6-28747-11204-8**
**#1145 · 60 vegetable capsules · UPC 6-28747-11145-4**
NPN 80090712 · V0323-R4
**Antioxidants · Immune Health**

# Probiotic Intensity
## Extra Daily Care

capsules




### 20 Billion + Live Active Probiotics Delivered Safely to the Intestines 16 Strains + Colostrum · Supports Gastro/Intestinal Health and Immunity · GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

### Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (20 billion) to the intestines:

**Human Strains**

| | |
|---|---|
| *Lactobacillus johnsonii* UB2214 | 1.9 billion CFU |
| *Bifidobacterium animalis* ssp. *lactis* UB9439 | 1.42 billion CFU |
| *Lactobacillus gasseri* UB9507 | 1.42 billion CFU |

*Ligilactobacillus salivarius* UB3488 . . . . . 1.4 billion CFU
*Bifidobacterium bifidum* UB4925. . . . . 950 million CFU
*Bifidobacterium longum* ssp. *infantis* UB5660. . . 315 million CFU
*Bifidobacterium longum* ssp. *longum* UB6897. . . 315 million CFU
*Bifidobacterium breve* UB3917 . . . . . 315 million CFU

**Plant Strains**

*Lactiplantibacillus plantarum* UB6473 . . . . . 70 million CFU
*Lactobacillus acidophilus* UB6535 . . . . . 30 million CFU

**Dairy Strains**

*Lacticaseibacillus rhamnosus* UB6056 . . . . . 7.46 billion CFU
*Lacticaseibacillus casei* UB9297. . . . . 1.9 billion CFU
*Lactobacillus crispatus* UB1947 . . . . . 1.9 billion CFU
*Lactobacillus helveticus* UB5772 . . . . . 540 million CFU
*Lacticaseibacillus paracasei* UB8017. . . . . 52 million CFU
*Lactococcus lactis* LL-23 . . . . . 13 million CFU

Vitamin C (ascorbic acid). . . . . 6 mg
Bovine colostrum (from *Bos taurus*) . . . . . 25 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

## Other ingredients

Arabinogalactan (AOS), inulin, xylooligosaccharides (XOS), non-GMO potato starch, non-GMO tapioca maltodextrin, vegetable magnesium stearate, silicon dioxide, acacia gum, and sucrose in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

## Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

## Duration of use

Consult a health-care practitioner for prolonged use.

**#1880 · 30 vegetable capsules · UPC 6-28747-11880-4**
**#1878 · 60 vegetable capsules · UPC 6-28747-11878-1**
NPN 80136157 · V0498-R5
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

# Probiotics Recovery

**Ultimate Potency** capsules




**120 Billion + Live Active Probiotics Delivered Safely to the Intestines**
**20 Strains · Supports Gastro/Intestinal Health and Immunity**
**GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid**
**DAIRY-FREE · SOY-FREE**

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 20 strains of live, active, healthy, and whole cells (120 billion) to the intestines**

**Human Strains**

*Bifidobacterium bifidum* UB4925. . . . . 4 billion CFU
*Bifidobacterium breve* UB3917 . . . . . 4 billion CFU
*Bifidobacterium longum* ssp. *infantis* UB5660. . . . . 4 billion CFU
*Bifidobacterium longum* ssp. *longum* UB6897. . . . . 4 billion CFU
*Bifidobacterium animalis* ssp. *lactis* UB9439. . . . . 1 billion CFU
*Lactobacillus gasseri* UB9507 . . . . . 200 million CFU
*Limosilactobacillus fermentum* UB3678 . . . . . 200 million CFU
*Lactobacillus johnsonii* UB2214 . . . . . 200 million CFU
*Bifidobacterium animalis* ssp. *lactis* BL-04 . . . . . 200 million CFU
*Lacticaseibacillus rhamnosus* GG. . . . . 200 million CFU
*Lactobacillus acidophilus* LA-14 . . . . . 200 million CFU

**Plant Strains**

*Lactobacillus plantarum* UB6473. . . . . 40 billion CFU
*Lactobacillus acidophilus* UB6535 . . . . . 2.2 billion CFU

**Dairy Strains**

*Lacticaseibacillus rhamnosus* UB6056 . . . . . 30 billion CFU
*Lacticaseibacillus casei* UB9297. . . . . 20 billion CFU
*Lacticaseibacillus paracasei* UB8017. . . . . 8.3 billion CFU
*Limosilactobacillus reuteri* UB4772 . . . . . 700 million CFU
*Lactobacillus crispatus* UB1947 . . . . . 200 million CFU
*Levilactobacillus brevis* UB5892. . . . . 200 million CFU
*Lactobacillus helveticus* UB5772 . . . . . 200 million CFU

Vitamin C (ascorbic acid). . . . . 6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

## Other ingredients

Arabinogalactan, inulin, non-GMO potato and tapioca maltodextrin, non-GMO potato starch, vegetable magnesium stearate, trehalose, sucrose, sodium chloride, mono- and dipotassium phosphate, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. Do not use this product if you are taking tetracycline. Resume taking Probiotics Recovery the day following your tetracycline treatment.

**#1965 · 30 vegetable capsules · UPC 6-28747-11965-8**
NPN 80136185 · V0528-R4
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

# Probiotics Urgency

**Extra Potency** capsules




**50 Billion + Live Active Probiotics Delivered Safely to the Intestines**
**10 Strains · Suports Gastro/Intestinal Health and Immunity**
**GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid**
**DAIRY-FREE · SOY-FREE**

Source of probiotics. Helps support intestinal/gastrointestinal health and could promote a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 10 strains of live, active, healthy, and whole cells (50 billion) to the intestines**

**Human Strains**

*Bifidobacterium longum* ssp. *longum* UB6897. . . . . 9 billion CFU
*Bifidobacterium bifidum* UB4925. . . . . 1 billion CFU
*Bifidobacterium breve* UB3917 . . . . . 1 billion CFU
*Bifidobacterium longum* ssp. *infantis* UB5660. . . . . 1 billion CFU

Plant Strains
*Lactiplantibacillus plantarum* UB6473 . . . . . 9 billion CFU
*Lactobacillus acidophilus* UB6535 . . . . . 1 billion CFU
Dairy Strains
*Lacticaseibacillus casei* UB9297. . . . . 9 billion CFU
*Lacticaseibacillus rhamnosus* UB6056 . . . . . 9 billion CFU
*Lactobacillus helveticus* UB5772 . . . . . 9 billion CFU
*Lacticaseibacillus paracasei* UB8017. . . . . 1 billion CFU
Vitamin C (ascorbic acid). . . . . 6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

## Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, tapioca maltodextrin, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

## Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#1398 · 22 vegetable capsules · UPC 6-28747-11398-4**
**#1798 · 30 vegetable capsules · UPC 6-28747-11798-2**
**#1799 · 60 vegetable capsules · UPC 6-28747-11799-9**
NPN 80136136 · V0384-R4
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

# Probiotics 175–188

## Prolax
### Stimulant Laxative

capsules




### For Occasional Constipation

A stimulant laxative to promote bowel movement and short-term relief of occasional constipation. Promotes bowel movement.

### Each vegetable capsule contains

Cascara sagrada (*Frangula purshiana*) aged bark . . . . 180 mg
Butternut (*Juglans cinerea*) bark . . . 160 mg
Chinese rhubarb (*Rheum officinale*) root . . . . . 110 mg
Whole Irish moss (*Chondrus crispus*) . . . . . 20 mg
Cayenne (*Capsicum annuum*) fruit . . . . . 20 mg
Ginger (*Zingiber officinale*) rhizome. . . . . 20 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2–6 capsules in a single dose the same day, two to three times per week. Allow at least 6 to 12 hours for laxative effect to occur. If results are not observed, the frequency of use may be increased up to once daily. The correct individual dose is the smallest required to produce a soft-formed stool. If you are taking other medications or natural health products, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 7 days.

**#0016 · 60 vegetable capsules · UPC 6-28747-10016-8**
NPN 80100520 · V0058-R4
**Digestive Health**

## Prostate Perform

softgels




### Relieves Urologic Symptoms of BPH · Reduces Difficulty and Frequency of Urination DAYTIME AND NIGHTTIME

Used in herbal medicine to help relieve the urologic symptoms (e.g. weak urine flow, incomplete voiding, frequent daytime and nighttime urination) associated with mild to moderate benign prostatic hyperplasia (BPH); to help reduce difficulty in urination associated with the early stages of BPH.

### Two softgels contain

Wild-crafted saw palmetto (*Serenoa repens*) fruit liposterolic **extract**, 95% fatty acids (supercritical $CO_2$-extracted) . . . . . 320 mg
Rye (*Secale cereale*) flower pollen **extract** . . . . . 210 mg
Free plant sterols (from non-GMO soy) . . . . . 370 mg
(148 mg *beta*-sitosterol, 74 mg stigmasterol, 74 mg campesterol)
Stinging nettle (*Urtica dioica*) root and herb top **extract**, 5% silicic acid . . . . . 50 mg
**Certified organic** borage (*Borago officinalis*) seed oil . . 200 mg
L-Alanine . . . . . 100 mg
Cranberry (*Vaccinium macrocarpon*) fruit concentrate . . . 100 mg
L-Glutamic acid hydrochloride . . . . . 100 mg
L-Glycine . . . . . 100 mg
Natural vitamin E (mixed tocopherol concentrate, from non-GMO soy) . . . . . 76 mg
Zinc (from zinc citrate) . . . . . 32 mg
Pau d'arco (*Tabebuia heptaphylla*) inner bark . . . . . 30 mg
Vitamin B6 (pyridoxine hydrochloride) . . . . . 20 mg
Lycopene (from tomato [*Solanum lycopersicum*] flesh) . . . . . 1.2 mg
Selenium (from yeast-free L-selenomethionine). . . . . 100 mcg
Vitamin D3 (cholecalciferol). . . . . 25 mcg (1,000 IU)

## Other ingredients

Extra virgin **certified organic** olive oil (350 mg); **certified organic** pumpkin (*Cucurbita pepo*) seed oil, cold-pressed (200 mg); lecithin (from non-GMO sunflower); medium-chain triglycerides (MCT); silicon dioxide; and beeswax in a softgel composed of annatto (in sunflower oil), bovine gelatin, glycerin, and purified water.

## Directions of use

**Adult men:** Take 2 softgels at once daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Note: Improvements should be noticeable after 7–10 days.

**#3449 · 24 softgels · UPC 6-28747-13449-1**
**#0890 · 60 softgels · UPC 6-28747-10890-4**
**#0891 · 90 softgels · UPC 6-28747-10891-1**
NPN 80101925 · V0445-R10
**Men's Health · Urogenital (Men)**



# SEE THE DIFFERENCE!

## PROTECTING PROBIOTICS IS KEY

All Uncoated Capsules




GPS™ Enteric-Coated Capsules

Dissolve in Stomach Acid




Survive Stomach Acid

Destroying Benefits of Probiotics




Deliver 100% of Probiotic Benefits as Promised on the Label

## Probiotics Only Benefit You if They Are Alive

GPS™ Enteric-Coated Capsules are Tested and Proven to Fully Protect Probiotics from Harsh Stomach Acid that Kill Probiotics

# WHICH WILL YOU CHOOSE?

**GPS™ = Gastric Protective System**

New Roots HERBAL

Inspired by Nature, Driven by Science to ***Make Life Better***!

Proudly Made by Canadians for Canadians · Buy Local!

newrootsherbal.com · To ensure these products are right for you, always read and follow label directions.

NON GMO

The Only Canadian-Branded Natural Supplement Manufacturer That Tests All Products in an On-Site, 8,000 sq. ft., State-of-the-Art, ISO 17025–Accredited Lab

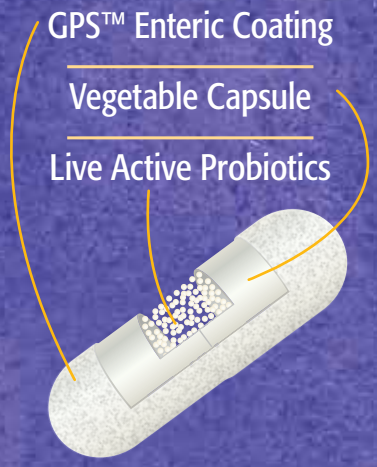
# GPS ENTERIC COATING PROTECTS PROBIOTICS FROM STOMACH ACID

## Consider It an Investment in the Health of Your Consumers!

**GPS™ enteric-coated probiotics** (Gastric Protection System) deliver guaranteed targeted intestinal release.

Only GPS™ enteric coating keeps harsh stomach acid from seeping into the capsule and protects it from disintegrating in your stomach. GPS™ enteric coating safeguards the delicate probiotics until they reach the safety of your intestines! Once there, it opens to release live, healthy probiotics.




## What's So Special About GPS™ Enteric Coating?

Enteric coating is a dual process featuring a water-based, naturally sourced coating made of fatty acids and plant fibres. This coating is applied with advanced spray-drying technology. Probiotic capsules are repeatedly sprinkled with hundreds of thousands of natural microscopic particles that only dissolve at your intestinal pH.

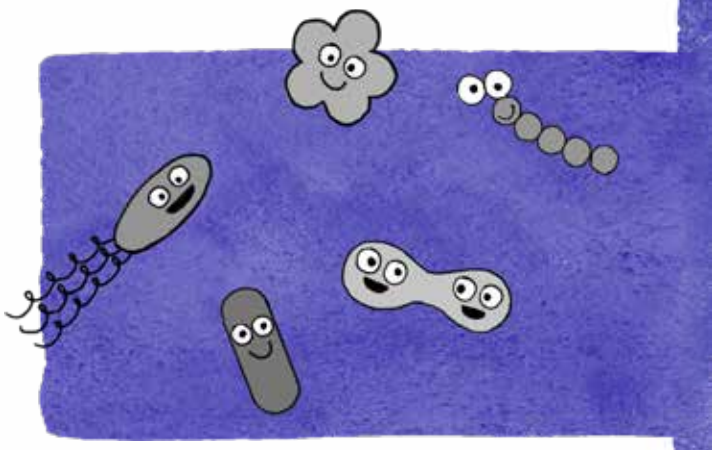
These particles bind to the capsule, layer upon layer, to form the protective enteric coating. The process is not only time-consuming, but also very costly; but we believe it's worth it!

## Only GPS™ enteric coating has been scientifically proven to protect probiotics from harsh stomach acid.

# ARE YOUR CUSTOMERS GETTING FULL PROBIOTIC BENEFITS?

**Probiotics have many benefits. To maximize their effectiveness, live intestinal delivery cannot be compromised. Ensure your staff has the proven facts to help your customers make informed decisions.**

## PROBIOTIC FACTS



### ENTERIC COATING VERSUS DELAYED-RELEASE OR ACID-RESISTANT CAPSULES

Probiotics work wonders—but only **if they make it past your stomach acid alive** and reach the intestines where they actually do their job.

Made from natural sources, **our enteric-coated capsules offer unrivalled protection for your probiotics.** Studies have shown these capsules deliver 100% of live probiotics past stomach acid to the small intestine where they are released in conditions favourable for their growth.

"Delayed-Release" or "Acid-Resistant" capsules have been shown to be ineffective in protecting probiotics from stomach acid. Tests have found that these capsules often open or leak in stomach acid in less than 30 minutes, resulting in the destruction of 80% to 99% of the live probiotics.

**Only enteric-coated probiotic capsules ensure that 100% of the live probiotic contained within will survive destructive gastric acidic conditions.** Given the data, the only logical choice is an enteric-coated probiotic.

### REFRIGERATED VERSUS SHELF-STABLE

Some probiotic strains may be hardier than others, but **they can all benefit from being refrigerated.**

This is especially true of the valuable but delicate families of ***Lactobacilli*** and even more fragile ***Bifidobacteria***, which will die in 6 to 30 days of exposure at room temperature. This makes shelf-stable products unable to reliably deliver the necessary spectrum of probiotics within a formula.

**Refrigeration during manufacturing, shipping, and storage is the only way to preserve viability of a complete spectrum of probiotics.**

### CFU COUNT AND STRAINS

Colony-forming units (CFU) are the number of viable bacteria in a capsule. To benefit our health, we need billions! And the wider the variety of strains, the broader the benefits to our health. But the value of CFUs and multiple strains is their ability to populate in our intestines. Only live cells can do so!

While it's easy to claim a large live count and multistrain formulas at manufacturing, getting all these cells to where they need to be, alive and ready to work, is a whole different story. Probiotics naturally die off and, if they are not properly protected, they are unable to provide full health benefits.

With our proven enteric-coated capsules and our insistence on refrigeration, the live count we promise is exactly what you can count on being delivered to your intestines. Every time.

## SHOW ME THE STUDIES!

Looking for the truth, the whole truth, and nothing but the truth on probiotics? Don't just take our word on it! We've gathered a collection of studies that can help you see the big picture on probiotics and—more importantly—enjoy all their healthy benefits.

We have compiled an extensive list of scientific publications on Enteric Coating, Refrigeration, and Multistrain Formulations that confirm the scientific truth.

## ENTERIC COATING

"[E]nteric-coated probiotic capsules ensure that microorganisms better survive destructive gastric acidic conditions."

› Kuaté, S., et al. "In-vitro comparative study of the survival of probiotic capsules in simulated gastric environment." *N.H.P. Research Notes*, No. 1 (2017): 1–8.

"Only [probiotic capsules] that were enteric coated were able to resist to the degradation caused by stomach conditions. […] the uncoated bacteria were almost completely destroyed."

› Millette, M., et al. "Gastrointestinal survival of bacteria in commercial probiotic products." *International Journal of Probiotics & Prebiotics*, Vol. 8, No. 4 (2013): 149–156.

"The survivability of the probiotic bacteria however was ultimately shown to be substantially more in these formulations [with enteric coating] when compared to the unmodified probiotic bacteria."

› Mershen, G., et al. "A review of the advancements in probiotic delivery: Conventional vs. non-conventional formulations for intestinal flora supplementation." *AAPS PharmSciTech*, Vol. 15, No. 1 (2014): 29–43.

"[Enteric-coated capsules] did not disintegrate after 60 min of exposure in the [simulated gastric fluid]."

"Non–enteric-coated [probiotic capsules] disintegrate rapidly in a simulated gastric fluid."

"This study suggests that oral delivery systems intended for intestine colonization such as probiotics should be enteric-coated to ensure maximum benefits for customers."

› Kuaté, S., et al. "Viability of probiotics in non–enteric-coated vegetarian capsules." *N.H.P. Research Notes*, No. 2 (2018): 1–7.

"[Y]ogurt alone is not a good protector of probiotic bacteria in artificial gastric conditions […]. [Protecting] probiotics during gastric passage positively influences their health-promoting effects."

› Ortakci, F., and S. Sert. "Stability of free and encapsulated *Lactobacillus acidophilus* ATCC 4356 in yogurt and in an artificial human gastric digestion system." *Journal of Dairy Science*, Vol. 95, No. 12 (2012): 6918–6925.

"Most probiotics oral forms did not provide any protection to strains, unless these forms presented strong enteric protection."

› Caillard, R., and N. Lapointe. "In vitro gastric survival of commercially available probiotic strains and oral dosage forms." *International Journal of Pharmaceutics*, Vol. 519, No. 1–2 (2017): 125–127.

"[E]nteric coated spheres effectively protected dried probiotic LBC from acid for 2 hours […]"

› de Barros, J.M.S., et al. "Enteric-coated spheres produced by extrusion/spheronization provide effective gastric protection and efficient release of live therapeutic bacteria." *International Journal of Pharmaceutics*, Vol. 493, No. 1–2 (2015): 483–494.

"The microencapsulation provided protection to *B. longum* BL-05 and encapsulated cells were exhibited significant ($p < 0.05$) resistance to [simulated gastric juice] and [simulated intestinal fluid] as compared to free cells."

› Yasmin, I., et al. "Development of whey protein concentrate-pectin-alginate based delivery system to improve survival of *B. longum* BL-05 in simulated gastrointestinal conditions." *Probiotics and Antimicrobial Proteins*, Vol. 11, No. 2 (2019): 413–426.

## REFRIGERATION

"The survival of *B. infantis* decreased substantially during storage at [only] 12 °C, when no [alive and healthy] cells were found at day 31."

› Canganella, F., et al. "Survival of *Lactobacillus acidophilus* and *Bifidobacterium infantis* in yogurts manufactured from cowmilk and soymilk during storage at two temperatures." *Annals of Microbiology*, Vol. 50 (2000): 43–53.

"Viability [of *Bifidobacteria*] was inversely related to storage temperature and at 15 degrees C and 25 degrees C, a significant decline was observed for all [*Bifidobacterium*] species."

› Simpson, P.J., et al. "Intrinsic tolerance of *Bifidobacterium* species to heat and oxygen and survival following spray drying and storage." *Journal of Applied Microbiology*, Vol. 99, No. 3 (2005): 493–501.

"[S]torage temperature [refrigeration] was the most important factor which determines microorganisms survival."

› Abd El Gawad, I.A., et al. "Spray drying of lactic acid cultures. II: The effect of culture conditions and storage on microorganisms survival." *Egyptian Journal of Dairy Science*, Vol. 17 (1989): 273–281.

"[I]nsufficient viability and survival of [probiotic] bacteria remain a problem in commercial food products."

› Kailasapathy, K., and J. Chin. "Survival and therapeutic potential of probiotic organisms with reference to *Lactobacillus acidophilus* and *Bifidobacterium* spp." Immunology and Cell Biology, 78(1 (2000), 80–8.

"The survival of probiotics was strongly dependent on the storage temperature and remarkable viability loss occurred at room temperature compared to refrigerated storage. […] *B. lactis* Bb-12 showed the less resistance to be stored at 20°C (24 h) […]"

› Ferdousi, R., et al. "Evaluation of probiotic survivability in yogurt exposed to cold chain interruption." *Iranian Journal of Pharmaceutical Research*, Vol. 12 Suppl. (2013): 139–144.

"*Bifidobacterium* is highly temperature sensitive. Storage of *Bifidobacterium longum* at 20 °C, room temperature, showed significantly higher mortality than at 4 °C."

› Bruno, F.A., and N.P. Shah. "Viability of two freeze-dried strains of *Bifidobacterium* and of commercial preparations at various temperatures during prolonged storage." *Journal of Food Science*, Vol. 68, No. 7 (2003): 2336–2339.

"[R]eduction in the number of these microorganisms mainly occurred within the first 2 weeks of storage, particularly for *B. bifidum*. Keeping the yoghurt powder at low storage temperature generally improved the survival of the target microorganisms."

› Wirjantoro, T., and A. Phianmongkhol. "The viability of lactic acid bacteria and *Bifidobacterium bifidum* in yoghurt powder during storage." *Chiang Mai University Journal of Natural Sciences*, Vol. 8, No. 1 (2009): 95–104.

"Storage temperature affected viability: greater viability [was observed] at lower temperature."

› Astesana, D.M., et al. "Development and storage studies of high density macrocapsules containing *Lactobacillus* spp. strains as nutritional supplement in young calves." *Revista Argentina de Microbiología*, Vol. 50, No. 4 (2018): 398–407.

"[S]urvival of both *Lactobacillus* strains during powder storage was inversely related to the storage temperature. […] the survival rates were [as low as] 2% after 2 months of storage at 15°C […]"

› Gardiner, G.E., et al. "Comparative survival rates of human-derived probiotic *Lactobacillus paracasei* and *L. salivarius* strains during heat treatment and spray drying." *Applied and Environnemental Microbiology*, Vol. 66, No. 6 (2000): 2605–2612.

"[T]he number of living probiotic bacteria in yoghurt products decreases dramatically after exposure to [room temperature]."

› Scharl, M., et al. "Dying in yoghurt: the number of living bacteria in probiotic yoghurt decreases under exposure to room temperature." *Digestion*, Vol. 83, No. 1–2 (2011): 13–17.

"The death rate [of *Lactobacillus delbruekii* spp. *bulgaricus*] was higher at 20°C [room temperature]; at 4°C, survival was higher […]"

› Teixeira, P.C., et al. "Survival of *Lactobacillus delbruekii* spp. *bulgaricus* following spray-drying." *Journal of Dairy Science*, Vol. 78, No. 5 (1995): 1025–1031.

"[H]igher temperature conditions induced lower survival rate [of *Bifidobacteria*]."

› Abe, F., et al. "Effects of storage temperature and water activity on the survival of bifidobacteria in powder form." *International Journal of Dairy Technology*, Vol. 62, No. 2 (2009): 234–239.

"*Lactobacillus casei/paracasei* [were stored for] 39 weeks […] at 4 °C and 22 °C. […] The stability of the cultures was remarkably higher when stored under refrigeration (4 °C)."

› Jofré, A., T. Aymerich, and M. Garriga. "Impact of different cryoprotectants on the survival of freeze-dried *Lactobacillus rhamnosus* and *Lactobacillus casei/paracasei* during long-term storage." *Beneficial Microbes*, Vol. 6, No. 3 (2015): 381–386.

"[S]torage […] at 4°C increased the longevity of the [probiotic]."

› Mary, P., N. Moschetto, and R. Tailliez. "Production and survival during storage of spray dried *Bradyrhizobium japonicum* cell concentrates." *Journal of Applied Bacteriology*, Vol. 74, No. 3 (1993): 340–344.

## MULTISTRAIN FORMULATIONS

"[M]ultistrain probiotics appear to show greater efficacy than single strains."

› Chapman, C.M.C., G.R. Gibson, and I. Rowland. "Health benefits of probiotics: Are mixtures more effective than single strains?" *European Journal of Nutrition*, Vol. 50, No. 1 (2011): 1–17.

"[T]he multispecies preparations displayed significantly greater […] inhibition of [gastrointestinal] pathogens."

› Chapman, C.M.C., G.R. Gibson, and I. Rowland. "In vitro evaluation of single- and multistrain probiotics: Inter-species inhibition between probiotic strains, and inhibition of pathogens." *Anaerobe*, Vol. 18, No. 4 (2012): 405–413.

"Multispecies probiotics were superior in treating antibiotic-associated diarrhea in children."

› Timmerman H.M. et al. "Monostrain, multistrain and multispecies probiotics - A comparison of functionality and efficacy." *International Journal of Food Microbiology*, Vol. 96, No. 3 (2004): 219–233.

## PROBIOTICS IN YOGURT

"The survival of *B. infantis* decreased substantially during storage at 12 °C, when no viable cells were found at day 31."

› Canganella, F., et al. "Survival of *Lactobacillus acidophilus* and *Bifidobacterium infantis* in yogurts manufactured from cowmilk and soymilk during storage at two temperatures." Annals of Microbiology, Vol. 50 (2000): 43–53.

"[T]he number of living probiotic bacteria in yoghurt products decreases dramatically after exposure to [room temperature]."

› Scharl, M., et al. "Dying in yoghurt: the number of living bacteria in probiotic yoghurt decreases under exposure to room temperature." *Digestion*, Vol. 83, No. 1–2 (2011): 13–17.

"[Y]ogurt alone is not a good protector of probiotic bacteria in artificial gastric conditions […]. [Protecting] probiotics during gastric passage positively influences their health-promoting effects."

› Ortakci, F., and S. Sert. "Stability of free and encapsulated *Lactobacillus acidophilus* ATCC 4356 in yogurt and in an artificial human gastric digestion system." *Journal of Dairy Science*, Vol. 95, No. 12 (2012): 6918–6925.

# SEE THE DIFFERENCE!

## PROTECTING PROBIOTICS IS KEY

### Uncoated Capsule

**Over 90% of the Probiotics Can Be Destroyed by Stomach Acid,* Wasting over 90% of the Benefits and 90% of Your Money**



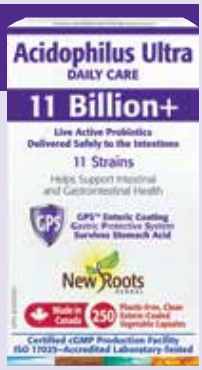

### GPS™ Enteric-Coated Capsule

**Delivers 100% of What Is on the Label*, Live to Your Intestines, Providing Full Benefits**

**↑ Only 5% larger but provides 100% protection**

# GPS™ Probiotics

## Acidophilus Ultra
**Daily Care** capsules




11 Billion + Live Active Probiotics
Delivered Safely to the Intestines
11 Strains · Helps Support Intestinal and Gastrointestinal Health · GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid

Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 11 strains of live, active, healthy, and whole cells (11 billion) to the intestines**

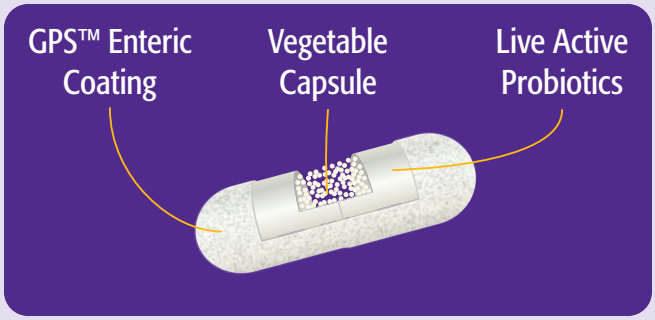
| | |
|---|---|
| **Human Strains** | |
| *Lactobacillus acidophilus* R0418 | 605 million CFU |
| *Bifidobacterium longum* ssp. *longum* R0175 | 330 million CFU |
| *Bifidobacterium longum* ssp. *infantis* R0033 | 330 million CFU |
| *Bifidobacterium breve* R0070 | 330 million CFU |
| **Plant Strain** | |
| *Lactobacillus plantarum* R1012 | 440 million CFU |
| **Dairy Strains** | |
| *Lactobacillus rhamnosus* R0011 | 4.4 billion CFU |
| *Lactobacillus rhamnosus* R1039 | 3.3 billion CFU |
| *Lactobacillus helveticus* R0052 | 550 million CFU |
| *Lactobacillus casei* R0215 | 440 million CFU |
| *Streptococcus salivarius* ssp. *thermophilus* R0083 | 220 million CFU |
| *Lactobacillus delbrueckii* ssp. *bulgaricus* R9001 | 55 million CFU |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

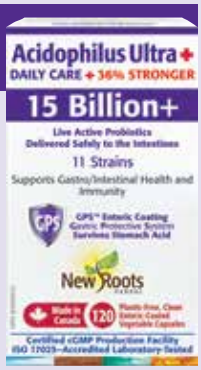
### Other ingredients
Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use
**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily or as directed by your health-care practitioner.

**#1270 · 30 vegetable capsules · UPC 6-28747-11270-3**
**#0004 · 60 vegetable capsules · UPC 6-28747-10004-5**
**#0495 · 120 vegetable capsules · UPC 6-28747-10495-1**
**#0940 · 250 vegetable capsules · UPC 6-28747-10940-6**
NPN 80062961 · V0435-R2
**Digestive Health · Immune Health · Probiotics**




## Acidophilus Ultra +
**Daily Care + 36% Stronger** capsules




15 Billion + Live Active Probiotics
Delivered Safely to the Intestines
11 Strains · Supports Gastro/Intestinal Health and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid

Helps support intestinal/gastrointestinal health. Could promote a favourable gut flora. Source of probiotics.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 11 strains of live, active, healthy, and whole cells (15 billion) to the intestines**

| | |
|---|---|
| **Human Strains** | |
| *Lactobacillus acidophilus* R0418 | 825 million CFU |
| *Bifidobacterium longum* ssp. *longum* R0175 | 450 million CFU |
| *Bifidobacterium longum* ssp. *infantis* R0033 | 450 million CFU |
| *Bifidobacterium breve* R0070 | 450 million CFU |
| **Plant Strain** | |
| *Lactobacillus plantarum* R1012 | 600 million CFU |
| **Dairy Strains** | |
| *Lactobacillus rhamnosus* R0011 | 6 billion CFU |
| *Lactobacillus rhamnosus* R1039 | 4.5 billion CFU |
| *Lactobacillus helveticus* R0052 | 750 million CFU |
| *Lactobacillus casei* R0215 | 600 million CFU |
| *Streptococcus salivarius* ssp. *thermophilus* R0083 | 300 million CFU |
| *Lactobacillus delbrueckii* ssp. *bulgaricus* R9001 | 75 million CFU |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients
Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use
**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#2456 · 60 vegetable capsules · UPC 6-28747-12456-0**
**#2457 · 120 vegetable capsules · UPC 6-28747-12457-7**
NPN 80086910 · V0676-R3
**Digestive Health · Immune Health · Probiotics**

# GUARANTEED PROTECTION

# GPS™ Probiotics

## Bifido Builder

**Specialized Intestinal Support** capsules




42 Billion+ Live Active Probiotics
Delivered Safely to the Intestines
5 Bifido Strains · Supports Gastro/Intestinal Health and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 5 strains of live, active, healthy, and whole cells (42 billion) to the intestines**

**Human Strains**

| | |
|---|---|
| *Bifidobacterium longum* ssp. *infantis* UB5660 | 21 billion CFU |
| *Bifidobacterium breve* UB3917 | 6.3 billion CFU |
| *Bifidobacterium bifidum* UB4925 | 6.3 billion CFU |
| *Bifidobacterium longum* ssp. *longum* UB6897 | 6.3 billion CFU |

**Dairy Strain**

| | |
|---|---|
| *Bifidobacterium animalis* ssp. *lactis* HN019 | 2.1 billion CFU |
| Vitamin C (ascorbic acid) | 6 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Non-GMO potato starch, vegetable magnesium stearate, non-GMO tapioca maltodextrin, mono- and dipotassium phosphates, and sucrose in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1 capsule daily with water or juice or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#3037 · 30 vegetable capsules · UPC 6-28747-13037-0**
NPN 80135089 · V0756-R2
**Cold and Flu · Digestive Health · Immune Health · Probiotics**

## Bifido Infantis

**Early Colonizing Probiotic** capsules




5 Billion+ Live Active Probiotics
Delivered Safely to the Intestines
*B. infantis* Single Strain
Supports Gastro/Intestinal Health and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following strain of live, active, healthy, and whole cells (5 billion) to the intestines**

**Human Strains**

| | |
|---|---|
| *Bifidobacterium longum* ssp. *infantis* UB5660 | 5 billion CFU |
| Vitamin C (ascorbic acid) | 6 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, non-GMO tapioca maltodextrin, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1 capsule daily with water or juice or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#3040 · 30 vegetable capsules · UPC 6-28747-13040-0**
NPN 80135031 · V0742-R3
**Digestive Health · Immune Health · Probiotics**

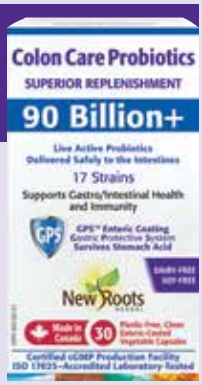


Disintegration testing is a US Pharmacopoeia's internationally accepted procedure. It is employed by scientists and researchers around the world to effectively mimic exposure to harsh stomach acid. This recognized method is used to measure the integrity and durability of our GPS™ enteric-coated capsules following exposure to destructive stomach acid. Further to this, we measure the survival of probiotics contained within. We guarantee the probiotics within our GPS™ enteric-coated capsules survive deadly stomach acid and arrive in the intestines alive. This same testing demonstrates that competitors' unprotected capsules leak and disintegrate, allowing stomach acid to destroy the probiotics within.

