

PURE HERBS, LTD.™

33410 Sterling Ponds Blvd.
Sterling Heights, Michigan 48312 U.S.A.



(800) 860-4372
Fax (586) 446-8218
www.pureherbs.com

PURE HERBS, LTD™
33410 Sterling Ponds Blvd
Sterling Heights, Michigan 48312

1-800-860-4372

Fax: 1-586-446-8218

www.pureherbs.com

PURE HERBS, LTD™

USER'S HANDBOOK

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Contents:

Pages 1 – 17: Single Herbs

Pages 17 – 37: Combination Herbs

Pages 37 – 115: The Body Systems

NOTICE: Product descriptions and/or ingredients are subject to change without notice and will be featured in future editions.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

PURE HERBS, LTD™ USER'S HANDBOOK

Alphabetical Listing:

SINGLE HERBS:

Alfalfa

(liquid) Beneficial for soothing the occasional upset stomach and maintaining joint comfort.*

Aloe (African Bitter)

Beneficial for the occasional upset stomach, occasional constipation and for maintaining digestive health.*

NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because aloe may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Angelica

Beneficial for maintaining healthy digestion.*

Arnica

Provides support for the nervous system and bones.*

Ashwagandha

Beneficial for maintaining healthy adrenal glands, providing energy, relieving stress, improving memory and increasing concentration.*

Astragalus

Beneficial for supporting the immune system, maintaining healthy digestion and adrenal support.*

Barberry

Beneficial for digestive health, urinary tract health and the immune system.*

Basil

Beneficial for occasional gas and bloating and for maintaining the digestive system and kidney function.*

Bayberry

Beneficial for healthy sinuses.*

Bee Pollen

Beneficial for energy, adrenal support and immune support.*

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Bee Propolis

Provides antioxidants for the maintenance of good health, is beneficial for supporting the body's immune system, helps support healthy adrenal function, and is beneficial for improving energy levels.*

Beet Root

A source of minerals, beneficial for maintaining a healthy, clean liver to promote the body's normal detoxification process.*

Bilberry

Beneficial for overall eye health.*

Bistort

Beneficial for sinus and respiratory health.*

Bitter Orange

Beneficial for sinus and respiratory support.*

Black Cohosh

Beneficial to alleviate menopausal discomfort.*

Black Walnut Hulls

Beneficial for healthy nerve function* Contains: Walnuts

Bladderwrack

Beneficial for maintaining muscle strength and supporting healthy thyroid function.*

Blessed Thistle

Beneficial for aiding in digestion, relieving the occasional upset stomach, oxygenation of the blood stream and promoting good health and energy.*

Blood (Red) Root

Helps to support healthy gums.*

Blue Cohosh

Helps maintain healthy menstrual cycle and nourishes the reproductive system.*

Blue Flag

Beneficial for liver health, maintaining a healthy lymphatic system and reducing fluid retention.*

Blue Vervain

Beneficial to maintain healthy nerves and to aid in healthy detoxification.*

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Blueberry Leaf

Beneficial for overall eye health, including night vision and for maintaining healthy blood sugar already within normal range.*

Borage

Beneficial for chest and lung health.*

Brewer's Yeast

Beneficial for energy and digestive health.*

Broad Beans

Beneficial for overall good health, a source of calcium, magnesium, protein & fiber.*

Buchu

Promotes healthy reproductive organ and genito-urinary tract function, supports a healthy gastrointestinal tract and relief of occasional gas.*

Buckthorn

Beneficial as a gentle bowel cleaner, a dietary source of fiber and helps to maintain healthy bowel flora.*

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Bugleweed

Beneficial as a tonic for good health, circulation & support of healthy blood vessels.*

Burdock

Supports healthy kidney function, detoxification of skin, liver & lymphatic system.*

Butcher's Broom

Beneficial for maintaining healthy bones, supports soft tissue and a healthy circulatory system.*

Calendula

Beneficial to maintain healthy circulation, digestion and assists in supporting the overall health of your skin.*

Capsicum

Helps to support a healthy circulatory system.*

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Carpenter's Square

Helps to support a healthy lymphatic system.*

Carrot Root

Supports eye and skin health and healthy digestion.*

Cascara Sagrada

(liquid) Beneficial for occasional constipation.*

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Catnip

Provides nourishment for the nervous system, temporary relief of muscle spasms and helps to relieve occasional gas.*

Cedar Berries

Beneficial in maintaining respiratory health & supporting a healthy immune system.*

Celandine

Helps to maintain a healthy circulatory system and is beneficial for occasional use as a diuretic.*

Celery Seed

Supports healthy kidney and bladder function.*

Chamomile

Beneficial for maintaining healthy nerve function, is calming and promotes relaxation.*

Chaste Tree Berry

Beneficial for relieving hot flashes and the discomfort of menopause.*

Chestnut Leaf

Helps to maintain the health of the tissue in the respiratory tract, healthy lung and sinus tissue and a healthy respiratory system.*

Chickweed

Beneficial to assist with weight loss along with diet and exercise, beneficial as a tonic for good health, beneficial for joint comfort and support and to help maintain the body's normal inflammatory response.*

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Chicory

Beneficial for digestion, liver health, contributes to a healthy glucose metabolism and helps to maintain healthy blood pressure already within the normal range.*

Chippewa Pine

Helps to support a healthy respiratory system.*

Chlorella

Beneficial for overall nutrition.*

Cleavers

Beneficial for maintenance of kidney and urinary system health.*

Cloves

Helps to calm occasional nausea and also beneficial for oral health.*

Coltsfoot

Beneficial for maintaining a healthy respiratory tract and immune system.*

Cornsilk

Helps to maintain a healthy urinary tract.*

Crampbark

Promotes the maintenance of good health, helps to alleviate cramping during menstruation and supports a healthy menstruation.*

Cudweed

Promotes calmness, decreases stress and improves mood.*

Culver's Root

Supports a healthy liver and gall bladder, helps to relieve occasional constipation and helps with digestive support.*

Damiana

Beneficial for increasing sexual desire.*

Dandelion Leaf

Beneficial for maintaining healthy eyes and skin and maintaining healthy liver, kidneys & blood.*

Dandelion Root

Beneficial for occasional stomach discomfort and helps with the maintenance of liver and gall bladder health and digestive support.*

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Devil's Claw

Beneficial for maintaining joint comfort and health.*

Dong Quai

Beneficial for menopausal discomfort.*

Dulse

Beneficial to help maintain healthy thyroid function.*

Echinacea

Beneficial for strengthening the immune system.*

Elderberry

Beneficial for supporting a healthy immune and respiratory system.*

Elecampane

Beneficial for overall good organ health and the maintenance of a healthy respiratory system.*

Eucalyptus

Beneficial for maintaining healthy respiratory function.*

Eucalyptus Oil

Beneficial for maintaining healthy respiratory function.*

Evening Primrose

Beneficial for maintaining the health of the nervous system and brain.*

Eyebright

Beneficial for the maintenance of eye and sinus health.*

False Unicorn Root

Beneficial for reproductive health, maintaining healthy digestive function and a healthy gastrointestinal tract.*

Fennel

Helps to relieve occasional gas, relieves menstrual discomfort and supports healthy digestive function.*

Fenugreek

Beneficial for maintaining a healthy, clean lymphatic system & aiding in digestion.*

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Feverfew

Beneficial for maintaining reproductive, urinary health & a healthy digestive system.*

Figs

Beneficial for maintenance of a healthy gastrointestinal tract and provides relief of occasional constipation.*

Flax

Beneficial for occasional constipation, helps maintain healthy cholesterol levels already within the normal range and is beneficial for strengthening the whole body and overall good health.*

Garlic

Beneficial for the maintenance of healthy circulatory function, helps to maintain healthy blood pressure already within a normal range & supports cardiovascular health.*

Gentian

Aids in digestion.*

Ginger

Beneficial for the maintenance of a healthy circulatory system.*

Ginkgo

May help support mental sharpness, healthy brain function and supports blood flow to the brain and extremities.*

Golden Bough

Beneficial to help calm nerves, supports a healthy nervous and circulatory system.*

Golden Seal

Maintains a healthy gastrointestinal tract, supports digestive function, tonic for increased appetite and helps to relieve occasional constipation.*

Gotu Kola

Beneficial for improving memory, maintaining healthy blood pressure already within the normal range and maintaining a healthy circulatory system.*

Grape Seed

Supports a healthy immune system.*

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Greasewood

Beneficial for the occasional upset stomach, weight reduction as part of a diet and exercise routine and for maintaining a healthy respiratory system.*

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Green Ginger

Promotes healthy appetite and stomach function, healthy levels of bile secretion from the liver and helps to relieve temporary muscle soreness from over-exertion.*

Hawthorn

Helps to maintain and/or support cardiovascular health in adults.*

He Shou Wu

Helps to enhance energy levels and supports a healthy circulatory system.*

Hibiscus Flowers

Beneficial for maintaining healthy blood pressure already within the normal range and helps to support a healthy circulatory system.*

Hoodia

Helps to suppress appetite and support weight loss.*

Hops

Helps to maintain a healthy circulatory system, helps to relieve nervousness and supports a feeling of calmness to assist in healthy sleep patterns.*

Horehound

Helps to support a healthy immune system and relieve menstrual discomfort.*

Horsetail

Beneficial for maintaining healthy blood pressure already within the normal range, helps to support a healthy circulatory system, beneficial for proper joint function and promotes growth of healthy hair and nails.*

Hydrangea

Beneficial for maintaining kidney and bladder health and helps to alleviate minor aches and pains associated with daily life.*

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Hyssop

Helps to maintain healthy blood pressure already within the normal range and for the maintenance of blood health.*

Indian Sarsaparilla (Hemidesmus Indicus)

Supports healthy adrenal response to occasional stress and fatigue.*

Indian Tobacco

Beneficial for the relief of stress, helps to relieve occasional muscle cramps and spasms associated with exercise.*

Inkberry

Helps to maintain a healthy respiratory and immune system.*

Irish Moss

Beneficial as a stool softener for occasional constipation.*

Jewel Weed

Helps maintain the structure, health and function of the skin and glands in the skin.*

Juniper Berries

Beneficial to maintain a healthy digestive system and for relief of occasional bloating.

Kelp

Helps in the function and maintenance of the thyroid gland and is beneficial as a tonic for maintenance of overall health.*

Korean Ginseng

Beneficial for glandular support, maintaining a healthy immune system and helps maintain joint comfort.*

Kudzu

Beneficial for overall health*

Lapacho

Beneficial for the immune system.*

Licorice Root

(liquid) Helps to support a healthy nervous system, adrenal glands, healthy respiratory system and mucous membrane lining of the respiratory tract.*

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Maca

Helps to support emotional aspects of sexual health, helps with mood balance during menopause and helps to enhance energy and stamina.*

Male Fern

Helps to support the body's natural ability to remove toxins and also beneficial as a tonic for overall health.*

Marshmallow

Helps to maintain the health of the mucous membranes.*

Mayapple

Beneficial for maintaining lung health and for relief of occasional constipation.*

Meadowsweet

Helps to maintain blood health.*

Milk Thistle

Helps to support the maintenance and function of a healthy liver and gall bladder.*

Motherwort

Helps to boost stamina.*

Mullein

Beneficial for maintaining healthy connective tissue, supporting a healthy circulatory system and maintaining a healthy respiratory system.*

Myrrh

Beneficial for the heart and circulatory system, boosts the body's immune system and promotes healthy digestion.*

Nettle

Supports healthy kidney and urinary tract function, a healthy circulatory system and blood vessels.

Oatstraw

Supports a healthy nervous system and connective tissue and is beneficial as a tonic for overall health.*

Oil of Cajeput

Supports healthy respiratory function.*

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Olive Leaf

Beneficial to help boost immunity, maintain healthy blood pressure already within the normal range, and for occasional fatigue and muscle soreness.*

Oregon Grape

Supports a healthy lymphatic system.*

Parsley

Provides support for a healthy nervous system.*

Partridge Berry

Helps to relieve menstrual discomfort.*

Passion Flower

Helps to relieve discomfort associated with menopause and to relieve occasional muscle spasms.*

Peach Leaf

Helps maintain healthy joint function and is beneficial for the occasional upset stomach and bloating.*

Pennyroyal

Helps maintain a healthy menstrual cycle.*

Peppermint Leaf

Beneficial for relief of the occasional upset stomach, muscle spasms from over-exertion and supports a healthy respiratory system.*

Peppermint Oil

Promotes normal respiratory function.*

Pipsissewa

Helps to maintain a healthy urinary tract and prostate.*

Plantain

Helps in the healthy development and maintenance of bones, teeth, night vision and supports the immune system.*

Pleurisy Root

Supports the maintenance of a healthy respiratory and circulatory system.*

Prickly Ash (now: Southern Prickly Ash (bark))

Beneficial for increased energy.*

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Protein

Beneficial for overall good health. Contains: Milk and Soy

Pumpkin Seed

Helps to support healthy immune function & is beneficial for nourishment of hair and nails.*

Purple Loosestrife

Supports healthy liver function and helps relieve occasional muscle cramps.*

Quince

Beneficial for relief of occasional stomach and intestinal discomfort.*

Red Clover

Helps to maintain a healthy immune and respiratory system.*

Red Raspberry Leaf

Beneficial for overall female health and helps to relieve occasional stomach discomfort.*

Reishi Mushroom

Beneficial for immune system support and for support of healthy blood pressure already within a normal range.*

Rice Bran

Beneficial tonic for support of overall health & also helps to enhance energy levels.*

Rosemary

Beneficial for menopausal discomfort.*

Royal Jelly

Beneficial for menopausal discomfort, glandular and adrenal support.*

Rue

Supports healthy menstruation.*

Rupturewort

Supports healthy urinary tract function.*

Safflowers

Supports a healthy immune system and helps support digestive function.*

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Sage

Beneficial as a tonic for healthy body systems, counteracting hot flashes and night sweats associated with menopause and maintaining healthy digestive and nervous systems.*

Sanicle

Beneficial for maintaining healthy, clean arteries.*

Sarsaparilla

Provides nourishment for the maintenance of good health and healthy skin.*

Sassafras

Beneficial for the maintenance of blood health and also helps to enhance energy.*

Saw Palmetto

Helps to maintain a healthy prostate.*

Scullycap

Helps to relieve periods of nervousness, supports a feeling of calmness, relieves temporary muscle spasms associated with exercise and supports a healthy nervous system.*

Senna

Beneficial for occasional constipation and helps to relieve discomfort from occasional muscle cramping.

NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Sheep Sorrel

Beneficial for overall good health.*

Shepherd's Purse

Beneficial for healthy kidney and bladder function and assists in maintaining healthy urinary flow.*

Skunk Cabbage

Helps to support a healthy nervous system.*

Slippery Elm

Helps to support a healthy gastrointestinal tract.*

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Southern Prickly Ash (bark)

Beneficial for increased energy.*

Spikenard

Supports a healthy respiratory and immune system and is also beneficial for relief of occasional muscle and joint discomfort associated with exercise.*

Spirulina

(liquid, capsules 200 ct & bulk powder) Helps to provide nutrients for the maintenance of good health.*

Spring Violet

Helps to soothe the throat.*

St. John's Wort

Helps to relieve occasional restlessness and supports a healthy nervous system.

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Stillingia

Supports a healthy lymphatic system and is beneficial as a digestive aid.*

Stone Root

Supports healthy kidney and bladder function.*

Strawberry Leaf

Helps to maintain healthy bowel function and supports intestinal health.*

Sunflower Seed

Beneficial for maintaining healthy lungs thereby promoting healthy immune function.*

Superb Wheat Grass Extract

Helps increase energy and is beneficial for maintaining healthy cell growth.* Contains: Wheat

Sutherlandia

Supports a healthy immune system.*

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Sweet Root

Helps to relieve occasional gas and supports a healthy immune system.*

Tansy

Helps to support a healthy menstrual cycle.*

Tart Cherries Extract

A natural source of melatonin, aiding in healthy sleep and is beneficial for maintaining healthy, clean arteries and a healthy heart.*

Thyme

Helps to soothe an occasional upset stomach and to relieve occasional gas.*

Turkey Rhubarb

Helps to support healthy digestive function and relief of occasional diarrhea.*

NOTICE: This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Turmeric

Beneficial for the relief of menstrual discomfort and maintaining healthy digestion.*

Una De Gato

Supports the maintenance of overall women's health, maintains joint support and supports a healthy menstrual cycle.*

Uva Ursi

Beneficial tonic for supporting a healthy bladder and kidneys.*

Valerian Root

Helps to support a healthy nervous system and cardiovascular health.*

Vinca

Beneficial for maintaining a healthy circulatory system and healthy blood pressure already within the normal range.*

Virginia Snake Root

Helps maintain the structure and healthy functioning of the glands in the skin and supports the health of the skin.*

Wheat Germ

Helps to support a healthy respiratory system.* Contains: Wheat

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White Oak Bark

Beneficial for support of healthy thyroid and bladder function.*

White Pond Lily

Beneficial for female reproductive system support and male prostate support.*

Whole Apricot

Beneficial for glandular support.*

Wild Cherry Bark

Supports a healthy respiratory system.*

Wild Lettuce

Beneficial for lungs and bronchial support and helps to promote a feeling of calmness.*

Wild Rose Hips

Helps in the healthy development and maintenance of bones, soft tissue and supports maintenance of healthy veins and blood vessels.*

Wild Yam

Helps to relieve occasional cramping associated with menstruation.*

Willow

Promotes relaxation, maintains blood pressure within a normal range and is beneficial to maintain healthy urinary function.*

Wintergreen Oil

Helps to support a healthy respiratory tract.*

Wood Betony

Supports a healthy circulatory system.*

Wormseed

Promotes healthy nerve and brain function.*

Yarrow

Beneficial for healthy bladder function, to maintain healthy urinary flow and to help maintain healthy blood pressure already within the normal range.*

Yellow Dock

Beneficial as a tonic to support the lymphatic system and good skin health.*

Yerba Santa

Helps to support a healthy respiratory tract.*

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Yokum

Beneficial for parasympathetic nervous system support.*

Yucca

Beneficial for the maintenance of healthy cartilage and joints, promotes lubrication for joint comfort.*

COMBINATION HERBS:

A-W

(Alfalfa, Bitter Orange, Dandelion Root, Echinacea, Juniper (Fruit), Marshmallow, Mullein, Oregon Grape, Wild Rose Hips) Helps to maintain healthy joint and muscle tissue.*

A.C.S. (All Cells Salts)

(liquid)(Arrowroot, Bladderwrack, Kelp, Irish Moss) Provides electrolytes and minerals for the maintenance of good health.*

AEA-B

(Herbal Adjustment [Black Cohosh, Blue Vervain, Capsicum, Indian Tobacco, Indian Sarsaparilla], Wild Rose Hips, Licorice Root, Thyme) Beneficial support for a healthy respiratory and sinus system.*

AF-R

(Capsicum, Golden Seal, Indian Tobacco, Una de Gato, Wild Rose Hips) Helps support a healthy immune system.*

AG-W

(Angelica, Catnip, Fennel, Ginger, Peppermint Leaf) Helps to support relief of occasional gas, bloating and upset stomach.*

AIF-T

(Calendula, Chamomile, Licorice Root, Sage, St. John's Wort) Supports a healthy respiratory system.*

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AP-W

(Parsley, Sage, Rosemary, Thyme) Supports a healthy immune and gastrointestinal system, helps to relieve occasional menstruation discomfort and helps to maintain a healthy urinary tract system.*

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ART-C

(Aloe, Devil's Claw, Licorice Root, Yucca) Help to provide occasional joint relief after periods of exercise.*

NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because aloe may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

B & B-W

(Black Cohosh, Blue Cohosh, Blue Vervain, Indian Tobacco, Scullcap) Helps in the maintenance of a healthy nervous system and promotes a feeling of calmness.*

B & NC-W

(Alfalfa, Barberry, Black Walnut Hulls, Chamomile, Gotu Kola, Parsley, Scullcap) Beneficial for nourishing the autonomic (involuntary) nervous system and provides neuroprotective support for a healthy nervous system.* Contains: Walnuts

BC-W

(Barberry, Black Cohosh, Burdock, Dandelion Root, Gentian, Greasewood, Red Clover, Sarsaparilla, Yarrow, Yellow Dock) Provides the building blocks for healthy blood.*

NOTICE: Rare reports of serious liver disease have been associated with ingestion of Chaparral/Greasewood. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems. Not intended for use by pregnant or nursing women.

BDR-C

(Black Walnut Hulls, Chippewa Pine, Dulse, Flax, Ginger, Grape Seed, Horsetail, Lapacho, Oatstraw, Peppermint Leaf, Red Clover, Sarsaparilla, Sunflower Seeds, White Oak Bark) Beneficial for maintaining healthy connective tissue and cartilage.* Contains: Walnuts

Bee Pollen "Special"

(Bee Pollen, Licorice Root, Elderberry) Beneficial for energy and adrenal and immunity support.*

Blue Steele

(Damiana, Dong Quai, Elderberry, False Unicorn Root, Indian Tobacco, Korean Ginseng, Sarsaparilla, Saw Palmetto, Indian Sarsaparilla, Wood Betony, Yokum) Designed to enhance virility, vitality and pleasure and to increase sexual desire.*

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BP-W

(Bee Pollen, Buckthorn, Greasewood, Inkberry, Peach Leaf, Prickly Ash, Red Clover, Stillingia) Helps to support a healthy circulatory system.*

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CA-W

(Dulse, Horsetail, Indian Tobacco, Knitbone, Oat Straw, Red Raspberry Leaf) Helps to provide temporary relief of muscle cramps and joint discomfort after extended periods of exercise & provides beneficial nutrients for the maintenance of good health.*

Can-Sol

(liquid) (Greasewood, Purple Loosestrife, White Pond Lily) Beneficial for maintaining healthy intestinal flora.*

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CC-W

(Bistort, Eucalyptus, Horehound, Sage, Wild Cherry Bark) Helps to support a healthy immune system.*

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Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

CCE-W

(Aloe, Angelica, Manna, Milk Thistle, Myrrh, Senna, Spikenard, Turkey Rhubarb, Zedoary) Beneficial for the relief of occasional constipation.*

NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because aloe may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition. NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

NOTICE: This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

CHE-B

(Astragalus, Bilberry, Bitter Orange, Blessed Thistle, Eucalyptus, Gentian, Indian Tobacco, Marshmallow, Mullein, Olive Leaf, Yerba Santa) Helps to support a healthy respiratory tract.*

Cornsilk Combination

(Cornsilk, Stone Root, Uva Ursi) Helps to maintain a healthy urinary tract and relieve occasional urinary discomfort.*

Crampbark & False Unicorn

(Crampbark, False Unicorn Root) Beneficial for supporting male and female reproductive functions.*

CS-W

(Blessed Thistle, Capsicum, H.T. Combination [Hawthorn, Myrrh, Motherwort], Lily of the Valley) Supports healthy circulatory system and digestive function.*

CST-M

(Barberry, Celandine, Milk Thistle, Sanicle, Turmeric) Supports a healthy urinary tract.*

D-W

(Gentian, Ginger, Juniper Berries, Safflowers) Helps to support healthy digestive function.*

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

DAN-C

(Blue Vervain, Cudweed, Evening Primrose, Feverfew, Horsetail, Indian Tobacco, Rice Bran, Scullcap, St. John's Wort, Wormseed) Beneficial for calming nerves and relieving tension.*

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reaction occur.

DB8-W

(Blueberry Leaf, Bugleweed, Elecampane, Gentian, Golden Seal, Green Ginger, Lapacho, Yarrow) Beneficial for maintaining healthy blood glucose levels already within the normal range and helps to enhance energy level.*

DSK-W

(Chickweed, Mullein, Papaya Fruit, Valerian Root, Willow Bark) Helps to maintain the body's natural response to inflammation.*

E-W

(Bayberry, Eyebright, Wood Betony) Supports a healthy circulatory system and is beneficial in the maintenance of eye health.*

E & E-B

(Bayberry, Chickweed, Dandelion Leaf, Dandelion Root, Eyebright, Gentian, Ginger, Golden Seal, Peach Leaf, Purple Loosestrife, Slippery Elm, Stone Root, Wheat Germ, Wood Betony) Beneficial for nourishing and maintaining healthy circulation to the eyes.* Contains: Wheat

E & F-W

(Bee Pollen, Blessed Thistle, Capsicum, Dong Quai, Eyebright, Gentian, Juniper Berry, Licorice Root, Peppermint Leaf, Indian Sarsaparilla) Helps to enhance energy levels and mental performance, supports healthy adrenal gland function and healthy digestive function.*

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

EH-T

(Cudweed, Gotu Kola, Kava Kava, Rice Bran, Scullcap, St. John's Wort) Provides an increase in energy, is a tonic for overall good health, helps relieve occasional restlessness and/or nervousness, supports a healthy circulatory system and venous tissue.*

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

NOTICE: St. John's Wort/Klamath Weed (Aerial Parts) Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reaction occur.

END-J

(Burdock, Marshmallow, Partridge Berry, Turkey Rhubarb, Yarrow) Helps to relieve menstrual discomfort.*

NOTICE: Turkey Rhubarb (Root) This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

EO-W

(Arnica, Catnip, Chamomile, Indian Tobacco) Promotes a feeling of calmness and relaxation.

ETI-W

(Echinacea, Licorice Root, Myrrh, White Oak Bark) Beneficial to maintain throat health.*

Fenugreek Combination

(Fenugreek, Marshmallow, Mullein) Helps maintain a healthy blood and lymphatic system.*

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Figs & Flax

(Figs, Flax) Beneficial for soothing the stomach.*

Five Oils

(Cajeput Oil, Eucalyptus Oil, Mullein Oil, Peppermint Oil, Wintergreen Oil)
Helps to maintain healthy respiratory function and normal breathing.*

Formula M

(Arrowroot, Bee Pollen, Bladderwrack, Blue Flag, Carrot Root, Dandelion Leaf, Gentian, Hawthorn, Irish Moss, Kelp, Marshmallow, Motherwort, Mullein, Myrrh, Oregon Grape, Rice Bran, Stillingia, Sunflower Seed, Wheat Germ, Wild Rose Hips) This combination of herbs and sea vegetables altogether form a multi-vitamin source which is beneficial for the maintenance of good health.* Contains: Wheat

Formula Max

(Blessed Thistle, Brewer's Yeast, Gentian, Mullein, Saw Palmetto, A.C.S. [Arrowroot, Bladderwrack, Kelp, Irish Moss], B & NC.-W [Alfalfa, Barberry, Black Walnut Hulls, Chamomile, Gotu Kola, Parsley, Scullcap], Formula Three [Bee Pollen, Indian Sarsaparilla, Licorice Root], HT Combination [Hawthorn, Myrrh, Motherwort], Ol' Number 11 [Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein, Scullcap, Stone Root, White Oak Bark], Vita-Lixir [Bee Pollen, Carrot Root, Dandelion Leaf, Gentian, Rice Bran, Sunflower Seed, Wheat Germ, Wild Rose Hips]) Helps to maintain overall good health, supports a healthy nervous and cardiovascular system, supports healthy digestive function and helps to enhance energy level.* Contains: Walnuts and Wheat

Formula Thirty-One

(Black Cohosh, Black Walnut, Bugleweed, Hawthorn, Irish Moss, Lily of the Valley) Helps to maintain a healthy circulatory system.* Contains: Walnuts

Formula Three

(Bee Pollen, Indian Sarsaparilla, Licorice Root)
Helps to promote an increase in energy.*

Formula Twelve

(Knitbone, Marshmallow, Slippery Elm) Helps to nourish and support a healthy gastrointestinal tract.*

FP-W

(Black Cohosh, Blue Cohosh, Passion Flower, Sarsaparilla, White Pond Lily) Helps to relieve menstrual discomfort, nourish the reproductive system and maintain a healthy menstrual cycle.*

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

FVE-W

(Chickweed, Golden Seal, Myrrh, Wild Rose Hips)
Helps to maintain a healthy immune system.*

GB-B

(Barberry, Bee Propolis, Culver's Root, Purple Loosestrife)
Supports healthy digestive function.*

GF-G

(Bladderwrack, Burdock, Fennel, Hawthorn, Kelp, Plantain)
Helps to nourish and support thyroid function.*

Ginkgo Combination

(Blessed Thistle, Ginkgo, Gotu Kola) Helps enhance memory, cognitive function and supports a healthy circulatory system.*

GO-W

(Bee Pollen, Bitter Orange, Capsicum, Eyebright, Gentian, Licorice Root, Prickly Ash) Helps to enhance energy level.*

Golden Days

(Bladderwrack, Elecampane, Fenugreek, Indian Sarsaparilla) Beneficial for fluid retention.*

Golden Seal & Echinacea

(Echinacea, Golden Seal) Helps to support a healthy immune system.*

Green Ginger & Wormseed

(Green Ginger, Wormseed) Helps to maintain healthy blood.*

HB-W

(Ginger, Gotu Kola, Indian Sarsaparilla, Sarsaparilla, Wild Rose Hips) Helps to enhance cognitive function under periods of mental exertion, improve memory function, supports a healthy nervous system and promotes normal respiratory function.*

Herbal Adjustment

(liquid) (Black Cohosh, Blue Vervain, Capsicum, Indian Sarsaparilla, Indian Tobacco) Stimulates brain function.*

HII-W

(Indian Tobacco, Red Raspberry Leaf, Thyme, Yellow Doc) Sharpens memory and focus.*

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Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

HIK-W

(Dandelion Leaf, Dulse, Parsley, Peppermint Leaf, Yarrow) Beneficial for overall good health.*

HL ONE-W

(Buckthorn, Cascara Sagrada, Fennel, Pumpkin Seed, Turkey Rhubarb) Helps to relieve occasional constipation.*

NOTICE: This product contains Buckthorn. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because buckthorn may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

NOTICE: This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

HME-H

(All Cells Salts [Arrowroot, Kelp, Bladderwrack, Irish Moss], Horsetail, Indian Sarsaparilla, Oat Straw, Wheat Germ) Supports healthy kidney function.* Contains: Wheat

HNS-W

(Dulse, Horsetail, Rosemary, Sage) Helps to promote healthy development of hair, nails, skin, promotes an increase in energy and supports healthy thyroid function.*

Hoodia Combination

(Bladderwrack, Cascara Sagrada, Chlorella, Dandelion Leaf, Hoodia, Horsetail, Pumpkin Seed, Red Raspberry Leaf, Sunflower Seeds, Wild Rose Hips) Helps to suppress appetite and support weight loss.*

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

HR-F

(Barberry, Capsicum, Echinacea, Horsetail, Rosemary, Royal Jelly, Sage, Yarrow) Provides nourishment for growth and health of hair.*

HT Combination

(liquid)(Hawthorn, Myrrh, Motherwort) Supports healthy cardiovascular function and helps to maintain healthy arteries and blood vessels.*

HYG-W

(Bee Pollen, Juniper Berries, Licorice Root, Rice Bran, Sweet Root) Helps to maintain healthy blood sugar levels already within the normal range and enhances energy and focus.*

IMS-W

(Black Cohosh, Carpenter's Square, Juniper Berries, Lapacho, Marshmallow, Mullein, Sarsaparilla, Sweet Root) Helps to support a healthy immune system.*

IV-H

(Myrrh, Olive Leaf, Wild Rose Hips, Yarrow) Supports healthy immune and respiratory function.*

IVY-D

(Blue Flag, Spring Violet, Yarrow) Supports healthy immune function.*

Kava Kava Combination

(Ginkgo, Kava Kava, St. John's Wort) Helps relieve occasional restlessness and/or nervousness.*

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reaction occur.

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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KID-W

(Chamomile, Dandelion Root, Juniper Berries, Parsley, Uva Ursi)
Beneficial for the maintenance of healthy kidney function.*

L-W

(Blessed Thistle, Gentian, Indian Tobacco, Marshmallow, Mullein, Yerba Santa) Helps to maintain a healthy respiratory system and supports healthy lung function.*

L6-W

(Angelica, Blue Cohosh, Blue Vervain, Partridge Berry, Pennyroyal, Red Raspberry Leaf, Spikenard) Beneficial to aid digestion and provides herbal nourishment for expectant mothers.*

LBR-W

(Angelica, Barberry, Bitter Orange, Butcher's Broom, Greasewood, Marshmallow, Senna, Sweet Root, White Oak Bark) This combination of herbs is beneficial for maintaining healthy blood sugar already in the normal range and is beneficial for occasional constipation.*

NOTICE: Rare reports of serious liver disease have been associated with ingestion of Chaparral/Greasewood. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems. Not intended for use by pregnant or nursing women.

NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

LC-W

(Blue Flag, Marshmallow, Mullein, Oregon Grape, Stillingia)
Supports a healthy lymphatic and circulatory system.*

LG-W

(Burdock, Calendula, Turkey Rhubarb, Yellow Dock) Supports liver and gall bladder function.*

NOTICE: This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Lily of the Valley & Blessed Thistle

(Blessed Thistle, Lily of the Valley) Beneficial for maintaining a healthy heart and blood vessels, promotes and enhances brain function, strengthens memory recall, concentration and overall cognitive ability.*

LIV-J

(Barberry, Catnip, Crampbark, Fennel, Ginger, Wild Yam) Maintains healthy gall bladder and liver function and supports healthy digestive function.*

Lloyd's Formula

(Cinchona Bark, Cloves, Black Walnut Hulls) Beneficial for the maintenance of blood health*. Contains: Walnuts

MG-W

(Alfalfa, Chamomile, Dulse, Gentian, Ginger, Gotu Kola, Licorice Root, Sarsaparilla) Provides nourishment that supports healthy adrenal gland and thyroid function.*

MPEP

(Black Cohosh, Chaste Tree Berry, Dong Quai, Ginkgo, Hops, Saw Palmetto, Wild Yam) Helps to relieve menopausal discomfort.*

MPS-I

(Black Cohosh, Damiana, Dong Quai, Evening Primrose, Flax Seed, Passion Flower, Red Clover, Red Raspberry Leaf, Rosemary, Sarsaparilla, Strawberry Leaf, Sunflower Seed) Helps to relieve menopausal discomfort.*

MYO-C

(Barley, Black Walnut Hulls, Broad Beans, Flax, Green Ginger, Horsetail, Oriental Mustard, Papaya, Peppermint Leaf, Sarsaparilla, Saw Palmetto, Sesame Seed) Helps in the development of healthy muscle tissue.* Contains: Barley & Walnuts

N-W

(Blue Vervain, Hops, Indian Tobacco, Scullcap, Valerian Root) Beneficial for nervous system support.*

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Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

NP-T

(Oat Straw, Indian Sarsaparilla, Scullcap, St. John's Wort) Helps to relieve temporary nervousness.*

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reaction occur.