# GPS™ Probiotics

## Colon Care Probiotics

**Superior Replenishment** capsules




90 Billion + Live Active Probiotics
Delivered Safely to the Intestines
17 Strains · Supports Gastro/
Intestinal Health and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps support immune function. Now 49 Billion CFU of *Bifido*!

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 17 strains of live, active, healthy, and whole cells (90 billion) to the intestines**

| | |
|---|---|
| **Human Strains** | |
| *Bifidobacterium bifidum* UB4925 | 11 billion CFU |
| *Bifidobacterium breve* UB3917 | 11 billion CFU |
| *Bifidobacterium longum* ssp. *infantis* UB5660 | 11 billion CFU |
| *Bifidobacterium longum* ssp. *longum* UB6897 | 11 billion CFU |
| *Bifidobacterium animalis* ssp. *lactis* UB9439 | 5 billion CFU |
| *Limosilactobacillus fermentum* UB3678 | 150 million CFU |
| *Lactobacillus gasseri* UB9507 | 150 million CFU |
| *Lactobacillus johnsonii* UB2214 | 20 million CFU |
| **Plant Strain** | |
| *Lactiplantibacillus plantarum* UB6473 | 7 billion CFU |
| *Lactobacillus acidophilus* UB6535 | 500 million CFU |
| **Dairy Strains** | |
| *Lacticaseibacillus rhamnosus* UB6056 | 21.26 billion CFU |
| *Lacticaseibacillus casei* UB9297 | 10 billion CFU |
| *Lacticaseibacillus paracasei* UB8017 | 1 billion CFU |
| *Limosilactobacillus reuteri* UB4772 | 600 million CFU |
| *Levilactobaciluus brevis* UB5892 | 500 million CFU |
| *Lactobacillus crispatus* UB1947 | 150 million CFU |
| *Lactabacillus helveticus* UB5772 | 20 million CFU |
| Vitamin C (ascorbic acid) | 6 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, potato starch, non-GMO potato maltodextrin and/or non-GMO tapioca maltodextrin, silicon dioxide, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1 capsule daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 h before or after them.

**#2153 · 30 vegetable capsules · UPC 6-28747-12153-8**
NPN 80136131 · V0614-R3
**50+ Health · Digestive Health · Immune Health · Probiotics**

## Femina Flora Oral

**Women's Probiotic** capsules




55 Billion + Live Active Probiotics
Delivered Safely to the Intestines
16 Strains · Supports Gastro/
Intestinal Health and Immunity
Natural Water-Based
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (55 billion) to the intestines**

| | |
|---|---|
| **Human Strains** | |
| *Bifidobacterium bifidum* UB4925 | 2 billion CFU |
| *Bifidobacterium breve* UB3917 | 2 billion CFU |
| *Bifidobacterium longum* ssp. *longum* UB6897 | 2 billion CFU |
| *Lactobacillus gasseri* UB9507 | 750 million CFU |
| *Lactobacillus johnsonii* UB2214 | 750 million CFU |
| *Lactobacillus acidophilus* LA-14 | 300 million CFU |
| *Lactobacillus rhamnosus* GG | 300 million CFU |
| **Plant Strains** | |
| *Lactiplantibacillus plantarum* UB6473 | 8 billion CFU |
| *Lactobacillus acidophilus* UB6535 | 5.25 billion CFU |
| **Dairy Strains** | |
| *Lacticaseibacillus rhamnosus* UB6056 | 19.3 billion CFU |
| *Lacticaseibacillus casei* UB9297 | 12 billion CFU |
| *Lactobacillus crispatus* UB1947 | 750 million CFU |
| *Lacticaseibacillus paracasei* UB8017 | 600 million CFU |
| *Lactobacillus helveticus* UB5772 | 500 million CFU |
| *Limosilactobacillus reuteri* UB4772 | 500 million CFU |
| *Lactobacillus casei* LC-11 | 300 million CFU |
| Vitamin C | 6 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, potato starch, tapioca maltodextrin, mono- and dipotassium phosphates, sodium chloride, sucrose, trehalose, and vegetable magnesium stearate in a GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults and adolescents:** Take 1–2 capsules daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#2168 · 30 vegetable capsules · UPC 6-28747-12168-2**
NPN 80116921 · V0578-R3
**Digestive Health · Probiotics · Women's Health**

# GPS™ Probiotics

## Human Probiotics
### Colonizing Flora
capsules




**42 Billion + Live Active Probiotics Delivered Safely to the Intestines**
**12 Strains · Supports Gastro/Intestinal Health and Immunity**
**GPS™ Enteric Coating**
**Gastric Protective System Survives Stomach Acid**
**DAIRY-FREE · SOY-FREE**

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live, active, healthy, and whole cells (42 billion) to the intestines**

| | |
|---|---|
| **Human Strains** | |
| *Ligilactobacillus salivarius* UB3488 | 16 billion CFU |
| *Lactobacillus gasseri* UB9507 | 5 billion CFU |
| *Limosilactobacillus fermentum* UB3678 | 4 billion CFU |
| *Bifidobacterium longum* ssp. *infantis* UB5660 | 3 billion CFU |
| *Bifidobacterium animalis* ssp. *lactis* UB9439 | 3 billion CFU |
| *Bifidobacterium bifidum* UB4925 | 3 billion CFU |
| *Bifidobacterium breve* UB3917 | 3 billion CFU |
| *Bifidobacterium longum* ssp. *longum* UB6897 | 3 billion CFU |
| *Lactobacillus johnsonii* UB2214 | 1 billion CFU |
| *Bifidobacterium animalis* ssp. *lactis* BL-04 | 400 million CFU |
| *Lacticaseibacillus rhamnosus* GG | 400 million CFU |
| *Lactobacillus acidophilus* LA-14 | 200 million CFU |
| Vitamin C (ascorbic acid) | 6 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients
Arabinogalactan, inulin, non-GMO potato starch, trehalose, tapioca maltodextrin, sodium chloride, mono- and dipotassium phosphate, sucrose, and vegetable magnesium stearate in a non-GMO GPS™ vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use
**Adults, adolescents, and children ≥ 6 years old:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#2166 · 30 vegetable capsules · UPC 6-28747-12166-8**
NPN 80131384 · V0579-R3
**Digestive Health · Immune Health · Probiotics**

## IBS Urgency
### Irritable Bowel Syndrome
capsules




**10 Billion + Live Active Probiotics Delivered Safely to the Intestines**
**5 Strains · Supports Gastro/Intestinal Health · Reduces Instances of Diarrhea**
**GPS™ Enteric Coating**
**Gastric Protective System Survives Stomach Acid**

Could help reduce the duration of diarrhea in people with irritable bowel syndrome. Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 5 strains of live, active, healthy, and whole cells (10 billion) to the intestines**

| | |
|---|---|
| **Human Strains** | |
| *Bifidobacterium longum* ssp. *infantis* R0033 | 3.40 billion CFU |
| *Bifidobacterium longum* ssp. *longum* R0175 | 3.40 billion CFU |
| *Lactobacillus acidophilus* R0418 | 1.13 billion CFU |
| **Plant Strain** | |
| *Lactobacillus plantarum* R1012 | 1.13 billion CFU |
| **Dairy Strain** | |
| *Lactobacillus rhamnosus* R0011 | 1.13 billion CFU |
| Bovine colostrum (from *Bos taurus*) | 180 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients
Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

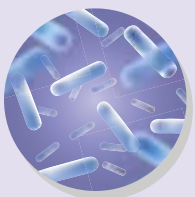
### Directions of use
**Adults:** Take 2 capsules daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

### Duration of use
Consult a health-care practitioner for prolonged use.

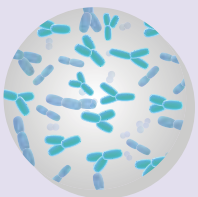
**#1521 · 30 vegetable capsules · UPC 6-28747-11521-6**
**#1945 · 60 vegetable capsules · UPC 6-28747-11945-0**
NPN 80042032 · V0374-R4
**Digestive Health · Immune Health · Probiotics**

"The road to health is paved with good intestines!"

*Sherry A. Rogers*


Lactobacillus


Lactobacillus bulgaricus


Bifidobacterium

# GPS™ Probiotics

## Probiotic Intensity
**Extra Daily Care** capsules




20 Billion + Live Active Probiotics Delivered Safely to the Intestines
16 Strains + Colostrum · Supports Gastro/Intestinal Health and Immunity · GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid
SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (20 billion) to the intestines:**

| | |
|---|---|
| **Human Strains** | |
| *Lactobacillus johnsonii* UB2214 | 1.9 billion CFU |
| *Bifidobacterium animalis* ssp. *lactis* UB9439 | 1.42 billion CFU |
| *Lactobacillus gasseri* UB9507 | 1.42 billion CFU |
| *Ligilactobacillus salivarius* UB3488 | 1.4 billion CFU |
| *Bifidobacterium bifidum* UB4925 | 950 million CFU |
| *Bifidobacterium longum* ssp. *infantis* UB5660 | 315 million CFU |
| *Bifidobacterium longum* ssp. *longum* UB6897 | 315 million CFU |
| *Bifidobacterium breve* UB3917 | 315 million CFU |
| **Plant Strains** | |
| *Lactiplantibacillus plantarum* UB6473 | 70 million CFU |
| *Lactobacillus acidophilus* UB6535 | 30 million CFU |
| **Dairy Strains** | |
| *Lacticaseibacillus rhamnosus* UB6056 | 7.46 billion CFU |
| *Lacticaseibacillus casei* UB9297 | 1.9 billion CFU |
| *Lactobacillus crispatus* UB1947 | 1.9 billion CFU |
| *Lactobacillus helveticus* UB5772 | 540 million CFU |
| *Lacticaseibacillus paracasei* UB8017 | 52 million CFU |
| *Lactococcus lactis* LL-23 | 13 million CFU |
| Vitamin C (ascorbic acid) | 6 mg |
| Bovine colostrum (from *Bos taurus*) | 25 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients
Arabinogalactan (AOS), inulin, xylooligosaccharides (XOS), non-GMO potato starch, non-GMO tapioca maltodextrin, vegetable magnesium stearate, silicon dioxide, acacia gum, and sucrose in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use
**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

### Duration of use
Consult a health-care practitioner for prolonged use.

**#1880 · 30 vegetable capsules · UPC 6-28747-11880-4**
**#1878 · 60 vegetable capsules · UPC 6-28747-11878-1**
NPN 80136157 · V0498-R5
**Digestive Health · Immune Health · Probiotics**

## Probiotics Recovery
**Ultimate Potency** capsules




120 Billion + Live Active Probiotics Delivered Safely to the Intestines
20 Strains · Supports Gastro/Intestinal Health and Immunity
GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 20 strains of live, active, healthy, and whole cells (120 billion) to the intestines**

| | |
|---|---|
| **Human Strains** | |
| *Bifidobacterium bifidum* UB4925 | 4 billion CFU |
| *Bifidobacterium breve* UB3917 | 4 billion CFU |
| *Bifidobacterium longum* ssp. *infantis* UB5660 | 4 billion CFU |
| *Bifidobacterium longum* ssp. *longum* UB6897 | 4 billion CFU |
| *Bifidobacterium animalis* ssp. *lactis* UB9439 | 1 billion CFU |
| *Lactobacillus gasseri* UB9507 | 200 million CFU |
| *Limosilactobacillus fermentum* UB3678 | 200 million CFU |
| *Lactobacillus johnsonii* UB2214 | 200 million CFU |
| *Bifidobacterium animalis* ssp. *lactis* BL-04 | 200 million CFU |
| *Lacticaseibacillus rhamnosus* GG | 200 million CFU |
| *Lactobacillus acidophilus* LA-14 | 200 million CFU |
| **Plant Strains** | |
| *Lactobacillus plantarum* UB6473 | 40 billion CFU |
| *Lactobacillus acidophilus* UB6535 | 2.2 billion CFU |
| **Dairy Strains** | |
| *Lacticaseibacillus rhamnosus* UB6056 | 30 billion CFU |
| *Lacticaseibacillus casei* UB9297 | 20 billion CFU |
| *Lacticaseibacillus paracasei* UB8017 | 8.3 billion CFU |
| *Limosilactobacillus reuteri* UB4772 | 700 million CFU |
| *Lactobacillus crispatus* UB1947 | 200 million CFU |
| *Levilactobacillus brevis* UB5892 | 200 million CFU |
| *Lactobacillus helveticus* UB5772 | 200 million CFU |
| Vitamin C (ascorbic acid) | 6 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients
Arabinogalactan, inulin, non-GMO potato and tapioca maltodextrin, non-GMO potato starch, vegetable magnesium stearate, trehalose, sucrose, sodium chloride, mono- and dipotassium phosphate, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. Do not use this product if you are taking tetracycline. Resume taking Probiotics Recovery the day following your tetracycline treatment.

**#1965 · 30 vegetable capsules · UPC 6-28747-11965-8**
NPN 80136185 · V0528-R4
**Digestive Health · Immune Health · Probiotics**

# GPS™ Probiotics

## Probiotics Urgency
**Extra Potency** capsules




50 Billion + Live Active Probiotics
Delivered Safely to the Intestines
10 Strains · Suports Gastro/
Intestinal Health and Immunity
GPS™ Enteric Coating Gastric
Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and could promote a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

### Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 10 strains of live, active, healthy, and whole cells (50 billion) to the intestines

**Human Strains**
- *Bifidobacterium longum* ssp. *longum* UB6897 . . . . 9 billion CFU
- *Bifidobacterium bifidum* UB4925 . . . . . 1 billion CFU
- *Bifidobacterium breve* UB3917 . . . . . 1 billion CFU
- *Bifidobacterium longum* ssp. *infantis* UB5660 . . . . . 1 billion CFU

**Plant Strains**
- *Lactiplantibacillus plantarum* UB6473 . . . . . 9 billion CFU
- *Lactobacillus acidophilus* UB6535 . . . . . 1 billion CFU

**Dairy Strains**
- *Lacticaseibacillus casei* UB9297 . . . . . 9 billion CFU
- *Lacticaseibacillus rhamnosus* UB6056 . . . . . 9 billion CFU
- *Lactobacillus helveticus* UB5772 . . . . . 9 billion CFU
- *Lacticaseibacillus paracasei* UB8017 . . . . . 1 billion CFU

Vitamin C (ascorbic acid). . . . . 6 mg

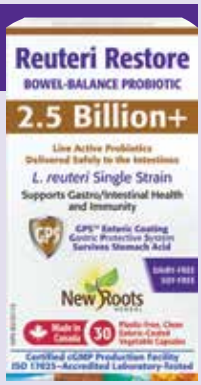
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients
Arabinogalactan, inulin, non-GMO potato starch, tapioca maltodextrin, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use
**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#1398 · 22 vegetable capsules · UPC 6-28747-11398-4**
**#1798 · 30 vegetable capsules · UPC 6-28747-11798-2**
**#1799 · 60 vegetable capsules · UPC 6-28747-11799-9**
NPN 80136136 · V0384-R4
**Digestive Health · Immune Health · Probiotics**

## Reuteri Restore
**Bowel-Balance Probiotic** capsules




2.5 Billion+ Live Active Probiotics
Delivered Safely to the Intestines
*L. reuteri* Single Strain
Supports Gastro/Intestinal Health
and Immunity
GPS™ Enteric Coating
Gastric Protective System
Survives Stomach Acid
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

### Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following strain of live, active, healthy, and whole cells (2.5 billion) to the intestines

**Dairy Strain**
- *Limosilactobacillus reuteri* UB4772 . . . . . 2.5 billion CFU

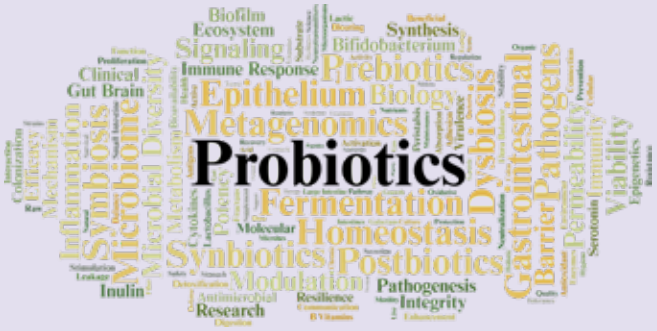
Vitamin C (ascorbic acid). . . . . 6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients
Arabinogalactan, inulin, non-GMO potato starch, vegetable magnesium stearate, and non-GMO potato maltodextrin in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#3036 · 30 vegetable capsules · UPC 6-28747-13036-3**
NEW SIZE!
**#3571 · 60 vegetable capsules · UPC 6-28747-13571-9**
NPN 80135115 · V0754-R3
**Digestive Health · Immune Health · Probiotics**



# GPS™ Probiotics

## Travelers' Probiotic Protection

capsules




### 21 Billion + Live Active Probiotics Delivered Safely to the Intestines 12 Strains · Protects Against Travelers' Diarrhea · GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid

Helps to reduce the risk of travelers' diarrhea and the risk of antibiotic-associated diarrhea. Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.

### Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live active healthy whole cells (21 billion) to the intestines

**Human Strains**

| | |
|---|---|
| *Lactobacillus acidophilus* R0418 | 619 million CFU |
| *Bifidobacterium breve* R0070 | 338 million CFU |
| *Bifidobacterium longum* ssp. *infantis* R0033 | 338 million CFU |
| *Bifidobacterium longum* ssp. *longum* R0175 | 338 million CFU |

**Plant Strains**

| | |
|---|---|
| *Saccharomyces boulardii* | 10 billion CFU |
| *Lactobacillus plantarum* R1012 | 450 million CFU |

**Dairy Strains**

| | |
|---|---|
| *Lactobacillus rhamnosus* R0011 | 4.5 billion CFU |
| *Lactobacillus rhamnosus* R1039 | 3.375 billion CFU |
| *Lactobacillus helveticus* R0052 | 563 million CFU |
| *Lactobacillus casei* R0215 | 450 million CFU |
| *Streptococcus salivarius* ssp. *thermophilus* R0083 | 225 million CFU |
| *Lactobacillus delbrueckii* ssp. *bulgaricus* R9001 | 56 million CFU |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), vegetable magnesium stearate, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Children 6–12 years, adolescents, and adults:** Take 1 capsule once or twice daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. *For travelers' diarrhea risk reduction:* Start 5 days prior to traveling and continue during the entire duration of the trip. Finish remaining capsules after return.

**#1679 · 30 vegetable capsules · UPC 6-28747-11679-4**
NPN 80034369 · V0463-R2
**Digestive Health · Immune Health · Probiotics**

# Other Probiotics

## Children's Probiotic 12 Strains · 10 Billion + Live Active Probiotic Cells

powder




### Supports Intestinal Health and Immunity · Reduces Risk of Respiratory Infections DAIRY-FREE · SOY-FREE

Source of probiotics. A factor in the maintenance of good health. Helps support intestinal/gastrointestinal health and immune function. Helps to reduce the risk of upper respiratory tract infections. **This ultraconcentrated formula is easily added to cold food like yogurt without changing taste or texture.**

### Each dose of 2 rounded scoops (≈ 300 mg) contains 12 strains totalling 10 billion live active healthy whole cells

**Human Strains**

| | |
|---|---|
| *Bifidobacterium longum* ssp. *infantis* UB5660 | 1.04 billion CFU |
| *Lacticaseibacillus rhamnosus* GG | 1 billion CFU |
| *Bifidobacterium breve* UB3917 | 214 million CFU |
| *Bifidobacterium longum* ssp. *longum* UB6897 | 214 million CFU |
| *Lactobacillus johnsonii* UB2214 | 8 million CFU |

**Plant Strains**

| | |
|---|---|
| *Lactiplantibacillus plantarum* UB6473 | 50 million CFU |
| *Lactobacillus acidophilus* UB6535 | 18 million CFU |

**Dairy Strains**

| | |
|---|---|
| *Lacticaseibacillus rhamnosus* UB6056 | 6.628 billion CFU |
| *Lacticaseibacillus casei* UB9297 | 1.284 billion CFU |
| *Limosilactobacillus reuteri* UB4772 | 350 million CFU |
| *Lactobacillus helveticus* UB5772 | 42 million CFU |
| *Lacticaseibacillus paracasei* UB8017 | 36 million CFU |
| Vitamin C (ascorbic acid) | 6 mg |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, non-GMO tapioca maltodextrin, mono- and dipotassium phosphates, sodium chloride, sucrose, and vegetable magnesium stearate.

### Directions of use

**Children 1–12 years:** MIX POWDER WITH FOOD BEFORE INGESTING. Dissolve dose in a small amount of water before administration to children 3–5 years old. For best results, mix 2 rounded scoops daily with cold, fatty food (yogurt, ice cream, nut butter, hummus, etc.) or as directed by your health-care practitioner. Serve immediately. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#1821 · 20 g / 67 daily doses · UPC 6-28747-01821-0**
NPN 80136123 · PM0009-R6
**Children's Health · Probiotics**

# Other Probiotics

## Femina Flora
**Vaginal Flora** — vaginal ovules




### 10 Billion Probiotics · 4 strains Specific Strength + Selected Special Strains

Provides microorganisms that temporarily modify vaginal flora.

### Each vaginal ovule contains

| | |
|---|---|
| *Lactobacillus rhamnosus* R0011 | 8.09 billion CFU |
| *Lactobacillus acidophilus* R0418 | 982 million CFU |
| *Streptococcus salivarus* ssp. *thermophilus* HA-110 | 616 million CFU |
| *Lactobacillus delbrueckii* ssp. *bulgaricus* HA-137 | 312 million CFU |

### Other ingredients

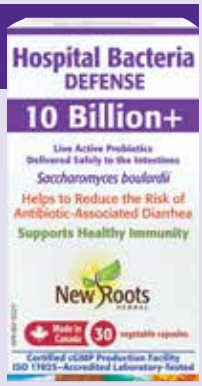
Lactose, vitamin C (ascorbic acid), and vegetable magnesium stearate in a capsule composed of bovine gelatin, purified water, and glycerin.

### Directions of use

**Adult women:** Insert 1 ovule intravaginally daily before bed for 10 days or as directed by your health-care practitioner. Gently twist narrow part of the ovule into applicator until firmly inserted. If you are taking antibiotics, use this product at least 2–3 hours before or after them.

**#1065 · 10 vaginal ovules · UPC 6-28747-11065-5**
NPN 80041956 · V0031-R5
**Probiotics · Women's Health**

## Hospital Bacteria
**Defense** — capsules




### 10 Billion+ Live Active Whole Cells Delivered Safely to the Intestines *Saccharomyces boulardii* Helps to Reduce the Risk of Antibiotic-Associated Diarrhea Supports Healthy Immunity

Source of probiotics. Helps reduce the risk of antibiotic-associated diarrhea. Helps support intestinal/gastrointestinal health and a favourable gut flora. Helps maintain/support immune function. A factor in the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| *Saccharomyces boulardii* | 10 billion CFU |
| Vitamin C (ascorbic acid) | 6 mg |

### Other ingredients

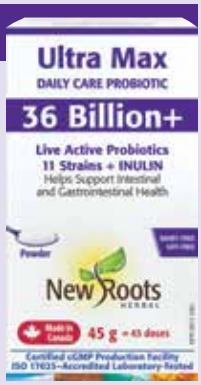
Maltodextrin and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults and children ≥ 6 years old:** Take 1–3 capsules daily or as directed by your health-care practitioner. If you are taking antifungal medications, take this product at least 2–3 hours before or after them.

**#1588 · 30 vegetable capsules · UPC 6-28747-11588-9**
NPN 80110227 · V0436-R2
**Digestive Health · Immune Health · Probiotics**

## Ultra Max
powder




### Daily Care Probiotic 36 Billion+ Live Active Probiotics 11 Strains plus Inulin Helps Support Intestinal and Gastrointestinal Health DAIRY-FREE · SOY-FREE

**Specific-use probiotic in case of difficulty swallowing a capsule, or with oral or gastric target.**

Ultra Max is a potent, complete formulation of 11 specific strains of beneficial bacteria cultures. Provides live microorganisms that temporarily modify gut flora.

### Each ¼ teaspoon contains

| | |
|---|---|
| **Human Strains** | |
| *Lactobacillus rhamnosus* UB5115 | 25.36 billion CFU |
| *Lactobacillus casei* UB1499 | 6.482 billion CFU |
| *Bifidobacterium breve* UB8674 | 1.08 billion CFU |
| *Bifidobacterium longum* ssp. *infantis* UB9214 | 1.08 billion CFU |
| *Bifidobacterium longum* ssp. *longum* UB7691 | 1.08 billion CFU |
| *Lactobacillus acidophilus* UB5997 | 90 million CFU |
| **Plant Strain** | |
| *Lactobacillus plantarum* UB2783 | 252 million CFU |
| **Dairy Strains** | |
| *Lactobacillus helveticus* UB7229 | 216 million CFU |
| *Lactobacillus paracasei* UB1978 | 182 million CFU |
| *Lactobacillus reuteri* UB2419 | 144 million CFU |
| *Lactobacillus johnsonii* UB3394 | 43.2 million CFU |

All stains are whole-cell.

### Other ingredients

Arabinogalactan (10 mg), inulin (10 mg), vitamin C (ascorbic acid), non-GMO potato starch, non-GMO potato maltodextrin, trehalose, and sodium ascorbate.

### Directions of use

**Children 6–12 years, adolescents, and adults:** Take ¼ teaspoon in cold food or water once daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. Nonclumping. Does not alter the taste of food.

**#0056 · 45 g / 45 doses · UPC 6-28747-00056-7**
NPN 80111061 · PM0113-R3
**Digestive Health · Immune Health · Probiotics**

WHICH PROBIOTIC IS BEST FOR YOU?
TAKE THE QUIZ

## Psyllium:
# Fibre Ultra Rich
**Psyllium · 550 mg** capsules




### Regularity · Cleansing
### Lowers Cholesterol
### Promotes Heart Health

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Each vegetable capsule contains

| | |
|---|---|
| Psyllium (*Plantago ovata*) husk | 405.36 mg |
| Roselle (*Hibiscus sabdariffa*) flower | 80.98 mg |
| Inulin (from chicory root [*Cichorium intybus*]) | 42.92 mg |
| Clove (*Syzygium aromaticum*) flower bud | 10.12 mg |
| Licorice (*Glycyrhiza glabra*) root | 10.12 mg |

### Other ingredients

Stevia (*Stevia rebaudiana*) leaf **extract** and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults ≥ 19 years old:** Take 3–9 capsules three times daily or as directed by your health-care practitioner. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. If you are taking other medications, take this product 2 hours before or after them. For cholesterol and heart health, take 9 capsules three times daily.

### Duration of use

Effects observed 12–24 hours after the first dose; results may take 2–3 days. Avoid long-term use, and consult a health-care practitioner for use beyond 6 weeks.

Note: Also take 1 or 2 capsules of enteric-coated Acidophilus Ultra each day.

**#0396 · 100 vegetable capsules · UPC 6-28747-10396-1**
NPN 80032690 · V0109-R2
**Digestive Health · Weight Management**

## Psyllium:
# Fibre Ultra Rich
**Psyllium + Inulin** powder




### Regularity · Cleansing
### Lowers Cholesterol
### Promotes Heart Health

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Each teaspoon contains

| | |
|---|---|
| Psyllium (*Plantago ovata*) husk | 1,945 mg |
| Roselle (*Hibiscus sabdariffa*) flower | 414 mg |
| Licorice (*Glycyrhiza glabra*) root | 52 mg |
| Inulin (from chicory root [*Cichorium intybus*]) | 36 mg |
| Clove (*Syzygium aromaticum*) flower bud | 6 mg |

### Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

### Directions of use

**Adults ≥ 19 years old:** Take 1–3 teaspoons twice daily. For cholesterol and heart health, take 3 teaspoons twice daily. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. If you are taking other medications, take this product 2 hours before or after them.

### Duration of use

Effects observed 12–24 hours after the first dose; results may take 2–3 days. Minimum daily dose may be increased up to maximum daily dose, until desired effect is obtained.

Note: Also take 1–2 capsules of enteric-coated Acidophilus Ultra each day. Our Acidophilus Ultra capsule is protected by an enteric coating, which allows the probiotic content to resist stomach acid as well as to reach the intestines alive and intact to deliver their beneficial activity.

**#0156 · 200 g / ≈ 80 doses · UPC 6-28747-00156-4**
**#0085 · 340 g / ≈ 136 doses · UPC 6-28747-00085-7**
NPN 80034692 · PM0079-R1
**Digestive Health · Weight Management**

## Psyllium:
# Super Fibre
**Psyllium · 620 mg** capsules




### Lowers Cholesterol
### Promotes Regularity
### Gently Relieves Constipation

Provides gentle relief of constipation or irregularity. Lowers cholesterol. Promotes heart health. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Each vegetable capsule contains

| | |
|---|---|
| Psyllium (*Plantago ovata*) husk | 620 mg |

### Other ingredients

Inulin in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** *For constipation or irregularity:* Take 3 capsules twice daily (morning and evening) with 8 oz. of water or juice, before or after meals. Follow with a second glass of liquid. Effects observed 12–24 hours after first dose, and may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them. *For cholesterol, heart health, and cardiovascular effects:* Take 6 capsules three times a day (morning, afternoon, and evening) with 8 oz. of water or juice, before or after meals. Follow with a second glass of liquid. If you are taking other medications, take this product 2 hours before or after them.

**#0011 · 100 vegetable capsules · UPC 6-28747-10011-3**
NPN 80021829 · V0059-R2
**Cholesterol Management · Digestive Health**
**Herbs and Herbal Extracts · Weight Management**

> "It is not true that people stop pursuing dreams because they grow old; they grow old because they stop pursuing dreams."
>
> *Gabriel García Márquez*

# Pūr Collagen Body Renew

**500 mg** capsules

**Grass-Fed, Antibiotic-Free Bovine**




## Smoother Skin in 4 Weeks
## Bioactive Peptides for Entire Body
## Reduces Osteoarthritis Joint Pain

Helps enhance skin elasticity, density, and appearance of smooth skin. Helps promote healthy collagen and elastin production. Helps reduce eye wrinkles (within 4 weeks) and fine facial lines. Helps to reduce joint pain associated with osteoarthritis.

### Each vegetable capsule contains

| | |
|---|---|
| Hydrolyzed collagen—types I and III (bovine*) (Verisol®) bioactive peptides | 500 mg |

*Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule five times daily or as directed by your health-care practitioner.

### Duration of use

*For joint pain:* Use for a minimum of 5 months to see beneficial effects.

**#2266 · 75 vegetable capsules · UPC 6-28747-12266-5**
**#2267 · 150 vegetable capsules · UPC 6-28747-12267-2**
NPN 80080791 · V0636-R2
**Beauty · Hair · Nails · Skin**

Full line of collagen products, p. 72–73

# Pūr Collagen Radiant Skin

**Marine-Sourced · 500 mg**
**With 6% Elastin** capsules




## Clinically Proven to Reduce
## Deep Wrinkles in 28 Days

Reduces the number of wrinkles after only 28 days. Reduces the number of deep wrinkles.

### Each vegetable capsule contains

| | |
|---|---|
| Collactive™ hydrolyzed collagen—type I, from fish skin and bones, with 30 mg elastin (6%) | 500 mg |

Sustainably sourced

### Other ingredients

Natural vanilla flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 4 capsules daily or as directed by your health-care practitioner.