NSS-M

(Blue Steele [Damiana, Dong Quai, Elderberry, False Unicorn Root, Indian Sarsaparilla, Indian Tobacco, Korean Ginseng, Sarsaparilla, Saw Palmetto, Wood Betony, Yokum], Maca, Pumpkin Seed, Stone Root) Beneficial for male reproductive support and helps support a healthy circulatory system.*

OC-M

(liquid) (Chickweed, Flax, Ginkgo, Gotu Kola, Stone Root) Beneficial for maintaining healthy, clean arteries.*

OI' Number 11

(Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein, Scullcap, Stone Root, White Oak Bark) For support and maintenance of joint health and beneficial for maintaining gastrointestinal health.* Contains: Walnuts

P-W

(Buchu, Marshmallow, Pumpkin Seed, White Pond Lily, Wild Rose Hips) Helps to support prostate health.*

PA-K

(Echinacea, Golden Seal, Virginia Snake Root) Supports a healthy circulatory system and blood health.*

Papaya Mints

(Papaya, Peppermint Leaf, Spearmint Leaf) Beneficial for occasional upset stomach.*

PC-C

(Burdock, Marshmallow, Sheep Sorrel, Slippery Elm, Turkey Rhubarb) This combination of herbs is beneficial for nourishing healthy cells.*

NOTICE: This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

PG-G

(Dandelion Root, Juniper Berries, Turmeric) Helps maintain proper joint function and supports healthy urinary tract function.*

PMS-W

(Black Cohosh, Blessed Thistle, Dong Quai, Partridge Berry, Red Raspberry Leaf, Stone Root, Wild Yam) Helps to alleviate discomfort from Premenstrual Syndrome (P.M.S).*

PN-W

(Blessed Thistle, Crampbark, False Unicorn, Ginger, Partridge Berry, Red Raspberry Leaf) This combination of herbs may help to relieve nausea and vomiting associated with pregnancy.*

Red Clover Blended

(Buchu, Greasewood, Red Clover) Beneficial for maintaining a healthy urinary and respiratory tract.*

NOTICE: Rare reports of serious liver disease have been associated with ingestion of Chaparral/Greasewood. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems. Not intended for use by pregnant or nursing women.

Remember When

(Black Cohosh, Bladderwrack, Chlorella, Gingko, Gotu Kola, Wormseed) Beneficial for enhancing memory and supporting peripheral circulation.*

RST-C

(All Cells Salts [Arrowroot, Kelp, Bladderwrack, Irish Moss], Chickweed, He Shou Wu, Oriental Mustard, Skunk Cabbage) Helps to relieve occasional stiffness and joint discomfort after periods of physical exertion.*

SB-T

(Echinacea, Grape Seed, Green Ginger, Sanicle) Helps to support a healthy immune system.*

SC-W

(A.C.S. [Arrowroot, Bladderwrack, Kelp, Irish Moss], Herbal Adjustment [Black Cohosh, Blue Vervain, Capsicum, Indian Sarsaparilla, Indian Tobacco], Echinacea, Quince, Saw Palmetto, Wheat Germ, Whole Apricot, Wild Rose Hips) Provides nourishment for the maintenance of healthy skin.* Contains: Wheat

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

SD-R

(Hydrangea, Marshmallow, Stone Root) Supports healthy bladder and kidney function.*

SH-G

(B&N-C [Alfalfa, Barberry, Black Walnut Hulls, Chamomile, Gotu Kola, Parsley, Scullcap], St. John's Wort, Turmeric) Supports a healthy circulatory system.*
Contains: Walnuts

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reaction occur.

SI-W

(Bayberry, Chickweed, Gentian, Golden Seal, Oregon Grape, Wood Betony) Supports a healthy respiratory system.*

SIA-R

(Bayberry, Bitter Orange, Black Cohosh, Blue Vervain, Capsicum, Golden Seal, Indian Sarsaparilla, Indian Tobacco, Licorice Root, Thyme, Wild Rose Hips) Helps to support healthy sinuses.*

SMF-B

(Buchu, Cornsilk, Dulse, Horsetail, Indian Tobacco, Marshmallow, Mullein, Oatstraw, Pleurisy Root, Red Raspberry, Rice Bran, Rose Hips, Stone Root, Uva Ursi, Yarrow) Helps to relieve temporary periods of stress.*

SM & W-S

(Maca, Pumpkin Seed, Sarsaparilla, Stone Root, Wild Yam, Yokum) Helps to enhance stamina in men and women.*

ST-W

(Aloe, Dandelion Root, Figs, Flax) Beneficial for occasional stomach discomfort.*

NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because aloe may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Sutherlandia Combination

(Bee Pollen, Cascara Sagrada, Sutherlandia, Virginia Snake Root) Supports a healthy immune system and helps to relieve occasional constipation.*

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

T-W

(liquid)(Bladderwrack, Dulse, Irish Moss, Wild Lettuce)
Supports healthy thyroid function.*

TG & P-W

(Black Walnut Hulls, Blood Root, Green Ginger, Indian Tobacco, Marshmallow, Mullein, Myrrh, Scullcap, Stone Root, White Oak Bark) Beneficial for the maintenance of healthy teeth and gums.* Contains: Walnuts

Three Bees

(Bee Pollen, Bee Propolis, Royal Jelly) Helps to enhance energy levels and support healthy immune function.*

TRQ-RH

(Angelica, Brewer's Yeast, Chamomile, Chickweed, Hops, Kava Kava, Licorice Root, Passion Flower, Peppermint Leaf, Red Raspberry Leaf, Rice Bran, Rosemary, Scullcap, St. John's Wort, Valerian Root, White Oak Bark) This combination of herbs is beneficial for the nervous system.*

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reaction occur.

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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UR-W

(Buchu, Cornsilk, Stone Root, Uva Ursi, Yarrow) Helps to maintain a healthy urinary tract and prostate and supports healthy kidney and bladder function.*

Vita-Lixir

(Bee Pollen, Carrot Root, Dandelion Leaf, Gentian, Rice Bran, Sunflower Seed, Wheat Germ, Wild Rose Hips) Beneficial for overall good health.* Contains: Wheat

VM-W

(Alfalfa, Dandelion Root, Kelp) Helps to maintain healthy function of the thyroid gland.*

VVH-W

(Chestnut Leaf, Knitbone, White Oak Bark, Wild Rose Hips) Supports maintenance of healthy veins, blood vessels and helps maintain cardiovascular health.*

W-W

(Black Walnut Hulls, Cascara Sagrada, Green Ginger, Male Fern, Pumpkin Seed) Beneficial for digestive health, occasional constipation and maintaining overall good health.* Contains: Walnuts

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Wild Cherry Bark “Special”

(Bilberry, Wild Cherry Bark, Wild Rose Hips) Supports a healthy immune system and respiratory system.*

Wild Lettuce & Wood Betony

(Wild Lettuce, Wood Betony) Beneficial for maintaining healthy circulatory function and to help alleviate minor aches and pains associated with daily life.*

WL-S

(liquid) (Bladderwrack, Blue Vervain, Capsicum, Chickweed, Dandelion Root, Greasewood) Beneficial in providing nutrients to aid in weight reduction and also helps to support a healthy digestive tract and circulatory system.*

NOTICE: Rare reports of serious liver disease have been associated with ingestion of Chaparral/Greasewood. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems. Not intended for use by pregnant or nursing women.

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WL-W

(Cascara Sagrada, Chickweed, Dandelion Leaf, Dulse, Gentian, Indian Sarsaparilla, Licorice Root) Supports healthy thyroid function and a healthy metabolism.*

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Yerba Santa Combination

(Indian Tobacco, Mullein, Yerba Santa) Helps to support a healthy respiratory tract.*

YTHER-I

(Alfalfa, Bilberry, Irish Moss, Papaya, Peppermint Leaf, Royal Jelly, Spearmint Leaf, Spirulina, Wild Yam, Yucca) Beneficial for overall good health.*

ENCAPSULATED SUPPLEMENTS/MINERALS:

A.C.S. (All Cells Salts)

(capsules 150 ct - 400mg)(Arrowroot, Bladderwrack, Kelp, Irish Moss) Provides electrolytes and minerals for the maintenance of good health.*

Alfalfa

(capsules 100 ct - 700mg Beneficial for soothing the occasional upset stomach and maintaining joint comfort.*

Can-Sol

(capsules 100 ct) (Greasewood, Purple Loosestrife, White Pond Lily) Beneficial for maintaining healthy intestinal flora.*

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Cascara Sagrada

(capsules 150 ct - 500mg) Beneficial for occasional constipation.*

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Chicken Collagen

(capsules 100 ct - 500mg) To maintain joint comfort.*

Flax & Flax Lignans

(capsules 100 ct - 650mg) Beneficial for occasional constipation, helps maintain healthy cholesterol levels already within the normal range and is beneficial for strengthening the whole body and overall good health.*

Herbal Adjustment

(capsules 140 ct - 500mg) (Black Cohosh, Blue Vervain, Capsicum, Indian Sarsaparilla, Indian Tobacco) Stimulates brain function.*

HT Combination

(capsules 100 ct - 600mg)(Hawthorn, Myrrh, Motherwort)
Supports healthy cardiovascular function and helps to maintain healthy arteries and blood vessels.*

LAS-JB

(capsules 100 ct - 700mg) (Fennel, Fenugreek, Horseradish (Chinese), Marshmallow, Mullein) Beneficial for healthy lungs and sinus support.*

Licorice Root

(capsules 100 ct - 700mg) Helps to support a healthy nervous system, adrenal glands, healthy respiratory system and mucous membrane lining of the respiratory tract.*

OC-M

(capsules 100 ct - 650mg) (Chickweed, Flax, Ginkgo, Gotu Kola, Stone Root) Beneficial for maintaining healthy, clean arteries.*

Psyllium Seed Husk

(capsules 100 ct - 700mg) Psyllium Seed Husk Capsules are beneficial for helping to relieve occasional constipation.*

Spirulina

(capsules 200 ct - 1000mg & bulk powder) Helps to provide nutrients for the maintenance of good health.*

T-W

(capsules 100 ct - 650mg)(Bladderwrack, Dulse, Irish Moss, Wild Lettuce) Supports healthy thyroid function.*

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WL-S

(capsules 100 ct - 600mg) (Bladderwrack, Blue Vervain, Capsicum, Chickweed, Dandelion Root, Greasewood) Beneficial in providing nutrients to aid in weight reduction and also helps to support a healthy digestive tract and circulatory system.*

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VITAMINS:

Easy CoQ10

(softgels 50 ct - 100mg) Beneficial for energy production, cardiovascular health, maintaining a healthy nervous system and for overall health.* Contains: Soy

Lecithin Capsules

(softgels 224 ct -1040mg) Beneficial for helping to support liver function.* (Sunflower Oil, Gelatin, Glycerin, Purified Water)

PS Brain Treat

(PhosphatidylSerine) (softgels 30 ct - 100mg) This combination of herbs is beneficial to support cognitive function.* (Soybean Oil, Glycerin, Gelatin, Water).

Superb Supplemental Plus

(tablets 120 ct) Source of Vitamin A to help maintain eyesight, skin, membranes and immune function.* Vitamin C is an antioxidant for the maintenance of good health.* Vitamin B Complex: Helps the body to metabolize carbohydrates, fats and proteins.* Helps in tissue formation.* Helps normal growth and development.* Helps to form red blood cells.* Vitamin D, calcium and magnesium help in the development and maintenance of bones and teeth.* Magnesium helps in tissue formation.* Magnesium helps to maintain proper muscle function.* Vitamin E is an antioxidant for the maintenance of good health.* Iodine helps in the function of the thyroid gland.* Chromium provides support for healthy glucose metabolism.* Copper helps to produce and maintain healthy connective tissue.* Iron helps to form red blood cells and helps in their proper function.* Selenium is an antioxidant for the maintenance of good health.* Zinc helps to maintain immune function.*

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Vitamin A & D

(softgels 60 ct) (A-25,000iu/D-1000iu) Supports healthy immune function, specifically throughout the respiratory and intestinal tracts.* Supports the proper growth and formation of bones and teeth, as well as helping with collagen and cartilage synthesis.* Promotes bone formation and mineralization and is essential in the development of an intact and strong skeleton, vital for normal growth and development of the human body.* Helps in the development and maintenance of bones and teeth.* Beneficial for the maintenance of good health.* Helps in the absorption and use of calcium and phosphorus.* Contains: Soy, Corn and Fish

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm. Recommended daily dose not to exceed 5000iu/day or as recommended by practitioner. Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Vitamin B-Complex

(capsules 100 ct) B Vitamins play a critical role in supporting metabolism and boosting energy, improving muscle tone and helping maintain health of the nerves, skin, eyes, hair and mouth.*

Vitamin C

(Time release tablets 120 ct -1000mg) Helps the body to metabolize fats and proteins.* Helps in the maintenance of bones, cartilage, teeth and gums.* Helps to support healthy connective tissue.* Beneficial for the maintenance of good health.*

Vitamin E (with Selenium)

(softgels 60 ct - 400iu) Beneficial for the maintenance of good health.* Contains: Soy

THE BODY SYSTEMS

Our bodies are made up of twelve biological systems that perform the everyday functions we need for living. These are:

The **Circulatory System** consists of the heart, blood, arteries, veins and capillaries. It primarily pumps blood to and from the heart to supply oxygen to the body.

The **Digestive System**, whose organs include the mouth, esophagus, stomach, liver, gallbladder, pancreas, the small and large intestines and the rectum, allows the body to break down and absorb food, and remove waste.

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The **Endocrine System** is a collection of glands that secrete hormones into the blood which regulate growth, development and homeostasis (the regulation of the body's temperature and the balance between acidity and alkalinity (pH)).

The **Immune System** is the body's defense against agents such as bacteria and viruses. It includes the lymph nodes, spleen, bone marrow and white blood cells, among others.

The **Integumentary System**, which is primarily the skin, also includes hair and nails. It provides protection from the outside world.

The **Lymphatic System**, which includes the lymph nodes, lymph ducts and lymph vessels, is a secondary circulatory system that helps the body fight infection and maintain its fluid balance.

The **Muscular System** provides motor power for all movements of body parts. Not just the movements that are under our control like walking, but also those like breathing, food digestion and blood circulation.

The **Nervous System** is the body's electrochemical communication system. It controls voluntary actions (like walking) and involuntary actions (like breathing). It includes the central nervous system which is mainly the brain and spinal cord, and the peripheral nervous system which are the nerves that connect all other parts of the body to the central nervous system.

The **Reproductive System**, which includes the penis and testes in males, and the vagina, uterus and ovaries in women, allows humans to reproduce.

The **Respiratory System**, which is composed of the lungs and respiratory passages, allows us to breathe.

The **Skeletal System**, primarily bones and cartilage, is the hard structure that provides a frame for the body and helps us move.

The **Urinary System**, made up of the kidneys, ureters, bladder and urethra, removes wastes from the blood and body in the form of urine.

Overall Good Health is the general condition of the body and mind being vigorous and free from disease.

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Minerals and Vitamins are required for proper function by the body. **Minerals** are nutrients used by the body to build bones and muscles, as well as regulate heartbeat, oxygenation of body cells and blood clotting. **Vitamins** are a group of substances that are essential for normal cell growth, development and function.



The **Circulatory System**, also called the cardiovascular system, consists of our heart, blood and blood vessels. It is a system that permits blood to circulate and transport nutrients, oxygen, carbon dioxide, hormones, and blood cells to and from the cells in the body to provide nourishment and help in fighting diseases. It also helps to stabilize the body's temperature and pH levels.

BC-W

(Barberry, Black Cohosh, Burdock, Dandelion Root, Gentian, Greasewood, Red Clover, Sarsaparilla, Yarrow, Yellow Dock) Provides the building blocks for healthy blood.*

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Blessed Thistle

Beneficial for aiding in digestion, relieving the occasional upset stomach, oxygenation of the blood stream and promoting good health and energy.*

Blue Flag

Beneficial for liver health, maintaining a healthy lymphatic system and reducing fluid retention.*

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BP-W

(Bee Pollen, Buckthorn, Greasewood, Inkberry, Peach Leaf, Prickly Ash, Red Clover, Stillingia) Helps to support a healthy circulatory system.*

NOTICE: This product contains Buckthorn. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because buckthorn may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

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Bugleweed

Beneficial as a tonic for good health, circulation and support of healthy blood vessels.*

Butcher's Broom

Beneficial for maintaining healthy bones, supports soft tissue and a healthy circulatory system.*

Calendula

Beneficial to maintain healthy circulation, digestion and assists in supporting the overall health of your skin.*

Capsicum

Helps to support a healthy circulatory system.*

Celandine

Helps to maintain a healthy circulatory system and is beneficial for occasional use as a diuretic.*

Chicory

Beneficial for digestion, liver health, contributes to a healthy glucose metabolism and helps to maintain healthy blood pressure already within the normal range.*

CS-W

(Blessed Thistle, Capsicum, H.T. Combination [Hawthorn, Myrrh, Motherwort], Lily of the Valley) Supports healthy circulatory system and digestive function.*

E-W

(Bayberry, Eyebright, Wood Betony) Supports a healthy circulatory system and is beneficial in the maintenance of eye health.*

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Easy CoQ10

(softgels 50 ct - 100mg) Beneficial for energy production, cardiovascular health, maintaining a healthy nervous system and for overall health.*

EH-T

(Cudweed, Gotu Kola, Kava Kava, Rice Bran, Scullcap, St. John's Wort) Provides an increase in energy, is a tonic for overall good health, helps relieve occasional restlessness and/or nervousness, supports a healthy circulatory system and venous tissue.*

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

NOTICE: St. John's Wort/Klamath Weed (Aerial Parts) Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reaction occur.

Fenugreek Combination

(Fenugreek, Marshmallow, Mullein) Helps maintain a healthy blood and lymphatic system.*

Flax

Beneficial for occasional constipation, helps maintain healthy cholesterol levels already within the normal range and is beneficial for strengthening the whole body and overall good health.*

Flax & Flax Lignans

(capsules 100 ct - 650mg) Beneficial for occasional constipation, helps maintain healthy cholesterol levels already within the normal range and is beneficial for strengthening the whole body and overall good health.*

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Formula Max

(Blessed Thistle, Brewer's Yeast, Gentian, Mullein, Saw Palmetto, A.C.S. [Arrowroot, Bladderwrack, Kelp, Irish Moss], B &NC.-W [Alfalfa, Barberry, Black Walnut Hulls, Chamomile, Gotu Kola, Parsley, Scullcap], Formula Three [Bee Pollen, Indian Sarsaparilla, Licorice Root], HT Combination [Hawthorn, Myrrh, Motherwort], Ol' Number 11 [Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein, Scullcap, Stone Root, White Oak Bark], Vita-Lixir [Bee Pollen, Carrot Root, Dandelion Leaf, Gentian, Rice Bran, Sunflower Seed, Wheat Germ, Wild Rose Hips]) Helps to maintain overall good health, supports a healthy nervous and cardiovascular system, supports healthy digestive function and helps to enhance energy level.* Contains: Walnuts and Wheat

Formula Thirty-One

(Black Cohosh, Black Walnut, Bugleweed, Hawthorn, Irish Moss, Lily of the Valley) Helps to maintain a healthy circulatory system.* Contains: Walnuts

Garlic

Beneficial for the maintenance of healthy circulatory function, helps to maintain healthy blood pressure already within a normal range and supports cardiovascular health.*

Ginger

Beneficial for the maintenance of a healthy circulatory system.*

Ginkgo

May help support mental sharpness, healthy brain function and supports blood flow to the brain and extremities.*

Ginkgo Combination

(Blessed Thistle, Ginkgo, Gotu Kola) Helps enhance memory, cognitive function and supports a healthy circulatory system.*

Golden Bough

Beneficial to help calm nerves, supports a healthy nervous and circulatory system.*

Golden Days

(Bladderwrack, Elecampane, Fenugreek, Indian Sarsaparilla) Beneficial for fluid retention.*

Gotu Kola

Beneficial for improving memory, maintaining healthy blood pressure already within the normal range and maintaining a healthy circulatory system.*

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Green Ginger & Wormseed

(Green Ginger, Wormseed) Helps to maintain healthy blood.*

Hawthorn

Helps to maintain and/or support cardiovascular health in adults.*

He Shou Wu

Helps to enhance energy levels and supports a healthy circulatory system.*

Hibiscus Flowers

Beneficial for maintaining healthy blood pressure already within the normal range and helps to support a healthy circulatory system.*

Hops

Helps to maintain a healthy circulatory system, helps to relieve nervousness and supports a feeling of calmness to assist in healthy sleep patterns.*

Horsetail

Beneficial for maintaining healthy blood pressure already within the normal range, helps to support a healthy circulatory system, beneficial for proper joint function and promotes growth of healthy hair and nails.*

HT Combination

(liquid or capsules 100 ct - 600mg)(Hawthorn, Myrrh, Motherwort) Supports healthy cardiovascular function and helps to maintain healthy arteries and blood vessels.*

Hyssop

Helps to maintain healthy blood pressure already within the normal range and for the maintenance of blood health.*

LC-W

(Blue Flag, Marshmallow, Mullein, Oregon Grape, Stillingia) Supports a healthy lymphatic and circulatory system.*

Lily of the Valley & Blessed Thistle

(Blessed Thistle, Lily of the Valley) Beneficial for maintaining a healthy heart and blood vessels, promotes and enhances brain function, strengthens memory recall, concentration and overall cognitive ability.*

Lloyd's Formula

(Cinchona Bark, Cloves, Black Walnut Hulls) Beneficial for the maintenance of blood health*. Contains: Walnuts

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Meadowsweet

Helps to maintain blood health.*

Mullein

Beneficial for maintaining healthy connective tissue, supporting a healthy circulatory system and maintaining a healthy respiratory system.*

Myrrh

Beneficial for the heart and circulatory system, boosts the body's immune system and promotes healthy digestion.*

Nettle

Supports healthy kidney and urinary tract function, a healthy circulatory system and blood vessels.

NSS-M

(Blue Steele [Damiana, Dong Quai, Elderberry, False Unicorn Root, Indian Sarsaparilla, Indian Tobacco, Korean Ginseng, Sarsaparilla, Saw Palmetto, Wood Betony, Yokum], Maca, Pumpkin Seed, Stone Root) Beneficial for male reproductive support and helps support a healthy circulatory system.*

OC-M

(liquid or capsules 100 ct - 650 mg) (Chickweed, Flax, Ginkgo, Gotu Kola, Stone Root) Beneficial for maintaining healthy, clean arteries.*

Olive Leaf

Beneficial to help boost immunity, maintain healthy blood pressure already within the normal range, and for occasional fatigue and muscle soreness.*

PA-K

(Echinacea, Golden Seal, Virginia Snake Root) Supports a healthy circulatory system and blood health.*

Pleurisy Root

Supports the maintenance of a healthy respiratory and circulatory system.*

Reishi Mushroom

Beneficial for immune system support and for support of healthy blood pressure already within a normal range.*

Sanicle

Beneficial for maintaining healthy, clean arteries.*

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Sassafras

Beneficial for the maintenance of blood health and also helps to enhance energy.*

SH-G

(B&N-C [Alfalfa, Barberry, Black Walnut Hulls, Chamomile, Gotu Kola, Parsley, Scullcap], St. John's Wort, Turmeric) Supports a healthy circulatory system.*
Contains: Walnuts

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Tart Cherries Extract

A natural source of melatonin, aiding in healthy sleep and is beneficial for maintaining healthy, clean arteries and a healthy heart.*

Valerian Root

Helps to support a healthy nervous system and cardiovascular health.*

Vinca

Beneficial for maintaining a healthy circulatory system and healthy blood pressure already within the normal range.*

VVH-W

(Chestnut Leaf, Knitbone, White Oak Bark, Wild Rose Hips)
Supports maintenance of healthy veins, blood vessels and helps maintain cardiovascular health.*

Wild Lettuce & Wood Betony

(Wild Lettuce, Wood Betony) Beneficial for maintaining healthy circulatory function and to help alleviate minor aches and pains associated with daily life.*

Wild Rose Hips

Helps in the healthy development and maintenance of bones, soft tissue and supports maintenance of healthy veins and blood vessels.*

Willow

Promotes relaxation, maintains blood pressure within a normal range and is beneficial to maintain healthy urinary function.*

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WL-S

(liquid or capsules 100 ct - 600mg) (Bladderwrack, Blue Vervain, Capsicum, Chickweed, Dandelion Root, Greasewood) Beneficial in providing nutrients to aid in weight reduction and also helps to support a healthy digestive tract and circulatory system.*

NOTICE: Rare reports of serious liver disease have been associated with ingestion of Chaparral/Greasewood. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems. Not intended for use by pregnant or nursing women.

Wood Betony

Supports a healthy circulatory system.*

Yarrow

Beneficial for healthy bladder function, to maintain healthy urinary flow and to help maintain healthy blood pressure already within the normal range.*

The **Digestive System** is the food processing system of the human body. It includes the mouth (teeth, tongue and salivary glands), esophagus, stomach, liver, gallbladder, pancreas, small and large intestines and the rectum. Together, these organs convert food into essential nutrients that are absorbed into the body and eliminated as unused waste material.

BOWELS

AG-W

(Angelica, Catnip, Fennel, Ginger, Peppermint Leaf) Helps to support relief of occasional gas, bloating and upset stomach.*

Aloe (African Bitter)

Beneficial for the occasional upset stomach, occasional constipation and for maintaining digestive health.*

NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because aloe may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Buchu

Promotes healthy reproductive organ and genito-urinary tract function, supports a healthy gastrointestinal tract and relief of occasional gas.*

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Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Buckthorn

Beneficial as a gentle bowel cleaner, a dietary source of fiber and helps to maintain healthy bowel flora.*

NOTICE: This product contains Buckthorn. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because buckthorn may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Cascara Sagrada

(liquid or capsules 150 ct - 500mg) Beneficial for occasional constipation.*

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Catnip

Provides nourishment for the nervous system, temporary relief of muscle spasms and helps to relieve occasional gas.*

CCE-W

(Aloe, Angelica, Manna, Milk Thistle, Myrrh, Senna, Spikenard, Turkey Rhubarb, Zedoary) Beneficial for the relief of occasional constipation.*

NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because aloe may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition. NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

NOTICE: This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Culver's Root

Supports a healthy liver and gall bladder, helps to relieve occasional constipation and helps with digestive support.*

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Fennel

Helps to relieve occasional gas, relieves menstrual discomfort and supports healthy digestive function.*

Figs

Beneficial for maintenance of a healthy gastrointestinal tract and provides relief of occasional constipation.*

Flax

Beneficial for occasional constipation, helps maintain healthy cholesterol levels already within the normal range and is beneficial for strengthening the whole body and overall good health.*

Flax & Flax Lignans

(capsules 100 ct - 650mg) Beneficial for occasional constipation, helps maintain healthy cholesterol levels already within the normal range and is beneficial for strengthening the whole body and overall good health.*

Golden Seal

Maintains a healthy gastrointestinal tract, supports digestive function, tonic for increased appetite and helps to relieve occasional constipation.*

HL ONE-W

(Buckthorn, Cascara Sagrada, Fennel, Pumpkin Seed, Turkey Rhubarb) Helps to relieve occasional constipation.*

NOTICE: This product contains Buckthorn. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because buckthorn may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

NOTICE: This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Irish Moss

Beneficial as a stool softener for occasional constipation.*

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Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

LBR-W

(Angelica, Barberry, Bitter Orange, Butcher's Broom, Greasewood, Marshmallow, Senna, Sweet Root, White Oak Bark) This combination of herbs is beneficial for maintaining healthy blood sugar already in the normal range and is beneficial for occasional constipation.*

NOTICE: Rare reports of serious liver disease have been associated with ingestion of Chaparral/Greasewood. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems. Not intended for use by pregnant or nursing women.

NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Mayapple

Beneficial for maintaining lung health and for relief of occasional constipation.*

Ol' Number 11

(Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein, Scullcap, Stone Root, White Oak Bark)
For support and maintenance of joint health and is beneficial for maintaining gastrointestinal health.* Contains: Walnuts

Psyllium Seed Husk

(capsules 100 ct - 700mg) Psyllium Seed Husk Capsules are beneficial for helping to relieve occasional constipation.*

Senna

Beneficial for occasional constipation and helps to relieve discomfort from occasional muscle cramping.

NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Strawberry Leaf

Helps to maintain healthy bowel function and supports intestinal health.*

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Sutherlandia Combination

(Bee Pollen, Cascara Sagrada, Sutherlandia, Virginia Snake Root) Supports a healthy immune system and helps to relieve occasional constipation.*

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Sweet Root

Helps to relieve occasional gas and supports a healthy immune system.*

Turkey Rhubarb

Helps to support healthy digestive function and relief of occasional diarrhea.*

NOTICE: This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

W-W

(Black Walnut Hulls, Cascara Sagrada, Green Ginger, Male Fern, Pumpkin Seed) Beneficial for digestive health, occasional constipation and maintaining overall good health.* Contains: Walnuts

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

DIGESTIVE HEALTH

AG-W

(Angelica, Catnip, Fennel, Ginger, Peppermint Leaf) Helps to support relief of occasional gas, bloating and upset stomach.*

Aloe (African Bitter)

Beneficial for the occasional upset stomach, occasional constipation and for maintaining digestive health.*

NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because aloe may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

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Angelica

Beneficial for maintaining healthy digestion.*

Astragalus

Beneficial for supporting the immune system, maintaining healthy digestion and adrenal support.*

Barberry

Beneficial for digestive health, urinary tract health and the immune system.*

Blessed Thistle

Beneficial for aiding in digestion, relieving the occasional upset stomach, oxygenation of the blood stream and promoting good health and energy.*

Brewer's Yeast

Beneficial for energy and digestive health.*

Calendula

Beneficial to maintain healthy circulation, digestion and assists in supporting the overall health of your skin.*

Carrot Root

Supports eye and skin health and healthy digestion.*

Chicory

Beneficial for digestion, liver health, contributes to a healthy glucose metabolism and helps to maintain healthy blood pressure already within the normal range.*

CS-W

(Blessed Thistle, Capsicum, H.T. Combination [Hawthorn, Myrrh, Motherwort], Lily of the Valley) Supports healthy circulatory system and digestive function.*

Culver's Root

Supports a healthy liver and gall bladder, helps to relieve occasional constipation and helps with digestive support.*

D-W

(Gentian, Ginger, Juniper Berries, Safflowers) Helps to support healthy digestive function.*

Dandelion Root

Beneficial for occasional stomach discomfort and helps with the maintenance of liver and gall bladder health and digestive support.*

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E & F-W

(Bee Pollen, Blessed Thistle, Capsicum, Dong Quai, Eyebright, Gentian, Juniper Berry, Licorice Root, Peppermint Leaf, Indian Sarsaparilla)
Helps to enhance energy levels and mental performance, supports healthy adrenal gland function and healthy digestive function.*

False Unicorn Root

Beneficial for reproductive health, maintaining healthy digestive function and a healthy gastrointestinal tract.*

Fennel

Helps to relieve occasional gas, relieves menstrual discomfort and supports healthy digestive function.*

Fenugreek

Beneficial for maintaining a healthy, clean lymphatic system and aiding in digestion.*

Feverfew

Beneficial for maintaining reproductive, urinary health & a healthy digestive system.*

Formula Max

(Blessed Thistle, Brewer's Yeast, Gentian, Mullein, Saw Palmetto, A.C.S. [Arrowroot, Bladderwrack, Kelp, Irish Moss], B &NC.-W [Alfalfa, Barberry, Black Walnut Hulls, Chamomile, Gotu Kola, Parsley, Scullcap], Formula Three [Bee Pollen, Indian Sarsaparilla, Licorice Root], HT Combination [Hawthorn, Myrrh, Motherwort], Ol' Number 11 [Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein, Scullcap, Stone Root, White Oak Bark], Vita-Lixir [Bee Pollen, Carrot Root, Dandelion Leaf, Gentian, Rice Bran, Sunflower Seed, Wheat Germ, Wild Rose Hips]) Helps to maintain overall good health, supports a healthy nervous and cardiovascular system, supports healthy digestive function and helps to enhance energy level.* Contains: Walnuts and Wheat

GB-B

(Barberry, Bee Propolis, Culver's Root, Purple Loosestrife)
Supports healthy digestive function.*

Gentian

Aids in digestion.*

Golden Seal

Maintains a healthy gastrointestinal tract, supports digestive function, tonic for increased appetite and helps to relieve occasional constipation.*

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Green Ginger

Promotes healthy appetite and stomach function, healthy levels of bile secretion from the liver and helps to relieve temporary muscle soreness from over-exertion.*

Juniper Berries

Beneficial to maintain a healthy digestive system and for relief of occasional bloating.