**#2269 · 60 vegetable capsules · UPC 6-28747-12269-6**
**#2271 · 120 vegetable capsules · UPC 6-28747-12271-9**
NPN 80139946 · V0621-R1
**Beauty · Hair · Nails · Skin**

Full line of collagen products, p. 72–73

# Pūr Collagen+ Joint Recovery

**Healthy Cartilage and Bones** powder




## 20 g Collagen (Hydrolyzed) + 120 mg Hyaluronic Acid (HA) per Daily Dose · Bovine Sourced Grass-Fed · Pasture-Raised · Unflavoured

Helps support joint health. Helps in collagen formation to maintain healthy cartilage, bones, teeth, and/or gums. Helps in wound healing and connective tissue formation. Helps improve and increase skin hydration. Helps support skin health. Helps with immune function.

### Each scoop contains

| | |
|---|---|
| Hydrolyzed collagen—types I, II, and III (from bovine) | 10 g |
| Hyaluronic acid (from sodium hyaluronate) | 60 mg |
| Vitamin C (ascorbic acid) | 50 mg |

**Note:** Each scoop provides 10 g of protein.

### Directions of use

**Adults:** Take 2 scoops daily or as directed by your health-care practitioner. Add to water, juice, or a smoothie, and stir well. May be taken in 1 single dose or divided and spread throughout the day, for a total of 2 scoops per day. Dissolves well in cold and warm beverages.

### Duration of use

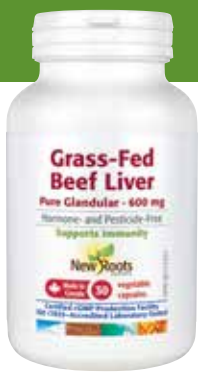
Consult a health-care practitioner for use beyond 5 weeks.

**#2776 · 454 g / ≈ 22 doses · UPC 6-28747-02766-2**
NPN 80116345 · PM0941-R1
**50+ Health · Bone Health · Joint Health · Muscle Support**
**Sport Nutrition**

Full line of collagen products, p. 72–73

# Pure Liver: Grass-Fed Beef Liver

**Pure Glandular · 600 mg** capsules




## Hormone- and Pesticide-Free
## Supports Immunity

Supports good health.
Helps support immune function.

### Each vegetable capsule contains

| | |
|---|---|
| Liver organ, from bovine source (*Bos taurus*)* | 600 mg |
| Vitamin C (ascorbic acid) | 6 mg |

*Superior-quality, freeze-dried organ powder, from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 6 capsules daily or as directed by your health-care practitioner.

**#1963 · 30 vegetable capsules · UPC 6-28747-11963-4**
**#3434 · 90 vegetable capsules · UPC 6-28747-13434-7**
**#3187 · 180 vegetable capsules · UPC 6-28747-13187-2**
NPN 80119351 · V0541-R1
**Detoxification · Glandular Extracts**

# Pure Magnesium Bisglycinate

capsules

**Fully Reacted · 115 mg + Taurine**




## Supports Healthy Heart and Muscle Function
## *Very* Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function. Helps to maintain the body's ability to metabolize nutrients. Helps in the development and maintenance of bones and teeth.

### Each vegetable capsule contains

| | |
|---|---|
| Magnesium (from 885 mg of pure, fully reacted magnesium bisglycinate) | 115 mg |
| Taurine (2-aminoethanesulfonic acid) | 25 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily with food or as directed by your health-care practitioner.

**#2200 · 90 vegetable capsules · UPC 6-28747-12200-9**
NPN 80077470 · V0612-R1
**Bone Health · Muscle Support**
**Vitamins and Minerals**

Full line of magnesium supplements, p. 130–133

# Pure Magnesium Bisglycinate

**Fully Reacted**
**130 mg Elemental Magnesium**

capsules




## Heart/Muscle Function
## *Very* Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function. Helps the body to metabolize nutrients. Helps in the development and maintenance of bones and teeth.

### Each vegetable capsule contains

| | |
|---|---|
| Elemental magnesium (from 1,000 mg of pure, fully reacted magnesium bisglycinate) | 130 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

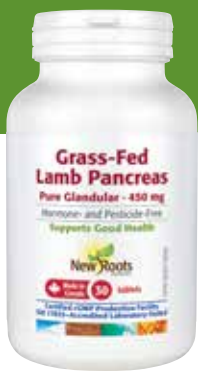
**#2183 · 60 vegetable capsules · UPC 6-28747-12183-5**
**#2175 · 120 vegetable capsules · UPC 6-28747-12175-0**
NPN 80110865 · V0603-R1
**Bone Health · Muscle Support**
**Vitamins and Minerals**

Full line of magnesium supplements, p. 130–133

# Pure Pancreas: Grass-Fed Lamb Pancreas

**Pure Glandular · 450 mg**

tablets




## Hormone- and Pesticide-Free
## Supports Good Health

### Each tablet contains

| | |
|---|---|
| Pancreas organ (from lamb [*Ovis aries*])* | 450 mg |
| Vitamin C (ascorbic acid) | 6 mg |

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, and silicon dioxide.

### Directions of use

**Adults:** Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#2027 · 30 tablets · UPC 6-28747-12027-2**
**#3437 · 90 tablets · UPC 6-28747-13437-8**
NPN 80071898 · V0556-R2
**Blood Glucose Management · Digestive Health · Glandular Extracts**

# Pure Spleen: Grass-Fed Beef Spleen

**Pure Glandular · 650 mg**

capsules




## Hormone- and Pesticide-Free
## Supports Immunity

Supports good health.
Helps support immune function.

### Each vegetable capsule contains

| | |
|---|---|
| Spleen (organ), from bovine source (*Bos taurus*)* | 650 mg |
| Vitamin C (ascorbic acid) | 6 mg |

*Superior-quality, freeze-dried organ from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#1964 · 30 vegetable capsules · UPC 6-28747-11964-1**
**#3435 · 90 vegetable capsules · UPC 6-28747-13435-4**
NPN 80058174 · V0527-R2
**Glandular Extracts · Immune Health**

## Pure Thymus: Grass-Fed Lamb Thymus

tablets

**Pure Glandular · 450 mg**




### Hormone- and Pesticide-Free
### Supports Immunity

Supports good health.
Helps support immune function.

### Each tablet contains

| | |
|---|---|
| Glandular thymus (from lamb [*Ovis aries*]) | 450 mg |
| Vitamin C | 6 mg |

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

### Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner.

**#2482 · 30 tablets · UPC 6-28747-12482-9**
**#3436 · 90 tablets · UPC 6-2877-13436-1**
NPN 80103735 · V0524-R2
**Glandular Extracts · Immune Health**

## Purge Parasitis

capsules




### Antiparasitic

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

### Each vegetable capsule contains

| | |
|---|---|
| Black walnut (*Juglans nigra*) hull and leaf | 157.8 mg |
| Whole wormwood (*Artemisia absinthium*) | 94.68 mg |
| Odourless garlic (*Allium sativum*) bulb | 63.12 mg |
| Oregano (*Origanum vulgare*) 50:1 leaf extract | 40 mg |
| Clove (*Syzygium aromaticum*) flower bud | 31.56 mg |
| Oregon-grape (*Berberis aquifolium*) root | 13.41 mg |
| Ginger (*Zingiber officinale*) rhizome | 7.89 mg |
| Aloe (*Aloe vera*) leaf | 5.52 mg |
| Quassia (*Picrasma excelsa*) stem wood | 5.52 mg |
| Sage (*Salvia officinalis*) leaf | 5.52 mg |

### Other ingredients

Grapefruit seed extract (37 mg), vegetable magnesium stearate, and microcrystalline cellulose in a non-GMO vegetable capsule composed of pullulan and purified water.

### Directions of use

**Adults:** Take 9 capsules daily with food or as directed by your health-care practitioner. Take for 15 days. Stop for 5 days. Repeat for 15 days. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them. To remove dead or dying parasites, take Fibre Ultra Rich (Plantago or Psyllium) from New Roots Herbal 1 or 2 times a day with 2 Probiotics Urgency GPS™ enteric-coated capsules.

### Duration of use

For occasional use only. Consult a health-care practitioner for use beyond 14 days.

**#0482 · 90 vegetable capsules · UPC 6-28747-10482-1**
**#0935 · 180 vegetable capsules · UPC 6-28747-10935-2**
NPN 80105121 · V0104-R8
**Parasitic and Fungal Management**

## Purge Parasitis Program

kit




### Therapeutic Treatment for Elimination of Parasites
### 33-Day Program
### Now Includes Fibre Ultra!

The Purge Parasitis Program includes a combination of proven antiparasitic ingredients used in herbal medicine to neutralize parasites as well as their eggs and toxins. This maximum-strength program delivers comprehensive results when all products are taken as indicated and the recommended program protocol is properly followed.

### Each kit contains

| | |
|---|---|
| 2 bottles of Black Walnut Green Hull | 60 capsules |
| 1 bottle of Cloves | 100 capsules |
| 1 bottle of Fibre Ultra Rich Psyllium + Inulin | 200 g |
| 2 bottles of Purge Parasitis | 90 capsules |
| 1 bottle of Wormwood | 100 capsules |

### Black Walnut Green Hull

Traditionally used in herbal medicine to help expel intestinal worms (vermifuge/anthelmintic) and eliminate ringworm (*Tinea corporis*).

### Cloves

Used in traditional herbal medicine as a carminative for the relief of digestive complaints such as flatulence or abdominal distention.

### Fibre Ultra Rich Psyllium + Inulin

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Purge Parasitis

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

### Wormwood

Used in traditional herbal medicine as a stimulant tonic to improve appetite and to relieve symptoms of dyspepsia (carminative). Used in traditional herbal medicine to expel worms (vermifuge).

**#2646 · Kit · UPC 6-28747-52646-3**
NPN 80058096
**Parasitic and Fungal Management**

> "Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate."
>
> *Albert Schweitzer*

# Quercetin
**500 mg** capsules




## Antioxidant

Quercetin, a bioflavonoid, is an antioxidant for the maintenance of good health. Used in herbal medicine as a capillary/blood vessel protectant.

## Each vegetable capsule contains

Quercetin . . . . . 500 mg

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** *Antioxidant:* Take 1 capsule daily with food or as directed by your health-care practitioner. *Blood-Vessel Protectant:* Take 1 capsule twice daily with food or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#1142 · 90 vegetable capsules · UPC 6-28747-11142-3**
NPN 80024062 · V0331-R3
**Allergy Relief · Antioxidants · Heart and Blood**

# Quercetin
**Bioflavonoid Complex**
**250 mg of Quercetin** capsules




Quercetin, a bioflavonoid, is an antioxidant for the maintenance of good health. Provides enzymes.

## Each vegetable capsule contains

Citrus bioflavonoids
(from bitter orange [*Citrus* × *aurantium*]),
50% hesperidin . . . . . 250 mg
Quercetin . . . . . 250 mg
Bromelain (from pineapple
[*Ananas comosus* var. *comosus*] stem),
2,400 GDU/g (1,800,000 FCC PU) . . . . . 50 mg
Rutin . . . . . 50 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

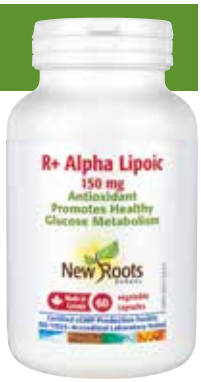
**Adults ≥ 19 years old:** Take 1 capsule daily with food or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#0241 · 90 vegetable capsules · UPC 6-28747-10241-4**
**#2918 · 180 vegetable capsules · UPC 6-28747-12918-3**
NPN 80038026 · V0190-R3
**Antioxidants · Enzymes · Heart and Blood**

# R+ Alpha Lipoic
**150 mg** capsules




## Antioxidant · Promotes Healthy Glucose Metabolism

*R*(+)–*alpha*-Lipoic acid provides antioxidants. Helps to promote healthy glucose metabolism.

## Each vegetable capsule contains

*R*(+)–*alpha*-Lipoic acid
(1,2-dithiolane-3-pentanoic acid) . . 150 mg

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1–2 capsules twice daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 3 months.

**#1378 · 60 vegetable capsules · UPC 6-28747-11378-6**
NPN 80113344 · V0381-R4
**Antioxidants · Blood Glucose Management · Detoxification**

# Red Beet Root
**500 mg** capsules




## Antioxidant

Source of antioxidants.

## Each vegetable capsule contains

Red beet (*Beta vulgaris*) root . . . . . 500 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules three times daily with meals or as directed by your health-care practitioner.

**#0824 · 100 vegetable capsules · UPC 6-28747-10824-9**
NPN 80048818 · V0126-R2
**Antioxidants · Detoxification · Heart and Blood**

# Red Clover Blossoms
**390 mg** capsules




## Helps Relieve Bronchial Coughs

Traditionally used in herbal medicine as an antispasmodic to help relieve spasmodic cough, such as in bronchitis; as an alterative; as a sleep aid / mild sedative during times of mental stress, and to help relieve restlessness and/or nervousness (calmative).

## Each vegetable capsule contains

Red clover
(*Trifolium pratense*) flower . . . . . 390 mg

### Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Menopausal or postmenopausal women:** Take 6 capsules three times daily or as directed by your health-care practitioner.

**#0823 · 100 vegetable capsules · UPC 6-28747-10823-2**
NPN 80029915 · V0127-R3
**Menopause**

## Reduce Homocysteine
# Homocysteine Reduce

powder




### Clinically Formulated
### Natural Lemon-Lime Flavour

Helps to reduce homocysteine levels, which may be associated with deficiencies of folate or vitamin B12. Helps to support liver function.

### Medicinal ingredients per 9.375 g dose (approximately 2 scoops)

| | |
|---|---|
| Betaine (trimethylglycine) | 4 g |
| Inositol (*myo*-inositol) | 1.5 g |
| Choline bitartrate | 1 g |
| Zinc (from zinc bisglycinate) | 30 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 10 mg |
| Vitamin B12 (methylcobalamin) | 1.5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |

### Other ingredients

Natural lemon/lime flavour, isomaltulose (naturally occurring disaccharide from sugar beet), DL-malic acid, microcrystalline cellulose, stevia (*Stevia rebaudiana*) leaf **extract**, and silicon dioxide.

### Directions of use

**Adults (19 years and over):** Take 2 scoops daily with food. Mix with 150–250 ml of water (dilute to taste) or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of 3 weeks to see beneficial effects.

**#2210 · 285 g / 30 doses · UPC 6-28747-02210-1**
NPN 80061652 · PM0094-R2
**Heart and Blood**

## Reduced Glutathione:
# Glutathione
**Reduced · 200 mg + Vitamin C 50 mg**

capsules




### Free-Radical Protection
### Immune Support

An antioxidant for the maintenance of good health. Helps protect cells against the oxidative damage caused by free radicals. Helps support immune function.

### Each vegetable capsule contains

| | |
|---|---|
| L-Glutathione (L-glutathione reduced) | 200 mg |
| Vitamin C (ascorbic acid) | 50 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#0598 · 30 vegetable capsules · UPC 6-28747-10598-9**
**#0599 · 60 vegetable capsules · UPC 6-28747-10599-6**
NPN 80025650 · V0446-R2
**Antioxidants · Detoxification · Immune Health**

# Reishi
**500 mg · Hot-Water Extract**

capsules




### Medicinal Mushrooms
### Immunity – Energy – Stress Resistance
### 30% *beta*-Glucans (150 mg) from 40% Polysaccharides (200 mg)

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress), as a liver tonic, and to support the immune system. Provides antioxidants.

### Each vegetable capsule contains

| | |
|---|---|
| Reishi (*Ganoderma lucidum*) fruiting body **extract**, standardized to 40% polysaccharides (200 mg) providing 30% *beta*-glucans (140 mg) | 500 mg |

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

### Duration of use

*Immune support:* Use for a minimum of 4 weeks to see beneficial effects.

**#1862 · 60 vegetable capsules · UPC 6-28747-11862-0**
**#2298 · 120 vegetable capsules · UPC 6-28747-12298-6**
NPN 80126891 · V0505-R6
**Energy · Immune Health · Medicinal Mushrooms · Stress Management**

Full line of medicinal mushrooms, p. 137–141

## Mushroom Lovers
# Organic Reishi Powder
***Ganoderma lucidum***




### 10 calories per portion · 100% Pure
### Gluten-Free · Non-GMO
### Robust and Earthy Taste

The magic of mushrooms is no mystery to us! Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured reishi tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

### Ingredient

**Organic** reishi (*Ganoderma lucidum*) powder.

### Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

### Nutrition Facts · Per ½ tsp. (2.7 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0.1 g | 0 % | Cholesterol 0 mg | |
| Saturated 0 g + *Trans* 0 g | 0 % | Sodium 0 mg | 0 % |
| Carbohydrate 2 g | | Potassium 0 mg | 0 % |
| Fibres 2 g | 7 % | Calcium 0 mg | 0 % |
| Sugars 0 g | 0 % | Iron 0 mg | 0 % |
| Protein 0.2 g | | | |

*5% or less is a little, 15% or more is a lot

**#2580 · 100 g / 37 portions · UPC 6-28747-02580-5**
P0832-R1
NONTAXABLE ITEM
**Functional Foods · Immune Health · Medicinal Mushrooms**
**Stress Management**

Full line of medicinal mushrooms, p. 137–141

## Reishi Spores
**Broken Cell-Wall Spores** capsules




### Medicinal Mushrooms
### Energy – Immunity – Antioxidant
### Adjunctive Therapy to Reduce Fatigue / Weakness During Radiation and Chemotherapy
### 350 mg

Provides antioxidants. Contains fungal polysaccharides with immunomodulating properties. To help manage the symptoms of fatigue and weakness and as assistive therapy in order to alleviate central energy deficiency symptoms of patients undergoing chemical and radiation treatments.

### Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) spores (broken sporoderm) . 350 mg

### Other ingredients

Vegetable magnesium stearate and silicon dixodide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule four times daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

### Duration of use

Consult a health-care practitioner for prolonged use. *Symptom management:* Use for a minimum of 4 weeks to see beneficial effects.

**#2696 · 60 vegetable capsules · UPC 6-28747-12696-0**
NPN 80108206 · V0724-R1
**Energy · Immune Health · Medicinal Mushrooms · Stress Management**

Full line of medicinal mushrooms, p. 137–141

> "Never limit yourself because of others' limited imagination; never limit others because of your own limited imagination."
>
> *Mae Jemison*

## Resilience
**Mushroom Extract Blend** capsules




### Medicinal Mushrooms
### Immunity – Energy – Stress Reduction
### Hot-Water Extract
### 32% *beta*-Glucans (125 mg) from 42% Polysaccharides (170 mg)

Used in herbal medicine to support the immune system, as an adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress), and as a liver tonic. Source of antioxidants.

### Each vegetable capsule contains

*Each mushroom **extract** is standardized to 40% polysaccharides.

| | |
|---|---|
| Chaga (*Inonotus obliquus*) mushroom **extract*** | 68 mg |
| Coriolus (*Trametes versicolor*) mushroom **extract*** | 68 mg |
| Maitake (*Grifola frondosa*) mushroom **extract*** | 68 mg |
| Reishi (*Ganoderma lucidum*) mushroom **extract*** | 68 mg |
| Shiitake (*Lentinula edodes*) mushroom **extract*** | 68 mg |
| Cordyceps (*Paecilomyces hepiali*) mushroom **extract*** | 30 mg |
| Lion's mane (*Hericium erinaceus*) mushroom **extract*** | 30 mg |

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules three times daily or as directed by your health-care practitioner. Take with a meal if gastrointestinal upset occurs.

**#1933 · 90 vegetable capsules · UPC 6-28747-11933-7**
NPN 80087975 · V0512-R1
**Immune Health · Medicinal Mushrooms**

Full line of medicinal mushrooms, p. 137–141

## Respira ResQ
**Made with Organic *Pelargonium sidoides* 20 mg** capsules




### Bronchitis · Laryngitis
### Sore Throat · Runny Nose
### Cough · Congestion · Mucus

Helps to relieve/reduce severity of the symptoms (such as cough, runny nose, sore throat, sputum/mucus, and/or chest pain from coughing) and to reduce the recovery time associated with upper respiratory tract infections (e.g., common colds, laryngitis, pharyngitis) and/or with bronchitis in children, adolescents, and adults.

### Each vegetable capsule contains

PelaForce™ (organic South African geranium [*Pelargonium sidoides*] root **extract**) . . . . . 20 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Take 30 minutes before or after meals. **Adults and adolescents ≥ 12 years old:** Take 1 capsule three times daily or as directed by your health-care practitioner. **Children ≥ 6 years old:** Take 1 capsule twice daily or as directed by your health-care practitioner.

### Duration of use
Consult a health-care practitioner for use beyond 7 days.

**#3095 · 90 vegetable capsules · UPC 6-28747-13095-0**
NPN 80124118 · V0746-R1
**Cold and Flu · Herbs and Herbal Extracts**
**Immune Health**

## Resveratrol MAX
**500 mg · Providing**
**250 mg *trans*-Resveratrol** capsules




### Antioxidant
### Healthy Blood Glucose Levels
Provides antioxidants. Helps support healthy blood glucose levels.

### Each vegetable capsule contains
Japanese knotweed (*Reynoutria japonica*) root **extract** . . . . . 500 mg
**Providing**
*trans*-Resveratrol . . . . . 250 mg

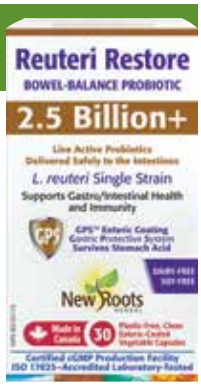
### Other ingredients
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use
Consult a health-care practitioner for prolonged use.

**#2445 · 60 vegetable capsules · UPC 6-28747-12445-4**
NPN 80086411 · V0627-R1
**50+ Health · Antioxidants · Blood Glucose Management**
**Heart and Blood · Herbs and Herbal Extracts**

## Reuteri Restore
**Bowel-Balance Probiotic** capsules




### 2.5 Billion+ Live Active Probiotics Delivered Safely to the Intestines
### *L. reuteri* Single Strain
### Supports Gastro/Intestinal Health and Immunity
### GPS™ Enteric Coating
### Gastric Protective System
### Survives Stomach Acid
### DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

### Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following strain of live, active, healthy, and whole cells (2.5 billion) to the intestines
**Dairy Strain**
*Limosilactobacillus reuteri* UB4772 . . . . . 2.5 billion CFU
Vitamin C (ascorbic acid). . . . . 6 mg
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients
Arabinogalactan, inulin, non-GMO potato starch, vegetable magnesium stearate, and non-GMO potato maltodextrin in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

**#3036 · 30 vegetable capsules · UPC 6-28747-13036-3**
NEW SIZE!
**#3571 · 60 vegetable capsules · UPC 6-28747-13571-9**
NPN 80135115 · V0754-R3
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

## Rhodiola
**Extract · 200 mg**
**5% Rosavins** capsules




### Reduces Mental Fatigue
### Improves Stamina
Used in herbal medicine as an adaptogen to help temporary relieve symptoms of stress (such as mental fatigue and sensation of weakness). Used in herbal medicine to help support cognitive function (such as mental focus and mental stamina). Provides antioxidants.

### Each vegetable capsule contains
Roseroot (*Rhodiola rosea*) root extract, 5% rosavins . . . 200 mg

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner. Not to be taken immediately before bedtime.

**#2135 · 30 vegetable capsules · UPC 6-28747-12135-4**
**#2091 · 60 vegatable capsules · UPC 6-28747-12091-3**
NPN 80143000 · V0583-R2
**Energy · Herbs and Herbal Extracts · Memory Help**
**Mood · Sport Nutrition · Stress**

## Ribose
## D-Ribose
powder




### 100% Pure · Energy and Endurance Athletic Support
Provides athletic support. Ribose is a factor in energy metabolism and production.

### Each rounded teaspoon contains approximately
D-Ribose (100% pure) . . . . . 5 g

### Directions of use
**Adults:** Take 1 teaspoon once or twice daily or as directed by your health-care practitioner. We recommend weighing D-Ribose for precise dosage.

**#0294 · 100 g / ≈20 doses · UPC 6-28747-00294-3**
**#1286 · 250 g / ≈50 doses · UPC 6-28747-01286-7**
**#1729 · 500 g / ≈100 doses · UPC 6-28747-01729-9**
NPN 80041899 · P0257
**Energy · Sport Nutrition**

# Rosehip Seed Oil
**Organic**




## Minimizes the Look of Wrinkles

Revitalizes dry and dull skin, reduces the signs of aging, and the look of age spots. Fast-absorbing, leaving skin firm- and smooth-looking, with an even colour and tone.

## Each bottle contains

**Organic** rosehip (*Rosa canina*) seed oil, cold-pressed, nondeodorized . . . . . 30 ml
With added **organic** rosemary (*Rosmarinus officinalis*) **extract**.

## Ingredients

**Organic** *Rosa canina* (dog rose) seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf **extract**.

## Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

**#1738 · 15 ml · UPC 6-28747-21738-5**
**#1602 · 30 ml · UPC 6-28747-21602-9**
OM0123-R5
**Exotic Skin Oils · Skin**

Full line of exotic skin oils, p. 92–95

# Rose Geranium Organic Essential Oil
***Pelargonium graveolens***
**100% Pure · Certified Organic**




Used in aromatherapy to help relieve colds/cough.

## Each drop contains

Organic geranium (*Pelargonium graveolens*) flowering herb top essential oil . . . . . 100%

## Active compounds

Citronellol and geraniol.

## Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use.

**#2149 · 15 ml · UPC 6-28747-22149-8**
NPN 80073903 · O0030B-R1
**Essential Oils**

Full line of essential oils, p. 82–90



# Rosemary Organic Essential Oil
***Rosmarinus officinalis* ct. camphoriferum**
**100% Pure · Certified Organic**




Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis. Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

## Each drop contains

**Organic** rosemary (*Rosmarinus officinalis* ct. camphoriferum) flowering herb top essential oil . . . . . 100%

## Active compounds

Camphor and eucalyptol.

## Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use.

## Duration of use

For occasional use only.

**#2144 · 15 ml · UPC 6-28747-22144-3**
NPN 80071192 · O0056-R1
**Essential Oils**

Full line of essential oils, p. 82–90

# S.O.D.
capsules
**Superoxide Dismutase · 7,250 IU**




## Super Antioxidant
## Valuable Enzymes Protected by GPS™ Natural Water-Based Enteric Coating
## Gastric Protective System

Antioxidants for the maintenance of good health. Riboflavin helps the body to metabolize nutrients. Folate helps to form red blood cells.

## Each enteric-coated vegetable capsule contains

| | |
|---|---|
| Ci li fruit **extract** (*Rosa roxburgii*) (7,250 IU SOD) | 500 mg |
| Goji (*Lycium barbarum*) fruit **extract**, 30% polysaccharides | 40 mg |
| DL-*alpha*-Lipoic acid | 25 mg |
| *N*-Acetyl-L-cysteine | 25 mg |
| Catalase (112.5 Baker units) | 15 mg |
| L-Cysteine hydrochloride | 10 mg |
| L-Glutathione | 10 mg |
| Riboflavin (vitamin B2) | 5 mg |
| Vitamin E (5 IU) (from D-*alpha*-tocopheryl acid succinate) | 3.35 mg AT |
| Folate (L-5-methyltetrahydrofolate calcium salt) | 60 mcg |
| Selenium | 11 mcg |

## Other ingredients

Hydrolyzed **wheat** protein, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide and a non-GMO GPS™ vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. Take with a meal providing protein.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

Note: This product contains gluten.

NEW SIZE!
**#3508 · 30 vegetable capsules · UPC 6-28747-13508-5**
**#1649 · 90 vegetable capsules · UPC 6-28747-11649-7**
NPN 80129512 · V0447-R16
**Antioxidants · Detoxification**

## S-Acetyl-Glutathione

**100 mg** capsules




### Intracellular Antioxidant
### Superior Assimilation

Source of antioxidants that help protect cells against the oxidative damage caused by free radicals.

### Each vegetable capsule contains

S-Acetylglutathione . . . . . 100 mg
**Providing**
L-Glutathione. . . . . 87 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–2 capsules daily or as directed by your health-care practitioner.

**#2416 · 60 vegetable capsules · UPC 6-28747-12416-4**
NPN 80091902 · V0670-R1
**Antioxidants · Detoxification · Immune Health**
**Neurological Health**

## Saffron Zen

**With *affron*® Extract**
**Adults and Teens · Clinically Proven**
capsules




### Mood Balance · Stress Reduction
### Restlessness · Nervousness
### Fatigue · Weariness · Irritability

Affron® is clinically proven to support mood balance in adults and adolescents (12 years and over); to relieve restlessness or nervousness (calmative) and to reduce the symptoms of perceived stress, such as fatigue, weariness, and irritability; and to help improve sleep quality in 4 weeks, and restorative sleep in individuals experiencing sleeplessness.

### Each vegetable capsule contains

Saffron (*Crocus sativus*) stigma **extract** (Affron®), standardized to 3.5% Lepticrosalides®, providing crocins and safranal . . . . . 14 mg

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults and adolescents 12 years and over:** Take 1 capsule twice daily or as directed by your health-care practitioner.

### Duration of use

**Adolescents (12–17 years):** Consult a health-care practitioner for use beyond 8 weeks.
**Adults (18 years and older):** Consult a health-care practitioner for use beyond 12 weeks.

Affron® and Lepticrosalides® are registered trademarks of Pharmactive Biotech Products, S.L.U., sourced from Spain.

**#3387 · 60 vegetable capsules · UPC 6-28747-13387-6**
NPN 80097012 · V0695-R1
**Herbs and Herbal Extracts · Mood Enhancement · Sleep Aids**
**Stress Management**

Full line of antistress products, p. 208–212

## Sage: See Clary Sage 67

## Saw Palmetto

**95 % Fatty Acids · 160 mg** softgels




### Relieves Symptoms of BPH
### Benign Prostatic Hyperplasia

Used in herbal medicine to help relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia.

### Each softgel contains

Wild-harvested saw palmetto (*Serenoa repens*) fruit **extract**, 95% purified . . . . . 160 mg

### Other ingredients

**Organic** olive oil in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adult males:** Take 1 softgel twice daily or as directed by your health-care practitioner.

**#0717 · 60 softgels · UPC 6-28747-10717-4**
NPN 80020986 · V0063-R1
**Herbs and Herbal Extracts · Men's Health**
**Urogenital (Men)**

## Sea Buckthorn Berry Oil Mask

**Organic** liquid




### Rich in Omega-7

Nourishes and repairs dry skin.
For all skin types.

### Ingredients

Organic sea buckthorn (*Hippophae rhamnoides*) berry oil, $CO_2$ supercritical **extract**, nondeodorized, with added organic rosemary (*Rosmarinus officinalis*) leaf **extract**.

### Directions of use

Place 10–15 drops in your hand and gently massage into skin. Allow the oil to absorb for at least 20 minutes, up to 2 hours.

Note: Handle with care: stains fabric.

**#3394 · 50 ml · UPC 6-28747-23394-1**
OM0125-R2
**Beauty · Skin**

# Sea Buckthorn Oil

**Fruit and Seed with Goji Oil** softgels




## Supercritical $CO_2$ Extracted from Organic Berries A Good Source of Omega-7

Source of omega-7 fatty acids.
Sea buckthorn seed oil and sea buckthorn fruit oil provide essential fatty acids for the maintenance of good health.

## Each softgel contains

**Organic** sea buckthorn (*Hippophae rhamnoides*) fruit oil, 16–54% palmitoleic acid, 2–35% oleic acid, 1–15% linoleic acid. . . . . 600 mg
**Organic** sea buckthorn (*Hippophae rhamnoides*) seed oil, 13–30% oleic acid, 30–40% linoleic acid, hexane-free . . . . . 400 mg
**Organic** goji (*Lycium barbarum*) seed oil . . . . . 40 mg
**All oils are supercritical $CO_2$ extracted from organic berries grown on the Qinghai-Tibetan plateau.**

## Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

## Directions of use

**Adults:** Take 1 softgel daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 3 months.

**#1585 · 30 softgels · UPC 6-28747-11585-8**
NPN 80037109 · V0440-R3
**Beauty · Essential Fatty Acids · Skin**

# Sea Buckthorn Seed Oil

**Certified Organic**




## Nourishes and Repairs Dry Skin

Like a virtual shield for your skin, sea buckthorn seed oil provides antioxidants to protect the look and feel of your skin. Fast-absorbing for silky, radiant skin.

## Each bottle contains

**Organic** sea buckthorn (*Hippophae rhamnoides*) seed oil, $CO_2$ supercritical **extract**, nondeodorized . . . . . 30 ml
with added **organic** rosemary (*Rosmarinus officinalis*) **extract**.

## Ingredients

**Organic** *Hippophae rhamnoides* seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf **extract**.

## Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

**#1604 · 30 ml · UPC 6-28747-21604-3**
OM0124-R2
**Beauty · Exotic Skin Oils · Skin**

Full line of exotic skin oils, p. 92–95

# Selenium

**100 mcg** capsules
**From Yeast-Free L-Selenomethionine**




## Antioxidant

An antioxidant for the maintenance of good health. Helps to support sperm motility.

## Each vegetable capsule contains

Selenium (from yeast-free L-selenomethionine). . . . . 100 mcg

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules once or twice daily or as directed by your health-care practitioner.

**#1459 · 100 vegetable capsules · UPC 6-28747-11459-2**
NPN 80023097 · V0403-R2
**Antioxidants · Men's Fertility · Men's Health**
**Vitamins and Minerals**

# Selenium

**200 mcg · Extra Strength** capsules
**From Yeast-Free L-Selenomethionine**




## Antioxidant

An antioxidant for the maintenance of good health.