L6-W

(Angelica, Blue Cohosh, Blue Vervain, Partridge Berry, Pennyroyal, Red Raspberry Leaf, Spikenard) Beneficial to aid digestion and provides herbal nourishment for expectant mothers.*

LIV-J

(Barberry, Catnip, Crampbark, Fennel, Ginger, Wild Yam) Maintains healthy gall bladder and liver function and supports healthy digestive function.*

Myrrh

Beneficial for the heart and circulatory system, boosts the body's immune system and promotes healthy digestion.*

Peach Leaf

Helps maintain healthy joint function and is beneficial for the occasional upset stomach and bloating.*

Safflowers

Supports a healthy immune system and helps support digestive function.*

Sage

Beneficial as a tonic for healthy body systems, counteracting hot flashes and night sweats associated with menopause and maintaining healthy digestive and nervous systems.*

Stillingia

Supports a healthy lymphatic system and is beneficial as a digestive aid.*

Turkey Rhubarb

Helps to support healthy digestive function and relief of occasional diarrhea.*

NOTICE: This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

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Turmeric

Beneficial for the relief of menstrual discomfort and maintaining healthy digestion.*

Vitamin C

(Time release tablets 120 ct - 1000mg) Helps the body to metabolize fats and proteins.* Helps in the maintenance of bones, cartilage, teeth and gums.* Helps to support healthy connective tissue.* Beneficial for the maintenance of good health.*

W-W

(Black Walnut Hulls, Cascara Sagrada, Green Ginger, Male Fern, Pumpkin Seed) Beneficial for digestive health, occasional constipation and maintaining overall good health.* Contains: Walnuts

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

WL-S

(liquid or capsules 100 ct - 600mg) (Bladderwrack, Blue Vervain, Capsicum, Chickweed, Dandelion Root, Greasewood) Beneficial in providing nutrients to aid in weight reduction and also helps to support a healthy digestive tract and circulatory system.*

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INTESTINES

AP-W

(Parsley, Sage, Rosemary, Thyme) Supports a healthy immune and gastrointestinal system, helps to relieve occasional menstruation discomfort and helps to maintain a healthy urinary tract system.*

Buchu

Promotes healthy reproductive organ and genito-urinary tract function, supports a healthy gastrointestinal tract and relief of occasional gas.*

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Can-Sol

(liquid or capsules) (Greasewood, Purple Loosestrife, White Pond Lily)

Beneficial for maintaining healthy intestinal flora.*

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False Unicorn Root

Beneficial for reproductive health, maintaining healthy digestive function and a healthy gastrointestinal tract.*

Figs

Beneficial for maintenance of a healthy gastrointestinal tract and provides relief of occasional constipation.*

Formula Twelve

(Knitbone, Marshmallow, Slippery Elm) Helps to nourish and support a healthy gastrointestinal tract.*

Golden Seal

Maintains a healthy gastrointestinal tract, supports digestive function, tonic for increased appetite and helps to relieve occasional constipation.*

Ol' Number 11

(Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein, Scullcap, Stone Root, White Oak Bark) For support and maintenance of joint health and beneficial for maintaining gastrointestinal health.* Contains: Walnuts

Quince

Beneficial for relief of occasional stomach and intestinal discomfort.*

Slippery Elm

Helps to support a healthy gastrointestinal tract.*

Strawberry Leaf

Helps to maintain healthy bowel function and supports intestinal health.*

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Vitamin A & D

(softgels 60 ct) (A-25,000iu/D-1000iu) Supports healthy immune function, specifically throughout the respiratory and intestinal tracts.* Supports the proper growth and formation of bones and teeth, as well as helping with collagen and cartilage synthesis.* Promotes bone formation and mineralization and is essential in the development of an intact and strong skeleton, vital for normal growth and development of the human body.* Helps in the development and maintenance of bones and teeth.* Beneficial for the maintenance of good health.* Helps in the absorption and use of calcium and phosphorus.* Contains: Soy, Corn and Fish

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm. Recommended daily dose not to exceed 5000iu/day or as recommended by practitioner. Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

LIVER/GALL BLADDER **PANCREAS (Blood Sugar Support)**

Beet Root

A source of minerals, beneficial for maintaining a healthy, clean liver to promote the body's normal detoxification process.*

Blue Flag

Beneficial for liver health, maintaining a healthy lymphatic system and reducing fluid retention.*

Blueberry Leaf

Beneficial for overall eye health, including night vision and for maintaining healthy blood sugar already within normal range.*

Burdock

Supports healthy kidney function, detoxification of skin, liver and lymphatic system.*

Chicory

Beneficial for digestion, liver health, contributes to a healthy glucose metabolism and helps to maintain healthy blood pressure already within the normal range.*

Culver's Root

Supports a healthy liver and gall bladder, helps to relieve occasional constipation and helps with digestive support.*

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Dandelion Leaf

Beneficial for maintaining healthy eyes and skin and maintaining healthy liver, kidneys & blood.*

Dandelion Root

Beneficial for occasional stomach discomfort and helps with the maintenance of liver and gall bladder health and digestive support.*

DB8-W

(Blueberry Leaf, Bugleweed, Elecampane, Gentian, Golden Seal, Green Ginger, Lapacho, Yarrow) Beneficial for maintaining healthy blood glucose levels already within the normal range and helps to enhance energy level.*

Green Ginger

Promotes healthy appetite and stomach function, healthy levels of bile secretion from the liver and helps to relieve temporary muscle soreness from over-exertion.*

HYG-W

(Bee Pollen, Juniper Berries, Licorice Root, Rice Bran, Sweet Root) Helps to maintain healthy blood sugar levels already within the normal range and enhances energy and focus.*

LBR-W

(Angelica, Barberry, Bitter Orange, Butcher's Broom, Greasewood, Marshmallow, Senna, Sweet Root, White Oak Bark) This combination of herbs is beneficial for maintaining healthy blood sugar already in the normal range and is beneficial for occasional constipation.*

NOTICE: Rare reports of serious liver disease have been associated with ingestion of Chaparral/Greasewood. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems. Not intended for use by pregnant or nursing women.

NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Lecithin Capsules

(softgels 224 ct -1040mg) Beneficial for helping to support liver function.* (Sunflower Oil, Gelatin, Glycerin, Purified Water)

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LG-W

(Burdock, Calendula, Turkey Rhubarb, Yellow Dock) Supports liver and gall bladder function.*

NOTICE: This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

LIV-J

(Barberry, Catnip, Crampbark, Fennel, Ginger, Wild Yam) Maintains healthy gall bladder and liver function and supports healthy digestive function.*

Milk Thistle

Helps to support the maintenance and function of a healthy liver and gall bladder.*

Purple Loosestrife

Supports healthy liver function and helps relieve occasional muscle cramps.*

ORAL HEALTH

Blood (Red) Root

Helps to support healthy gums.*

Cloves

Helps to calm occasional nausea and also beneficial for oral health.*

Plantain

Helps in the healthy development and maintenance of bones, teeth, night vision and supports the immune system.*

TG & P-W

(Black Walnut Hulls, Blood Root, Green Ginger, Indian Tobacco, Marshmallow, Mullein, Myrrh, Scullcap, Stone Root, White Oak Bark) Beneficial for the maintenance of healthy teeth and gums.* Contains: Walnuts

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Vitamin A & D

(softgels 60 ct) (A-25,000iu/D-1000iu) Supports healthy immune function, specifically throughout the respiratory and intestinal tracts.* Supports the proper growth and formation of bones and teeth, as well as helping with collagen and cartilage synthesis.* Promotes bone formation and mineralization and is essential in the development of an intact and strong skeleton, vital for normal growth and development of the human body.* Helps in the development and maintenance of bones and teeth.* Beneficial for the maintenance of good health.* Helps in the absorption and use of calcium and phosphorus.* Contains: Soy, Corn and Fish

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm. Recommended daily dose not to exceed 5000iu/day or as recommended by practitioner. Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Vitamin B-Complex

(capsules 100 ct) B Vitamins play a critical role in supporting metabolism and boosting energy, improving muscle tone and helping maintain health of the nerves, skin, eyes, hair and mouth.*

Vitamin C

(Time release tablets 120 ct -1000mg) Helps the body to metabolize fats and proteins.* Helps in the maintenance of bones, cartilage, teeth and gums.* Helps to support healthy connective tissue.* Beneficial for the maintenance of good health.*

STOMACH

AG-W

(Angelica, Catnip, Fennel, Ginger, Peppermint Leaf) Helps to support relief of occasional gas, bloating and upset stomach.*

Alfalfa

(liquid or capsules 100 ct - 700mg) Beneficial for soothing the occasional upset stomach and maintaining joint comfort.*

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Aloe (African Bitter)

Beneficial for the occasional upset stomach, occasional constipation and for maintaining digestive health.*

NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because aloe may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Blessed Thistle

Beneficial for aiding in digestion, relieving the occasional upset stomach, oxygenation of the blood stream and promoting good health and energy.*

Cloves

Helps to calm occasional nausea and also beneficial for oral health.*

Dandelion Root

Beneficial for occasional stomach discomfort and helps with the maintenance of liver and gall bladder health and digestive support.*

Figs & Flax

(Figs, Flax) Beneficial for soothing the stomach.*

Golden Seal

Maintains a healthy gastrointestinal tract, supports digestive function, tonic for increased appetite and helps to relieve occasional constipation.*

Greasewood

Beneficial for the occasional upset stomach, weight reduction as part of a diet and exercise routine and for maintaining a healthy respiratory system.*

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Green Ginger

Promotes healthy appetite and stomach function, healthy levels of bile secretion from the liver and helps to relieve temporary muscle soreness from over-exertion.*

Juniper Berries

Beneficial to maintain a healthy digestive system and for relief of occasional bloating.

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Papaya Mints

(Papaya, Peppermint Leaf, Spearmint Leaf)
Beneficial for occasional upset stomach.*

Peach Leaf

Helps maintain healthy joint function and is beneficial for the occasional upset stomach and bloating.*

Peppermint Leaf

Beneficial for relief of the occasional upset stomach, muscle spasms from over-exertion and supports a healthy respiratory system.*

Quince

Beneficial for relief of occasional stomach and intestinal discomfort.*

Red Raspberry Leaf

Beneficial for overall female health and helps to relieve occasional stomach discomfort.*

ST-W

(Aloe, Dandelion Root, Figs, Flax) Beneficial for occasional stomach discomfort.*

NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because aloe may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

The **Endocrine System** is the collection of glands that produce hormones that regulate metabolism, growth and development, tissue function, sexual function, reproduction, sleep and mood, among other things. This collection of glands is made up of the pituitary gland, thyroid gland, parathyroid glands, adrenal glands, pancreas, ovaries (in females) and testicles (in males), as well as the liver and kidneys. Each of these glands secretes one or more different hormones in the blood for different functions.

GENERAL

Whole Apricot

Beneficial for glandular support.*

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ADRENAL SUPPORT

Ashwagandha

Beneficial for maintaining healthy adrenal glands, providing energy, relieving stress, improving memory and increasing concentration.*

Astragalus

Beneficial for supporting the immune system, maintaining healthy digestion and adrenal support.*

Bee Pollen

Beneficial for energy, adrenal support and immune support.*

Bee Pollen “Special”

(Bee Pollen, Licorice Root, Elderberry) Beneficial for energy and adrenal and immunity support.*

Bee Propolis

Provides antioxidants for the maintenance of good health, is beneficial for supporting the body’s immune system, helps support healthy adrenal function, and is beneficial for improving energy levels.*

E & F-W

(Bee Pollen, Blessed Thistle, Capsicum, Dong Quai, Eyebright, Gentian, Juniper Berry, Licorice Root, Peppermint Leaf, Indian Sarsaparilla) Helps to enhance energy levels and mental performance, supports healthy adrenal gland function and healthy digestive function.*

Indian Sarsaparilla (Hemidesmus Indicus)

Supports healthy adrenal response to occasional stress and fatigue.*

Licorice Root

(liquid or capsules) Helps to support a healthy nervous system, adrenal glands, healthy respiratory system and mucous membrane lining of the respiratory tract.*

MG-W

(Alfalfa, Chamomile, Dulse, Gentian, Ginger, Gotu Kola, Licorice Root, Sarsaparilla) Provides nourishment that supports healthy adrenal gland and thyroid function.*

Royal Jelly

Beneficial for menopausal discomfort, glandular and adrenal support.*

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BLOOD SUGAR SUPPORT

Blueberry Leaf

Beneficial for overall eye health, including night vision and for maintaining healthy blood sugar already within normal range.*

Chicory

Beneficial for digestion, liver health, contributes to a healthy glucose metabolism and helps to maintain healthy blood pressure already within the normal range.*

DB8-W

(Blueberry Leaf, Bugleweed, Elecampane, Gentian, Golden Seal, Green Ginger, Lapacho, Yarrow) Beneficial for maintaining healthy blood glucose levels already within the normal range and helps to enhance energy level.*

HYG-W

(Bee Pollen, Juniper Berries, Licorice Root, Rice Bran, Sweet Root) Helps to maintain healthy blood sugar levels already within the normal range and enhances energy and focus.*

LBR-W

(Angelica, Barberry, Bitter Orange, Butcher's Broom, Greasewood, Marshmallow, Senna, Sweet Root, White Oak Bark) This combination of herbs is beneficial for maintaining healthy blood sugar already in the normal range and is beneficial for occasional constipation.*

NOTICE: Rare reports of serious liver disease have been associated with ingestion of Chaparral/Greasewood. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems. Not intended for use by pregnant or nursing women.

NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

ENERGY/STAMINA

Ashwagandha

Beneficial for maintaining healthy adrenal glands, providing energy, relieving stress, improving memory and increasing concentration.*

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Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Bee Pollen

Beneficial for energy, adrenal support and immune support.*

Bee Pollen “Special”

(Bee Pollen, Licorice Root, Elderberry) Beneficial for energy and adrenal and immunity support.*

Bee Propolis

Provides antioxidants for the maintenance of good health, is beneficial for supporting the body’s immune system, helps support healthy adrenal function, and is beneficial for improving energy levels.*

Blessed Thistle

Beneficial for aiding in digestion, relieving the occasional upset stomach, oxygenation of the blood stream and promoting good health and energy.*

Brewer’s Yeast

Beneficial for energy and digestive health.*

Easy CoQ10

(softgels 50 ct - 100mg) Beneficial for energy production, cardiovascular health, maintaining a healthy nervous system and for overall health.* Contains: Soy

E & F-W

(Bee Pollen, Blessed Thistle, Capsicum, Dong Quai, Eyebright, Gentian, Juniper Berry, Licorice Root, Peppermint Leaf, Indian Sarsaparilla) Helps to enhance energy levels and mental performance, supports healthy adrenal gland function and healthy digestive function.*

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EH-T

(Cudweed, Gotu Kola, Kava Kava, Rice Bran, Scullcap, St. John's Wort)
Provides an increase in energy, is a tonic for overall good health, helps relieve occasional restlessness and/or nervousness, supports a healthy circulatory system and venous tissue.*

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

NOTICE: St. John's Wort/Klamath Weed (Aerial Parts) Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reaction occur.

Formula Max

(Blessed Thistle, Brewer's Yeast, Gentian, Mullein, Saw Palmetto, A.C.S. [Arrowroot, Bladderwrack, Kelp, Irish Moss], B &NC.-W [Alfalfa, Barberry, Black Walnut Hulls, Chamomile, Gotu Kola, Parsley, Scullcap], Formula Three [Bee Pollen, Indian Sarsaparilla, Licorice Root], HT Combination [Hawthorn, Myrrh, Motherwort], Ol' Number 11 [Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein, Scullcap, Stone Root, White Oak Bark], Vita-Lixir [Bee Pollen, Carrot Root, Dandelion Leaf, Gentian, Rice Bran, Sunflower Seed, Wheat Germ, Wild Rose Hips]) Helps to maintain overall good health, supports a healthy nervous and cardiovascular system, supports healthy digestive function and helps to enhance energy level.* Contains: Walnuts and Wheat

Formula Three

(Bee Pollen, Indian Sarsaparilla, Licorice Root)
Helps to promote an increase in energy.*

GO-W

(Bee Pollen, Bitter Orange, Capsicum, Eyebright, Gentian, Licorice Root, Prickly Ash) Helps to enhance energy level.*

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He Shou Wu

Helps to enhance energy levels and supports a healthy circulatory system.*

HNS-W

(Dulse, Horsetail, Rosemary, Sage) Helps to promote healthy development of hair, nails, skin, promotes an increase in energy and supports healthy thyroid function.*

HYG-W

(Bee Pollen, Juniper Berries, Licorice Root, Rice Bran, Sweet Root) Helps to maintain healthy blood sugar levels already within the normal range and enhances energy and focus.*

Maca

Helps to support emotional aspects of sexual health, helps with mood balance during menopause and helps to enhance energy and stamina.*

Motherwort

Helps to boost stamina.*

Prickly Ash (now: Southern Prickly Ash (bark))

Beneficial for increased energy.*

Rice Bran

Beneficial tonic for support of overall health and also helps to enhance energy levels.*

Sassafras

Beneficial for the maintenance of blood health and also helps to enhance energy.*

Superb Wheat Grass Extract

Helps increase energy and is beneficial for maintaining healthy cell growth.* Contains: Wheat

Three Bees

(Bee Pollen, Bee Propolis, Royal Jelly) Helps to enhance energy levels and support healthy immune function.*

Vitamin B-Complex

(capsules 100 ct) B Vitamins play a critical role in supporting metabolism and boosting energy, improving muscle tone and helping maintain health of the nerves, skin, eyes, hair and mouth.*

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MALE/FEMALE SUPPORT **(REPRODUCTION)**

Buchu

Promotes healthy reproductive organ and genito-urinary tract function, supports a healthy gastrointestinal tract and relief of occasional gas.*

Crampbark & False Unicorn

(Crampbark, False Unicorn Root) Beneficial for supporting male and female reproductive functions.*

False Unicorn Root

Beneficial for reproductive health, maintaining healthy digestive function and a healthy gastrointestinal tract.*

Feverfew

Beneficial for maintaining reproductive, urinary health and a healthy digestive system.*

NSS-M

(Blue Steele [Damiana, Dong Quai, Elderberry, False Unicorn Root, Indian Sarsaparilla, Indian Tobacco, Korean Ginseng, Sarsaparilla, Saw Palmetto, Wood Betony, Yokum], Gravel Root, Maca, Pumpkin Seed, Stone Root) Beneficial for male reproductive support and helps support a healthy circulatory system.*

MALE/FEMALE SUPPORT **(SEXUAL/INTIMACY)**

Blue Steele

(Damiana, Dong Quai, Elderberry, False Unicorn Root, Indian Tobacco, Korean Ginseng, Sarsaparilla, Saw Palmetto, Indian Sarsaparilla, Wood Betony, Yokum) Designed to enhance virility, vitality and pleasure and to increase sexual desire.*

Damiana

Beneficial for increasing sexual desire.*

Maca

Helps to support emotional aspects of sexual health, helps with mood balance during menopause and helps to enhance energy and stamina.*

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SM & W-S

(Maca, Pumpkin Seed, Sarsaparilla, Stone Root, Wild Yam, Yokum) Helps to enhance stamina in men and women.*

MOOD/EMOTIONAL SUPPORT

B & B-W

(Black Cohosh, Blue Cohosh, Blue Vervain, Indian Tobacco, Scullcap) Helps in the maintenance of a healthy nervous system and promotes a feeling of calmness.*

Blue Vervain

Beneficial to maintain healthy nerves and to aid in healthy detoxification.*

Chamomile

Beneficial for maintaining healthy nerve function, is calming and promotes relaxation.*

Cudweed

Promotes calmness, decreases stress and improves mood.*

DAN-C

(Blue Vervain, Cudweed, Evening Primrose, Feverfew, Horsetail, Indian Tobacco, Rice Bran, Scullcap, St. John's Wort, Wormseed) Beneficial for calming nerves and relieving tension.*

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EH-T

(Cudweed, Gotu Kola, Kava Kava, Rice Bran, Scullcap, St. John's Wort)
Provides an increase in energy, is a tonic for overall good health, helps relieve occasional restlessness and/or nervousness, supports a healthy circulatory system and venous tissue.*

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

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EO-W

(Arnica, Catnip, Chamomile, Indian Tobacco) Promotes a feeling of calmness and relaxation.

Golden Bough

Beneficial to help calm nerves, supports a healthy nervous and circulatory system.*

Hops

Helps to maintain a healthy circulatory system, helps to relieve nervousness and supports a feeling of calmness to assist in healthy sleep patterns.*

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Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Kava Kava Combination

(Ginkgo, Kava Kava, St. John's Wort) Helps relieve occasional restlessness and/or nervousness.*

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Maca

Helps to support emotional aspects of sexual health, helps with mood balance during menopause and helps to enhance energy and stamina.*

NP-T

(Oat Straw, Indian Sarsaparilla, Scullcap, St. John's Wort) Helps to relieve temporary nervousness.*

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Scullcap

Helps to relieve periods of nervousness, supports a feeling of calmness, relieves temporary muscle spasms associated with exercise and supports a healthy nervous system.*

Wild Lettuce

Beneficial for lungs and bronchial support and helps to promote a feeling of calmness.*

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Willow

Promotes relaxation, maintains blood pressure within a normal range and is beneficial to maintain healthy urinary function.*

SLEEP/RELAXATION

Chamomile

Beneficial for maintaining healthy nerve function, is calming and promotes relaxation.*

DAN-C

(Blue Vervain, Cudweed, Evening Primrose, Feverfew, Horsetail, Indian Tobacco, Rice Bran, Scullcap, St. John's Wort, Wormseed) Beneficial for calming nerves and relieving tension.*

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Golden Bough

Beneficial to help calm nerves, supports a healthy nervous and circulatory system.*

Hops

Helps to maintain a healthy circulatory system, helps to relieve nervousness and supports a feeling of calmness to assist in healthy sleep patterns.*

Tart Cherries Extract

A natural source of melatonin, aiding in healthy sleep and is beneficial for maintaining healthy, clean arteries and a healthy heart.*

Wild Lettuce

Beneficial for lungs and bronchial support and helps to promote a feeling of calmness.*

Willow

Promotes relaxation, maintains blood pressure within a normal range and is beneficial to maintain healthy urinary function.*

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STRESS/ANXIETY

Ashwagandha

Beneficial for maintaining healthy adrenal glands, providing energy, relieving stress, improving memory and increasing concentration.*

B & B-W

(Black Cohosh, Blue Cohosh, Blue Vervain, Indian Tobacco, Scullcap) Helps in the maintenance of a healthy nervous system and promotes a feeling of calmness.*

Blue Vervain

Beneficial to maintain healthy nerves and to aid in healthy detoxification.*

Chamomile

Beneficial for maintaining healthy nerve function, is calming and promotes relaxation.*

Cudweed

Promotes calmness, decreases stress and improves mood.*

DAN-C

(Blue Vervain, Cudweed, Evening Primrose, Feverfew, Horsetail, Indian Tobacco, Rice Bran, Scullcap, St. John's Wort, Wormseed) Beneficial for calming nerves and relieving tension.*

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EH-T

(Cudweed, Gotu Kola, Kava Kava, Rice Bran, Scullcap, St. John's Wort)
Provides an increase in energy, is a tonic for overall good health, helps relieve occasional restlessness and/or nervousness, supports a healthy circulatory system and venous tissue.*

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Golden Bough

Beneficial to help calm nerves, supports a healthy nervous and circulatory system.*

Hops

Helps to maintain a healthy circulatory system, helps to relieve nervousness and supports a feeling of calmness to assist in healthy sleep patterns.*

Indian Sarsaparilla (Hemidesmus Indicus)

Supports healthy adrenal response to occasional stress and fatigue.*

Indian Tobacco

Beneficial for the relief of stress, helps to relieve occasional muscle cramps and spasms associated with exercise.*

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Kava Kava Combination

(Ginkgo, Kava Kava, St. John's Wort) Helps relieve occasional restlessness and/or nervousness.*

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NP-T

(Oat Straw, Indian Sarsaparilla, Scullcap, St. John's Wort) Helps to relieve temporary nervousness.*

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SMF-B

(Buchu, Cornsilk, Dulse, Horsetail, Indian Tobacco, Marshmallow, Mullein, Oatstraw, Pleurisy Root, Red Raspberry, Rice Bran, Rose Hips, Stone Root, Uva Ursi, Yarrow) Helps to relieve temporary periods of stress.*

St. John's Wort

Helps to relieve occasional restlessness and supports a healthy nervous system.

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Wild Lettuce

Beneficial for lungs and bronchial support and helps to promote a feeling of calmness.*

Willow

Promotes relaxation, maintains blood pressure within a normal range and is beneficial to maintain healthy urinary function.*

THYROID SUPPORT

Bladderwrack

Beneficial for maintaining muscle strength and supporting healthy thyroid function.*

Dulse

Beneficial to help maintain healthy thyroid function.*

GF-G

(Bladderwrack, Burdock, Fennel, Hawthorn, Kelp, Plantain)
Helps to nourish and support thyroid function.*

HNS-W

(Dulse, Horsetail, Rosemary, Sage) Helps to promote healthy development of hair, nails, skin, promotes an increase in energy and supports healthy thyroid function.*

Kelp

Helps in the function and maintenance of the thyroid gland and is beneficial as a tonic for maintenance of overall health.*

MG-W

(Alfalfa, Chamomile, Dulse, Gentian, Ginger, Gotu Kola, Licorice Root, Sarsaparilla) Provides nourishment that supports healthy adrenal gland and thyroid function.*

T-W

(liquid)(Bladderwrack, Dulse, Irish Moss, Wild Lettuce)
Supports healthy thyroid function.*

VM-W

(Alfalfa, Dandelion Root, Kelp) Helps to maintain healthy function of the thyroid gland.*

White Oak Bark

Beneficial for support of healthy thyroid and bladder function.*

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WL-W

(Cascara Sagrada, Chickweed, Dandelion Leaf, Dulse, Gentian, Indian Sarsaparilla, Licorice Root) Supports healthy thyroid function and a healthy metabolism.*

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

WEIGHT MANAGEMENT

Chickweed

Beneficial to assist with weight loss along with diet and exercise, beneficial as a tonic for good health, beneficial for joint comfort and support and to help maintain the body's normal inflammatory response.*

Golden Seal

Maintains a healthy gastrointestinal tract, supports digestive function, tonic for increased appetite and helps to relieve occasional constipation.*

Greasewood

Beneficial for the occasional upset stomach, weight reduction as part of a diet and exercise routine and for maintaining a healthy respiratory system.*

NOTICE: Rare reports of serious liver disease have been associated with ingestion of Chaparral/Greasewood. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems. Not intended for use by pregnant or nursing women.

Hoodia

Helps to suppress appetite and support weight loss.*

Hoodia Combination

(Bladderwrack, Cascara Sagrada, Chlorella, Dandelion Leaf, Hoodia, Horsetail, Pumpkin Seed, Red Raspberry Leaf, Sunflower Seeds, Wild Rose Hips) Helps to suppress appetite and support weight loss.*

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

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Vitamin B-Complex

(capsules 100 ct) B Vitamins play a critical role in supporting metabolism and boosting energy, improving muscle tone and helping maintain health of the nerves, skin, eyes, hair and mouth.*

WL-S

(liquid or capsules 100 ct – 600m) (Bladderwrack, Blue Vervain, Capsicum, Chickweed, Dandelion Root, Greasewood) Beneficial in providing nutrients to aid in weight reduction and also helps to support a healthy digestive tract and circulatory system.*

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WL-W

(Cascara Sagrada, Chickweed, Dandelion Leaf, Dulse, Gentian, Indian Sarsaparilla, Licorice Root) Supports healthy thyroid function and a healthy metabolism.*

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

The **Immune System** is the body's defense against a wide variety of infections, such as bacterial, viral, fungal and parasitic, as well as illnesses, such as tumor cells. It includes the lymph nodes, the spleen, bone marrow and white blood cells among others.

The role of the immune system — a collection of structures and processes within the body — is to protect against disease or other potentially damaging foreign bodies. When functioning properly, the immune system identifies a variety of threats, including viruses, bacteria and parasites, and distinguishes them from the body's own healthy tissue. Disorders of the immune system can result in autoimmune diseases, inflammatory diseases and cancer.

AF-R

(Capsicum, Golden Seal, Indian Tobacco, Una de Gato, Wild Rose Hips) Helps support a healthy immune system.*

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AP-W

(Parsley, Sage, Rosemary, Thyme) Supports a healthy immune and gastrointestinal system, helps to relieve occasional menstruation discomfort and helps to maintain a healthy urinary tract system.*

Astragalus

Beneficial for supporting the immune system, maintaining healthy digestion and adrenal support.*

Barberry

Beneficial for digestive health, urinary tract health and the immune system.*

Bee Pollen

Beneficial for energy, adrenal support and immune support.*

Bee Pollen “Special”

(Bee Pollen, Licorice Root, Elderberry) Beneficial for energy and adrenal and immunity support.*

Bee Propolis

Provides antioxidants for the maintenance of good health, is beneficial for supporting the body’s immune system, helps support healthy adrenal function, and is beneficial for improving energy levels.*

Beet Root

A source of minerals, beneficial for maintaining a healthy, clean liver to promote the body’s normal detoxification process.*

Blue Flag

Beneficial for liver health, maintaining a healthy lymphatic system and reducing fluid retention.*

Blue Vervain

Beneficial to maintain healthy nerves and to aid in healthy detoxification.*

Burdock

Supports healthy kidney function, detoxification of skin, liver and lymphatic system.*

CC-W

(Bistort, Eucalyptus, Horehound, Sage, Wild Cherry Bark) Helps to support a healthy immune system.*

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Cedar Berries

Beneficial in maintaining respiratory health and supporting a healthy immune system.*

Chickweed

Beneficial to assist with weight loss along with diet and exercise, beneficial as a tonic for good health, beneficial for joint comfort and support and to help maintain the body's normal inflammatory response.*

Coltsfoot

Beneficial for maintaining a healthy respiratory tract and immune system.*

DSK-W

(Chickweed, Mullein, Papaya Fruit, Valerian Root, Willow Bark)
Helps to maintain the body's natural response to inflammation.*

Echinacea

Beneficial for strengthening the immune system.*

Elderberry

Beneficial for supporting a healthy immune and respiratory system.*

FVE-W

(Chickweed, Golden Seal, Myrrh, Wild Rose Hips)
Helps to maintain a healthy immune system.*

Golden Days

(Bladderwrack, Elecampane, Fenugreek, Indian Sarsaparilla) Beneficial for fluid retention.*

Golden Seal & Echinacea

(Echinacea, Golden Seal) Helps to support a healthy immune system.*

Grape Seed

Supports a healthy immune system.*

Horehound

Helps to support a healthy immune system and relieve menstrual discomfort.*

IMS-W

(Black Cohosh, Carpenter's Square, Juniper Berries, Lapacho, Marshmallow, Mullein, Sarsaparilla, Sweet Root) Helps to support a healthy immune system.*

Inkberry

Helps to maintain a healthy respiratory and immune system.*

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IV-H

(Myrrh, Olive Leaf, Wild Rose Hips, Yarrow) Supports healthy immune and respiratory function.*

IVY-D

(Blue Flag, Spring Violet, Yarrow) Supports healthy immune function.*

Korean Ginseng

Beneficial for glandular support, maintaining a healthy immune system and helps maintain joint comfort.*

Lapacho

Beneficial for the immune system.*

Male Fern

Helps to support the body's natural ability to remove toxins and also beneficial as a tonic for overall health.*

Myrrh

Beneficial for the heart and circulatory system, boosts the body's immune system and promotes healthy digestion.*

Olive Leaf

Beneficial to help boost immunity, maintain healthy blood pressure already within the normal range, and for occasional fatigue and muscle soreness.*

Plantain

Helps in the healthy development and maintenance of bones, teeth, night vision and supports the immune system.*

Pumpkin Seed

Helps to support healthy immune function and is beneficial for nourishment of hair and nails.*

Red Clover

Helps to maintain a healthy immune and respiratory system.*

Reishi Mushroom

Beneficial for immune system support and for support of healthy blood pressure already within a normal range.*

Safflowers

Supports a healthy immune system and helps support digestive function.*

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SB-T

(Echinacea, Grape Seed, Green Ginger, Sanicle)

Helps to support a healthy immune system.*

Spikenard

Supports a healthy respiratory and immune system and is also beneficial for relief of occasional muscle and joint discomfort associated with exercise.*

Sunflower Seed

Beneficial for maintaining healthy lungs thereby promoting healthy immune function.*

Sutherlandia

Supports a healthy immune system.*

Sutherlandia Combination

(Bee Pollen, Cascara Sagrada, Sutherlandia, Virginia Snake Root) Supports a healthy immune system and helps to relieve occasional constipation.*

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Sweet Root

Helps to relieve occasional gas and supports a healthy immune system.*

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Three Bees

(Bee Pollen, Bee Propolis, Royal Jelly) Helps to enhance energy levels and support healthy immune function.*

Vitamin A & D

(softgels 60 ct) (A-25,000iu/D-1000iu) Supports healthy immune function, specifically throughout the respiratory and intestinal tracts.* Supports the proper growth and formation of bones and teeth, as well as helping with collagen and cartilage synthesis.* Promotes bone formation and mineralization and is essential in the development of an intact and strong skeleton, vital for normal growth and development of the human body.* Helps in the development and maintenance of bones and teeth.* Beneficial for the maintenance of good health.* Helps in the absorption and use of calcium and phosphorus.* Contains: Soy, Corn and Fish

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm. Recommended daily dose not to exceed 5000iu/day or as recommended by practitioner. Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Wild Cherry Bark “Special”

(Bilberry, Wild Cherry Bark, Wild Rose Hips) Supports a healthy immune system and respiratory system.*

The **Integumentary System**, or skin, is the body’s largest organ. It protects us from damage that can come from the outside world. The skin also helps to regulate body temperature and eliminates waste through perspiration; it has sensory receptors to detect pain, pressure, temperature and different sensations. In addition to the skin, the Integumentary system includes hair, nails and sweat glands.

HAIR, NAIL & SKIN NOURISHMENT & SUPPORT

Burdock

Supports healthy kidney function, detoxification of skin, liver and lymphatic system.*

Calendula

Beneficial to maintain healthy circulation, digestion and assists in supporting the overall health of your skin.*

Carrot Root

Supports eye and skin health and healthy digestion.*

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Dandelion Leaf

Beneficial for maintaining healthy eyes and skin and maintaining healthy liver, kidneys & blood.*

HNS-W

(Dulse, Horsetail, Rosemary, Sage) Helps to promote healthy development of hair, nails, skin, promotes an increase in energy and supports healthy thyroid function.*

Horsetail

Beneficial for maintaining healthy blood pressure already within the normal range, helps to support a healthy circulatory system, beneficial for proper joint function and promotes growth of healthy hair and nails.*

HR-F

(Barberry, Capsicum, Echinacea, Horsetail, Rosemary, Royal Jelly, Sage, Yarrow) Provides nourishment for growth and health of hair.*

Jewel Weed

Helps maintain the structure, health and function of the skin and glands in the skin.*

Pumpkin Seed

Helps to support healthy immune function and is beneficial for nourishment of hair and nails.*

Sarsaparilla

Provides nourishment for the maintenance of good health and healthy skin.*

SC-W

(A.C.S. [Arrowroot, Bladderwrack, Kelp, Irish Moss], Herbal Adjustment [Black Cohosh, Blue Vervain, Capsicum, Indian Sarsaparilla, Indian Tobacco], Echinacea, Quince, Saw Palmetto, Wheat Germ, Whole Apricot, Wild Rose Hips) Provides nourishment for the maintenance of healthy skin.* Contains: Wheat

Virginia Snake Root

Helps maintain the structure and healthy functioning of the glands in the skin and supports the health of the skin.*

Vitamin B-Complex

(capsules 100 ct) B Vitamins play a critical role in supporting metabolism and boosting energy, improving muscle tone and helping maintain health of the nerves, skin, eyes, hair and mouth.*

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Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Yellow Dock

Beneficial as a tonic to support the lymphatic system and good skin health.*

The Lymphatic System, which includes the lymph nodes, lymph ducts and lymph vessels, is a secondary circulatory system which helps the immune system to remove and destroy waste, debris and toxins. It helps deliver nutrients to the cells of the body and removes waste and excess fluid from spaces between the cells.