## Each vegetable capsule contains:

Selenium (from yeast-free L-selenomethionine). . . . . 200 mcg

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults 19 years and older:** Take 1 capsule daily or as directed by your health-care practitioner.

**#3033 · 60 vegetable capsules · UPC 6-28747-13033-2**
NPN 80115294 · V0749-R1
**Antioxidants · Men's Fertility · Men's Health**
**Vitamins and Minerals**

# Serratiopeptidase 120,000 SU

capsules




## Relieves Pain and Inflammation Valuable Enzymes Protected by Natural Water-Based GPS™ Enteric Coating Gastric Protective System

Helps to reduce pain, quantity of secretions, inability to perceive smell, and stuffy nose from ear, nose, and throat infections. Mucolytic enzyme that helps break down mucus. Helps reduce postoperative cheek swelling and/or pain after dental surgery.

### Each enteric-coated vegetable capsule contains

Serratiopeptidase
(*Serratia marcescens* E-15, whole cell) . . . . . 120,000 SU

### Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum, purified water, and a water-based GPS™ enteric coating (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. Take 2 hours after a meal.

### Duration of use

Consult a health-care practitioner for use beyond 7 days.

**#1319 · 60 vegetable capsules · UPC 6-28747-11319-9**
**#2487 · 120 vegetable capsules · UPC 6-28747-12487-4**
NPN 80050019 · V0364-R2
**Cold and Flu · Enzymes · Pain and Inflammation**

## Shiitake

**300 mg · Hot-Water Extract** capsules




### Medicinal Mushrooms
### Immune Support · Wellness
### 25% *beta*-Glucans (75 mg)
### from 40% Polysaccharides (120 mg)

Used in herbal medicine to support the immune system. Source of antioxidants.

### Each vegetable capsule contains

Shiitake (*Lentinula edodes*) mushroom **extract**, standardized to 40% polysaccharides (120 mg) providing 25% *beta*-glucans (75 mg). . . . . 300 mg

Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily with food or as directed by your health-care practitioner.

**#1870 · 60 vegetable capsules · UPC 6-28747-11870-5**
NPN 80113474 · V0508-R3
**Immune Health · Medicinal Mushrooms**

Full line of medicinal mushrooms, p. 137–141

## Siberian Ginseng

**0.8% Eleutherosides** capsules




### Improves Mental and Physical Performance

Used in herbal medicine as a tonic to help relieve general weakness/fatigue, or to help improve mental or physical performance after periods of mental or physical exertion.

### Each vegetable capsule contains

Siberian ginseng (*Eleutherococcus senticosus*) root **extract** . . . . . 250 mg
**Providing:**
0.8% eleutherosides B and E
Siberian ginseng (*Eleutherococcus senticosus*) root . . . . . 235 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 1 month.

**#0779 · 90 vegetable capsules · UPC 6-28747-10779-2**
NPN 80025577 · V0080-R4
**Energy · Herbs and Herbal Extracts · Immune Health · Sport Nutrition**
**Stress Management**

## Silica

**7% Extract · 600 mg** capsules




### Maintains Healthy Hair, Skin, and Nails

Source of silicon. Source of mineral, a factor in the maintenance of normal growth and development; and to support biological functions which play a key role in the maintenance of good health. Helps to maintain healthy hair, nails, and skin.

### Each vegetable capsule contains

Field horsetail (*Equisetum arvense*) **extract**, 7% silica. . . . . 600 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

**#1590 · 90 vegetable capsules · UPC 6-28747-11590-2**
NPN 80110665 · V0421-R4
**Beauty · Bone Health · Hair · Nails · Skin**
**Vitamins and Minerals**

## Silica Liquid




### Promotes Stronger Hair, Nails, and Healthier Skin · Great Fruit Taste

Helps to strengthen nails and hair.
Helps to maintain healthy skin.

### Each tablespoon (15 ml) contains

Silicic acid providing 53 mg of silica.

### Other ingredients

Natural fruit punch flavour, citric acid, glycerin, potassium sorbate, purified water, sodium benzoate, and stevia (*Stevia rebaudiana*) leaf.

### Directions of use

**Adults:** Take 2 tablespoons daily or as directed by your health-care practitioner.

Note: This product is not shipped during the winter, due to freezing conditions.

**#1681 · 500 ml · UPC 6-28747-21681-4**
NPN 80052867
**Beauty · Bone Health · Hair · Nails · Skin**
**Vitamins and Minerals**

# Simply Spirulina

**650 mg · Superfood**
**Made with Organic Spirulina** capsules




## Reduces Allergy Symptoms

Highest-quality **organic** spirulina. Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.

## Each vegetable capsule contains

**Organic** spirulina (*Spirulina platensis*) . . . . . 650 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1–2 capsules twice daily or as directed by your health-care practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them.

**#1653 · 90 vegetable capsules · UPC 6-28747-11653-4**
NPN 80073332 · V0450-R4
**Allergy Relief · Functional Foods · Green Foods**

# Simply Spirulina

powder




## Organic Superfood
## Reduces Allergy Symptoms

Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching. Spirulina contains a vast number of naturally occurring nutriments, including vitamin A, B vitamins, calcium, and phosphorus. It also contains chlorophyll and phycocyanins. This **organic** spirulina is of the highest quality.

## Each teaspoon contains approximately

**Organic** spirulina (*Spirulina platensis*) . . . . . 4 g

## Directions of use

**Adults ≥ 19 years old:** Take 1 rounded teaspoon (4 g) daily or as directed by your health-care practitioner. *Start-up dosage for the first 4 days:* The first day, take ¼ teaspoon; the following day, take an additional ¼ teaspoon (½); up to 1 teaspoon on the 4th day. If you are taking other medications or natural health products, take this product a few hours before or after them. We recommend weighing Simply Spirulina for precise dosage.

**#1660 · 227 g / ≈ 56 doses · UPC 6-28747-01660-5**
NPN 80073346 · P0544
**Allergy Relief · Functional Foods · Green Foods**



# Skin Lovers Oil

**Certified Organic**




## Deep Moisturizer

We have created the ultimate experience in skin care, where dramatic positive change is an absolute possibility.

## Each bottle contains

**Organic** goji (*Lycium barbarum*) seed oil, **organic** rosehip (*Rosa rubiginosa* or *Rosa moschata*) seed oil, **organic** sea buckthorn (*Hippophae rhamnoides*) seed oil, **organic** argan (*Argania spinosa*) oil, **organic** cranberry (*Vaccinium macrocarpon*) seed oil, and **organic** tamanu (*Calophyllum inophyllum*) oil—all oils are cold-pressed or $CO_2$ supercritical **extracts**, and nondeodorized. . . . . 15 ml
**Organic** rosemary (*Rosmarinus officinalis*) **extract**.

## Ingredients

**Organic** *Lycium barbarum* seed oil, **organic** *Rosa rubiginosa / Rosa moschata* seed oil, **organic** *Hippophae rhamnoides* seed oil, **organic** *Argania spinosa* seed oil, **organic** *Vaccinium macrocarpon* seed oil, **organic** *Calophyllum inophyllum* seed oil, and **organic** *Rosmarinus officinalis* leaf **extract**.

## Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

**#1601 · 15 ml · UPC 6-28747-21601-2**
OM0122-R3
**Beauty · Exotic Skin Oils · Skin**

Full line of exotic skin oils, p. 92–95

# Sleep[8]

**Synergistic Formula** capsules




## Non–Habit-Forming
## Fall Asleep Faster
## Stay Asleep Longer

Helps increase the total sleep time in people suffering from sleep restriction or altered sleep schedule; to relieve the daytime fatigue associated with jet lag; to reduce the time it takes to fall asleep in people with delayed sleep phase syndrome; to reset the body's sleep-wake cycle. **A synergistic formula that reduces the risk of morning grogginess.**

## Each vegetable capsule contains

| | |
|---|---|
| Chamomile (*Matricaria recutita*) flower **extract**, 5% flavonoids | 35 mg |
| Hops (*Humulus lupulus*) strobile **extract**, 3.5% flavonoids | 35 mg |
| Passionflower (*Passiflora incarnata*) flower **extract**, 4% flavonoids | 35 mg |
| Whole skullcap (*Scutellaria lateriflora*) **extract**, 12.5% flavonoids | 35 mg |
| Qiye Shen'an Pian (*Panax notoginseng*) leaf **extract** | 25 mg |
| Magnesium (from 111 mg of magnesium bisglycinate) | 20 mg |
| Catnip (*Nepeta cataria*) herb top | 15 mg |
| Melatonin | 500 mcg |

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1–4 capsules at or before bedtime or as directed by your health care practitioner. Take as needed, 30 to 60 minutes before bedtime.

**#1443 · 20 vegetable capsules · UPC 6-28747-11443-1**
**#1403 · 60 vegetable capsules · UPC 6-28747-11403-5**
**#1807 · 120 vegetable capsules · UPC 6-28747-11807-1**
NPN 80031162 · V0385-R8
**Sleep Aids**

# Sleep[8] Plus
**With 5 mg Melatonin** capsules




## Non–Habit-Forming Sleeplessness, Jet Lag, Shift-work Faster, Better, Longer Sleep

Helps increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g. shift-work / jet lag). Helps prevent and/or minimize the effects of jet lag (e.g. daytime fatigue, sleep disturbance) for people travelling easterly across two or more time zones. Helps to reset the body's sleep-wake cycle (aspect of the circadian rhythm). Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people who fall asleep slowly/with delayed sleep phase disorder. A synergistic formula that reduces the risk of morning grogginess.

## Each vegetable capsule contains

| | |
|---|---|
| *gamma*-Aminobutyric acid (GABA) | 150 mg |
| L-Theanine | 100 mg |
| Chamomile (*Matricaria recutita*) flower **extract**, 5% flavonoids | 70 mg |
| Hops (*Humulus lupulus*) strobile **extract**, 3.5% flavonoids | 70 mg |
| Passionflower (*Passiflora incarnata*) flower **extract**, 4% flavonoids | 70 mg |
| Whole skullcap (*Scutellaria lateriflora*) **extract**, 12.5% flavonoids | 70 mg |
| Qiye Shen'an Pian (*Panax notoginseng*) leaf **extract** | 50 mg |
| Lemon balm (*Melissa officinalis*) 10:1 **extract** | 50 mg |
| Catnip (*Nepeta cataria*) herb top | 15 mg |
| Melatonin | 5 mg |

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily at or before bedtime or as directed by your health-care practitioner. *For jet lag:* Take once a day at bedtime, while travelling, or at destination until adapted to the new time zone or daily pattern (but do not exceed maximum daily dose of 1 capsule in total).

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#3182 · 60 vegetable capsules · UPC 6-28747-13182-7**
NPN 80108182 · V0775-R1
**Sleep Aids**

> "Your mission: Be so busy loving life that you have no time for drama, regret, hate, worry, or fear."
>
> *Karen Salmansohn*

# Sleep[8] Ultra
**With 10 mg Melatonin** capsules




## Non–Habit-Forming Sleeplessness, Jet Lag, Shift-work Faster, Better, Longer Sleep

Helps increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g. shift-work / jet lag). Helps prevent and/or minimize the effects of jet lag (e.g. daytime fatigue, sleep disturbance) for people travelling easterly across two or more time zones. Helps to reset the body's sleep-wake cycle (aspect of the circadian rhythm). Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people who fall asleep slowly/with delayed sleep phase disorder. A synergistic formula that reduces the risk of morning grogginess.

## Each vegetable capsule contains

| | |
|---|---|
| *gamma*-Aminobutyric acid (GABA) | 150 mg |
| L-Theanine | 100 mg |
| Chamomile (*Matricaria recutita*) flower **extract**, 5% flavonoids | 54 mg |
| Hops (*Humulus lupulus*) strobile **extract**, 3.5% flavonoids | 54 mg |
| Passionflower (*Passiflora incarnata*) flower **extract**, 4% flavonoids | 54 mg |
| Whole skullcap (*Scutellaria lateriflora*) **extract**, 12.5% flavonoids | 54 mg |
| Qiye Shen'an Pian (*Panax notoginseng*) leaf **extract** | 50 mg |
| Lemon balm (*Melissa officinalis*) 10:1 **extract** | 39 mg |
| Catnip (*Nepeta cataria*) herb top | 15 mg |
| Melatonin | 10 mg |

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. *For jet lag:* Take once daily at bedtime while travelling or at destination, until adapted to the new time zone or daily pattern (but do not exceed maximum daily dose of 1 capsule in total).

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#3181 · 60 vegetable capsules · UPC 6-28747-13181-0**
NPN 80108186 · V0774-R1
**Sleep Aids**

# Slimmer System
capsules




## Weight-Loss Support

To be used with a program of reduced intake of dietary calories and increased physical activity to help in weight management. Helps the body to metabolize nutrients. Helps to support liver function. Provides support for healthy glucose metabolism. Antioxidants for the maintenance of good health.

## Six (6) non-GMO vegetable capsules contain

| | |
|---|---|
| Malabar tamarind (*Garcinia cambogia*) fruit extract, 50% hydroxycitric acid | 1500 mg |
| Coleus forskohlii (*Plectranthus barbatus*) root extract, 10% forskolin | 300 mg |

| | |
|---|---|
| Chromium (from chromium picolinate) | 235 mcg |
| Inositol (*myo*-inositol) | 100 mg |
| Spirulina (*Spirulina platensis*) | 100 mg |
| Cayenne (*Capsicum annuum*) fruit | 100 mg |
| Choline (choline bitartrate) | 100 mg |
| Green tea (*Camellia sinensis*) leaf extract, 6% caffeine | 400 mg |
| **Providing:** | |
| EGCG (pure) | 300 mg |
| Gymnema sylvestre (*Asclepias geminata*) leaf extract, 25% gymnemic acid | 150 mg |
| Betaine hydrochloride | 25 mg |
| Ginger (*Zingiber officinale*) rhizome | 100 mg |
| Kola nut (*Cola acuminata*) extract, 10% caffeine | 510 mg |
| ***100% of the RDA of the following:** | |
| Vitamin B3 (niacinamide) | 20 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 2 mg |
| Vitamin B12 (methylcobalamin) | 6 mcg |
| Vitamin B2 (riboflavin) | 1.7 mg |
| Vitamin E (D-*alpha*-tocopheryl acid succinate) (30 IU) | 20.1 mg AT |
| Iodine (from potassium iodide) | 150 mcg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 400 mcg |
| Selenium (from yeast-free L-selenomethionine) | 50 mcg |
| Vitamin C (ascorbic acid) | 60 mg |
| Biotin | 300 mcg |
| Potassium (from potassium citrate) | 25 mg |

## Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product 2 hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#1212 · 60 vegetable capsules · UPC 6-28747-11212-3**
**#1214 · 120 vegetable capsules · UPC 6-28747-11214-7**
NPN 80122963 · V0344-R6
**Weight Management**

Slow Release

# CoQ10

capsules




## Supports Cardiovascular Health
## Helps Prevent Migraines

Helps to maintain and/or support cardiovascular health. Helps to reduce the frequency of migraine headaches and associated nausea and vomiting when taken as a prophylactic. An antioxidant for the maintenance of good health.

## Each vegetable capsule contains

| | |
|---|---|
| Coenzyme Q10 (ubiquinone-10) (from fermentation) | 100 mg |

## Other ingredients

Non-GMO pea protein, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule two or three times daily or as directed by your health-care practitioner.

## Duration of use

When taken as migraine prophylactic, use for a minimum of 3 months to see beneficial effects.

**#1782 · 60 vegetable capsules · UPC 6-28747-11782-1**
NPN 80039835 · V0461-R7
**Energy · Headache and Migraine · Heart and Blood**

# Smart Ginkgo

capsules




## Enhances Memory and Cognitive Function · Peripheral Circulation

Helps to enhance cognitive function and memory in adults, and to support peripheral circulation. Provides antioxidants. Source of fungal polysaccharides with immunomodulating properties. Siberian ginseng is used in herbal medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion, and as a tonic to help relieve general weakness/fatigue and/or to aid during recovery.

## Each vegetable capsule contains

| | |
|---|---|
| Lion's mane mushroom (*Hericium erinaceus*) **extract**, standardized to 40% polysaccharides providing 35% *beta*-glucans | 170 mg |
| L-Glutamine | 150 mg |
| Siberian ginseng (*Eleutherococcus senticosus*) root **extract**, 0.8% eleutherosides | 100 mg |
| Ginkgo (*Ginkgo biloba*) leaf **extract**, 24% flavonoid glycosides and 6% terpene lactones | 80 mg |
| L-Theanine | 50 mg |
| Ginkgo (*Ginkgo biloba*) leaf | 40 mg |
| Whole gotu kola (*Centella asiatica*) | 40 mg |
| Bacopa (*Bacopa monnieri*) 25:1 **extract**, 45% bacosides | 30 mg |
| Huperzine A, from toothed club-moss (*Huperzia serrata*) | 200 mcg |

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#1939 · 30 vegetable capsules · UPC 6-28747-11939-9**
**#0208 · 60 vegetable capsules · UPC 6-28747-10208-7**
NPN 80108131 · V0156-R5
**Heart and Blood · Memory Help**



## Smooth Stevia

powder




### Plant-Based Sweetener
### Sugar Substitute · Nonbitter
### 0 Calories · 100% All Natural
### Vegan · Gluten-Free · Non-GMO

Low glycemic index. Be mindful of the dosage, because 1/32 tsp. of Smooth Stevia = 1 teaspoon of sugar.

### Ingredients

Isomaltulose (naturally occurring disaccharide from sugar beet) and stevia (*Stevia rebaudiana*) concentrate.

### Directions of use

Add to taste to your favourite beverage and stir. Excellent sugar substitute for coffee, tea, and for baking!

**Nutrition Facts · Per 1/32 tsp. (0.1 g)**

| Calories 0 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Carbohydrate 0 g | 0 % |
| Protein 0 g | | | |

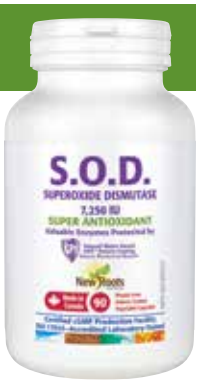
Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.
*5% or less is a little, 15% or more is a lot

**#1923 · 30 g · UPC 6-28747-01923-1**
PM0056-R1
NONTAXABLE ITEM
**Functional Foods · Keto Diet · Natural Sweeteners**
**Weight Management**

Full line of natural sweeteners, p. 217–218

## S.O.D.

**Superoxide Dismutase · 7,250 IU** capsules




### Super Antioxidant
### Valuable Enzymes Protected by GPS™ Natural Water-Based Enteric Coating
### Gastric Protective System

Antioxidants for the maintenance of good health. Riboflavin helps the body to metabolize nutrients. Folate helps to form red blood cells.

### Each enteric-coated vegetable capsule contains

| | |
|---|---|
| Ci li fruit **extract** (*Rosa roxburgii*) (7,250 IU SOD) | 500 mg |
| Goji (*Lycium barbarum*) fruit **extract**, 30% polysaccharides | 40 mg |
| DL-*alpha*-Lipoic acid | 25 mg |
| *N*-Acetyl-L-cysteine | 25 mg |
| Catalase (112.5 Baker units) | 15 mg |
| L-Cysteine hydrochloride | 10 mg |
| L-Glutathione | 10 mg |
| Riboflavin (vitamin B2) | 5 mg |
| Vitamin E (5 IU) (from D-*alpha*-tocopheryl acid succinate) | 3.35 mg AT |
| Folate (L-5-methyltetrahydrofolate calcium salt) | 60 mcg |
| Selenium | 11 mcg |

### Other ingredients

Hydrolyzed **wheat** protein, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide and a non-GMO GPS™ vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. Take with a meal providing protein.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

Note: This product contains gluten.

NEW SIZE!
**#3508 · 30 vegetable capsules · UPC 6-28747-13508-5**
**#1649 · 90 vegetable capsules · UPC 6-28747-11649-7**
NPN 80129512 · V0447-R16
**Antioxidants · Detoxification**

## Sodium Ascorbate: Vitamin C

**Sodium Ascorbate**
**100% Pure · Buffered** powder




### Immunity

An antioxidant for the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing.

### Ingredients

100% Sodium ascorbate. Each gram contains 1000 mg of sodium ascorbate equivalent to 889 mg of ascorbic acid. 1/8 tsp. contains 545 mg of sodium ascorbate or 484.5 mg of ascorbic acid. No fillers or excipients. 100% pure.

### Directions of use

**Adolescents 14–18 years:** As a dietary supplement, stir 1/8 teaspoon into juice, water, or food one to three times daily or as directed by your health-care practitioner. **Adults:** As a dietary supplement, stir 1/8 teaspoon into juice, water, or food up to four times daily or as directed by your health-care practitioner.

**#0870 · 250 g / ≈458 doses · UPC 6-28747-00870-9**
NPN 80020857 · P0205-R1
**Antioxidants · Cold and Flu · Immune Health · Joint Health**
**Vitamins and Minerals**

Full line of vitamin C products, p. 235–237

## Spirulina: Simply Spirulina

**650 mg · Superfood**
**Made with Organic Spirulina** capsules




### Reduces Allergy Symptoms

Highest-quality **organic** spirulina. Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.

### Each vegetable capsule contains

| | |
|---|---|
| **Organic** spirulina (*Spirulina platensis*) | 650 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–2 capsules twice daily or as directed by your health-care practitioner. If

you are taking other medications or natural health products, take this product a few hours before or after them.

**#1653 · 90 vegetable capsules · UPC 6-28747-11653-4**
NPN 80073332 · V0450-R4
**Allergy Relief · Functional Foods · Green Foods**

## Spirulina: Simply Spirulina
powder




### Organic Superfood
### Reduces Allergy Symptoms

Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching. Spirulina contains a vast number of naturally occurring nutriments, including vitamin A, B vitamins, calcium, and phosphorus. It also contains chlorophyll and phycocyanins. This **organic** spirulina is of the highest quality.

### Each teaspoon contains approximately

| | |
|---|---|
| **Organic** spirulina (*Spirulina platensis*) | 4 g |

### Directions of use

**Adults ≥ 19 years old:** Take 1 rounded teaspoon (4 g) daily or as directed by your health-care practitioner. *Start-up dosage for the first 4 days:* The first day, take ¼ teaspoon; the following day, take an additional ¼ teaspoon (½); up to 1 teaspoon on the 4th day. If you are taking other medications or natural health products, take this product a few hours before or after them. We recommend weighing Simply Spirulina for precise dosage.

**#1660 · 227 g / ≈56 doses · UPC 6-28747-01660-5**
NPN 80073346 · P0544
**Allergy Relief · Functional Foods · Green Foods**

## Spirulina & Chlorella
**100% Organic**
**With Broken-Cell Chlorella**
**475 mg**
capsules




### Vital Green Micronutrients

Pure and 100% certified organic spirulina and chlorella. They contain a vast number of naturally occurring micronutrients including vitamin A, B vitamins, calcium, and phosphorus. Deep-green, broken-cell chlorella has 78% digestibility. Provides antioxidants that fight against free radicals and protect cells from oxidative damage. Spirulina helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.

### Each vegetable capsule contains

| | |
|---|---|
| **Organic** broken-cell chlorella (*Chlorella vulgaris*) | 237.5 mg |
| **Organic** spirulina (*Spirulina platensis*) | 237.5 mg |

### Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 4 capsules three times daily with food or as directed by your health-care practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them.

**#1656 · 60 vegetable capsules · UPC 6-28747-11656-5**
NPN 80123473 · V0453-R3
**Allergy Relief · Detoxification · Functional Foods · Green Foods**

## Spleen: Grass-Fed Beef Spleen
**Pure Glandular · 650 mg**
capsules




### Hormone- and Pesticide-Free
### Supports Immunity

Supports good health. Helps support immune function.

### Each vegetable capsule contains

| | |
|---|---|
| Spleen (organ), from bovine source (*Bos taurus*)* | 650 mg |
| Vitamin C (ascorbic acid) | 6 mg |

*Superior-quality, freeze-dried organ from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#1964 · 30 vegetable capsules · UPC 6-28747-11964-1**
**#3435 · 90 vegetable capsules · UPC 6-28747-13435-4**
NPN 80058174 · V0527-R2
**Glandular Extracts · Immune Health**

## Squalene
**European Olive · 500 mg**
softgels




### Supports Healthy Skin

Provides antioxidants.

### Each softgel contains

| | |
|---|---|
| Squalene (from olive [*Olea europaea*] fruit), hexane-free | 500 mg |

### Other ingredients

Natural vitamin E (D-*alpha*-tocopherol from sunflower) in a softgel composed of glycerin, bovine gelatin, and purified water.

### Directions of use

**Adults:** Take 2 softgels daily or as directed by your health-care practitioner.

**#2054 · 60 softgels · UPC 6-28747-12054-8**
NPN 80067729 · V0567-R1
**Beauty · Essential Fatty Acids · Skin**

> "The Seven Social Sins are: Wealth without work. Pleasure without conscience. Knowledge without character. Commerce without morality. Science without humanity. Worship without sacrifice. Politics without principle."
>
> *Frederick Lewis Donaldson*

# St. John's Wort
**Extract · 450 mg** capsules




## Calmative and Sedative

Used in herbal medicine to help relieve restlessness and nervousness (sedative and calmative).

## Each vegetable capsule contains

St. John's wort (*Hypericum perforatum*) aerial part 8:1 **extract** . . . . . 450 mg

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule three times daily or as directed by your health-care practitioner.

## Duration of use

Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 18 weeks.

**#0776 · 60 vegetable capsules · UPC 6-28747-10776-1**
NPN 80031047 · V0130-R4
**Herbs and Herbal Extracts · Mood Enhancement**
**Sleep Aids · Stress Management**

Full line of antistress products, p. 208–212

# Sterols & Sterolins
**with Arabinogalactan** capsules




## Lowers LDL Cholesterol
## Maintains Healthy HDL Cholesterol

Helps lower blood total and LDL cholesterol. Helps maintain healthy cholesterol levels.

## Each vegetable capsule contains

Arabinogalactan (from American larch [*Larix laricina*]) . . . . . 275 mg
Free plant sterols (from non-GMO soy). . . . . 87.5 mg
**Providing:**
*beta*-Sitosterols . . . . . 35 mg
Campesterols . . . . . 17.5 mg
Stigmasterols. . . . . 17.5 mg

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 4 capsules three times daily with food or as directed by your health-care practitioner.

**#1191 · 120 vegetable capsules · UPC 6-28747-11191-1**
**#1194 · 240 vegetable capsules · UPC 6-28747-11194-2**
NPN 80082452 · V0229-R4
**Cholesterol Management · Immune Health**

> "No thief, however skillful, can rob one of knowledge, and that is why knowledge is the best and safest treasure to acquire."
>
> *L. Frank Baum*

# Sterols & Sterolins
**Cholesterol**
**Made with Organic Flaxseed** softgels




## Lowers LDL · Maintains Healthy HDL

Helps lower blood total and LDL cholesterol. Helps maintain healthy cholesterol levels. Source of omega-3 fatty acids and *alpha*-linolenic acid (ALA) for the maintenance of good health.

## Each softgel contains

**Organic** flax (*Linum usitatissimum*) seed oil . . . . . 666 mg
**Providing:**
*alpha*-Linolenic acid (ALA) . . . . . 369 mg
Linoleic acid . . . . . 109 mg
Free plant sterols (from non-GMO soy) . . . . . 350 mg
(combined 80% *beta*-sitosterol, stigmasterol, and campesterol)

## Other ingredients

Lecithin (from non-GMO sunflower oil) and beeswax in a softgel composed of annatto **extract**, sunflower oil, bovine gelatin, glycerin, and purified water.

## Directions of use

**Adults:** Take 3 softgels daily with food or as directed by your health-care practitioner.

Note: This product may be used with statin-based cholesterol-lowering medication.

**#0221 · 60 softgels · UPC 6-28747-10221-6**
**#0223 · 120 softgels · UPC 6-28747-10223-0**
NPN 80024751 · V0282-R5
**Cholesterol Management**

# Sterols & Sterolins Super Immune:
# Super Immune
**Sterols & Sterolins**
**with Arabinogalactan** capsules




## Lowers Total and LDL Cholesterol
## Supports Healthy Cholesterol Levels
## Maintains Immune Function

Helps lower blood total and LDL cholesterol. Helps maintain healthy cholesterol levels. Helps to maintain immune function.

## Each vegetable capsule contains

Free plant sterols (from non-GMO soy). . . . . 240 mg
(combined 80% *beta*-sitosterol, stigmasterol, and campesterol)
D-Galacto-L-arabinan (from *Larix laricina*) . . . . . 206 mg
Zinc (from zinc citrate) . . . . . 175 mcg

## Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 4 capsules daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

**#1008 · 30 vegetable capsules · UPC 6-28747-11008-2**
**#1195 · 120 vegetable capsules · UPC 6-28747-11195-9**
**#1197 · 240 vegetable capsules · UPC 6-28747-11197-3**
NPN 80024333 · V0425-R3
**Cholesterol Management · Immune Health**

## Stevia Sugar
### Spoonable

powder




**Plant-Based Sweetener**
**Sugar Substitute with Inulin**
**0 Calories · 100% All Natural**
**Vegan · Keto · Gluten-Free · Non-GMO**

Zero calories. No glycemic response.

### Ingredients

Inulin (from chicory root) and stevia (*Stevia rebaudiana*) leaf **extract**.

### Directions of use

One teaspoon or one sachet of Stevia Sugar equals the taste of two teaspoons of regular sugar. Add to taste.

### Nutrition Facts · Per ¼ tsp. (1 g)

| Calories 0 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Carbohydrate 1 g | |
| Protein 0 g | | Fibre 1 g | 4 % |

*5% or less is a little, 15% or more is a lot

**#1070 · 250 g · UPC 6-28747-91070-5**
**#1069 · 454 g · UPC 6-28747-91069-9**
PM0434-R3
NONTAXABLE ITEM
**Keto Diet · Natural Sweeteners · Weight Management**

Full line of natural sweeteners, p. 217–218

## Stevia Sweetleaf

liquid




**Plant-Based Sweetener**
**0 Calories · 100% All Natural**
**Vegan · Gluten-Free · Non-GMO**

Stevia liquid extract.

### Ingredients

Water, vegetable glycerin, **organic** alcohol from sugarcane, and stevia (*Stevia rebaudiana*) leaf **extract**.

### Directions of use

Use as desired and sweeten to taste using 1 to 5 drops.

**#0267 · 30 ml · UPC 6-28747-20267-1**
LM0091-R1
NONTAXABLE ITEM
**Keto Diet · Natural Sweeteners**
**Weight Management**

Full line of natural sweeteners, p. 217–218

## Stevia
### White Powder Concentrate




**Plant-Based Sweetener**
**0 calories · 100% All Natural**
**Vegan · Gluten-Free · Non-GMO**

Intensely sweet and safe for diabetics, it is a terrific ally to lower sugar and artificial sweetener consumption.

### Ingredients

Stevia (*Stevia rebaudiana*) leaf **extract**.

### Directions of use

The white powder extract of *Stevia rebaudiana* is very strong. Use a very small quantity to your individual taste.

### Nutrition Facts · Per 1/32 tsp. (0.1 g)

| Calories 0 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Protein 0 g | |
| Carbohydrate 0 g | 0 % | | |

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.
*5% or less is a little, 15% or more is a lot

**#0164 · 15 g · UPC 6-28747-00164-9**
**#0202 · 30 g · UPC 6-28747-00202-8**
PM0116-R1
NONTAXABLE ITEM
**Keto Diet · Natural Sweeteners · Weight Management**

Full line of natural sweeteners, p. 217–218



# Stress Products

# NEED A REST FROM STRESS?

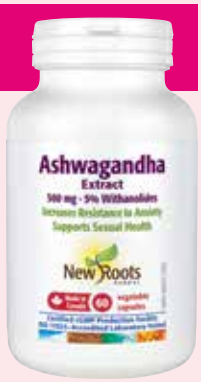
## SUPPLEMENTS CONSUMERS ARE LOOKING FOR!



## Ashwagandha

capsules

**Extract · 500 mg · 5% Withanolides**




### Increases Resistance to Anxiety
### Supports Sexual Health

Traditionally used in Ayurveda for memory enhancement; to balance aggravated *Vata* (nervine tonic, sedative); as a sleep aid; as *Rasayana* (rejuvenative tonic); and to relieve general debility (especially during convalescence or old age). Helps increase resistance to stress/anxiety in individuals with a history of chronic stress, thereby improving their overall quality of life. Athletic support or workout/exercise supplement. Helps promote healthy testosterone production in males. Helps support physical aspects of sexual health in women.

### Each vegetable capsule contains

Ashwagandha (*Withania somnifera*) root **extract**, 5% withanolides . . . . . 500 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#2113 · 30 vegetable capsules · UPC 6-28747-12113-2**
**#2115 · 60 vegetable capsules · UPC 6-28747-12115-6**
NPN 80071783 · V0581-R1

**Herbs and Herbal Extracts · Men's Fertility**
**Sexual Health (Women) · Stress Management**

## D-Stress

**Organic Lavender Oil**

softgels




### Reduces Restlessness, Mental Stress, and Exhaustion

Traditionally used in herbal medicine to help relieve restlessness, for the relief of mild symptoms of mental stress and exhaustion, and to aid sleep.