LYMPHATIC SUPPORT

Blue Flag

Beneficial for liver health, maintaining a healthy lymphatic system and reducing fluid retention.*

Burdock

Supports healthy kidney function, detoxification of skin, liver and lymphatic system.*

Carpenter's Square

Helps to support a healthy lymphatic system.*

Fenugreek

Beneficial for maintaining a healthy, clean lymphatic system and aiding in digestion.*

Fenugreek Combination

(Fenugreek, Marshmallow, Mullein) Helps maintain a healthy blood and lymphatic system.*

LC-W

(Blue Flag, Marshmallow, Mullein, Oregon Grape, Stillingia) Supports a healthy lymphatic and circulatory system.*

Oregon Grape

Supports a healthy lymphatic system.*

Stillingia

Supports a healthy lymphatic system and is beneficial as a digestive aid.*

Yellow Dock

Beneficial as a tonic to support the lymphatic system and good skin health.*

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The **Muscular System** provides motor power for all movements of body parts. It is an important system of the human body because without it, life will completely stop. Skeletal muscles produce those movements that are under our control that we can feel and see; smooth muscles are found inside organs and help move substances through those organs, such as for breathing and digestion of food; cardiac muscles are found in the heart and help pump blood.

MUSCLE SUPPORT

A-W

(Alfalfa, Bitter Orange, Dandelion Root, Echinacea, Juniper (Fruit), Marshmallow, Mullein, Oregon Grape, Wild Rose Hips) Helps to maintain healthy joint and muscle tissue.*

Bladderwrack

Beneficial for maintaining muscle strength and supporting healthy thyroid function.*

CA-W

(Dulse, Horsetail, Indian Tobacco, Knitbone, Oat Straw, Red Raspberry Leaf) Helps to provide temporary relief of muscle cramps and joint discomfort after extended periods of exercise and provides beneficial nutrients for the maintenance of good health.*

Catnip

Provides nourishment for the nervous system, temporary relief of muscle spasms and helps to relieve occasional gas.*

Green Ginger

Promotes healthy appetite and stomach function, healthy levels of bile secretion from the liver and helps to relieve temporary muscle soreness from over-exertion.*

Indian Tobacco

Beneficial for the relief of stress, helps to relieve occasional muscle cramps and spasms associated with exercise.*

MYO-C

(Barley, Black Walnut Hulls, Broad Beans, Flax, Green Ginger, Horsetail, Oriental Mustard, Papaya, Peppermint Leaf, Sarsaparilla, Saw Palmetto, Sesame Seed) Helps in the development of healthy muscle tissue.* Contains: Barley & Walnuts

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Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Olive Leaf

Beneficial to help boost immunity, maintain healthy blood pressure already within the normal range, and for occasional fatigue and muscle soreness.*

Passion Flower

Helps to relieve discomfort associated with menopause and to relieve occasional muscle spasms.*

Peppermint Leaf

Beneficial for relief of the occasional upset stomach, muscle spasms from over-exertion and supports a healthy respiratory system.*

Purple Loosestrife

Supports healthy liver function and helps relieve occasional muscle cramps.*

Scullycap

Helps to relieve periods of nervousness, supports a feeling of calmness, relieves temporary muscle spasms associated with exercise and supports a healthy nervous system.*

Senna

Beneficial for occasional constipation and helps to relieve discomfort from occasional muscle cramping.

NOTICE: This product contains Senna. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because senna may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Spikenard

Supports a healthy respiratory and immune system and is also beneficial for relief of occasional muscle and joint discomfort associated with exercise.*

Vitamin B-Complex

(capsules 100 ct) B Vitamins play a critical role in supporting metabolism and boosting energy, improving muscle tone and helping maintain health of the nerves, skin, eyes, hair and mouth.*

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The **Nervous System** is the master system of the body. It controls the activity of all other systems. The nervous system is divided into two parts: the Central Nervous System which includes the brain and spinal cord, and the Peripheral Nervous System which is primarily made up of the nerves. The brain controls all body functions; the spinal cord transmits neural signals between the brain and the rest of the body; and the nerves carry signals from the nervous system to the body and from the body to the nervous system. The eye, which is the organ of sight, is also part of the central nervous system.

EYE SUPPORT

Bilberry

Beneficial for overall eye health.*

Blueberry Leaf

Beneficial for overall eye health, including night vision and for maintaining healthy blood sugar already within normal range.*

Carrot Root

Supports eye and skin health and healthy digestion.*

Dandelion Leaf

Beneficial for maintaining healthy eyes and skin and maintaining healthy liver, kidneys & blood.*

E-W

(Bayberry, Eyebright, Wood Betony) Supports a healthy circulatory system and is beneficial in the maintenance of eye health.*

E & E-B

(Bayberry, Chickweed, Dandelion Leaf, Dandelion Root, Eyebright, Gentian, Ginger, Golden Seal, Peach Leaf, Purple Loosestrife, Slippery Elm, Stone Root, Wheat Germ, Wood Betony) Beneficial for nourishing and maintaining healthy circulation to the eyes.* Contains: Wheat

Eyebright

Beneficial for the maintenance of eye and sinus health.*

Plantain

Helps in the healthy development and maintenance of bones, teeth, night vision and supports the immune system.*

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Vitamin B-Complex

(capsules 100 ct) B Vitamins play a critical role in supporting metabolism and boosting energy, improving muscle tone and helping maintain health of the nerves, skin, eyes, hair and mouth.*

NERVE SUPPORT

Arnica

Provides support for the nervous system and bones.*

Ashwagandha

Beneficial for maintaining healthy adrenal glands, providing energy, relieving stress, improving memory and increasing concentration.*

B & B-W

(Black Cohosh, Blue Cohosh, Blue Vervain, Indian Tobacco, Scullcap) Helps in the maintenance of a healthy nervous system and promotes a feeling of calmness.*

B & NC-W

(Alfalfa, Barberry, Black Walnut Hulls, Chamomile, Gotu Kola, Parsley, Scullcap) Beneficial for nourishing the autonomic (involuntary) nervous system and provides neuroprotective support for a healthy nervous system.* Contains: Walnuts

Black Walnut Hulls

Beneficial for healthy nerve function* Contains: Walnuts

Catnip

Provides nourishment for the nervous system, temporary relief of muscle spasms and helps to relieve occasional gas.*

Easy CoQ10

(softgels 50 ct - 100mg) Beneficial for energy production, cardiovascular health, maintaining a healthy nervous system and for overall health.* Contains: Soy

E & F-W

(Bee Pollen, Blessed Thistle, Capsicum, Dong Quai, Eyebright, Gentian, Juniper Berry, Licorice Root, Peppermint Leaf, Indian Sarsaparilla) Helps to enhance energy levels and mental performance, supports healthy adrenal gland function and healthy digestive function.*

Evening Primrose

Beneficial for maintaining the health of the nervous system and brain.*

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Formula Max

(Blessed Thistle, Brewer's Yeast, Gentian, Mullein, Saw Palmetto, A.C.S. [Arrowroot, Bladderwrack, Kelp, Irish Moss], B &NC.-W [Alfalfa, Barberry, Black Walnut Hulls, Chamomile, Gotu Kola, Parsley, Scullcap], Formula Three [Bee Pollen, Indian Sarsaparilla, Licorice Root], HT Combination [Hawthorn, Myrrh, Motherwort], Ol' Number 11 [Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein, Scullcap, Stone Root, White Oak Bark], Vita-Lixir [Bee Pollen, Carrot Root, Dandelion Leaf, Gentian, Rice Bran, Sunflower Seed, Wheat Germ, Wild Rose Hips]) Helps to maintain overall good health, supports a healthy nervous and cardiovascular system, supports healthy digestive function and helps to enhance energy level.* Contains: Walnuts and Wheat

Ginkgo

May help support mental sharpness, healthy brain function and supports blood flow to the brain and extremities.*

Ginkgo Combination

(Blessed Thistle, Ginkgo, Gotu Kola) Helps enhance memory, cognitive function and supports a healthy circulatory system.*

Golden Bough

Beneficial to help calm nerves, supports a healthy nervous and circulatory system.*

Gotu Kola

Beneficial for improving memory, maintaining healthy blood pressure already within the normal range and maintaining a healthy circulatory system.*

HB-W

(Ginger, Gotu Kola, Indian Sarsaparilla, Sarsaparilla, Wild Rose Hips) Helps to enhance cognitive function under periods of mental exertion, improve memory function, supports a healthy nervous system and promotes normal respiratory function.*

Herbal Adjustment

(liquid or capsules) (Black Cohosh, Blue Vervain, Capsicum, Indian Sarsaparilla, Indian Tobacco) Stimulates brain function.*

HII-W

(Indian Tobacco, Red Raspberry Leaf, Thyme, Yellow Doc) Sharpens memory and focus.*

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HYG-W

(Bee Pollen, Juniper Berries, Licorice Root, Rice Bran, Sweet Root) Helps to maintain healthy blood sugar levels already within the normal range and enhances energy and focus.*

Licorice Root

(liquid or capsules 100 ct - 700mg) Helps to support a healthy nervous system, adrenal glands, healthy respiratory system and mucous membrane lining of the respiratory tract.*

Lily of the Valley & Blessed Thistle

(Blessed Thistle, Lily of the Valley) Beneficial for maintaining a healthy heart and blood vessels, promotes and enhances brain function, strengthens memory recall, concentration and overall cognitive ability.*

N-W

(Blue Vervain, Hops, Indian Tobacco, Scullcap, Valerian Root) Beneficial for nervous system support.*

Oatstraw

Supports a healthy nervous system and connective tissue and is beneficial as a tonic for overall health.*

Parsley

Provides support for a healthy nervous system.*

PS Brain Treat

(PhosphatidylSerine) (softgels 30 ct – 100mg) This combination of herbs is beneficial to support cognitive function.* (Soybean Oil, Glycerin, Gelatin, Water).

Remember When

(Black Cohosh, Bladderwrack, Chlorella, Gingko, Gotu Kola, Wormseed) Beneficial for enhancing memory and supporting peripheral circulation.*

Sage

Beneficial as a tonic for healthy body systems, counteracting hot flashes and night sweats associated with menopause and maintaining healthy digestive and nervous systems.*

Scullcap

Helps to relieve periods of nervousness, supports a feeling of calmness, relieves temporary muscle spasms associated with exercise and supports a healthy nervous system.*

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Skunk Cabbage

Helps to support a healthy nervous system.*

St. John's Wort

Helps to relieve occasional restlessness and supports a healthy nervous system.

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reaction occur.

TRQ-RH

(Angelica, Brewer's Yeast, Chamomile, Chickweed, Hops, Kava Kava, Licorice Root, Passion Flower, Peppermint Leaf, Red Raspberry Leaf, Rice Bran, Rosemary, Scullcap, St. John's Wort, Valerian Root, White Oak Bark) This combination of herbs is beneficial for the nervous system.*

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reaction occur.

Valerian Root

Helps to support a healthy nervous system and cardiovascular health.*

Vitamin B-Complex

(capsules 100 ct) B Vitamins play a critical role in supporting metabolism and boosting energy, improving muscle tone and helping maintain health of the nerves, skin, eyes, hair and mouth.*

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Wormseed

Promotes healthy nerve and brain function.*

Yokum

Beneficial for parasympathetic nervous system support.*

The **Reproductive System**, which includes the penis and testes in males, and the vagina, uterus and ovaries in women, allows humans to reproduce. The male reproductive system produces sperm. The female reproductive system produces eggs. Together they produce a fertilized egg that grows in the uterus. Reproduction is the process through which life continues to exist.

MALE/FEMALE SUPPORT

GENERAL

Buchu

Promotes healthy reproductive organ and genito-urinary tract function, supports a healthy gastrointestinal tract and relief of occasional gas.*

Crampbark & False Unicorn

(Crampbark, False Unicorn Root) Beneficial for supporting male and female reproductive functions.*

False Unicorn Root

Beneficial for reproductive health, maintaining healthy digestive function and a healthy gastrointestinal tract.*

Feverfew

Beneficial for maintaining reproductive, urinary health and a healthy digestive system.*

SM & W-S

(Maca, Pumpkin Seed, Sarsaparilla, Stone Root, Wild Yam, Yokum) Helps to enhance stamina in men and women.*

FEMALE

AP-W

(Parsley, Sage, Rosemary, Thyme) Supports a healthy immune and gastrointestinal system, helps to relieve occasional menstruation discomfort and helps to maintain a healthy urinary tract system.*

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Black Cohosh

Beneficial to alleviate menopausal discomfort.*

Blue Cohosh

Helps maintain healthy menstrual cycle and nourishes the reproductive system.*

Chaste Tree Berry

Beneficial for relieving hot flashes and the discomfort of menopause.*

Crampbark

Promotes the maintenance of good health, helps to alleviate cramping during menstruation and supports a healthy menstruation.*

Dong Quai

Beneficial for menopausal discomfort.*

END-J

(Burdock, Marshmallow, Partridge Berry, Turkey Rhubarb, Yarrow) Helps to relieve menstrual discomfort.*

NOTICE: Turkey Rhubarb (Root) This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Fennel

Helps to relieve occasional gas, relieves menstrual discomfort and supports healthy digestive function.*

FP-W

(Black Cohosh, Blue Cohosh, Passion Flower, Sarsaparilla, White Pond Lily) Helps to relieve menstrual discomfort, nourish the reproductive system and maintain a healthy menstrual cycle.*

Horehound

Helps to support a healthy immune system and relieve menstrual discomfort.*

L6-W

(Angelica, Blue Cohosh, Blue Vervain, Partridge Berry, Pennyroyal, Red Raspberry Leaf, Spikenard) Beneficial to aid digestion and provides herbal nourishment for expectant mothers.*

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Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Maca

Helps to support emotional aspects of sexual health, helps with mood balance during menopause and helps to enhance energy and stamina.*

MPEP

(Black Cohosh, Chaste Tree Berry, Dong Quai, Ginkgo, Hops, Saw Palmetto, Wild Yam) Helps to relieve menopausal discomfort.*

MPS-I

(Black Cohosh, Damiana, Dong Quai, Evening Primrose, Flax Seed, Passion Flower, Red Clover, Red Raspberry Leaf, Rosemary, Sarsaparilla, Strawberry Leaf, Sunflower Seed) Helps to relieve menopausal discomfort.*

Partridge Berry

Helps to relieve menstrual discomfort.*

Passion Flower

Helps to relieve discomfort associated with menopause and to relieve occasional muscle spasms.*

Pennyroyal

Helps maintain a healthy menstrual cycle.*

PMS-W

(Black Cohosh, Blessed Thistle, Dong Quai, Partridge Berry, Red Raspberry Leaf, Stone Root, Wild Yam) Helps to alleviate discomfort from Premenstrual Syndrome (P.M.S).*

PN-W

(Blessed Thistle, Crampbark, False Unicorn, Ginger, Partridge Berry, Red Raspberry Leaf) This combination of herbs may help to relieve nausea and vomiting associated with pregnancy.*

Red Raspberry Leaf

Beneficial for overall female health and helps to relieve occasional stomach discomfort.*

Rosemary

Beneficial for menopausal discomfort.*

Royal Jelly

Beneficial for menopausal discomfort, glandular and adrenal support.*

Rue

Supports healthy menstruation.*

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Sage

Beneficial as a tonic for healthy body systems, counteracting hot flashes and night sweats associated with menopause and maintaining healthy digestive and nervous systems.*

Tansy

Helps to support a healthy menstrual cycle.*

Turmeric

Beneficial for the relief of menstrual discomfort and maintaining healthy digestion.*

Una De Gato

Supports the maintenance of overall women's health, maintains joint support and supports a healthy menstrual cycle.*

White Pond Lily

Beneficial for female reproductive system support and male prostate support.*

Wild Yam

Helps to relieve occasional cramping associated with menstruation.*

MALE

Blue Steele

(Damiana, Dong Quai, Elderberry, False Unicorn Root, Indian Tobacco, Korean Ginseng, Sarsaparilla, Saw Palmetto, Indian Sarsaparilla, Wood Betony, Yokum) Designed to enhance virility, vitality and pleasure and to increase sexual desire.*

NSS-M

(Blue Steele [Damiana, Dong Quai, Elderberry, False Unicorn Root, Indian Sarsaparilla, Indian Tobacco, Korean Ginseng, Sarsaparilla, Saw Palmetto, Wood Betony, Yokum], Maca, Pumpkin Seed, Stone Root) Beneficial for male reproductive support and helps support a healthy circulatory system.*

P-W

(Buchu, Marshmallow, Pumpkin Seed, White Pond Lily, Wild Rose Hips) Helps to support prostate health.*

Pipsissewa

Helps to maintain a healthy urinary tract and prostate.*

Saw Palmetto

Helps to maintain a healthy prostate.*

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UR-W

(Buchu, Cornsilk, Stone Root, Uva Ursi, Yarrow) Helps to maintain a healthy urinary tract and prostate and supports healthy kidney and bladder function.*

White Pond Lily

Beneficial for female reproductive system support and male prostate support.*

The **Respiratory System** allows us to breath. Breathing is an exchange of gases - the body takes in oxygen and expels carbon dioxide. This system consists of the lungs which is where the gaseous exchange takes place and the respiratory passages or airways which guide the air to the lungs. It includes the nose, larynx (sound box), trachea (windpipe), bronchi and lungs.