### Each softgel contains

**Organic** lavender (*Lavandula angustifolia*) essential oil, hexane-free . . . . . 80 mg

### Other ingredients

**Organic** olive oil and natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in a softgel composed of annatto **extract** (in sunflower oil), bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 1 softgel daily with food and a full glass of water or as directed by your health-care practitioner.

**#2056 · 15 softgels · UPC 6-28747-12056-2**
**#2053 · 30 softgels · UPC 6-28747-12053-1**
**#1974 · 60 softgels · UPC 6-28747-11974-0**
NPN 80056812 · V0533-R4

**Herbs and Herbal Extracts · Mood Enhancement · Stress Management**

# Stress Products

## GABA
**600 mg · With Active-Form B6** capsules




### Relaxation
Helps to temporarily promote relaxation. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in tissue formation.

### Each vegetable capsule contains
*gamma*-Aminobutyric acid (GABA) . 600 mg
Vitamin B6 (pyridoxal-5'-phosphate). . 2 mg

### Other ingredients
Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1–5 capsules daily or as directed by your health-care practitioner.

### Duration of use
Consult a health-care practitioner for use beyond 4 weeks.

**#2136 · 60 vegetable capsules · UPC 6-28747-12136-1**
**#2542 · 150 vegetable capsules · UPC 6-28747-12542-0**
NPN 80074264 · V0590-R2
**Mood Enhancement · Neurological Health · Stress Management**

## Holy Basil Max
**500 mg · Potent 10% Ursolic Acid** capsules




### Increases Energy and Resistance to Mental and Physical Stress
Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress). Traditionally used in Ayurveda as an expectorant and/or demulcent to help relieve cough (*Kasa*) and colds; as an expectorant to help relieve respiratory mucus buildup (catarrh); as a cardiotonic (*Hrdya*); and to aid digestion (*Dipani*) and stimulate appetite (stomachic). Source of antioxidants.

### Each vegetable capsule contains
Holy basil (*Ocimum tenuiflorum*) leaf **extract**, 10.0% ursolic acid . . . . . 500 mg

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

**#2898 · 60 vegetable capsules · UPC 6-28747-12898-8**
NPN 80112767 · V0740-R1
**Cold and Flu · Energy · Herbs and Herbal Extracts Stress Management**

## Kava Kava
**400 mg · 30% Kavalactones** capsules




### Promotes Relaxation and Serenity
Used in herbal medicine to help relieve nervousness; as a calmative; as a sedative; and as a sleep aid / to promote sleep.

### Each vegetable capsule contains
Kava kava (*Piper methysticum*) root **extract**, 30% kavalactones . . . 400 mg

### Other ingredients
Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use
Consult a health-care practitioner for use beyond 6 months.

**#2111 · 60 vegetable capsules · UPC 6-28747-12111-8**
NPN 80072998 · V0586-R2
**Herbs and Herbal Extracts · Mood Enhancement · Stress Management**

## L-Theanine
**250 mg** capsules




### Relaxation
Helps to temporarily promote relaxation.

### Each vegetable capsule contains
L-Theanine. . . . . 250 mg

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#1786 · 30 vegetable capsules · UPC 6-28747-11786-9**
**#2551 · 60 vegetable capsules · UPC 6-28747-12551-2**
**#2552 · 120 vegetable capsules · UPC 6-28747-12552-9**
NPN 80039946 · V0484-R2
**Amino Acids and Proteins · Memory Help · Sleep Aids**

**NEED A REST FROM STRESS?**
**TAKE THE QUIZ**

# Stress Products

## L-Tyrosine
**500 mg** capsules




### Stress Management
### Physical · Psychological

Helps in the management of some forms of stress (physical, psychological, sleep deprivation, multitasking, etc.).

### Each vegetable capsule contains

| | |
|---|---|
| L-Tyrosine | 500 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Take 2 capsules daily with meals or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for long-term use.

**#1020 · 60 vegetable capsules · UPC 6-28747-11020-4**
NPN 80000017 · V0169-R3
**Amino Acids and Proteins · Mood Enhancement · Stress Management**

## Merry Mind Omega 3
**1,000 mg EPA · 100 mg DHA** softgels




### Healthy Mood Balance
### 0% Porcine/Bovine

Helps to promote healthy mood balance.

### Each softgel contains

| | |
|---|---|
| Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) | 1,366 mg |
| **Providing omega-3 fatty acids, including:** | |
| Eicosapentaenoic acid (EPA) | 1,000 mg |
| Docosahexaenoic acid (DHA) | 100 mg |
| Other omega-3s | 71 mg |

### Other ingredients

Natural vitamin E (D-*alpha*-tocopherol, from non-GMO sunflower) and rosemary leaf extract in an improved softgel composed of fish gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 1 softgel daily with a meal or as directed by your health-care practitioner.

**#2163 · 30 fish-based softgels · UPC 6-28747-12163-7**
NPN 80077448 · V0577-R5
**Fish Oils · Mood Enhancement**
**Pain and Inflammation**

Full line of fish oils, p. 157–164

## New Roots Herbal Chill Pills
capsules




### Relaxation

L-Theanine helps to temporarily promote relaxation. B-complex vitamins are a factor in the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| L-Theanine | 100 mg |
| Phellodendron (*Phellodendron amurense*) bark **extract**, 0.1% berberine | 15 mg |
| Passionflower (*Passiflora incarnata*) **extract**, 4% flavonoids | 50 mg |
| Astragalus (*Astragalus membranaceus*) root **extract**, 3% astragalosides | 25 mg |
| Ashwagandha (*Withania somnifera*) root **extract**, 2.5% withanolides | 75 mg |
| Holy basil (*Ocimum tenuiflorum*) leaf **extract**, 10% ursolic acid | 50 mg |
| Oat (*Avena sativa*) 10:1 **extract** | 50 mg |
| Rhodiola (*Rhodiola rosea*) root **extract**, 5% rosavins | 50 mg |
| Vitamin B2 (riboflavin, riboflavin-5'-phosphate sodium) | 27.5 mg |
| Vitamin B6 (pyridoxine hydrochloride / pyridoxal-5'-phosphate) | 27.5 mg |
| *para*-Aminobenzoic acid (PABA) | 25 mg |
| Choline bitartrate | 25 mg |
| Inositol (*myo*-inositol) | 25 mg |
| D-Ribose | 25 mg |
| Vitamin B1 (thiamine hydrochloride) | 25 mg |
| Vitamin B5 (calcium D-pantothenate) | 25 mg |
| Inositol hexanicotinate, flush-free (vitamin B3) | 17.5 mg |
| Chinese jujube (*Ziziphus jujuba*) fruit | 12.5 mg |
| Magnolia (*Magnolia officinalis*) bark 50:1 **extract**, 80% magnolol + honokiol | 7.5 mg |
| Vitamin B3 (niacinamide) | 7.5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 500 mcg |
| Vitamin B12 (methylcobalamin) | 75 mcg |
| Biotin | 37.5 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules at once daily with food or as directed by your health-care practitioner. Not to be taken immediately before bedtime. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#1166 · 16 vegetable capsules · UPC 6-28747-11166-9**
**#1163 · 30 vegetable capsules · UPC 6-28747-11163-8**
**#1277 · 60 vegetable capsules · UPC 6-28747-11277-2**
NPN 80084696 · V0324-R9
**Mood Enhancement · Stress Management**

# Stress Products

New Roots Herbal

## Joyful

capsules




### Healthy Mood Balance

Helps to promote healthy mood balance.
Helps to temporarily promote relaxation.

### Each vegetable capsule contains

| | |
|---|---|
| *gamma*-Aminobutyric acid (GABA) | 200 mg |
| L-Theanine | 83.33 mg |
| L-Tryptophan | 73.333 mg |
| L-5-Hydroxytryptophan (L-5-HTP) (from *Griffonia simplicifolia* seed) | 50 mg |
| San-qi ginseng (*Panax notoginseng*) leaf 15:1 **extract** | 50 mg |
| Phellodendron (*Phellodendron amurense*) bark **extract**, 1% berberine | 10 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 10 mg |
| Magnolia (*Magnolia officinalis*) bark 50:1 **extract**, 80% magnolol + honokiol | 5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 333 mcg |
| Vitamin B12 (methylcobalamin) | 333 mcg |
| Vitamin D3 (cholecalciferol) | 8.33 mcg (333.33 IU) |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

### Duration of use

*For healthy mood balance:* Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

**#2022 · 30 vegetable capsules · UPC 6-28747-12022-7**
**#2024 · 60 vegetable capsules · UPC 6-28747-12024-1**
NPN 80069682 · V0557-R1

Mood Enhancement · Neurological Health · Stress Management

## Saffron Zen

**With *affron*® Extract**

capsules

**Adults and Teens · Clinically Proven**




### Mood Balance · Stress Reduction Restlessness · Nervousness Fatigue · Weariness · Irritability

Affron® is clinically proven to support mood balance in adults and adolescents (12 years and over); to relieve restlessness or nervousness (calmative) and to reduce the symptoms of perceived stress, such as fatigue, weariness, and irritability; and to help improve sleep quality in 4 weeks, and restorative sleep in individuals experiencing sleeplessness.

### Each vegetable capsule contains

| | |
|---|---|
| Saffron (*Crocus sativus*) stigma **extract** (Affron®), standardized to 3.5% Lepticrosalides®, providing crocins and safranal | 14 mg |

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults and adolescents 12 years and over:** Take 1 capsule twice daily or as directed by your health-care practitioner.

### Duration of use

**Adolescents (12–17 years):** Consult a health-care practitioner for use beyond 8 weeks.
**Adults (18 years and older):** Consult a health-care practitioner for use beyond 12 weeks.

Affron® and Lepticrosalides® are registered trademarks of Pharmactive Biotech Products, S.L.U., sourced from Spain.

**#3387 · 60 vegetable capsules · UPC 6-28747-13387-6**
NPN 80097012 · V0695-R1

Herbs and Herbal Extracts · Mood Enhancement · Sleep Aids
Stress Management



Residual solvents from extraction processes rank among the critical quality-control concerns for natural health products. The GC-Headspace is employed to guarantee the purity of all New Roots Herbal products.

# Stress Products

## St. John's Wort

**Extract · 450 mg** capsules




### Calmative and Sedative

Used in herbal medicine to help relieve restlessness and nervousness (sedative and calmative).

### Each vegetable capsule contains

St. John's wort (*Hypericum perforatum*) aerial part 8:1 **extract** . . . . . 450 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 18 weeks.

**#0776 · 60 vegetable capsules · UPC 6-28747-10776-1**
NPN 80031047 · V0130-R4
**Herbs and Herbal Extracts · Mood Enhancement**
**Sleep Aids · Stress Management**

## Ultra Stress

**B Complex 50 mg + Vitamin C** capsules




### Flush-Free Formula

B-Complex supplement for the maintenance of good health. An antioxidant for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps the body to metabolize carbohydrates, fats, and proteins. Helps normal growth and development.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (ascorbic acid) | 425 mg |
| *para*-Aminobenzoic acid (PABA) | 50 mg |
| Choline (choline bitartrate) | 50 mg |
| Inositol (*myo*-inositol) | 50 mg |
| Vitamin B1 (thiamine hydrochloride) | 50 mg |
| Vitamin B2 (riboflavin) | 50 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 50 mg |
| Vitamin B5 (calcium D-pantothenate) | 50 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 50 mg |
| Vitamin B2 (riboflavin-5'-phosphate) | 5 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 150 mcg |
| Biotin | 75 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#0900 · 60 vegetable capsules · UPC 6-28747-10900-0**
**#0901 · 90 vegetable capsules · UPC 6-28747-10901-7**
**#0902 · 180 vegetable capsules · UPC 6-28747-10902-4**
NPN 80072064 · V0443-R2
**Stress Management · Vitamins and Minerals**

Full line of B vitamins, p. 227–234



Consumers rely on precise identification of botanical species and the quantity of marker compounds, especially when it relates to effectiveness on mood and stress. LC-MS/MS validates ingredients for identity and potency, ensuring consistent premium quality. It is able to detect compounds down to parts per trillion ($10^{-12}$) Consumers can trust in products that work for them.

# Strong Bones

capsules




## Builds Stronger Bones
## Reduces Risk of Osteoporosis

CURCUMIN TESTED BY Carbon-14

Helps in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Provides antioxidants for the maintenance of good health.

## Six (6) vegetable capsules contain

| | |
|---|---|
| Microcrystalline hydroxyapatite (freeze-dried MCHA)* | 3,600 mg |
| Calcium (from calcium hydroxyapatite*) | 900 mg |
| Protein (from calcium hydroxyapatite*) | 900 mg |
| Phosphorus (from calcium hydroxyapatite*) | 450 mg |
| L-Lysine (L-lysine monohydrochloride) | 300 mg |
| L-Proline | 300 mg |
| Glucosamine sulfate (from crab, lobster, shrimp, or prawn exoskeleton, stabilized with potassium chloride), sodium-free | 252 mg |
| Vitamin C (ascorbic acid) | 186 mg |
| Magnesium (from fully reacted magnesium bisglycinate) | 145 mg |
| Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric proanthocyanidins | 60 mg |
| Green tea (*Camellia sinensis*) leaf **extract**, 75% epigallocatechin-3-gallate (EGCG) | 42 mg |
| Field horsetail (*Equisetum arvense*) aerial part **extract**, 7% silica | 30 mg |
| Turmeric (*Curcuma longa*) root **extract**, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin | 20 mg |
| Zinc (from zinc monomethionine) | 9.3 mg |
| Lycopene (from tomato [*Solanum lycopersicum*] flesh) | 5 mg |
| Vitamin B1 (thiamine hydrochloride) | 4.65 mg |
| Boron (from boron citrate) | 3.36 mg |
| Manganese (from manganese citrate) | 2.79 mg |
| Lutein (from marigold [*Tagetes erecta*]) | 2 mg |
| Copper (from copper citrate) | 930 mcg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 500 mcg |
| Vitamin B12 (methylcobalamin) | 150 mcg |
| Vitamin K2 (menaquinone-4) | 83 mcg |
| Vitamin D3 (cholecalciferol) | 25 mcg (1,000 IU) |
| Vitamin K2 (menaquinone-7) | 10 mcg |

*From New Zealand cattle. Guaranteed free of bovine spongiform encephalopathy (BSE) and recombinant bovine growth hormone (rBGH).

## Other ingredients

Natural peppermint flavour, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#0296 · 90 vegetable capsules · UPC 6-28747-10296-4**
**#0297 · 180 vegetable capsules · UPC 6-28747-10297-1**
**#0950 · 360 vegetablecapsules ·UPC 6-28747-10950-5**
NPN 80030327 · V0209-R14

**50+ Health · Bone Health · Vitamins and Minerals**

# Strong Bones Boron-Free Formula

capsules




## Builds Stronger Bones
## Reduces Risk of Osteoporosis

CURCUMIN TESTED BY Carbon-14

Helps in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Provides antioxidants for the maintenance of good health.

## Six (6) vegetable capsules contain

| | |
|---|---|
| Microcrystalline hydroxyapatite (freeze-dried MCHA)* | 3,600 mg |
| Calcium (from calcium hydroxyapatite*) | 900 mg |
| Protein (from calcium hydroxyapatite*) | 900 mg |
| Phosphorus (from calcium hydroxyapatite*) | 450 mg |
| L-Lysine (L-lysine monohydrochloride) | 300 mg |
| L-Proline | 300 mg |
| Glucosamine sulfate (from crab, lobster, shrimp, or prawn exoskeleton, stabilized with potassium chloride), sodium-free | 252 mg |
| Vitamin C (ascorbic acid) | 186 mg |
| Magnesium (from fully reacted magnesium bisglycinate) | 145 mg |
| Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric proanthocyanidins | 60 mg |
| Green tea (*Camellia sinensis*) leaf **extract**, 75% epigallocatechin-3-gallate (EGCG) | 42 mg |
| Field horsetail (*Equisetum arvense*) aerial part **extract**, 7% silica | 30 mg |
| Turmeric (*Curcuma longa*) root **extract**, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin | 20 mg |
| Zinc (from zinc monomethionine) | 9.3 mg |
| Lycopene (from tomato [*Solanum lycopersicum*] flesh) | 5 mg |
| Vitamin B1 (thiamine hydrochloride) | 4.65 mg |
| Manganese (from manganese citrate) | 2.79 mg |
| Lutein (from marigold [*Tagetes erecta*] flower) | 2 mg |
| Copper (from copper citrate) | 930 mcg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 500 mcg |
| Vitamin B12 (methylcobalamin) | 150 mcg |
| Vitamin K2 (menaquinone-4) | 83 mcg |
| Vitamin D3 (cholecalciferol) | 25 mcg (1,000 IU) |
| Vitamin K2 (menaquinone-7) | 10 mcg |

*From New Zealand cattle. Guaranteed free of bovine spongiform encephalopathy (BSE) and recombinant bovine growth hormone (rBGH).

## Other ingredients

Natural peppermint flavour, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#1721 · 90 vegetable capsules · UPC 6-28747-11721-0**
**#1722 · 180 vegetable capsules · UPC 6-28747-11722-7**
**#1723 · 360 vegetable capsules · UPC 6-28747-11723-4**
NPN 80036486 · V0469-R8

**50+ Health · Bone Health · Vitamins and Minerals**

## Strong Bones Vegetarian:
Vegetarian

# Strong Bones
capsules




### Builds Stronger Bones
### Reduces Risk of Osteoporosis

CURCUMIN TESTED BY Carbon-14

Calcium, vitamin C, vitamin D, magnesium, manganese, and phosphorus help in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Vitamin D also helps in the absorption and use of calcium and phosphorus. Vitamin K2 also helps in the maintenance of bones. Copper helps to produce and repair connective tissue. Provides antioxidants for the maintenance of good health.

**This formula is suitable for vegetarian diets, as it contains no animal byproducts.**

### Nine (9) vegetable capsules contain

| | |
|---|---|
| Calcium (from calcium phosphate, tribasic) | 1,000 mg |
| Phosphorus (from calcium phosphate, tribasic) | 472.23 mg |
| L-Lysine | 300 mg |
| L-Proline | 300 mg |
| Magnesium (from fully reacted magnesium bisglycinate) | 270 mg |
| Glucosamine hydrochloride (from *Aspergillus niger*) | 252 mg |
| Vitamin C (ascorbic acid) | 186 mg |
| Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric proanthocyanidins | 60 mg |
| Green tea (*Camellia sinensis*) leaf **extract**, 75% epigallocatechin-3-gallate (EGCG) | 42 mg |
| Field horsetail (*Equisetum arvense*) aerial part **extract**, 7% silica | 30 mg |
| Turmeric (*Curcuma longa*) root **extract**, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin | 22.5 mg |
| Zinc (from zinc monomethionine) | 9.27 mg |
| Lycopene (from tomato [*Solanum lycopersicum*] flesh) | 5 mg |
| Vitamin B1 (thiamine hydrochloride) | 4.65 mg |
| Boron (from boron citrate) | 3.36 mg |
| Manganese (from manganese citrate) | 2.79 mg |
| Lutein (from marigold [*Tagetes erecta*] oleoresin) | 2 mg |
| Copper (from copper citrate) | 930 mcg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 500 mcg |
| Vitamin B12 (methylcobalamin) | 150 mcg |
| Vitamin K2 (from menaquinone-4 [83 mcg] and menaquinone-7 [10 mcg]) | 93 mcg |
| Vitamin D3 (cholecalciferol) | 25 mcg (1,000 IU) |

### Other ingredients

Natural peppermint flavour, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#2121 · 270 vegetable capsules · UPC 6-28747-12121-7**
NPN 80071671 · V0529-R4
**50+ Health · Bone Health · Vitamins and Minerals**

# Strontium Strong
capsules




### Osteo Support · 340 mg

Helps to support bone mineral density.

### Each vegetable capsule contains

| | |
|---|---|
| Strontium (from strontium citrate) | 340 mg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults 50 years and older:** Take 2 capsules once daily or as directed by your health-care practitioner. Vitamin D and calcium supplements should also be taken if dietary intake is inadequate or if recommended by a health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

**#2447 · 120 vegetable capsules · UPC 6-28747-12447-8**
NPN 80086406 · V0628-R1
**50+ Health · Bone Health · Vitamins and Minerals**

# Super Fibre
## Psyllium · 620 mg
capsules




### Lowers Cholesterol
### Promotes Regularity
### Gently Relieves Constipation

Provides gentle relief of constipation or irregularity. Lowers cholesterol. Promotes heart health. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Each vegetable capsule contains

| | |
|---|---|
| Psyllium (*Plantago ovata*) husk | 620 mg |

### Other ingredients

Inulin in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** *For constipation or irregularity:* Take 3 capsules twice daily (morning and evening) with 8 oz. of water or juice, before or after meals. Follow with a second glass of liquid. Effects observed 12–24 hours after first dose, and may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them. *For cholesterol, heart health, and cardiovascular effects:* Take 6 capsules three times a day (morning, afternoon, and evening) with 8 oz. of water or juice, before or after meals. Follow with a second glass of liquid. If you are taking other medications, take this product 2 hours before or after them.

**#0011 · 100 vegetable capsules · UPC 6-28747-10011-3**
NPN 80021829 · V0059-R2
**Cholesterol Management · Digestive Health**
**Herbs and Herbal Extracts · Weight Management**

# Super Immune

**Sterols & Sterolins with Arabinogalactan** — capsules




## Lowers Total and LDL Cholesterol
## Supports Healthy Cholesterol Levels
## Maintains Immune Function

Helps lower blood total and LDL cholesterol.
Helps maintain healthy cholesterol levels.
Helps to maintain immune function.

### Each vegetable capsule contains

| | |
|---|---|
| Free plant sterols (from non-GMO soy) (combined 80% *beta*-sitosterol, stigmasterol, and campesterol) | 240 mg |
| D-Galacto-L-arabinan (from *Larix laricina*) | 206 mg |
| Zinc (from zinc citrate) | 175 mcg |

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 4 capsules daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

**#1008 · 30 vegetable capsules · UPC 6-28747-11008-2**
**#1195 · 120 vegetable capsules · UPC 6-28747-11195-9**
**#1197 · 240 vegetable capsules · UPC 6-28747-11197-3**
NPN 80024333 · V0425-R3
**Cholesterol Management · Immune Health**

# Super Iron

**15 mg** — capsules




## Advanced Formula with Vitamins C and B12

Helps to form red blood cells and helps in their proper function. Vitamin C is an antioxidant for the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (ascorbic acid) | 175 mg |
| Iron (from iron ascorbate) | 15 mg |
| Vitamin B1 (thiamine hydrochloride) | 5 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 5 mg |
| Inositol hexanicotinate, flush-free (vitamin B3) | 2 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 2 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 250 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!
**#3503 · 30 vegetable capsules · UPC 6-28747-13503-0**
**#0970 · 90 vegetable capsules · UPC 6-28747-10970-3**
NPN 80048168 · V0489-R3
**Energy · Vitamins and Minerals · Women's Health**

Full line of iron supplements, p. 118–119

# Superfood: Organic Fermented Superfood Blend

**+ Inulin from Jerusalem Artichoke** — powder




## 29 Fully Fermented Plants
## Unsweetened and No Flavour Added
## 35 Calories per Portion
## 100% Natural · Gluten-Free
## Non-GMO

Fermented to maximize nutritional value · Very high source of fibre · Gut-friendly · Vegan · Nondairy · No soy · Add to taste in soups, stews, and shakes

### Ingredients

**Organic** fermented greens blend (**organic** wheatgrass, **organic** alfalfa grass, **organic** spirulina, **organic** broken-cell chlorella, **organic** barley grass, **organic** oat grass, **organic** rockweed, Vitakelp™) • **Organic** fermented fruit blend (**organic** noni fruit, **organic** amla fruit, **organic** apple, **organic** strawberry, **organic** blackcurrant, **organic** blueberry, **organic** cranberry, **organic** pomegranate juice, **organic** raspberry) • **Organic** fermented vegetable blend (**organic** carrot, **organic** beet, **organic** parsley, **organic** spinach, **organic** broccoli, **organic** kale, **organic** green cabbage, **organic** onion, **organic** pea protein) • **Organic** fermented flaxseed fibre • **Organic** fermented ginger • **Organic** fermented turmeric • **Organic** inulin (from Jerusalem artichoke).

### Nutrition Facts · Per 1½ tbsp. (11 g)

| Calories 35 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0.4 g | 1 % | Protein 2 g | |
| Saturated 0 g + *Trans* 0 g | 0 % | Cholesterol 0 mg | |
| Polyunsaturated 0.2 g | | Sodium 95 mg | 4 % |
| Omega-6 0.1 g | | Potassium 0 mg | 0 % |
| Omega-3 0.1 g | | Calcium 0 mg | 0 % |
| Monounsaturated 0.1 g | | Iron 0 mg | 0 % |
| Total Carbohydrate 7 g | | | |
| Dietary Fibre 6 g | 21 % | | |
| Sugars 1 g | 1 % | | |

*5% or less is a little, 15% or more is a lot

**#2341 · 230 g / 21 portions · UPC 6-28747-02341-2**
PM0792-R1
NONTAXABLE ITEM
**Digestive Health · Fermented Products · Functional Foods**

Full line of fermented products, p. 98–99

# Sweet-to-Clean

**Plant-Based Sweetener Xylitol · Organic** — powder




## No Aftertaste
## 10 Calories per Teaspoon
## 100% Pure · Gluten-Free · Non-GMO

As sweet as sugar, xylitol is a lower caloric alternative to table sugar without any unpleasant aftertaste. Its look, feel, and consistency make it ideal for all recipes.
Low glycemic impact · Ideal for baking · Keto-friendly

### Ingredient

**Organic** xylitol.

### Directions of use

As sweet as sugar · 1 tsp. Sweet-to-Clean = 1 tsp. sugar

### Nutrition Facts · Per 1 tsp. (4 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Carbohydrate 4 g | 0 % |
| Protein 0 g | | Sugars 0 g | |
| | | Xylitol 4 g | |

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.
*5% or less is a little, 15% or more is a lot

**#2459 · 454 g · UPC 6-28747-02459-4**
P0815-R1
**NONTAXABLE ITEM**
**Keto Diet · Natural Sweeteners · Weight Management**

Full line of natural sweeteners, p. 217–218

## Sweet-to-Slim

**Plant-Based Sweetener**
**Erythritol · Organic**
powder




### 0 calories · 100% Pure
### Gluten-Free · Non-GMO

A naturally occurring source of sweetness with a flavour profile similar to that of table sugar, erythritol has 95% less calories than sugar, without the aftertaste of many artificial sweeteners.
Low glycemic impact · Crystalline texture · Clear appearance when dissolved · Keto-friendly

### Ingredient

**Organic** erythritol.

### Directions of use

30% less sweetness than sugar
1⅓ tsp. Sweet-to-Light = 1 tsp. sugar

### Nutrition Facts · Per 1 tsp. (4 g)

| Calories 0 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Carbohydrate 4 g | 0 % |
| Protein 0 g | | Sugars 0 g | |
| | | Erythritol 4 g | |

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.
*5% or less is a little, 15% or more is a lot

**#2460 · 454 g · UPC 6-28747-02460-0**
P0806-R1
**NONTAXABLE ITEM**
**Blood Glucose Management · Natural Sweeteners**
**Weight Management**

Full line of natural sweeteners, p. 217–218

## Sweet Orange Organic Essential Oil

***(Citrus × sinensis)***
**100% Pure · Certified Organic**




Used in aromatherapy as a nervine/calmative.
Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

### Each drop contains

**Organic** sweet orange (*Citrus × sinensis*) fruit peel essential oil . . . . . 100%

### Active compounds

Limonene and *beta*-pinene.

### Directions of use

**Adults:** Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with vegetable oil.

### Duration of use

For occasional use only.

**#2146 · 15 ml · UPC 6-28747-22146-7**
NPN 80071182 · O0058-R1
**Essential Oils**

Full line of essential oils, p. 82–90

## Sweet Wormwood Max

***Artemisia annua* 500 mg**
**10% Artemisinin**
capsules




### Strengthens Immune Function

Helps with immune function. An antioxidant that helps protect cells from oxidative damage caused by free radicals. A factor in the maintenance of good health.

### Each vegetable capsule contains

Sweet wormwood (*Artemisia annua*) **extract**, 10% artemisinin . . . . . 500 mg
Vitamin C (ascorbic acid) . . . . . 6 mg

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults 19+:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 7 days. For occasional use only.

**#3193 · 60 vegetable capsules · UPC 6-28747-13193-3**
NPN 80112296 · V0745-R1
**Herbs and Herbal Extracts · Immune Health**
**Parasitic and Fungal Management**



# Natural Sweeteners

## Smooth Stevia

powder




**Plant-Based Sweetener**
**Sugar Substitute · Nonbitter**
**0 Calories · 100% All Natural**
**Vegan · Gluten-Free · Non-GMO**

Low glycemic index. Be mindful of the dosage, because 1/32 tsp. of Smooth Stevia = 1 teaspoon of sugar.

### Ingredients

Isomaltulose (naturally occurring disaccharide from sugar beet) and stevia (*Stevia rebaudiana*) concentrate.

### Directions of use

Add to taste to your favourite beverage and stir. Excellent sugar substitute for coffee, tea, and for baking!

### Nutrition Facts · Per 1/32 tsp. (0.1 g)

| Calories 0 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Carbohydrate 0 g | 0 % |
| Protein 0 g | | | |

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.
*5% or less is a little, 15% or more is a lot

**#1923 · 30 g · UPC 6-28747-01923-1**
PM0056-R1
NONTAXABLE ITEM
**Functional Foods · Keto Diet · Natural Sweeteners**
**Weight Management**

## Stevia Sugar
**Spoonable**

powder




**Plant-Based Sweetener**
**Sugar Substitute with Inulin**
**0 Calories · 100% All Natural**
**Vegan · Keto · Gluten-Free · Non-GMO**

Zero calories. No glycemic response.

### Ingredients

Inulin (from chicory root) and stevia (*Stevia rebaudiana*) leaf **extract**.

### Directions of use

One teaspoon or one sachet of Stevia Sugar equals the taste of two teaspoons of regular sugar. Add to taste.

### Nutrition Facts · Per 1/4 tsp. (1 g)

| Calories 0 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Carbohydrate 1 g | |
| Protein 0 g | | Fibre 1 g | 4 % |

*5% or less is a little, 15% or more is a lot

**#1070 · 250 g · UPC 6-28747-91070-5**
**#1069 · 454 g · UPC 6-28747-91069-9**
PM0434-R3
NONTAXABLE ITEM
**Keto Diet · Natural Sweeteners · Weight Management**

## Stevia Sweetleaf

liquid




**Plant-Based Sweetener**
**0 Calories · 100% All Natural**
**Vegan · Gluten-Free · Non-GMO**

Stevia liquid **extract**.

### Ingredients

Water, vegetable glycerin, **organic** alcohol from sugarcane, and stevia (*Stevia rebaudiana*) leaf **extract**.

### Directions of use

Use as desired and sweeten to taste using 1 to 5 drops.

**#0267 · 30 ml · UPC 6-28747-20267-1**
LM0091-R1
NONTAXABLE ITEM
**Keto Diet · Natural Sweeteners**
**Weight Management**

## Stevia
**White Powder Concentrate**




**Plant-Based Sweetener**
**0 calories · 100% All Natural**
**Vegan · Gluten-Free · Non-GMO**

Intensely sweet and safe for diabetics, it is a terrific ally to lower sugar and artificial sweetener consumption.

### Ingredients

Stevia (*Stevia rebaudiana*) leaf **extract**.

### Directions of use

The white powder extract of *Stevia rebaudiana* is very strong. Use a very small quantity to your individual taste.

### Nutrition Facts · Per 1/32 tsp. (0.1 g)

| Calories 0 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Protein 0 g | |
| Carbohydrate 0 g | 0 % | | |

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.
*5% or less is a little, 15% or more is a lot

**#0164 · 15 g · UPC 6-28747-00164-9**
**#0202 · 30 g · UPC 6-28747-00202-8**
PM0116-R1
NONTAXABLE ITEM
**Keto Diet · Natural Sweeteners · Weight Management**



# Natural Sweeteners

## Sweet-to-Clean

**Plant-Based Sweetener**
**Xylitol · Organic** powder




### No Aftertaste
### 10 Calories per Teaspoon
### 100% Pure · Gluten-Free · Non-GMO

As sweet as sugar, xylitol is a lower caloric alternative to table sugar without any unpleasant aftertaste. Its look, feel, and consistency make it ideal for all recipes.
Low glycemic impact · Ideal for baking · Keto-friendly

### Ingredient

**Organic** xylitol.

### Directions of use

As sweet as sugar
1 tsp. Sweet-to-Clean = 1 tsp. sugar

### Nutrition Facts · Per 1 tsp. (4 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Carbohydrate 4 g | 0 % |
| Protein 0 g | | Sugars 0 g | |
| | | Xylitol 4 g | |

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.
*5% or less is a little, 15% or more is a lot

**#2459 · 454 g · UPC 6-28747-02459-4**
P0815-R1
NONTAXABLE ITEM
Keto Diet · Natural Sweeteners
Weight Management

## Sweet-to-Slim

**Plant-Based Sweetener**
**Erythritol · Organic** powder




### 0 calories · 100% Pure
### Gluten-Free · Non-GMO

A naturally occurring source of sweetness with a flavour profile similar to that of table sugar, erythritol has 95% less calories than sugar, without the aftertaste of many artificial sweeteners.
Low glycemic impact · Crystalline texture · Clear appearance when dissolved · Keto-friendly

### Ingredient

**Organic** erythritol.

### Directions of use

30% less sweetness than sugar
1⅓ tsp. Sweet-to-Light = 1 tsp. sugar

### Nutrition Facts · Per 1 tsp. (4 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Carbohydrate 4 g | 0 % |
| Protein 0 g | | Sugars 0 g | |
| | | Erythritol 4 g | |

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.
*5% or less is a little, 15% or more is a lot

**#2460 · 454 g · UPC 6-28747-02460-0**
P0806-R1
NONTAXABLE ITEM
Blood Glucose Management · Natural Sweeteners
Weight Management




Sourcing and guaranteeing a botanical origin for naturally sourced sweeteners is very important. HPLC/UHPLC (not shown) is used to determine the origins and potency of raw materials. The Rotor-Gene Q thermocycler validates raw materials to ensure non-GMO status.

# Tamanu Oil
## Certified Organic




### Moisture Barrier Maintenance

Cold-pressed tamanu nut oil quenches the skin to help retain moisture and to reduce the signs of aging skin. It will help restore the look of your skin and so much more.

### Each bottle contains

**Organic** tamanu (*Calophyllum inophyllum*) seed oil, cold-pressed, nondeodorized . . . . . 30 ml
with **organic** rosemary (*Rosmarinus officinalis*) **extract**.

### Ingredients

**Organic** *Calophyllum inophyllum* seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf **extract**.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

**#1600 · 30 ml · UPC 6-28747-21600-5**
OM0121-R2
**Beauty · Exotic Skin Oils · Skin**

Full line of exotic skin oils, p. 92–95

# Taurine
## 500 mg capsules




### Supports Cardiovascular Health

Helps to support cardiovascular function.

### Each vegetable capsule contains

Taurine (2-aminoethanesulfonic acid) . . . . . 500 mg

### Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule made with vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules once or twice daily or as directed by your health-care practitioner.

**#0089 · 90 vegetable capsules · UPC 6-28747-10089-2**
NPN 80021987 · V0103-R2
**Amino Acids and Proteins · Heart and Blood**

**NEW PRODUCT! Since November 2025**

# Taurine
## 750 mg capsules




### Cardiovascular Health
### Muscle Function

Helps to support cardiovascular function. Helps reduce the frequency, intensity, and duration of cramps in individuals with chronic liver disease. Provides an antioxidant.

### Each vegetable capsule contains

Taurine (2-aminoethanesulfonic acid) . . . . . 750 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 4 capsules daily or as directed by your health-care practitioner.

**#3566 · 120 vegetable capsules · UPC 6-28747-13566-5**
NPN 80141973 · V0566-R1
**Heart and Blood · Muscle Support**

# Tea Tree
# Organic Essential Oil
## *Melaleuca alternifolia*
## 100% Pure · Certified Organic




Used in aromatherapy to help relieve colds/cough. Helps to improve symptoms of fungal nail-bed infections. Helps treat acne pimples.

### Each drop contains

**Organic** tea tree (*Melaleuca alternifolia*) leaf or twig essential oil . . . . . 100%

### Active compounds

Terpinen-4-ol, *alpha*- and *gamma*-terpinene.

### Directions of use

**Adults:** • For aromatherapy use: Mix 1 drop of essential oil in 1 tsp. (5 ml) of carrier (vegetable) oil (1% essential oil). Rub and/or massage into skin until solution vanishes. *For local application (10% or less of body surface area):* Apply to affected area up to three times per day. • For acne use: Mix 5 drops of essential oil in 1 tsp. (5 ml) of carrier (vegetable) oil (5% essential oil). Cleanse skin thoroughly before applying the product. Apply product to affected areas one to three times daily. • For nail fungus use: Do not dilute in carrier oil. Apply sparingly to affected nail(s) twice daily. Avoid contact with skin. • For all uses: Do not apply undiluted essential oils to skin. Not for oral use.

### Duration of use

For occasional use only.

**#2117 · 15 ml · UPC 6-28747-22117-7**
**#2116 · 50 ml · UPC 6-28747-22116-0**
NPN 80069443 · O0029-R1
**Essential Oils**

Full line of essential oils, p. 82–90

## Theanine
# L-Theanine
## 250 mg capsules




### Relaxation

Helps to temporarily promote relaxation.

### Each vegetable capsule contains

L-Theanine . . . . . 250 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#1786 · 30 vegetable capsules · UPC 6-28747-11786-9**
**#2551 · 60 vegetable capsules · UPC 6-28747-12551-2**
**#2552 · 120 vegetable capsules · UPC 6-28747-12552-9**
NPN 80039946 · V0484-R2
**Amino Acids and Proteins · Memory Help**
**Sleep Aids**

Full line of antistress products, p. 208–212

# Thyme
# Pure Essential Oil
***Thymus vulgaris***




## 100% Pure · Clean · Unadulterated

**Aroma:** Herbal, fresh, spicy.
**Attributes:** Elevating, revitalizing, clarifying.
**Scent note:** Middle Note

## Each drop contains

Thyme (*Thymus vulgaris*) flowering herb top essential oil, steam-distilled . . . . . 100%

## Active compounds

Thymol and *p*-cymene.

## Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

## Duration of use

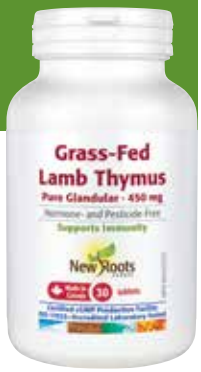
For external and occasional use only.

**#3212 · 30 ml · UPC 6-28747-13212-8**
O0091-R1
**Essential Oils**

Full line of essential oils, p. 82–90

Thymus:
# Grass-Fed Lamb Thymus
**Pure Glandular · 450 mg**

tablets




## Hormone- and Pesticide-Free
## Supports Immunity

Supports good health.
Helps support immune function.

## Each tablet contains

Glandular thymus (from lamb [*Ovis aries*]) . . . . . 450 mg
Vitamin C . . . . . 6 mg

*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

## Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

## Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner.

**#2482 · 30 tablets · UPC 6-28747-12482-9**
**#3436 · 90 tablets · UPC 6-2877-13436-1**
NPN 80103735 · V0524-R2
**Glandular Extracts · Immune Health**

# Thyrosyn

capsules




## Supports Thyroid Gland Function

Iodine helps in the function of the thyroid gland. An antioxidant for the maintenance of good health.

## Each vegetable capsule contains

L-Tyrosine . . . . . 125 mg
Vitamin E (D-*alpha*-tocopheryl acid succinate) from sunflower . . . . . 67 mg AT (100 IU)
Adrenal gland 3:1 concentrate (from pork [*Sus scrofa*]) . . . . . 60 mg
Spleen (organ), from bovine source (*Bos taurus*) . . . . . 40 mg
Potassium (from potassium citrate) . . . . . 10.5 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . 5 mg
L-Cysteine hydrochloride . . . . . 5 mg
L-Cystine . . . . . 5 mg
Myrrh (*Commiphora myrrha*) . . . . . 5 mg
Myrtle (*Myrtus communis*) . . . . . 5 mg
Norwegian kelp (*Ascophyllum nodosum*), 0.1% iodine . . . . . 5 mg

## Other ingredients

Spearmint (*Mentha spicata*) leaf, peppermint (*Mentha × piperita*) leaf, natural peppermint flavour, silicon dioxide, and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule three times daily or as directed by your health-care practitioner.

**#0811 · 60 vegetable capsules · UPC 6-28747-10811-9**
NPN 80056805 · V0212-R6
**Energy · Glandular Extracts**

Time Release
# Vitamin C
**1,000 mg**
**With Citrus Bioflavonoids and Rose Hips**

tablets




## Immune Support

Helps to maintain/support immune function. Vitamin C is a factor in the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation. Helps in wound healing. An antioxidant for the maintenance of good health.

## Each tablet contains

Vitamin C (ascorbic acid) . . . . . 1,000 mg
Citrus bioflavonoids (from bitter orange [*Citrus × aurantium*]), 50% hesperidin . . . . . 150 mg
Rose hips (*Rosa canina*) . . . . . 50 mg

## Other ingredients

Hyprolose, dicalcium phosphate, vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, and vegetable stearic acid, with a coating of polyvinyl alcohol, talc, polyethylene glycol, and polysorbate 80.

## Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 2 months.

**#0270 · 60 tablets · UPC 6-28747-10270-4**
**#0933 · 120 tablets · UPC 6-28747-10933-8**
**#0934 · 250 tablets · UPC 6-28747-10934-5**
NPN 80041930 · V0077-R4
**Antioxidants · Immune Health**
**Vitamins and Minerals**

Full line of vitamin C products, p. 235–237

## Tingsation

**Essential Oil for Tingling Toes and Fingers**




For sensitive or tingling toes and fingers.

### Each bottle contains

Lavender (*Lavandula angustifolia*) essential oil, geranium (*Pelargonium graveolens*) essential oil, bluegum (*Eucalyptus globulus*) essential oil, bergamot (*Citrus bergamia*) essential oil, tea tree (*Melaleuca alternifolia*) essential oil, **organic** alcohol from sugarcane, and tetrahydropiperine (from black pepper [*Piper nigrum*]).

### Directions of use

**Adults:** For topical use only; not for oral use. Apply to the affected area (toes and fingers) up to 4 times per day. Massage into skin until solution is completely absorbed. Do not use on broken skin. Do not tightly bandage. Do not apply with external heat, such as an electric heating pad, as this may result in excessive skin irritation or burning sensation.

### Duration of use

For occasional use only; consult a health-care practitioner for prolonged use.

**#1929 · 15 ml · UPC 6-28747-21929-7**
LM0002-R1
**Essential Oils · Pain and Inflammation**

Full line of essential oils, p. 82–90

## Travelers' Probiotic

**Protection** capsules




### 21 Billion + Live Active Probiotics Delivered Safely to the Intestines 12 Strains · Protects Against Travelers' Diarrhea · GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid

Helps to reduce the risk of travelers' diarrhea and the risk of antibiotic-associated diarrhea. Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.

### Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live active healthy whole cells (21 billion) to the intestines

**Human Strains**

| | |
|---|---|
| *Lactobacillus acidophilus* R0418 | 619 million CFU |
| *Bifidobacterium breve* R0070 | 338 million CFU |
| *Bifidobacterium longum* ssp. *infantis* R0033 | 338 million CFU |
| *Bifidobacterium longum* ssp. *longum* R0175 | 338 million CFU |

**Plant Strains**

| | |
|---|---|
| *Saccharomyces boulardii* | 10 billion CFU |
| *Lactobacillus plantarum* R1012 | 450 million CFU |

**Dairy Strains**

| | |
|---|---|
| *Lactobacillus rhamnosus* R0011 | 4.5 billion CFU |
| *Lactobacillus rhamnosus* R1039 | 3.375 billion CFU |
| *Lactobacillus helveticus* R0052 | 563 million CFU |
| *Lactobacillus casei* R0215 | 450 million CFU |
| *Streptococcus salivarius* ssp. *thermophilus* R0083 | 225 million CFU |
| *Lactobacillus delbrueckii* ssp. *bulgaricus* R9001 | 56 million CFU |

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), vegetable magnesium stearate, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Children 6–12 years, adolescents, and adults:** Take 1 capsule once or twice daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. *For travelers' diarrhea risk reduction:* Start 5 days prior to traveling and continue during the entire duration of the trip. Finish remaining capsules after return.

**#1679 · 30 vegetable capsules · UPC 6-28747-11679-4**
NPN 80034369 · V0463-R2
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

## Tribulus Terrestris

**300 mg** capsules




### Source of Saponins with Tonic Properties

### Each vegetable capsule contains

| | |
|---|---|
| *Tribulus terrestris* fruit **extract**, 40% saponins | 300 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

**#0277 · 90 vegetable capsules · UPC 6-28747-10277-3**
NPN 80041605 · V0181-R4
**Herbs and Herbal Extracts · Sexual Health (Men)**

> "Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway."
>
> *Earl Nightingale*

NEW PRODUCT! Since May 2025

# TUDCA Care

**Tauroursodeoxycholic Acid 250 mg**
**27.5 mg Pure Choline** capsules




## Supports Liver Function

Helps to support liver function.

## Each vegetable capsule contains

| | |
|---|---|
| Tauroursodeoxycholic acid (sourced from chicken liver) | 250 mg |
| Choline (from choline bitartrate) | 27.5 mg |

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults (18 years and over):** Take 1 capsule twice daily or as directed by your health-care practitioner.

**#3521 · 60 vegetable capsules · UPC 6-28747-13521-4**
NPN 80126947 · V0833-R1
**Detoxification · Digestive Health**
**Neurological Health**

# Turkey Tail:
# Coriolus

**Turkey Tail · 500 mg**
**Hot-Water Extract** capsules




## Medicinal Mushrooms
## Immune Support · Antioxidant
## 50% *beta*-Glucans (250 mg)
## from 55% Polysaccharides (275 mg)

Used in herbal medicine to support the immune system. Source of antioxidants.

## Each vegetable capsule contains

Coriolus (*Trametes versicolor*) mushroom **extract** standardized to 55% polysaccharides (275 mg) providing 50% *beta*-glucans (250 mg) . . . . . 500 mg

Hot-water extraction.

## Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule three times daily with food or as directed by your health-care practitioner. Dosage can be increased up to 2 capsules two or three times daily.

**#1864 · 60 vegetable capsules · UPC 6-28747-11864-4**
NPN 80070797 · V0506-R4
**Immune Health · Medicinal Mushrooms**

Full line of medicinal mushrooms, p. 137–141

> "Learn to light a candle in the darkest moments of someone's life. Be the light that helps other people see; it is what gives life its deepest significance."
>
> *Roy T. Bennett*

# Turmeric:
# Curcumin

**Plus Piperine**
**95% Curcuminoids · 500 mg** capsules




## Anti-Inflammatory
## Carbon-14–Tested
## to Guarantee Freedom from Impurities and Synthetic Substitutes

CURCUMIN TESTED BY Carbon-14

Provides antioxidants. Used in herbal medicine to help relieve joint inflammation.

## Each vegetable capsule contains

| | |
|---|---|
| Turmeric (*Curcuma longa*) root **extract**, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin | 500 mg |
| Black pepper (*Piper nigrum*) fruit **extract**, 95% piperine | 5 mg |

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1–3 capsules daily or as directed by your health-care practitioner. *Joint inflammation:* Take 1 capsule three times daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

**#1154 · 90 vegetable capsules · UPC 6-28747-11154-6**
NPN 80093664 · V0328-R3
**Herbs and Herbal Extracts · Pain and Inflammation**

# Turmeric:
**Organic**
# Fermented Turmeric

**Whole-Food Powder**




## Unsweetened and No Flavour Added
## 10 Calories per Portion
## 100% Pure · Gluten-Free · Non-GMO

Antioxidant-rich turmeric ranks among the world's superfoods for both health benefits and culinary versatility. Our organic turmeric is naturally fermented for an enhanced flavour profile and ease of intestinal assimilation. It's a great way to invigorate the nutritional quotient of smoothies and soups, while being a great fit for countless culinary applications.

## Ingredient

**Organic** fermented turmeric root.

## Recommended use

Add to water, juice, smoothies, or your favourite beverages including hot teas. Can be used in cooking with curries, marinades, vegetables, stir-fry, and stews, as well as for your signature dips or spreads. Try it on popcorn or roasted nuts.

### Nutrition Facts · Per 1 tsp. (3 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Cholesterol 0 mg | |
| Saturated 0 g + *Trans* 0 g | 0 % | Sodium 0 mg | 0 % |
| Carbohydrate 2 g | | Potassium 100 mg | 2 % |
| Fibre 1 g | 4 % | Calcium 10 mg | 1 % |
| Sugars 0 g | 0 % | Iron 1.75 mg | 10 % |
| Protein 0.2 g | | | |

*5% or less is a little, 15% or more is a lot

**#2281 · 150 g / 50 portions · UPC 6-28747-02281-1**
P0760-R1
**NONTAXABLE ITEM**
**Fermented Products · Functional Foods**

Full line of fermented products, p. 98–99

## Ultimate Bromelain
**500 mg · 2,400 GDU/g** capsules




### Extra Strength Digestive Enzyme
Digestive enzyme.

### Each vegetable capsule contains
Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem), 2,400 GDU/g . . . . . 500 mg (18,000,000 FCC PU)

### Other ingredients
Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule one to three times daily with food or as directed by your health-care practitioner.

### Duration of use
Consult a health-care practitioner for prolonged use.

**#0238 · 90 vegetable capsules · UPC 6-28747-10238-4**
NPN 80034028 · V0198-R4
**Digestive Health · Enzymes**

## Ultra B Complex 50
**Full Spectrum**
**Includes Active**
**B2 · B5 · B6 · B12 · Folate** capsules




### Advanced Flush-Free Formula
Multivitamin for maintenance of good health. Helps to maintain the body's ability to metabolize nutrients and in the formation of red blood cells. Helps in supporting liver function.

### Each vegetable capsule contains

| | |
|---|---|
| *para*-Aminobenzoic acid (PABA) | 50 mg |
| Choline (choline bitartrate) | 50 mg |
| Inositol (*myo*-inositol) | 50 mg |
| Vitamin B1 (thiamine hydrochloride) | 50 mg |
| Vitamin B2 (riboflavin) | 50 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 50 mg |
| Vitamin B5 (calcium D-pantothenate) | 50 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 50 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 5 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1,000 mcg |
| Vitamin B12 (methylcobalamin) | 150 mcg |
| Biotin | 75 mcg |

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

**#0892 · 60 vegetable capsules · UPC 6-28747-10892-8**
**#0893 · 90 vegetable capsules · UPC 6-28747-10893-5**
**#0600 · 180 vegetable capsules · UPC 6-28747-10600-9**
NPN 80071452 · V0243-R5
**Energy · Vitamins and Minerals**

Full line of B vitamins, p. 227–234

## Ultra B Complex 100
**Full Spectrum**
**Includes Active**
**B2 · B5 · B6 · B12 · Folate** capsules




### Advanced Flush-Free Formula
B-Complex supplement for maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B1 (thiamine hydrochloride) | 100 mg |
| Vitamin B2 (riboflavin) | 90 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 10 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 100 mg |
| Vitamin B5 (calcium D-pantothenate) | 100 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 90 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 10 mg |
| Vitamin B12 (methylcobalamin) | 300 mcg |
| Inositol (*myo*-inositol) | 80 mg |
| *para*-Aminobenzoic acid (PABA) | 50 mg |
| Choline (choline bitartrate) | 45 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1,000 mcg |
| Biotin | 75 mcg |

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

**#0897 · 60 vegetable capsules · UPC 6-28747-10897-3**
**#0898 · 90 vegetable capsules · UPC 6-28747-10898-0**
**#0899 · 180 vegetable capsules · UPC 6-28747-10899-7**
NPN 80070564 · V0244-R3
**Energy · Vitamins and Minerals**

Full line of B vitamins, p. 227–234

## Ultra Iron
**30 mg** capsules




### Advanced Formula with Vitamins C and B12
Helps to prevent iron deficiency. Helps to form red blood cells and helps in their proper function.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (ascorbic acid) | 350 mg |
| Iron (from iron ascorbate) | 30 mg |
| Vitamin B1 (thiamine hydrochloride) | 10 mg |

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 10 mg |
| Inositol hexanicotinate, flush-free (vitamin B3) | 4 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 4 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 350 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

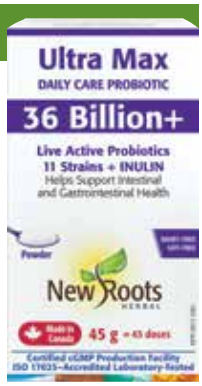
**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

NEW CHILD-RESISTANT PACKAGE!
**#3501 · 30 vegetable capsules · UPC 6-28747-13501-6**
**#0971 · 90 vegetable capsules · UPC 6-28747-10971-0**
NPN 80047902 · V0485-R3
**Energy · Vitamins and Minerals · Women's Health**

Full line of iron supplements, p. 118–119

## Ultra Max

powder




### Daily Care Probiotic
### 36 Billion+ Live Active Probiotics
### 11 Strains plus Inulin
### Helps Support Intestinal and Gastrointestinal Health
### DAIRY-FREE · SOY-FREE

**Specific-use probiotic in case of difficulty swallowing a capsule, or with oral or gastric target.**

Ultra Max is a potent, complete formulation of 11 specific strains of beneficial bacteria cultures. Provides live microorganisms that temporarily modify gut flora.

### Each ¼ teaspoon contains

| | |
|---|---|
| **Human Strains** | |
| *Lactobacillus rhamnosus* UB5115 | 25.36 billion CFU |
| *Lactobacillus casei* UB1499 | 6.482 billion CFU |
| *Bifidobacterium breve* UB8674 | 1.08 billion CFU |
| *Bifidobacterium longum* ssp. *infantis* UB9214 | 1.08 billion CFU |
| *Bifidobacterium longum* ssp. *longum* UB7691 | 1.08 billion CFU |
| *Lactobacillus acidophilus* UB5997 | 90 million CFU |
| **Plant Strain** | |
| *Lactobacillus plantarum* UB2783 | 252 million CFU |
| **Dairy Strains** | |
| *Lactobacillus helveticus* UB7229 | 216 million CFU |
| *Lactobacillus paracasei* UB1978 | 182 million CFU |
| *Lactobacillus reuteri* UB2419 | 144 million CFU |
| *Lactobacillus johnsonii* UB3394 | 43.2 million CFU |

All stains are whole-cell.

### Other ingredients

Arabinogalactan (10 mg), inulin (10 mg), vitamin C (ascorbic acid), non-GMO potato starch, non-GMO potato maltodextrin, trehalose, and sodium ascorbate.

### Directions of use

**Children 6–12 years, adolescents, and adults:** Take ¼ teaspoon in cold food or water once daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. Nonclumping. Does not alter the taste of food.

**#0056 · 45 g / 45 doses · UPC 6-28747-00056-7**
NPN 80111061 · PM0113-R3
**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 175–188

## Ultra Stress

**B Complex 50 mg + Vitamin C** capsules




### Flush-Free Formula

B-Complex supplement for the maintenance of good health. An antioxidant for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps the body to metabolize carbohydrates, fats, and proteins. Helps normal growth and development.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (ascorbic acid) | 425 mg |
| *para*-Aminobenzoic acid (PABA) | 50 mg |
| Choline (choline bitartrate) | 50 mg |
| Inositol (*myo*-inositol) | 50 mg |
| Vitamin B1 (thiamine hydrochloride) | 50 mg |
| Vitamin B2 (riboflavin) | 50 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 50 mg |
| Vitamin B5 (calcium D-pantothenate) | 50 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 50 mg |
| Vitamin B2 (riboflavin-5'-phosphate) | 5 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 150 mcg |
| Biotin | 75 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#0900 · 60 vegetable capsules · UPC 6-28747-10900-0**
**#0901 · 90 vegetable capsules · UPC 6-28747-10901-7**
**#0902 · 180 vegetable capsules · UPC 6-28747-10902-4**
NPN 80072064 · V0443-R2
**Stress Management · Vitamins and Minerals**

Full line of antistress products, p. 208–212
Full line of B vitamins, p. 227–234

## Ultra Zinc

**30 mg** capsules




### Immunity Formula

Zinc helps to maintain immune function and helps the body to metabolize carbohydrates, fats, and proteins. A factor in the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| Zinc (from zinc citrate) | 30 mg |
| Taurine (2-aminoethanesulfonic acid) | 200 mg |
| Green tea (*Camellia sinensis*) leaf **extract**, 50% polyphenols | 55 mg |

Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate) . . . . . 50 mg
Vitamin B2 (riboflavin and riboflavin-5'-phosphate) . . . . . 12 mg
Butternut squash (*Cucurbita pepo* var. *moschata*) seed 4:1 **extract** . . . . . 10 mg
Inositol hexanicotinate, flush-free (vitamin B3) . . . . . 6 mg
Vitamin B1 (thiamine hydrochloride) . . . . . 4 mg
Molybdenum (from molybdenum citrate) . . . . . 150 mcg

### Other ingredients

DL-Malic acid, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#0975 · 90 vegetable capsules · UPC 6-28747-10975-8**
NPN 80025625 · V0267-R3
**Eye Health · Immune Health · Men's Fertility · Men's Health Vitamins and Minerals**

## Ultra Zinc

**50 mg** capsules




### Immunity Formula

A factor in the maintenance of good health, zinc helps to maintain immune function and to prevent zinc deficiency. Zinc, thiamine, riboflavin, and vitamin B6 help the body to metabolize carbohydrates, fats and proteins. Molybdenum helps the body to metabolize proteins.

### Each vegetable capsule contains

Zinc (from zinc citrate) . . . . . 50 mg
Taurine (2-aminoethanesulfonic acid) . . . . . 350 mg
Green tea (*Camellia sinensis*) leaf **extract**, 50% polyphenols . . . . . 75 mg
Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate) . . . . . 67 mg
Butternut squash (*Cucurbita pepo* var. *moschata*) seed 4:1 **extract** . . . . . 15 mg
Vitamin B2 (riboflavin and riboflavin-5'-phosphate) . . . . . 15 mg
Inositol hexanicotinate, flush-free (vitamin B3) . . . . . 8 mg
Vitamin B1 (thiamine hydrochloride) . . . . . 6 mg
Molybdenum (from molybdenum citrate) . . . . . 200 mcg

### Other ingredients

DL-Malic acid, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#0976 · 90 vegetable capsules · UPC 6-28747-10976-5**
NPN 80025243 · V0268-R3
**Eye Health · Immune Health · Men's Fertility · Men's Health Vitamins and Minerals**

## Uva Ursi

**435 mg** capsules




### Helps Relieve Symptoms of Urinary Tract Infections

Traditionally used in herbal medicine as a mild diuretic to help relieve symptoms associated with minor urinary tract infections, such as burning sensation and/or frequent urination.

### Each vegetable capsule contains

Uva ursi (*Arctostaphylos uva-ursi*) leaf . . . . . 435 mg

### Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules twice daily with meals. If you are taking other medications or natural health products, take this product a few hours before or after them. Do not take with highly acidic foods (e.g., citrus fruits or juice) or medication which may acidify urine.

### Duration of use

Not for prolonged use. Use for up to 7 days.

**#0820 · 100 vegetable capsules · UPC 6-28747-10820-1**
NPN 80027708 · V0132-R3
**Herbs and Herbal Extracts · Urogenital (Women)**

## Valerian Root

**Made with Organic Valerian**
**470 mg** capsules




### Relieves Nervousness Promotes Sleep

Traditionally used as a sleep aid and to relieve nervousness.

### Each vegetable capsule contains

**Organic** valerian (*Valeriana officinalis*) root . . . . . 470 mg

### Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules one to three times daily with meals or as directed by your health-care practitioner.

**#0819 · 100 vegetable capsules · UPC 6-28747-10819-5**
NPN 80019254 · V0133-R2
**Herbs and Herbal Extracts · Sleep Aids Stress Management**

> "Top 15 things money can't buy: Time. Happiness. Inner Peace. Integrity. Love. Character. Manners. Health. Respect. Morals. Trust. Patience. Class. Common sense. Dignity."
>
> *Roy T. Bennett*

# Valerian Root

organic tincture

## Relieves Nervousness · Promotes Sleep

Traditionally used in herbal medicine to help relieve nervousness, as a sleep aid, and to help to promote sleep.




### Each teaspoon contains an equivalent of

| | |
|---|---|
| **Organic**/wild valerian (*Valeriana officinalis*) root | 559 mg |

### Other ingredients

**Organic** alcohol 25% (from sugarcane) and purified water.

### Directions of use

**Adults:** Take 1 teaspoon one to three times daily or as directed by your health-care practitioner.

**#1498 · 50 ml · UPC 6-28747-21498-8**
NPN 80024817 · LM0059-R4
**Herbs and Herbal Extracts · Sleep Aids**
**Stress Management**

Vegan

# Glucosamine

**750 mg**

capsules




## Joint Health and Cartilage Support

Helps to maintain cartilage/joint health.

### Each vegetable capsule contains

| | |
|---|---|
| Glucosamine hydrochloride (from *Aspergillus niger*) | 750 mg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

### Duration of use

Use for at least 1 month to see beneficial effects.

**#2533 · 60 vegetable capsules · UPC 6-28747-12533-8**
NPN 80101263 · V0697-R2
**50+ Health · Joint Health · Pain and Inflammation**



Vegetarian

# Strong Bones

capsules




## Builds Stronger Bones
## Reduces Risk of Osteoporosis

CURCUMIN TESTED BY Carbon-14

Calcium, vitamin C, vitamin D, magnesium, manganese, and phosphorus help in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Vitamin D also helps in the absorption and use of calcium and phosphorus. Vitamin K2 also helps in the maintenance of bones. Copper helps to produce and repair connective tissue. Provides antioxidants for the maintenance of good health.

**This formula is suitable for vegetarian diets, as it contains no animal byproducts.**

### Nine (9) vegetable capsules contain

| | |
|---|---|
| Calcium (from calcium phosphate, tribasic) | 1,000 mg |
| Phosphorus (from calcium phosphate, tribasic) | 472.23 mg |
| L-Lysine | 300 mg |
| L-Proline | 300 mg |
| Magnesium (from fully reacted magnesium bisglycinate) | 270 mg |
| Glucosamine hydrochloride (from *Aspergillus niger*) | 252 mg |
| Vitamin C (ascorbic acid) | 186 mg |
| Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric proanthocyanidins | 60 mg |
| Green tea (*Camellia sinensis*) leaf **extract**, 75% epigallocatechin-3-gallate (EGCG) | 42 mg |
| Field horsetail (*Equisetum arvense*) aerial part **extract**, 7% silica | 30 mg |
| Turmeric (*Curcuma longa*) root **extract**, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin | 22.5 mg |
| Zinc (from zinc monomethionine) | 9.27 mg |
| Lycopene (from tomato [*Solanum lycopersicum*] flesh) | 5 mg |
| Vitamin B1 (thiamine hydrochloride) | 4.65 mg |
| Boron (from boron citrate) | 3.36 mg |
| Manganese (from manganese citrate) | 2.79 mg |
| Lutein (from marigold [*Tagetes erecta*] oleoresin) | 2 mg |
| Copper (from copper citrate) | 930 mcg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 500 mcg |
| Vitamin B12 (methylcobalamin) | 150 mcg |
| Vitamin K2 (from menaquinone-4 [83 mcg] and menaquinone-7 [10 mcg]) | 93 mcg |
| Vitamin D3 (cholecalciferol) | 25 mcg (1,000 IU) |

### Other ingredients

Natural peppermint flavour, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#2121 · 270 vegetable capsules · UPC 6-28747-12121-7**
NPN 80071671 · V0529-R4
**50+ Health · Bone Health · Vitamins and Minerals**

# Vitamin B

## B1

### Benfotiamine
**150 mg** capsules




#### Active Vitamin B1 · Nerve Health

Supports the healthy function of nerves in **individuals with polyneuropathy**. Helps in energy production and to maintain the body's ability to metabolize nutrients.

#### Each vegetable capsule contains

| | |
|---|---|
| Benfotiamine | 150 mg |
| **Providing:** | |
| Thiamine (vitamin B1) | 85.5 mg |

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** *For support of healthy nerve function in individuals with polyneuropathy:* Take 1 capsule three times daily or as directed by your health-care practitioner. *For help in energy production and to help maintain the body's ability to metabolize nutrients:* Take 1 capsule daily or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for use beyond 6 months.

**#2352 · 60 vegetable capsules · UPC 6-28747-12352-5**
**#2354 · 120 vegetable capsules · UPC 6-28747-12354-9**
NPN 80086082 · V0626-R1
**Energy · Neurological Health · Vitamins and Minerals**

## B1 Formula

### Vitamin B1
**Thiamine · 100 mg** capsules




#### Advanced Formula

An antioxidant for the maintenance of good health. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to form red blood cells.

#### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B1 (thiamine hydrochloride) | 100 mg |
| Vitamin C (ascorbic acid) | 25 mg |
| Choline (choline dihydrogen citrate) | 5 mg |
| Inositol (*myo*-inositol) | 5 mg |
| DL-*alpha*-Lipoic acid | 5 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 1 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 1 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 1 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 50 mcg |

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner.

**#0917 · 90 vegetable capsules · UPC 6-28747-10917-8**
NPN 80025950 · V0260-R3
**Energy · Heart and Blood · Neurological Health**
**Vitamins and Minerals**



HPLC-UHPLC technology validates the quality and potency of all vitamins used in our clinically developed formulas. This allows us to offer consumers the highest-quality, biologically active forms of ingredients within our advanced formulas.

# Vitamin B

## B2

### Vitamin B2
**Riboflavin · 100 mg**
**With Active R-5-P**

capsules




A factor in the maintenance of good health. Helps the body to metabolize nutrients. Helps in tissue formation. Helps to prevent riboflavin deficiency.

#### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B2 (riboflavin) | 95 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) (active form) | 5 mg |

#### Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#0905 · 60 vegetable capsules · UPC 6-28747-10905-5**
NPN 80060894 · V0540-R1
**Energy · Headache and Migraine**
**Vitamins and Minerals**



Specializing in identifying and quantifying metals and minerals, Inductively coupled plasma—mass spectrometer (ICP-MS) validates their elemental quantities within formulas. It also detects low-level trace-metal contamination including mercury, arsenic, lead, and cadmium. This unique technology can detect compounds down to parts per trillion ($10^{-12}$).

## B3

### Niacinamide
**Vitamin B3 · 500 mg**

capsules




#### Flush-Free · Energy Metabolism

Helps normal growth and development; in energy metabolism and tissue formation; to maintain the body's ability to metabolize nutrients; to reduce the risk of actinic keratosis, an early skin lesion that may precede nonmelanoma skin cancer; and to reduce skin immunosuppression caused by the sunlight. A factor in the maintenance of good health.

#### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B3 (niacinamide) | 500 mg |

#### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take one capsule 1–2 times per day with food or as directed by your health-care practitioner. *For reducing the risk of actinic keratosis:* Take 2 capsules per day with food. *For all other uses:* Take 1 capsule per day with food or as directed by a health-care practitioner.

**#2191 · 90 vegetable capsules · UPC 6-28747-12191-0**
NPN 80077106 · V0611-R2
**Energy · Skin · Vitamins and Minerals**

### Vitamin B3
**Niacin · 500 mg**

capsules




Helps the body to metabolize nutrients.

#### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B3 (niacin) | 500 mg |

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

**#0908 · 60 vegetable capsules · UPC 6-28747-10908-6**
NPN 80059091 · V0539-R1
**Cholesterol Management · Neurological Health**
**Vitamins and Minerals**

# Vitamin B

## B3 Formula

### Vitamin B3
**Niacin · 100 mg** capsules




#### Advanced Formula
A factor in the maintenance of good health. Helps to prevent niacin deficiency.

#### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B3 (niacin) | 100 mg |
| Bilberry (*Vaccinium myrtillus*) fruit **extract** | 50 mg |
| Hawthorn (*Crataegus monogyna*) berry | 45 mg |
| Hawthorn (*Crataegus monogyna*) berry **extract**, 3.5% proanthocyanidins | 5 mg |
| Vitamin B1 (thiamine hydrochloride) | 5 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 1 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 1 mg |

#### Other ingredients
Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

#### Directions of use
**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner.

**#0980 · 90 vegetable capsules · UPC 6-28747-10980-2**
NPN 80027828 · V0430-R3
**Cholesterol Management · Heart and Blood · Vitamins and Minerals**

## B5

### Vitamin B5
**Calcium D-Pantothenate · 500 mg** capsules




Helps the body to metabolize carbohydrates, fats, and protein. Helps in tissue formation.

#### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B5 (calcium D-pantothenate) | 500 mg |

#### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use
**Adults and children > 6 years old:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

**#1407 · 100 vegetable capsules · UPC 6-28747-11407-3**
NPN 80019683 · V0387-R3
**Neurological Health · Stress Management · Vitamins and Minerals**

## B5 Formula

### Vitamin B5 Synergistic
**Advanced Formula · 500 mg** capsules




Helps in collagen formation to maintain healthy bones, cartilage, teeth and/or gums; in the development and maintenance of bones, cartilage, teeth and/or gums; in connective tissue formation; in energy metabolism and in tissue formation; in wound healing; to maintain immune function; and to maintain the body's ability to metabolize nutrients. Source of antioxidants for the maintenance of good health.

#### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B5 (from calcium D-pantothenate) | 500 mg |
| Vitamin C (ascorbic acid) | 75 mg |
| D-Ribose | 15 mg |
| **Organic** spirulina (*Spirulina platensis*) | 10 mg |
| Astragalus (*Astralagus membranaceus*) root **extract**, 16% polysaccharides | 4 mg |
| *alpha*-Amylase | 62.99 FCC DU |
| Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem) | 3,839 FCC PU |
| Cellulase | 6.71 FCC CU |
| Dipeptidyl-peptidase IV | 10.93 FCC HUT |
| *alpha*-Galactosidase | 0.1013 FCC GalU |
| Glucoamylase | 0.2666 FCC AGU |
| Hemicellulase | 0.1813 FCC HCU |
| Invertase | 0.4195 FCC INVU |
| Lactase | 2.9013 FCC ALU |
| Lipase | 10.66 FCC LU |
| Maltase | 0.69 FCC DP |
| Papain (from papaya [*Carica papaya*] fruit) | 2,133 FCC PU |
| Pectinase | 0.32 FCC endo-PGU |
| Phytase | 0.0133 FCC FTU |
| Protease I | 220.99 HUT |
| Protease II | 23.99 HUT |
| Protease III | 0.304 SAP |

#### Other ingredients
Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use
**Adults:** Take 1 capsule twice daily with a meal or as directed by your health-care practitioner. Take with the first bite of food/meal.

#### Duration of use
Consult a health-care practitioner for prolonged use.

**#2584 · 180 vegetable capsules · UPC 6-28747-12584-0**
NPN 80107848 · V0703-R2
**Energy · Neurological Health · Stress Management**
**Vitamins and Minerals**

# Vitamin B

## B6

### P-5-P
capsules

**Active Form Vitamin B6 · 50 mg**




Helps in energy metabolism and in tissue formation, to form red blood cells, to prevent vitamin B6 deficiency, and to maintain the body's ability to metabolize nutrients.

#### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 50 mg |

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule once or twice daily or as directed by your health-care practitioner.

**#2549 · 30 vegetable capsules · UPC 6-28747-12549-9**
NPN 80082116 · V0545-R1
**Energy · Vitamins and Minerals**

### Vitamin B6
capsules

**With 5 mg of P-5-P · 25 mg**




Helps the body to metabolize nutrients. Helps in tissue formation.

#### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B6 (pyridoxine hydrochloride) | 20 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 5 mg |

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1–4 capsules daily or as directed by your health-care practitioner.

**#2161 · 60 vegetable capsules · UPC 6-28747-12161-3**
NPN 80074174 · V0593-R1
**Heart and Blood · Neurological Health**
**Vitamins and Minerals · Women's Health**

> "Dreams don't have to just be dreams. You can make it a reality; if you just keep pushing and keep trying, then eventually you'll reach your goal."
>
> *Naomi Osaka*

## B6 Formula

### Vitamin B6
capsules

**Synergistic · 100 mg**




#### Advanced Formula

An antioxidant for the maintenance of good health. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to maintain healthy mucous membranes; to maintain normal red blood cells; to maintain normal metabolism of iron; and normal growth.

#### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (ascorbic acid) | 200 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 95 mg |
| Magnesium (from magnesium citrate) | 10 mg |
| Choline (choline dihydrogen citrate) | 5 mg |
| Inositol (*myo*-inositol) | 5 mg |
| DL-*alpha*-Lipoic acid | 5 mg |
| Vitamin B1 (thiamine hydrochloride) | 5 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 5 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 1 mg |
| Inositol hexanicotinate, flush-free | 1 mg |
| **Providing:** | |
| Vitamin B3 | 0.91 mg |
| **Plant digestive enzymes (1 mg)** | |
| *alpha*-Amylase | 31.5 FCC DU |
| Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem) | 1,920 FCC PU |
| Cellulase | 3.36 FCC CU |
| Dipeptidyl-peptidase IV | 5.467 FCC HUT |
| *alpha*-Galactosidase | 0.0507 FCC GalU |
| Glucoamylase | 0.133 FCC AGU |
| Hemicellulase | 0.0907 FCC HCU |
| Invertase | 0.21 FCC INVU |
| Lactase | 1.45 FCC ALU |
| Lipase | 8 FCC LU |
| Maltase | 0.347 FCC DP |
| Papain (from papaya [Carica papaya] fruit) | 800 FCC PU |
| Pectinase | 0.16 Endo-PGU |
| Phytase | 0.0067 FCC FTU |
| Protease I | 110.5 FCC HUT |
| Protease II | 12 FCC HUT |
| Protease III | 0.152 FCC SAP |

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule daily with food or a meal, or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for prolonged use.

**#0911 · 90 vegetable capsules · UPC 6-28747-10911-6**
NPN 80076521 · V0487-R6
**Energy · Heart and Blood · Mood Enhancement · Neurological Health**
**Vitamins and Minerals · Women's Health**

# Vitamin B

## B7

### Biotin
**10 mg (10,000 mcg)** capsules




**Strong Hair and Nails**
**Healthy Skin**

Helps to maintain healthy hair, nails, mucous membranes, and skin; to maintain cognitive functions and the body's ability to metabolize nutrients; and to prevent biotin deficiency.

**Each vegetable capsule contains**
Biotin . . . . . 10 mg

**Other ingredients**
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

**Directions of use**
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**Duration of use**
Consult a health-care practitioner for use beyond 4 weeks.

**#2321 · 60 vegetable capsules · UPC 6-28747-12321-1**
NPN 80083274 · V0651-R1
**Hair · Nails · Skin · Vitamins and Minerals**



Gas chromatographs—flame ionization detectors /mass spectrometers (GC-FID/MS) are used to identify and measure residual solvents.

## B12

### B12 Liquid
**Methylcobalamin**
**Active Form of B12**




**1,000 mcg per Dose**

Helps to maintain the body's ability to metabolize nutrients. Helps to form red blood cells. Helps in the normal function of the immune system.

**Six (6) drops contain**
Vitamin B12 (methylcobalamin). . . . . 1,000 mcg

**Ingredients**
Glycerin, **organic** alcohol from sugarcane, and purified water.

**Directions of use**
**Adults:** Take 6 drops daily or as directed by your health-care practitioner.

**#2275 · 15 ml / 85 doses · UPC 6-28747-22275-4**
NPN 80083590 · LM0140-R1
**Energy · Vitamins and Minerals**

### Vitamin B12
**Methylcobalamin · 15,000 mcg**
**Active Form of B12** sublingual tablets




**Fast-Acting**
**Quick Dissolve · Grape Flavour**

Helps in the function of the immune system, in energy metabolism, and to form red blood cells.

**Each sublingual tablet contains**
Vitamin B12 (methylcobalamin). . . . . 15 mg

**Other ingredients**
Natural grape flavour, mannitol, xylitol, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

**Directions of use**
**Adults:** Hold under tongue until completely dissolved, and then swallow. Take 1 tablet daily during a meal or as directed by your health-care practitioner.

**Duration of use**
Consult a health-care practitioner for use beyond 2 weeks.

**#2245 · 30 sublingual tablets · UPC 6-28747-12245-0**
NPN 80075860 · V0622-R2
**Energy · Neurological Health · Vitamins and Minerals**

# Vitamin B

## B12 Formulas

### Vitamin B12
**Methylcobalamin · 500 mcg** capsules




#### Advanced Formula with Red Beet and Plant Enzymes

Helps to form red blood cells. Helps the body to metabolize carbohydrates, fats, and proteins.

#### Each vegetable capsule contains

| | |
|---|---|
| Red beet (*Beta vulgaris*) root | 300 mg |
| Pau d'arco (*Tabebuia heptaphylla*) inner bark | 50 mg |
| Dandelion (*Taraxacum officinale*) root **extract**, 3% flavonoids | 40 mg |
| Vitamin B12 (methylcobalamin) | 500 mcg |
| **Plant digestive enzymes** | |
| *alpha*-Amylase | 157.5 FCC DU |
| Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem) | 9,600 FCC PU |
| Cellulase | 16.8 FCC CU |
| Dipeptidyl-peptidase IV | 27.33 FCC HUT |
| *alpha*-Galactosidase | 0.2533 FCC GalU |
| Glucoamylase | 0.666 FCC AGU |
| Hemicellulase | 0.453 FCC HCU |
| Invertase | 1.05 FCC INVU |
| Lactase | 7.253 FCC ALU |
| Lipase | 40 FCC LU |
| Maltase | 1.73 FCC DP |
| Papain (from papaya [*Carica papaya*] fruit) | 4,000 FCC PU |
| Pectinase | 0.8 FCC endo-PG |
| Phytase | 0.0333 FCC FTU |
| Fungal protease | 552.5 FCC HUT |
| Acid protease | 0.76 FCC SAP |
| Neutral protease | 60 FCC HUT |

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for prolonged use.

**#0915 · 90 vegetable capsules · UPC 6-28747-10915-4**
NPN 80045023 · V0258-R4
**Energy · Neurological Health**
**Vitamins and Minerals**

### Vitamin B12
**Methylcobalamin · 1,000 mcg** capsules




#### Advanced Formula with Red Beet and Plant Enzymes

Helps to form red blood cells. Helps the body to metabolize carbohydrates, fats, and proteins.

#### Each vegetable capsule contains

| | |
|---|---|
| Red beet (*Beta vulgaris*) root | 374 mg |
| Pau d'arco (*Tabebuia heptaphylla*) inner bark | 50 mg |
| Dandelion (*Taraxacum officinale*) root **extract**, 3% flavonoids | 40 mg |
| Vitamin B12 (methylcobalamin) | 1,000 mcg |
| **Plant digestive enzymes** | |
| *alpha*-Amylase | 157.5 FCC DU |
| Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem) | 9,600 FCC PU |
| Cellulase | 16.8 FCC CU |
| Dipeptidyl-peptidase IV | 27.33 FCC HUT |
| *alpha*-Galactosidase | 0.2533 FCC GalU |
| Glucoamylase | 0.666 FCC AGU |
| Hemicellulase | 0.453 FCC HCU |
| Invertase | 1.05 FCC INVU |
| Lactase | 7.253 FCC ALU |
| Lipase | 40 FCC LU |
| Maltase | 1.73 FCC DP |
| Papain (from papaya [*Carica papaya*] fruit) | 4,000 FCC PU |
| Pectinase | 0.8 FCC endo-PG |
| Phytase | 0.0333 FCC FTU |
| Fungal protease | 552.5 FCC HUT |
| Acid protease | 0.76 FCC SAP |
| Neutral protease | 60 FCC HUT |

#### Other ingredients

Vegetable magnesium stearate, silicon dioxide, and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for prolonged use.

**#0916 · 90 vegetable capsules · UPC 6-28747-10916-1**
NPN 80076041 · V0259-R5
**Energy · Neurological Health · Vitamins and Minerals**

LC-MS/MS (pictured on the opposite page) validates ingredients for identity and potency, ensuring consistent premium quality. It is able to detect compounds down to parts per trillion ($10^{-12}$) Consumers can trust in products that work for them.

# Vitamin B

## Complex Formulas

### Active Folate
**L-5-Methyltetrahydrofolate** capsules
**1,000 mcg plus Vitamins B6 and B12**




#### Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize nutrients; helps in the normal function of the immune system; and helps in tissue formation.

#### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 2 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 2.8 mcg |

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#1900 · 60 vegetable capsules · UPC 6-28747-11900-9**
NPN 80095778 · V0518-R2
**Maternity · Vitamins and Minerals**

### Active Folate
**L-5-Methyltetrahydrofolate** tablets
**1,000 mcg plus Vitamins B6 and B12**




#### Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize carbohydrates, fats, and proteins; and helps in tissue formation.

#### Each tablet contains

| | |
|---|---|
| Vitamin B6 (pyridoxal-5'-phosphate) | 2 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 2.8 mcg |

#### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

#### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#2038 · 60 tablets · UPC 6-28747-12038-8**
NPN 80070154 · V0563-R1
**Maternity · Vitamins and Minerals**

### Ultra B Complex 50
**Full Spectrum**
**Includes Active**
**B2 · B5 · B6 · B12 · Folate** capsules




#### Advanced Flush-Free Formula

Multivitamin for maintenance of good health. Helps to maintain the body's ability to metabolize nutrients and in the formation of red blood cells. Helps in supporting liver function.

#### Each vegetable capsule contains

| | |
|---|---|
| *para*-Aminobenzoic acid (PABA) | 50 mg |
| Choline (choline bitartrate) | 50 mg |
| Inositol (*myo*-inositol) | 50 mg |
| Vitamin B1 (thiamine hydrochloride) | 50 mg |
| Vitamin B2 (riboflavin) | 50 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 50 mg |
| Vitamin B5 (calcium D-pantothenate) | 50 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 50 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 5 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1,000 mcg |
| Vitamin B12 (methylcobalamin) | 150 mcg |
| Biotin | 75 mcg |

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

**#0892 · 60 vegetable capsules · UPC 6-28747-10892-8**
**#0893 · 90 vegetable capsules · UPC 6-28747-10893-5**
**#0600 · 180 vegetable capsules · UPC 6-28747-10600-9**
NPN 80071452 · V0243-R5
**Energy · Vitamins and Minerals**



# Vitamin B

## Ultra B Complex 100

**Full Spectrum**
**Includes Active**
**B2 · B5 · B6 · B12 · Folate** capsules




### Advanced Flush-Free Formula

B-Complex supplement for maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin B1 (thiamine hydrochloride) | 100 mg |
| Vitamin B2 (riboflavin) | 90 mg |
| Vitamin B2 (riboflavin-5'-phosphate sodium) | 10 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 100 mg |
| Vitamin B5 (calcium D-pantothenate) | 100 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 90 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 10 mg |
| Vitamin B12 (methylcobalamin) | 300 mcg |
| Inositol (*myo*-inositol) | 80 mg |
| *para*-Aminobenzoic acid (PABA) | 50 mg |
| Choline (choline bitartrate) | 45 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1,000 mcg |
| Biotin | 75 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

**#0897 · 60 vegetable capsules · UPC 6-28747-10897-3**
**#0898 · 90 vegetable capsules · UPC 6-28747-10898-0**
**#0899 · 180 vegetable capsules · UPC 6-28747-10899-7**
NPN 80070564 · V0244-R3

**Energy · Vitamins and Minerals**

## Ultra Stress

**B Complex 50 mg + Vitamin C** capsules




### Flush-Free Formula

B-Complex supplement for the maintenance of good health. An antioxidant for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps the body to metabolize carbohydrates, fats, and proteins. Helps normal growth and development.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (ascorbic acid) | 425 mg |
| *para*-Aminobenzoic acid (PABA) | 50 mg |
| Choline (choline bitartrate) | 50 mg |
| Inositol (*myo*-inositol) | 50 mg |
| Vitamin B1 (thiamine hydrochloride) | 50 mg |
| Vitamin B2 (riboflavin) | 50 mg |
| Vitamin B3 (inositol hexanicotinate, flush-free) | 50 mg |
| Vitamin B5 (calcium D-pantothenate) | 50 mg |
| Vitamin B6 (pyridoxine hydrochloride) | 50 mg |
| Vitamin B2 (riboflavin-5'-phosphate) | 5 mg |
| Vitamin B6 (pyridoxal-5'-phosphate) | 5 mg |
| Folate (from calcium L-5-methyltetrahydrofolate) | 1 mg |
| Vitamin B12 (methylcobalamin) | 150 mcg |
| Biotin | 75 mcg |

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#0900 · 60 vegetable capsules · UPC 6-28747-10900-0**
**#0901 · 90 vegetable capsules · UPC 6-28747-10901-7**
**#0902 · 180 vegetable capsules · UPC 6-28747-10902-4**
NPN 80072064 · V0443-R2

**Stress Management · Vitamins and Minerals**

Full line of antistress products, p. 208–212

**Once encapsulated, B vitamins are also tested for microbiology (total bacterial count—total yeasts and molds count, *Salmonella* spp., *E. coli*, *Enterobacteriaceae*, and bile-tolerant *Staphylococci*)**









# Vitamin C

Time Release

## Vitamin C

tablets

**1,000 mg**

**With Citrus Bioflavonoids and Rose Hips**




### Immune Support

Helps to maintain/support immune function. Vitamin C is a factor in the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation. Helps in wound healing. An antioxidant for the maintenance of good health.

### Each tablet contains

| | |
|---|---|
| Vitamin C (ascorbic acid) | 1,000 mg |
| Citrus bioflavonoids (from bitter orange [*Citrus* × *aurantium*]), 50% hesperidin | 150 mg |
| Rose hips (*Rosa canina*) | 50 mg |

### Other ingredients

Hyprolose, dicalcium phosphate, vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, and vegetable stearic acid, with a coating of polyvinyl alcohol, talc, polyethylene glycol, and polysorbate 80.

### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner.

### Duration of use

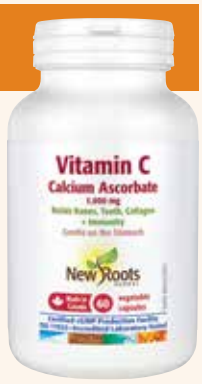
Consult a health-care practitioner for use beyond 2 months.

**#0270 · 60 tablets · UPC 6-28747-10270-4**
**#0933 · 120 tablets · UPC 6-28747-10933-8**
**#0934 · 250 tablets · UPC 6-28747-10934-5**
NPN 80041930 · V0077-R4
**Antioxidants · Immune Health · Vitamins and Minerals**

## Vitamin C

capsules

**Calcium Ascorbate · 1,000 mg**




### Builds Bones, Teeth, Collagen + Immunity
### Gentle on the Stomach

Helps in collagen formation to develop and maintain healthy bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing. Helps maintain and support immune function. Helps to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (from 1,000 mg of calcium ascorbate) | 750 mg |
| Calcium (from 1,000 mg of calcium ascorbate) | 100 mg |

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

**#0239 · 60 vegetable capsules · UPC 6-28747-10239-1**
NPN 80102991 · V0207-R1
**Antioxidants · Cold and Flu · Immune Health**
**Joint Health · Vitamins and Minerals**

## Vitamin C

powder

**Calcium Ascorbate · 1,090 mg**




### Builds Bones, Teeth, Collagen + Immunity
### Gentle on the Stomach

Helps in collagen formation to develop and maintain healthy bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing. Helps maintain and support immune function. Helps to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health.

### Each ¼ teaspoon (1,090 mg) contains

| | |
|---|---|
| Calcium ascorbate | 1,090 mg |
| **Providing:** | |
| Vitamin C (from calcium ascorbate) | 894 mg |
| Calcium (from calcium ascorbate) | 109 mg |

**No fillers or excipients. 100% pure.**

### Directions of use

**Adults:** Stir ¼ teaspoon into juice, water, or food once or twice daily, or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them. We recommend weighing Vitamin C Calcium Ascorbate for precise dosage.

**#0030 · 150 g / ≈135 doses · UPC 6-28747-00030-7**
**#0159 · 227 g / ≈205 doses · UPC 6-28747-00159-5**
NPN 80066047 · P0023-R1
**Antioxidants · Cold and Flu · Immune Health · Joint Health**
**Vitamins and Minerals**

## Vitamin C Crystals




### 100% Pure · Immunity

Helps with immune function. Helps in collagen / connective tissue formation to maintain healthy bones, cartilage, teeth, and gums and wound healing. Helps to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health.

### Ingredient

100% pure vitamin C (ascorbic acid). Each ⅛ teaspoon contains 600 mg of vitamin C. No fillers or excipients.

### Directions of use

**Adolescents 14–18 years:** As a dietary supplement, stir ⅛ teaspoon into juice, water,

# Vitamin C

or food once or twice daily, or as directed by your health-care practitioner. **Adults:** As a dietary supplement, stir ⅛ teaspoon into juice, water, or food one to three times daily, or as directed by your health-care practitioner.

**#0027 · 150 g / ≈250 doses · UPC 6-28747-00027-7**
**#0162 · 227 g / ≈378 doses · UPC 6-28747-00162-5**
NPN 80106954 · P0106-R1
**Antioxidants · Cold and Flu · Immune Health · Joint Health**
**Vitamins and Minerals**

## Vitamin C[8]

**Immune Antioxidant Complex**
**8 Active Forms of Vitamin C** capsules
**527 mg of Vitamin C + 9 mg of Zinc**




### Enhanced Absorption

A vitamin, mineral, and antioxidant supplement for the maintenance of good health. Helps in the development and maintenance of bones and teeth; to maintain healthy skin and proper muscle, tissue, and immune functions. Contains digestive enzymes.

### Each vegetable capsule contains

| | |
|---|---|
| Vitamin C (from calcium ascorbate, magnesium ascorbate, potassium ascorbate, sodium ascorbate, ascorbyl palmitate, zinc ascorbate, manganese ascorbate, and ascorbic acid) | 527 mg |
| Green tea (*Camellia sinensis*) leaf extract, 75% epigallocatechin-3-gallate (EGCG) | 30 mg |
| Blend of berry extracts, 20% multianthocyanidins | 25 mg |
| Calcium (from calcium ascorbate) | 24 mg |
| Citrus bioflavonoids (from bitter orange [*Citrus* × *aurantium*]), 50% hesperidin | 20 mg |
| Cranberry (*Vaccinium macrocarpon*) fruit concentrate | 20 mg |
| Grape (*Vitis vinifera*) seed extract, 80% oligomeric proanthocyanidins | 20 mg |
| Quercetin | 20 mg |
| Rutin | 20 mg |
| Magnesium (from magnesium ascorbate) | 17.5 mg |
| Bilberry (*Vaccinium myrtillus*) European fruit extract, 25% anthocyanosides | 10 mg |
| Japanese knotweed (*Fallopia japonica*) extract, 50% resveratrol | 10 mg |
| Zinc (from zinc ascorbate) | 9 mg |
| Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem), 2400 GDU/g (180,000 FCC PU) | 5 mg |
| Manganese (from manganese ascorbate) | 1.56 mg |
| Black pepper (*Piper nigrum*) fruit extract, 95% piperine | 1 mg |
| Papain (from papaya [*Carica papaya*] fruit) (50,000 FCC PU) | 500 mcg |
| Selenium (from yeast-free L-selenomethionine) | 15 mcg |

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule twice daily (in divided doses) with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#1284 · 45 vegetable capsules · UPC 6-28747-11284-0**
**#1229 · 90 vegetable capsules · UPC 6-28747-11229-1**
**#1231 · 180 vegetable capsules · UPC 6-28747-11231-4**
NPN 80041263 · V0347-R9
**Antioxidants · Cold and Flu · Energy · Immune Health · Joint Health**
**Vitamins and Minerals**

## Vitamin C[8]

**Immune Antioxidant Complex**
**8 Active Forms of Vitamin C**
**With Sea Buckthorn Fruit**
**1,165 mg of Vitamin C**
**+ 11 mg of Zinc per Dose** powder




### Enhanced Absorption

A vitamin, mineral, and antioxidant supplement for the maintenance of good health. Helps in the development and maintenance of bones and teeth. Helps to maintain proper muscle function and healthy skin. Helps in tissue formation. Contains digestive enzymes. Helps maintain immune function.

### Each dose (5 grams or 1 teaspoon) or sachet contains

| | |
|---|---|
| Sweet orange (*Citrus* × *sinensis*) crystals | 1,605 mg |
| Vitamin C (from calcium ascorbate, magnesium ascorbate, potassium ascorbate, sodium ascorbate, ascorbyl palmitate, zinc ascorbate, manganese ascorbate, and ascorbic acid) | 1,165 mg |
| Citrus bioflavonoids (from bitter orange [*Citrus* × *aurantium*]), 50% hesperidin | 465 mg |
| Sea buckthorn (*Hippophae rhamnoides*) fruit juice | 400 mg |
| Green tea (*Camellia sinensis*) leaf **extract**, 75% epigallocatechin-3-gallate (EGCG) | 35 mg |
| Blend of berry and fruit **extracts**, 20% anthocyanidins | 29 mg |
| Calcium (from calcium ascorbate) | 28 mg |
| Cranberry (*Vaccinium macrocarpon*) fruit concentrate | 23 mg |
| Grape (*Vitis vinifera*) seed **extract**, 80% oligomeric proanthocyanidins | 23 mg |
| Quercetin | 23 mg |
| Rutin | 23 mg |
| Magnesium (from magnesium ascorbate) | 20 mg |
| Bilberry (*Vaccinium myrtillus*) European fruit **extract**, 25% anthocyanosides | 12 mg |
| Japanese knotweed (*Fallopia japonica*) root, 50% resveratrol | 12 mg |
| Potassium (from potassium ascorbate) | 11 mg |
| Zinc (from zinc ascorbate) | 11 mg |
| Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem) | 5.8 mg (208,800 FCC PU) |
| Manganese (from manganese ascorbate) | 2 mg |
| Black pepper (*Piper nigrum*) fruit **extract**, 95% piperine | 1.165 mg |
| Papain (from papaya [*Carica papaya*] fruit) | 580 mcg (58,000 FCC PU) |
| Selenium (from yeast-free L-selenomethionine) | 3.5 mcg |

### Other ingredients

Natural orange flavour, DL-malic acid, silicon dioxide, sodium bicarbonate, and stevia (*Stevia rebaudiana*) leaf **extract**.

# Vitamin C

### Directions of use

**Adults:** Take 1 teaspoon or 1 sachet (5 g) into 4 oz. (120 ml) juice or water (dilute to taste). Let stand for 2 minutes and stir well. Take once a day with food or as directed by your health-care practitioner. Adjust the amount of water or juice used according to your own taste. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

**#1030 · 250 g / ≈ 50 doses · UPC 6-28747-01030-6**
**#1686 · Box of 30 sachets × 5 g · UPC 6-28747-01686-5**
NPN 80040818 · PM0167-R10
**Antioxidants · Cold and Flu · Energy · Immune Health · Joint Health Vitamins and Minerals**

## Vitamin C

**Sodium Ascorbate**
**100% Pure · Buffered**

powder




### Immunity

An antioxidant for the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing.

### Ingredients

100% Sodium ascorbate. Each gram contains 1000 mg of sodium ascorbate equivalent to 889 mg of ascorbic acid. ⅛ tsp. contains 545 mg of sodium ascorbate or 484.5 mg of ascorbic acid. No fillers or excipients. 100% pure.

### Directions of use

**Adolescents 14–18 years:** As a dietary supplement, stir ⅛ teaspoon into juice, water, or food one to three times daily or as directed by your health-care practitioner. **Adults:** As a dietary supplement, stir ⅛ teaspoon into juice, water, or food up to four times daily or as directed by your health-care practitioner.

**#0870 · 250 g / ≈ 458 doses · UPC 6-28747-00870-9**
NPN 80020857 · P0205-R1
**Antioxidants · Cold and Flu · Immune Health · Joint Health Vitamins and Minerals**





HPLC-UHPLC technology (above) validates the quality and potency of all vitamins used in our clinically developed formulas. This allows us to offer consumers the highest-quality, biologically active forms of ingredients within our advanced formulas.

Non-GMO status is among the founding principles for New Roots Herbal. Rotor-Gene Q technology (below) provides the exact genetic fingerprint of raw materials. Our vitamin C, like all our other supplements, is 100% non-GMO!



# Vitamin D

## Children's Vitamin D3
**400 IU per Drop · 1,050 Doses** liquid




### Builds Stronger Bones and Teeth + Immunity

Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps with immune function.

### Each drop contains

Vitamin D3 (cholecalciferol). . . . 10 mcg (400 IU)

### Other ingredient

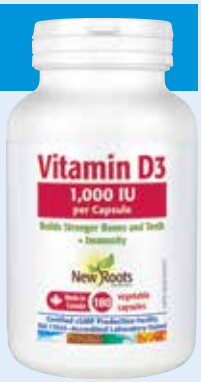
Medium-chain triglycerides (MCT).

### Directions of use

**Children (0–13 years old) and adolescents (≥ 14 years old):** Take 1 drop daily or as directed by your health-care practitioner. Put drop under the tongue, in cold drink, or in cold food.

**#1930 · 30 ml = 1050 doses · UPC 6-28747-21930-3**
NPN 80054011 · LM0128-R1
**Children's Health · Vitamins and Minerals**

## Vitamin D3
**1,000 IU per Capsule**




### Builds Stronger Bones and Teeth + Immunity

Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps with immune function.

### Each vegetable capsule contains

Vitamin D3 (cholecalciferol). . . . . 25 mcg (1,000 IU)

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Children 6–12, adolescents, and adults:** Take 1 capsule daily or as directed by your health-care practitioner.

**#1441 · 180 vegetable capsules · UPC 6-28747-11441-7**
NPN 80024707 · V0405-R2
**Bone Health · Immune Health**
**Vitamins and Minerals**

## Vitamin D3
**1,000 IU per Drop** oil emulsification




### Builds Stronger Bones and Teeth + Immunity

Helps in the development and maintenance of bones and teeth, and in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps with immune function.

### Each drop contains

Vitamin D3 (cholecalciferol) [1,000 IU]. . 25 mcg

### Other ingredient

Medium-chain triglycerides (MCT).

### Directions of use

Take 1 drop daily or as directed by your health-care practitioner.

**#1490 · 15 ml / 525 doses · UPC 6-28747-21490-2**
**#0171 · 30 ml / 1,050 doses · UPC 6-28747-20171-1**
NPN 80101455 · LM0111-R1
**Bone Health · Immune Health**
**Vitamins and Minerals**

## Vitamin D3
**1,000 IU per Softgel**




### Builds Stronger Bones and Teeth + Immunity

Helps maintain/support immune function. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps to prevent vitamin D deficiency.

### Each softgel contains

Vitamin D3 (cholecalciferol). . . . . 25 mcg (1,000 IU)

### Other ingredients

Medium-chain triglycerides (MCT) oil, and natural vitamin E (D-*alpha*-tocopherol, from non-GMO sunflower) in a softgel composed of glycerin, bovine gelatin, and purified water.

### Directions of use

**Children 9–12, adolescents, and adults:** Take 1 softgel daily or as directed by your health-care practitioner.

**#2586 · 180 softgels · UPC 6-28747-12586-4**
**#2909 · 360 softgels · UPC 6-28747-12909-1**
**#2910 · 600 softgels · UPC 6-28747-12910-7**
NPN 80103409 · V0701-R4
**Bone Health · Immune Health · Vitamins and Minerals**

# Vitamin D

## Vitamin D3
**2,500 IU · Extra Strength** capsules




### Prevents Vitamin D Deficiency
Vitamin D intake, when combined with sufficient calcium, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis in people with vitamin D deficiency. Helps to prevent vitamin D deficiency.

### Each vegetable capsule contains
Vitamin D3
(cholecalciferol) . . . . 62.5 mcg (2,500 IU)

### Other ingredients
Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. To be taken with an adequate intake of calcium.

### Directions of use
Consult a health-care practitioner for use beyond 6 months.

**#2731 · 90 vegetable capsules · UPC 6-28747-12731-8**
**#2732 · 180 vegetable capsules · UPC 6-28747-12732-5**
**#2733 · 360 vegetable capsules · UPC 6-28747-12733-2**
NPN 80110402 · V0733-R1
**Bone Health · Immune Health · Vitamins and Minerals**

## Vitamin D3
**2,500 IU per Drop · Extra Strength** oil emulsification




### Prevents Vitamin D Deficiency
Vitamin D intake, when combined with sufficient calcium, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis in people with vitamin D deficiency. Helps to prevent vitamin D deficiency.

### Each drop contains
Vitamin D3 (cholecalciferol) 62.5 mcg (2,500 IU)

### Other ingredient
Medium-chain triglycerides (MCT).

### Directions of use
**Adults:** Take 1 drop daily or as directed by your health-care practitioner. To be taken with an adequate intake of calcium.

### Duration of use
Consult a health-care practitioner for use beyond 6 months.

**#3062 · 15 ml / 525 doses · UPC 6-28747-23062-9**
**#2735 · 30 ml / 1,050 doses · UPC 6-28747-22735-3**
NPN 80110403 · LM0178-R1
**Bone Health · Immune Health**
**Vitamins and Minerals**

## Vitamin D3
**2,500 IU · Extra Strength** softgels




### Prevents Vitamin D Deficiency
Vitamin D intake, when combined with sufficient calcium, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis in people with vitamin D deficiency. Helps to prevent vitamin D deficiency.

### Each softgel contains
Vitamin D3
(cholecalciferol) . . . . 62.5 mcg (2,500 IU)

### Other ingredients
Medium-chain triglycerides and natural vitamin E (D-*alpha*-tocopherol, from non-GMO sunflower) in a softgel composed of glycerin, bovine gelatin, and purified water.

### Directions of use
**Adults:** Take 1 softgel daily or as directed by your health-care practitioner. To be taken with an adequate intake of calcium.

### Duration of use
Consult a health-care practitioner for use beyond 6 months.

**#2737 · 60 softgels · UPC 6-28747-12737-0**
**#2738 · 120 softgels · UPC 6-28747-12738-7**
**#2739 · 180 softgels · UPC 6-28747-12739-4**
**#2750 · 360 softgels · UPC 6-28747-12750-9**
**#2893 · 600 softgels · UPC 6-28747-12893-3**
NPN 80110404 · V0734-R3
**Bone Health · Immune Health · Vitamins and Minerals**

## Vitamin K2+D3
**K2 120 mcg D3 1,000 IU per Dose** liquid




### Immunity
Helps in the development and maintenance of healthy bones and teeth, in the absorption and use of calcium and phosphorus, to maintain immune function, and in the process of cell division.

### Each drop contains
Vitamin K2 (all *trans*-menaquinone-7). . . 30 mcg
Vitamin D3 (cholecalciferol) (250 IU) . . 6.25 mcg

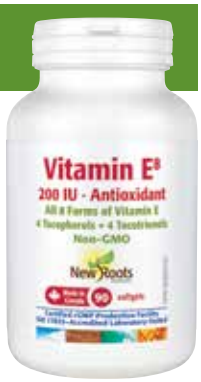
### Other ingredient
Medium-chain triglycerides (MCT).

### Directions of use
**Adults:** Take 4 drops daily or as directed by your health-care practitioner.

**#2235 · 15 ml = 131 doses · UPC 6-28747-22235-8**
NPN 80080203 · OM0132-R1
**Bone Health · Immune Health**
**Vitamins and Minerals**

# Vitamin E[8]

**200 IU · Antioxidant** softgels




## All 8 Forms of Vitamin E
## 4 Tocopherols + 4 Tocotrienols
## Non-GMO

Vitamin E is an antioxidant and a factor in the maintenance of good health.

### Each softgel contains

| | |
|---|---|
| Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) | 134 mg AT (200 IU) |
| Mixed tocopherols (from non-GMO soy) | 27 mg |
| **Providing:** | |
| *alpha*-Tocopherol | 7–14% |
| *beta*-Tocopherol | 0.5–2% |
| *gamma*-Tocopherol | 45–60% |
| *delta*-Tocopherol | 13–25% |
| Squalene (from olive [*Olea europaea*] fruit) | 22.5 mg |
| Free plant sterols (from non-GMO soy) | 16.25 mg |
| **Providing:** | |
| 80% combined *beta*-sitosterol, campesterol, and stigmasterol | |
| Tocotrienols (from non-GMO palm fruit) | 1.58 mg |
| **Providing:** | |
| D-*alpha*-Tocotrienols | 24–30% |
| *beta*-Tocotrienols | 2–4% |
| *gamma*-Tocotrienols | 30–46% |
| *delta*-Tocotrienols | 10–20% |

### Other ingredients

Beeswax, **certified organic** sunflower oil, and lecithin (from non-GMO sunflower) in a softgel composed of annatto **extract** (in non-GMO sunflower oil), bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 1–4 softgels daily with food or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

**#1092 · 90 softgels · UPC 6-28747-11092-1**
NPN 80065157 · V0315-R4
**Antioxidants · Vitamins and Minerals**

# Vitamin E[8]

**400 IU · Antioxidant** softgels




## All 8 Forms of Vitamin E
## 4 Tocopherols + 4 Tocotrienols
## Non-GMO

Vitamin E is an antioxidant and a factor in the maintenance of good health. Helps to prevent vitamin E deficiency.

### Each softgel contains

| | |
|---|---|
| Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) | 268 mg AT (400 IU) |
| Mixed tocopherols (from non-GMO soy) | 53 mg |
| **Providing:** | |
| *alpha*-Tocopherol | 7–14% |
| *beta*-Tocopherol | 0.5–2% |
| *gamma*-Tocopherol | 45–60% |
| *delta*-Tocopherol | 13–25% |
| Squalene (from olive [*Olea europaea*] fruit) | 45 mg |
| Free plant sterols (from non-GMO soy) | 20 mg |
| **Providing:** | |
| 80% combined *beta*-sitosterol, campesterol, and stigmasterol | |
| Tocotrienols (from non-GMO palm fruit) | 3.16 mg |
| **Providing:** | |
| D-*alpha*-Tocotrienols | 24–30% |
| *beta*-Tocotrienols | 2–4% |
| *gamma*-Tocotrienols | 30–46% |
| *delta*-Tocotrienols | 10–20% |

### Other ingredients

Beeswax, **organic** sunflower oil, and lecithin (from non-GMO sunflower) in a softgel composed of annatto **extract** (in non-GMO sunflower oil), bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 2 softgels daily with food or as directed by your health-care practitioner.

**#1093 · 60 softgels · UPC 6-28747-11093-8**
**#1096 · 120 softgels · UPC 6-28747-11096-9**
NPN 80065165 · V0316-R5
**Antioxidants · Vitamins and Minerals**

# Vitamin K2+D3

**K2 120 mcg D3 1,000 IU per Dose** liquid




## Immunity

Helps in the development and maintenance of healthy bones and teeth, in the absorption and use of calcium and phosphorus, to maintain immune function, and in the process of cell division.

### Each drop contains

| | |
|---|---|
| Vitamin K2 (all *trans*-menaquinone-7) | 30 mcg |
| Vitamin D3 (cholecalciferol) (250 IU) | 6.25 mcg |

### Other ingredient

Medium-chain triglycerides (MCT).

### Directions of use

**Adults:** Take 4 drops daily or as directed by your health-care practitioner.

**#2235 · 15 ml = 131 doses · UPC 6-28747-22235-8**
NPN 80080203 · OM0132-R1
**Bone Health · Immune Health**
**Vitamins and Minerals**

Full line of vitamin D, p. 238–239

# White Willow

**Bark · 400 mg** capsules




## Relieves Headache, Muscular and Arthritic Pain

Traditionally used in herbal medicine to help relieve pain such as headaches as well as muscular and arthritic pain.

### Each vegetable capsule contains

White willow (*Salix alba*) bark . . . . 400 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Take 3 capsules three times daily or as directed by your health-care practitioner.

**#0818 · 50 vegetable capsules · UPC 6-28747-10818-8**
NPN 80024331 · V0135-R1
**Headache and Migraine**
**Herbs and Herbal Extracts · Pain and Inflammation**

# Wild Field Mint Pure Essential Oil

*Mentha arvensis*




## 100% Pure · Clean · Unadulterated

**Aroma:** Fresh, herbal, minty.
**Attributes:** Refreshing, stimulating, revitalizing.
**Scent note:** Top Note

### Each drop contains

Wild field mint (*Mentha arvensis*) leaf essential oil, steam-distilled . . . . . 100%

### Active compounds

Menthol and menthone.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use

For external and occasional use only.

**#3211 · 30 ml · UPC 6-28747-13211-1**
O0093-R1
**Essential Oils**

Full line of essential oils, p. 82–90

# Wild Omega 3

**180 mg EPA · 120 mg DHA** softgels




## Cognitive/Brain Function
## Cardiovascular Health

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and/or brain function, and helps to maintain and support cardiovascular health.

### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 1,000 mg
**Providing:**
Eicosapentaenoic acid (EPA). . . . . 180 mg
Docosahexaenoic acid (DHA). . . . . 120 mg

### Other ingredients

Rosemary extract and natural vitamin E (d-alpha-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 2 softgels twice daily with meals or as directed by your health-care practitioner.

**#1000 · 60 softgels · UPC 6-28747-11000-6**
**#1001 · 120 softgels · UPC 6-28747-11001-3**
**#1002 · 180 softgels · UPC 6-28747-11002-0**
NPN 80020862 · V0062-R3
**Fish Oils · Heart and Blood · Memory Help**
**Neurological Health**

Full line of fish oils, p. 157–164

# Wild Omega 3

**EPA 330 mg · DHA 165 mg** softgels




## Cognitive/Brain Function
## Cardiovascular Health
## 43% Smaller Size* Easier to Swallow
## Lemon-Infused to Prevent Fishy Burps

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides. **No fishy aftertaste.**

### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]). . . . . 750 mg
**Providing:**
Eicosapentaenoic acid (EPA). . . . . 330 mg
Docosahexaenoic acid (DHA). . . . . 165 mg

### Other ingredients

Natural lemon oil and natural vitamin E (D-*alpha*-tocopherol, from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 2 softgels twice daily with meals or as directed by your health-care practitioner.

*43% smaller softgel than Wild Omega 3 EPA 660 mg · DHA 330 mg Lemon Flavour.

**#2194 · 60 softgels · UPC 6-28747-12194-1**
**#3237 · 120 softgels · UPC 6-28747-13237-4**
NPN 80077104 · V0608-R2
**Fish Oils · Heart and Blood · Memory Help · Neurological Health**

Full line of fish oils, p. 157–164

# Wild Omega 3

**EPA 660 mg · DHA 330 mg** softgels




## Cognitive / Brain Function
## Cardiovascular Health
## 0% Porcine/Bovine

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides. Helps promote healthy mood balance.

### Each softgel contains

Fish oil (omega-3 fatty acids from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]). . . . . 1,414 mg
**Providing:**
Eicosapentaenoic acid (EPA). . . . . 660 mg
Docosahexaenoic acid (DHA). . . . . 330 mg

### Other ingredients

Natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower) in an softgel composed of fish gelatin, vegetable glycerin, and purified water.

### Directions of use

**Adults, adolescents, and children (9 years and older):** Take 1 softgel twice daily or as directed by your health-care practitioner.

**#1253 · 60 fish softgels · UPC 6-28747-11253-6**
**#1280 · 120 fish softgels · UPC 6-28747-11280-2**
NPN 80009414 · V0320-R4
**Fish Oils · Heart and Blood · Memory Help**
**Neurological Health · Pain and Inflammation**

Full line of fish oils, p. 157–164

# Wild Omega 3
**EPA 660 mg DHA 330 mg** softgels




## Cognitive / Brain Function
## Cardiovascular Health
## Healthy Mood Balance
## Lemon Flavour

Source of omega-3 fatty acids for maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce blood triglycerides. Helps promote healthy mood balance. **No fishy aftertaste.**

### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 1,414 mg
**Providing:**
Eicosapentaenoic acid (EPA) . . . . . 660 mg
Docosahexaenoic acid (DHA) . . . . . 330 mg

### Other ingredients

Natural lemon oil, natural vitamin E (D-*alpha*-tocopherol) (from non-GMO sunflower), and rosemary extract in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults, adolescents, and children (9 years and older):** Take 1 softgel twice daily or as directed by your health-care practitioner.

**#2007 · 60 softgels · UPC 6-28747-12007-4**
**#2006 · 120 softgels · UPC 6-28747-12006-7**
NPN 80064643 · V0411-R4
**Fish Oils · Heart and Blood · Memory Help**
**Neurological Health · Pain and Inflammation**

Full line of fish oils, p. 157–164

# Wild Omega 3
**EPA 900 mg DHA 600 mg** liquid




## Cognitive / Brain Function
## Lemon Flavour

Helps support cognitive health and brain function. Helps support the development of the brain, eyes, and nerves in children up to 12 years old. Source of eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and omega-3 fatty acids for the maintenance of good health.

### Each teaspoon contains

Fish oil (from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 4,500 mg
**Providing:**
Eicosapentaenoic acid (EPA) . . . . . 900 mg
Docosahexaenoic acid (DHA) . . . . . 600 mg

### Other ingredients

Natural lemon oil, green tea (*Camellia sinensis*) and rosemary (*Rosmarinus officinalis*) **extracts** to prevent oxidation.

### Directions of use

**All ages above 1 year old:** Take 1 teaspoon daily or as directed by your health-care practitioner.

**#2465 · 200 ml / ≈ 40 doses · UPC 6-28747-22465-9**
NPN 80092888 · OM0135-R1
**Fish Oils · Heart and Blood · Memory Help**
**Neurological Health · Pain and Inflammation**

Full line of fish oils, p. 157–164

# Wild Oregano C93
liquid




## Wild Mediterranean · 93% Carvacrol
## Antioxidant · Fights Free Radicals

Source of antioxidants. Mountain-grown 1,500 m (5,000 ft.) above sea level.
1:5 blend of oregano and olive oils.

### Each drop contains

Oregano (*Origanum minutiflorum*) oil, 75–85% carvacrol (93% carvacrol of total volatile oils) . . . . . 5.42 mg

### Other ingredients

Extra-virgin **certified organic** olive oil.

### Directions of use

**Adults:** Put 5 drops under the tongue and gulp or mix with 30 ml of water or juice, three to five times daily or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

### Duration of use

For occasional use only.

**#1233 · 15 ml / ≈ 109 doses · UPC 6-28747-21233-5**
**#1255 · 30 ml / ≈ 218 doses · UPC 6-28747-21255-7**
**#1476 · 50 ml / ≈ 364 doses · UPC 6-28747-21476-6**
NPN 80033637 · OM0016-R6
**Cold and Flu · Immune Health**

# Wild Oregano C93
**Extra Strong** liquid




## Wild Mediterranean · 93% Carvacrol
## Antioxidant

Source of antioxidants.
1:3 blend of oregano and olive oils.

### Each drop contains

Oregano (*Origanum minutiflorum*) oil, 75–85% carvacrol (93% carvacrol of total volatile oils) . . . . . 8.85 mg

### Other ingredients

Extra-virgin **organic** olive oil.

### Directions of use

**Adults:** Put 1–4 drops under the tongue and swallow or mix with 30 ml of water or juice, three to six times daily or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

### Duration of use

For occasional use only.

**#2094 · 15 ml · UPC 6-28747-22094-1**
**#2095 · 30 ml · UPC 6-28747-22095-8**
NPN 80073040 · OM0130-R1
**Cold and Flu · Immune Health**



# Wild Oregano C93
**With Garlic** liquid




## Wild Mediterranean · 93% Carvacrol Relieves Symptoms of Respiratory Infections

Source of antioxidants. Traditionally used in herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions; to help reduce elevated blood lipid levels/ hyperlipidaemia in adults; and to help maintain cardiovascular health in adults.
1:5 blend of oregano with garlic oils to olive oil.

### Each drop contains

Oregano (*Origanum minutiflorum*) oil, 75–85% carvacrol
(93% carvacrol of total volatile oils) . . . . . 5.42 mg
Garlic (*Allium sativum*) distilled oil . . . . . 250 mcg

### Other ingredients

**Organic** extra virgin olive oil.

### Directions of use

**Adults:** Take 4–10 drops twice daily or as recommended by your health-care practitioner.

**#1632 · 15 ml / ≈ 109 doses · UPC 6-28747-21632-6**
**#1633 · 30 ml / ≈ 218 doses · UPC 6-28747-21633-3**
**#1634 · 50 ml / ≈ 364 doses · UPC 6-28747-21634-0**
NPN 80043763 · OM0119-R3
**Cold and Flu · Immune Health**

Willow:
# White Willow
**Bark · 400 mg** capsules




## Relieves Headache, Muscular and Arthritic Pain

Traditionally used in herbal medicine to help relieve pain such as headaches as well as muscular and arthritic pain.

### Each vegetable capsule contains

White willow (*Salix alba*) bark . . . . 400 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Take 3 capsules three times daily or as directed by your health-care practitioner.

**#0818 · 50 vegetable capsules · UPC 6-28747-10818-8**
NPN 80024331 · V0135-R1
**Headache and Migraine**
**Herbs and Herbal Extracts · Pain and Inflammation**

# Wintergreen Pure Essential Oil
***Gaultheria procumbens***




## 100% Pure · Clean · Unadulterated

**Aroma:** Sweet, fresh, minty, woody.
**Attributes:** Stimulating, refreshing, awakening.
**Scent note:** Top Note

### Each drop contains

Wintergreen (*Gaultheria procumbens*) leaf essential oil, steam-distilled. . . . . 100%

### Active compound

Methyl salicylate.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

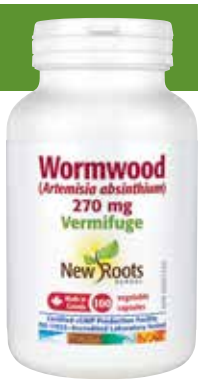
### Duration of use

For external and occasional use only.

**#3213 · 30 ml · UPC 6-28747-13213-5**
O0099-R1
**Essential Oils**

Full line of essential oils, p. 82–90

# Wormwood
**(*Artemisia absinthium*) 270 mg** capsules




## Vermifuge

Used in traditional herbal medicine as a stimulant tonic to improve appetite and to relieve symptoms of dyspepsia (carminative). Used in traditional herbal medicine to expel worms (vermifuge).

### Each vegetable capsule contains

Whole wormwood (*Artemisia absinthium*) . . . . . 270 mg

### Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2–3 capsules three times daily or as directed by your health-care practitioner. Do not exceed above dose.

### Duration of use

Consult a health-care practitioner for use beyond 3–4 weeks.

**#0249 · 100 vegetable capsules · UPC 6-28747-10249-0**
NPN 80033348 · V0192-R3
**Digestive Health · Herbs and Herbal Extracts**
**Parasitic and Fungal Management**

## Xylitol:
# Sweet-to-Clean
**Plant-Based Sweetener**
**Xylitol · Organic** powder




### No Aftertaste
### 10 Calories per Teaspoon
### 100% Pure · Gluten-Free · Non-GMO

As sweet as sugar, xylitol is a lower caloric alternative to table sugar without any unpleasant aftertaste. Its look, feel, and consistency make it ideal for all recipes.
Low glycemic impact · Ideal for baking · Keto-friendly

### Ingredient
**Organic** xylitol.

### Directions of use
As sweet as sugar · 1 tsp. Sweet-to-Clean = 1 tsp. sugar

### Nutrition Facts · Per 1 tsp. (4 g)

| Calories 10 | % Daily Value* | | % Daily Value* |
|---|---|---|---|
| Fat 0 g | 0 % | Carbohydrate 4 g | 0 % |
| Protein 0 g | | Sugars 0 g | |
| | | Xylitol 4 g | |

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.
*5% or less is a little, 15% or more is a lot

**#2459 · 454 g · UPC 6-28747-02459-4**
P0815-R1
**NONTAXABLE ITEM**
**Keto Diet · Natural Sweeteners · Weight Management**

Full line of natural sweeteners, p. 217–218

## Zinc:
# Ultra Zinc
**30 mg** capsules




### Immunity Formula
Zinc helps to maintain immune function and helps the body to metabolize carbohydrates, fats, and proteins. A factor in the maintenance of good health.

### Each vegetable capsule contains

| | |
|---|---|
| Zinc (from zinc citrate) | 30 mg |
| Taurine (2-aminoethanesulfonic acid) | 200 mg |
| Green tea (*Camellia sinensis*) leaf **extract**, 50% polyphenols | 55 mg |
| Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate) | 50 mg |
| Vitamin B2 (riboflavin and riboflavin-5'-phosphate) | 12 mg |
| Butternut squash (*Cucurbita pepo* var. *moschata*) seed 4:1 **extract** | 10 mg |
| Inositol hexanicotinate, flush-free (vitamin B3) | 6 mg |
| Vitamin B1 (thiamine hydrochloride) | 4 mg |
| Molybdenum (from molybdenum citrate) | 150 mcg |

### Other ingredients
DL-Malic acid, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use
**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use
Consult a health-care practitioner for use beyond 12 weeks.

**#0975 · 90 vegetable capsules · UPC 6-28747-10975-8**
NPN 80025625 · V0267-R3
**Eye Health · Immune Health · Men's Fertility · Men's Health Vitamins and Minerals**

## Zinc:
# Ultra Zinc
**50 mg** capsules




### Immunity Formula
A factor in the maintenance of good health, zinc helps to maintain immune function and to prevent zinc deficiency. Zinc, thiamine, riboflavin, and vitamin B6 help the body to metabolize carbohydrates, fats and proteins. Molybdenum helps the body to metabolize proteins.

### Each vegetable capsule contains

| | |
|---|---|
| Zinc (from zinc citrate) | 50 mg |
| Taurine (2-aminoethanesulfonic acid) | 350 mg |
| Green tea (*Camellia sinensis*) leaf **extract**, 50% polyphenols | 75 mg |
| Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate) | 67 mg |
| Butternut squash (*Cucurbita pepo* var. *moschata*) seed 4:1 **extract** | 15 mg |
| Vitamin B2 (riboflavin and riboflavin-5'-phosphate) | 15 mg |
| Inositol hexanicotinate, flush-free (vitamin B3) | 8 mg |
| Vitamin B1 (thiamine hydrochloride) | 6 mg |
| Molybdenum (from molybdenum citrate) | 200 mcg |

### Other ingredients
DL-Malic acid, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

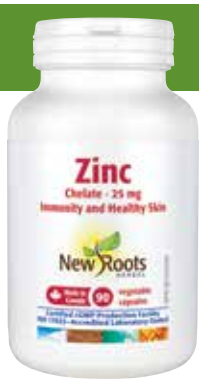
### Directions of use
**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use
Consult a health-care practitioner for use beyond 12 weeks.

**#0976 · 90 vegetable capsules · UPC 6-28747-10976-5**
NPN 80025243 · V0268-R3
**Eye Health · Immune Health · Men's Fertility · Men's Health Vitamins and Minerals**

> "Ultimately, the only wealth that can sustain any community, economy, or nation is derived from the photosynthetic process—green plants growing on regenerating soil."
>
> *Allan Savory*

## Zinc
**Chelate · 25 mg** capsules




### Supports Immunity · Healthy Skin Connective Tissue Formation Nutrient Absorption

Helps to maintain immune function, to maintain healthy skin, and to form connective tissue. Helps the body to metabolize nutrients.

### Each vegetable capsule contains

Zinc (from HVP chelate) . . . . . 25 mg

HVP = Hydrolyzed vegetable protein.

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

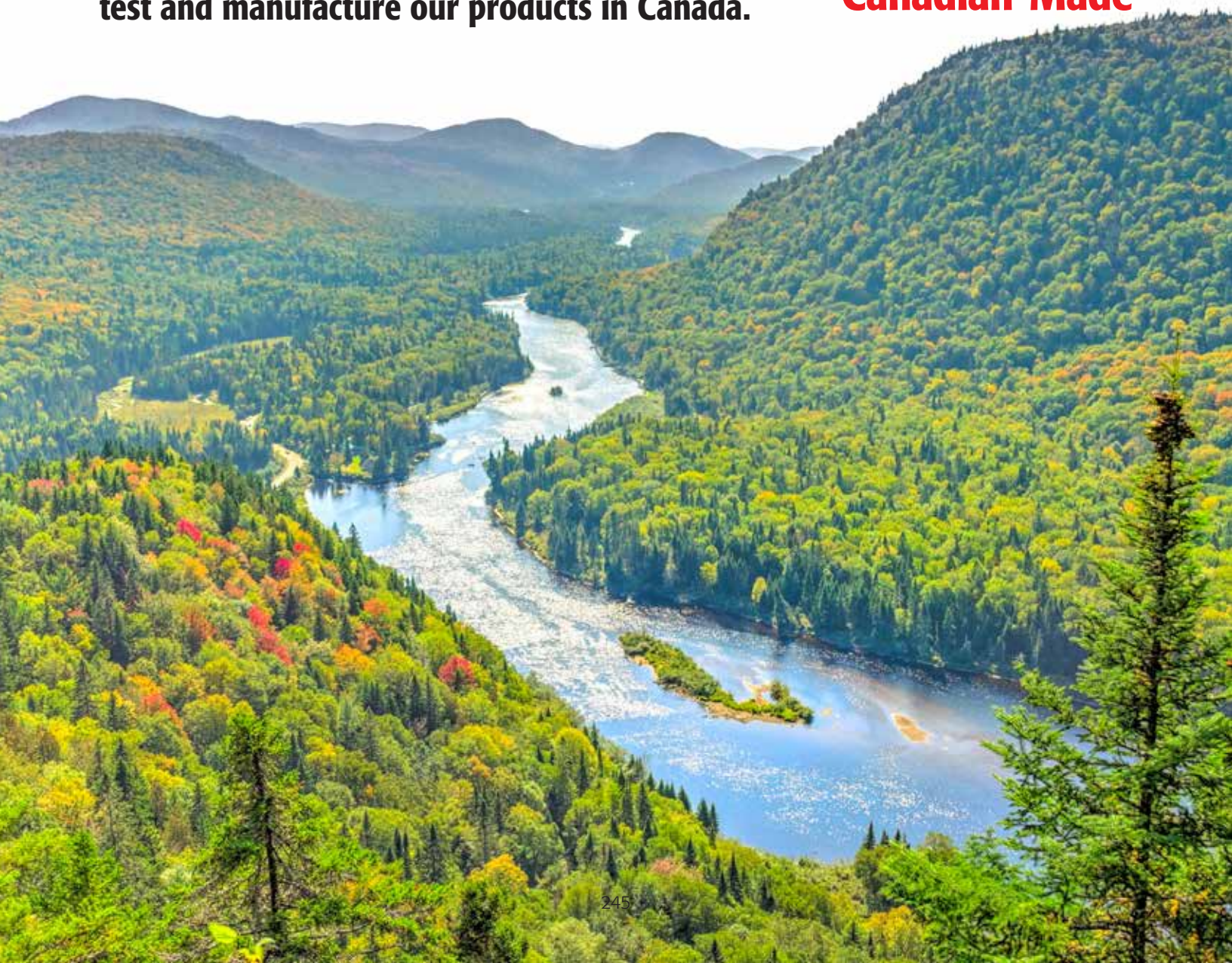
**Adults:** Take 1 capsule once or twice daily with a meal or as directed by your health-care practitioner. If you are taking other medications or other natural health products, take this product a few hours before or after them.

**#2545 · 90 vegetable capsules · UPC 6-28747-12545-1**
NPN 80102846 · V0413-R3
**Immune Health · Men's Health · Skin · Vitamins and Minerals**

# More Than 40 Years, Here at Home

**As a family-owned company, we formulate, test and manufacture our products in Canada.**

**Proudly Canadian-Made**



# ChoosetoCare

**New Roots Herbal** has given more than $224,000 worth of donations in 2025! We have contributed over $2,374,000 since the start of the program in 2008.

The ChoosetoCare program is a path to protecting, feeding, and caring for people and our planet, thanks to the help of all the following wonderful charitable organizations:

cban
Canadian Biotechnology Action Network

Food Banks Canada

Habitat for Humanity Canada
Habitat pour l'humanité Canada

Action Against Hunger

WWF

OXFAM Québec

PROUDLY SUPPORTING
David Suzuki Foundation
davidsuzuki.org

unicef canada

The Salvation Army

Fondation Sierra Club Canada Foundation

CPAWS
Canadian Parks and Wilderness Society

Faculté des sciences infirmières
Université de Montréal

choosetocare.ca

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New Roots HERBAL

SINCE · DEPUIS 1985

# Terms and Sales Policy

## 1. Terms
Approved accounts: net 30 days. Accounts over 30 days will be charged 2% per month. Orders shipped C.O.D. are subject to a $16.00 charge.
**Note:** You may pay with Visa or MasterCard without any additional fees.

## 2. Returned Cheques
Cheques returned due to insufficient funds will be subject to a $15.00 fee. Accounts with more than one NSF cheque may be subject to C.O.D. terms.

## 3. New Accounts
All orders placed by new customers can be paid by certified cheque, money order, Visa, or MasterCard. If the customer would like to have terms, then a credit application form will need to be filled out. For chains of stores that have good standing credit history, credit privileges will be granted for new locations.

## 4. Shipping
Orders under $375.00 before taxes are subject to a $40.00 shipping fee. **Orders under $275.00 before taxes will not be accepted.** "Add-ons" to previously placed orders will not be accepted. Shipping terms apply to all provinces and territories.

## 5. Damage Claims
Should you receive damaged goods in your shipment, they must be reported to us immediately.

## 6. Returns
Merchandise cannot be returned for credit without our prior written authorization. No returns will be accepted 120 days or more after the initial shipment date. A minimum 20% restocking charge (before taxes) will apply for all returns.

**Note:** Products opened or past expiry date will not be credited (except as explained in point 7).
For any question or inquiry about returns, please contact our customer service department.

## 7. Credits
Any products returned to you by one of your customers for a valid reason may be credited in full and then reported to us in order to issue a credit on your account. For us to process your credit request, you are kindly required to provide us with the following information: Product code, description, lot number, reason of the return, as well as name and phone number of the customer who returned it. No credits will be processed if any of these details are missing.

## 8. Adjustments
In case of an error in invoicing, please notify us within 10 days of the receipt of the invoice. We will be willing to make the necessary adjustments.

## 9. Prices
Prices are subject to change without notice.

## 10. Other Information
When placing your order, please provide product codes and descriptions to facilitate processing orders quickly and accurately. Please make sure to use updated codes and descriptions from the most recent price list or catalogue. Orders can be placed through our online platform **newrootsherbal.com/login**, by email at **support@newrootsherbal.com**, by fax at **1 800 676-8902**, or by phone at **1 800 268-9486**. Generally, if you place your order before noon (Eastern Time), it will be shipped the next business day.



# New Roots Herbal—Making Life Better!

- **Scientifically Advanced Formulas**
  Naturopathic physicians on staff formulating specialized therapeutic products.

- **Guaranteed Non-GMO Ingredients**
  The on-site ISO 17025–accredited laboratory utilizes state-of-the-art, real-time polymerase chain reaction (PCR) testing to ensure all ingredients are free of GMOs.

- **Surpassing All Quality Standards by Testing in an ISO 17025–accredited Laboratory**
  A team of expertly trained scientists has maintained the laboratory's ISO 17025 accreditation since 2014. Their wide scope of testing methods, including identification, potency validation, and detection of pesticides and heavy metals, allows us to ensure only the best ingredients are used in our products.

- **Raising the Bar for Heavy-Metal Detection**
  New Roots Herbal utilizes an ISO 17025–accredited laboratory equipped with technology able to detect methylmercury poisons.

- **Providing Exclusivity to Health-Food Stores**
  We do not sell our products in the 10,000+ pharmacy, grocery, and big-box stores around the corner from you.

**Our production facility is cGMP certified. Other brands cannot qualify.**



## MOST IMPORTANTLY
## We Strongly Support—Rather than Compete with—Health-Food Stores

We are not among the 15 suppliers competing with you by selling directly to consumers from their own websites, with discounts up to 30% off retail and free shipping. They are taking your customers and your profits.

*—Peter Wilkes, President*
*New Roots Herbal*

New Roots HERBAL

**T.: 450 424-9486 / 1 800 268-9486**
**F.: 450 424-0130 / 1 800 676-8902**
**newrootsherbal.com · support@newrootsherbal.com**
**3405, F.-X.-Tessier st., Vaudreuil-Dorion, Quebec J7V 5V5**

@newrootsherbal
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@newrootsherbal
new-roots-herbal-inc-canada

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