RESPIRATORY/SINUS SUPPORT

AEA-B

(Herbal Adjustment [Black Cohosh, Blue Vervain, Capsicum, Indian Tobacco, Indian Sarsaparilla], Wild Rose Hips, Licorice Root, Thyme) Beneficial support for a healthy respiratory and sinus system.*

AIF-T

(Calendula, Chamomile, Licorice Root, Sage, St. John's Wort) Supports a healthy respiratory system.*

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Bayberry

Beneficial for healthy sinuses.*

Bistort

Beneficial for sinus and respiratory health.*

Bitter Orange

Beneficial for sinus and respiratory support.*

Borage

Beneficial for chest and lung health.*

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Cedar Berries

Beneficial in maintaining respiratory health and supporting a healthy immune system.*

CHE-B

(Astragalus, Bilberry, Bitter Orange, Blessed Thistle, Eucalyptus, Gentian, Indian Tobacco, Marshmallow, Mullein, Olive Leaf, Yerba Santa) Helps to support a healthy respiratory tract.*

Chestnut Leaf

Helps to maintain the health of the tissue in the respiratory tract, healthy lung and sinus tissue and a healthy respiratory system.*

Chippewa Pine

Helps to support a healthy respiratory system.*

Coltsfoot

Beneficial for maintaining a healthy respiratory tract and immune system.*

Elderberry

Beneficial for supporting a healthy immune and respiratory system.*

Elecampane

Beneficial for overall good organ health and the maintenance of a healthy respiratory system.*

ETI-W

(Echinacea, Licorice Root, Myrrh, White Oak Bark)
Beneficial to maintain throat health.*

Eucalyptus

Beneficial for maintaining healthy respiratory function.*

Eucalyptus Oil

Beneficial for maintaining healthy respiratory function.*

Eyebright

Beneficial for the maintenance of eye and sinus health.*

Five Oils

(Cajeput Oil, Eucalyptus Oil, Mullein Oil, Peppermint Oil, Wintergreen Oil)
Helps to maintain healthy respiratory function and normal breathing.*

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Greasewood

Beneficial for the occasional upset stomach, weight reduction as part of a diet and exercise routine and for maintaining a healthy respiratory system.*

NOTICE: Rare reports of serious liver disease have been associated with ingestion of Chaparral/Greasewood. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems. Not intended for use by pregnant or nursing women.

HB-W

(Ginger, Gotu Kola, Indian Sarsaparilla, Sarsaparilla, Wild Rose Hips) Helps to enhance cognitive function under periods of mental exertion, improve memory function, supports a healthy nervous system and promotes normal respiratory function.*

Inkberry

Helps to maintain a healthy respiratory and immune system.*

IV-H

(Myrrh, Olive Leaf, Wild Rose Hips, Yarrow) Supports healthy immune and respiratory function.*

L-W

(Blessed Thistle, Gentian, Indian Tobacco, Marshmallow, Mullein, Yerba Santa) Helps to maintain a healthy respiratory system and supports healthy lung function.*

LAS-JB

(capsules 100 ct - 700mg) (Fennel, Fenugreek, Horseradish (Chinese), Marshmallow, Mullein) Beneficial for healthy lungs and sinus support.*

Licorice Root

(liquid or capsules 100 ct - 700mg) Helps to support a healthy nervous system, adrenal glands, healthy respiratory system and mucous membrane lining of the respiratory tract.*

Marshmallow

Helps to maintain the health of the mucous membranes.*

Mayapple

Beneficial for maintaining lung health and for relief of occasional constipation.*

Mullein

Beneficial for maintaining healthy connective tissue, supporting a healthy circulatory system and maintaining a healthy respiratory system.*

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Oil of Cajeput

Supports healthy respiratory function.*

Peppermint Leaf

Beneficial for relief of the occasional upset stomach, muscle spasms from over-exertion and supports a healthy respiratory system.*

Peppermint Oil

Promotes normal respiratory function.*

Pleurisy Root

Supports the maintenance of a healthy respiratory and circulatory system.*

Red Clover

Helps to maintain a healthy immune and respiratory system.*

Red Clover Blended

(Buchu, Greasewood, Red Clover) Beneficial for maintaining a healthy urinary and respiratory tract.*

NOTICE: Rare reports of serious liver disease have been associated with ingestion of Chaparral/Greasewood. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems. Not intended for use by pregnant or nursing women.

SI-W

(Bayberry, Chickweed, Gentian, Golden Seal, Oregon Grape, Wood Betony) Supports a healthy respiratory system.*

SIA-R

(Bayberry, Bitter Orange, Black Cohosh, Blue Vervain, Capsicum, Golden Seal, Indian Sarsaparilla, Indian Tobacco, Licorice Root, Thyme, Wild Rose Hips) Helps to support healthy sinuses.*

Spikenard

Supports a healthy respiratory and immune system and is also beneficial for relief of occasional muscle and joint discomfort associated with exercise.*

Spring Violet

Helps to soothe the throat.*

Sunflower Seed

Beneficial for maintaining healthy lungs thereby promoting healthy immune function.*

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Vitamin A & D

(softgels 60 ct) (A-25,000iu/D-1000iu) Supports healthy immune function, specifically throughout the respiratory and intestinal tracts.* Supports the proper growth and formation of bones and teeth, as well as helping with collagen and cartilage synthesis.* Promotes bone formation and mineralization and is essential in the development of an intact and strong skeleton, vital for normal growth and development of the human body.* Helps in the development and maintenance of bones and teeth.* Beneficial for the maintenance of good health.* Helps in the absorption and use of calcium and phosphorus.* Contains: Soy, Corn and Fish

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm. Recommended daily dose not to exceed 5000iu/day or as recommended by practitioner. Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Wheat Germ

Helps to support a healthy respiratory system.* Contains: Wheat

Wild Cherry Bark

Supports a healthy respiratory system.*

Wild Cherry Bark “Special”

(Bilberry, Wild Cherry Bark, Wild Rose Hips) Supports a healthy immune system and respiratory system.*

Wild Lettuce

Beneficial for lungs and bronchial support and helps to promote a feeling of calmness.*

Wintergreen Oil

Helps to support a healthy respiratory tract.*

Yerba Santa

Helps to support a healthy respiratory tract.*

Yerba Santa Combination

(Indian Tobacco, Mullein, Yerba Santa) Helps to support a healthy respiratory tract.*

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The **Skeletal System** is made up of bones, cartilage and joints. The skeleton is the hard framework around which the entire body is built. The bones are a rigid and tough form of connective tissue and are the weight-bearing organs of the body. They are responsible for almost all strength of the skeleton. Cartilage provides structure and support to the body's other tissues without being as hard or rigid as bone. It can also provide a cushioning effect in joints. Joints make the skeleton mobile. **Teeth** are also part of the skeletal system, but they aren't considered bones.

BONES/JOINTS

A-W

(Alfalfa, Bitter Orange, Dandelion Root, Echinacea, Juniper (Fruit), Marshmallow, Mullein, Oregon Grape, Wild Rose Hips)
Helps to maintain healthy joint and muscle tissue.*

Alfalfa

(liquid or capsules 100 ct - 700mg) Beneficial for soothing the occasional upset stomach and maintaining joint comfort.*

Arnica

Provides support for the nervous system and bones.*

ART-C

(Aloe, Devil's Claw, Licorice Root, Yucca) Help to provide occasional joint relief after periods of exercise.*

NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because aloe may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

BDR-C

(Black Walnut Hulls, Chippewa Pine, Dulse, Flax, Ginger, Grape Seed, Horsetail, Lapacho, Oatstraw, Peppermint Leaf, Red Clover, Sarsaparilla, Sunflower Seeds, White Oak Bark) Beneficial for maintaining healthy connective tissue and cartilage.* Contains: Walnuts

Butcher's Broom

Beneficial for maintaining healthy bones, supports soft tissue and a healthy circulatory system.*

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CA-W

(Dulse, Horsetail, Indian Tobacco, Knitbone, Oat Straw, Red Raspberry Leaf) Helps to provide temporary relief of muscle cramps and joint discomfort after extended periods of exercise and provides beneficial nutrients for the maintenance of good health.*

Chicken Collagen

(capsules 100 ct - 500mg) To maintain joint comfort.*

Chickweed

Beneficial to assist with weight loss along with diet and exercise, beneficial as a tonic for good health, beneficial for joint comfort and support and to help maintain the body's normal inflammatory response.*

Devil's Claw

Beneficial for maintaining joint comfort and health.*

DSK-W

(Chickweed, Mullein, Papaya Fruit, Valerian Root, Willow Bark) Helps to maintain the body's natural response to inflammation.*

Horsetail

Beneficial for maintaining healthy blood pressure already within the normal range, helps to support a healthy circulatory system, beneficial for proper joint function and promotes growth of healthy hair and nails.*

Korean Ginseng

Beneficial for glandular support, maintaining a healthy immune system and helps maintain joint comfort.*

Mullein

Beneficial for maintaining healthy connective tissue, supporting a healthy circulatory system and maintaining a healthy respiratory system.*

Oatstraw

Supports a healthy nervous system and connective tissue and is beneficial as a tonic for overall health.*

Ol' Number 11

(Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein, Scullcap, Stone Root, White Oak Bark) For support and maintenance of joint health and is beneficial for maintaining gastrointestinal health.* Contains: Walnuts

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Peach Leaf

Helps maintain healthy joint function and is beneficial for the occasional upset stomach and bloating.*

PG-G

(Dandelion Root, Juniper Berries, Turmeric) Helps maintain proper joint function and supports healthy urinary tract function.*

Plantain

Helps in the healthy development and maintenance of bones, teeth, night vision and supports the immune system.*

RST-C

(All Cells Salts [Arrowroot, Kelp, Bladderwrack, Irish Moss], Chickweed, He Shou Wu, Oriental Mustard, Skunk Cabbage) Helps to relieve occasional stiffness and joint discomfort after periods of physical exertion.*

Spikenard

Supports a healthy respiratory and immune system and is also beneficial for relief of occasional muscle and joint discomfort associated with exercise.*

Una De Gato

Supports the maintenance of overall women's health, maintains joint support and supports a healthy menstrual cycle.*

Vitamin A & D

(softgels 60 ct) (A-25,000iu/D-1000iu) Supports healthy immune function, specifically throughout the respiratory and intestinal tracts.* Supports the proper growth and formation of bones and teeth, as well as helping with collagen and cartilage synthesis.* Promotes bone formation and mineralization and is essential in the development of an intact and strong skeleton, vital for normal growth and development of the human body.* Helps in the development and maintenance of bones and teeth.* Beneficial for the maintenance of good health.* Helps in the absorption and use of calcium and phosphorus.* Contains: Soy, Corn and Fish

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Vitamin C

(Time release tablets 120 ct -1000mg) Helps the body to metabolize fats and proteins.* Helps in the maintenance of bones, cartilage, teeth and gums.* Helps to support healthy connective tissue.* Beneficial for the maintenance of good health.*

Wild Rose Hips

Helps in the healthy development and maintenance of bones, soft tissue and supports maintenance of healthy veins and blood vessels.*

Yucca

Beneficial for the maintenance of healthy cartilage and joints, promotes lubrication for joint comfort.*

The **Urinary System** is the system of production, storage and elimination of urine. It removes wastes from the blood and helps to maintain water and electrolyte balance; it keeps the internal environment of the body clean. The whole system includes the kidneys which form urine and control its concentration; the ureters which connect the kidneys to the bladder; the bladder which stores the urine before it is eliminated from the body; the urethra which is a tube that connects the bladder to the external genitalia for elimination from the body; and the sphincter muscles which control the elimination of urine from the body.

URINARY/KIDNEY/BLADDER SUPPORT

AP-W

(Parsley, Sage, Rosemary, Thyme) Supports a healthy immune and gastrointestinal system, helps to relieve occasional menstruation discomfort and helps to maintain a healthy urinary tract system.*

Barberry

Beneficial for digestive health, urinary tract health and the immune system.*

Blue Flag

Beneficial for liver health, maintaining a healthy lymphatic system and reducing fluid retention.*

Buchu

Promotes healthy reproductive organ and genito-urinary tract function, supports a healthy gastrointestinal tract and relief of occasional gas.*

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Burdock

Supports healthy kidney function, detoxification of skin, liver and lymphatic system.*

Celandine

Helps to maintain a healthy circulatory system and is beneficial for occasional use as a diuretic.*

Celery Seed

Supports healthy kidney and bladder function.*

Cleavers

Beneficial for maintenance of kidney and urinary system health.*

Cornsilk

Helps to maintain a healthy urinary tract.*

Cornsilk Combination

(Cornsilk, Stone Root, Uva Ursi) Helps to maintain a healthy urinary tract and relieve occasional urinary discomfort.*

CST-M

(Barberry, Celandine, Milk Thistle, Sanicle, Turmeric)
Supports a healthy urinary tract.*

Feverfew

Beneficial for maintaining reproductive, urinary health and a healthy digestive system.*

Golden Days

(Bladderwrack, Elecampane, Fenugreek, Indian Sarsaparilla) Beneficial for fluid retention.*

HME-H

(All Cells Salts [Arrowroot, Kelp, Bladderwrack, Irish Moss], Horsetail, Oat Straw, Indian Sarsaparilla, Wheat Germ)
Supports healthy kidney function.* Contains: Wheat

Hydrangea

Beneficial for maintaining kidney and bladder health and helps to alleviate minor aches and pains associated with daily life.*

KID-W

(Chamomile, Dandelion Root, Juniper Berries, Parsley, Uva Ursi)
Beneficial for the maintenance of healthy kidney function.*

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Nettle

Supports healthy kidney and urinary tract function, a healthy circulatory system and blood vessels.

PG-G

(Dandelion Root, Juniper Berries, Turmeric) Helps maintain proper joint function and supports healthy urinary tract function.*

Pipsissewa

Helps to maintain a healthy urinary tract and prostate.*

Red Clover Blended

(Buchu, Greasewood, Red Clover) Beneficial for maintaining a healthy urinary and respiratory tract.*

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Rupturewort

Supports healthy urinary tract function.*

SD-R

(Hydrangea, Marshmallow, Stone Root) Supports healthy bladder and kidney function.*

Shepherd's Purse

Beneficial for healthy kidney and bladder function and assists in maintaining healthy urinary flow.*

Stone Root

Supports healthy kidney and bladder function.*

UR-W

(Buchu, Cornsilk, Stone Root, Uva Ursi, Yarrow) Helps to maintain a healthy urinary tract and prostate and supports healthy kidney and bladder function.*

Uva Ursi

Beneficial tonic for supporting a healthy bladder and kidneys.*

White Oak Bark

Beneficial for support of healthy thyroid and bladder function.*

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Willow

Promotes relaxation, maintains blood pressure within a normal range and is beneficial to maintain healthy urinary function.*

Yarrow

Beneficial for healthy bladder function, to maintain healthy urinary flow and to help maintain healthy blood pressure already within the normal range.*

Minerals and Vitamins are required for proper function by the body.

Minerals are nutrients used by the body to build bones and muscles, as well as regulate heartbeat, oxygenation of body cells and blood clotting. Because the body cannot generate minerals, they must be obtained from outside sources such as meats, vegetables, or products such as herbs.

The minerals consist of **Calcium** - which is the main component of bones and teeth. It promotes bone health and regulates muscle tone and blood clotting. **Potassium** - which helps to regulate blood pressure. **Magnesium** - helps to regulate the body's metabolism and cholesterol. It is also instrumental in turning blood sugar into energy and well as having a calming effect on the nervous system. **Iron** – helps build the quality of blood, as well as helping the body to resist stress and disease and prevent fatigue. It is found in every blood cell. And lastly, **Iodine**, whose main job is to regulate the thyroid gland.

Vitamins are a group of substances that are essential for normal cell growth, development and function. There are 13 essential vitamins needed for the body to function. They are: Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Vitamin B1 (thiamine), Vitamin B2 (riboflavin), Vitamin B3 (niacin), Pantothenic acid, Biotin, Vitamin B6, Vitamin B12 and Folate (folic acid). Each of these vitamins has an important job. A vitamin deficiency can cause serious health problems.

MINERAL/VITAMIN SUPPORT

A.C.S. (All Cells Salts)

(liquid or capsules 150 ct - 400mg)(Arrowroot, Bladderwrack, Kelp, Irish Moss)
Provides electrolytes and minerals for the maintenance of good health.*

Beet Root

A source of minerals, beneficial for maintaining a healthy, clean liver to promote the body's normal detoxification process.*

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Broad Beans

Beneficial for overall good health, a source of calcium, magnesium, protein and fiber.*

CA-W

(Dulse, Horsetail, Indian Tobacco, Knitbone, Oat Straw, Red Raspberry Leaf) Helps to provide temporary relief of muscle cramps and joint discomfort after extended periods of exercise and provides beneficial nutrients for the maintenance of good health.*

Formula M

(Arrowroot, Bee Pollen, Bladderwrack, Blue Flag, Carrot Root, Dandelion Leaf, Gentian, Hawthorn, Irish Moss, Kelp, Marshmallow, Motherwort, Mullein, Myrrh, Oregon Grape, Rice Bran, Stillingia, Sunflower Seed, Wheat Germ, Wild Rose Hips) This combination of herbs and sea vegetables altogether form a multi-vitamin source which is beneficial for the maintenance of good health.* Contains: Wheat

Superb Supplemental Plus

(tablets 120 ct) Source of Vitamin A to help maintain eyesight, skin, membranes and immune function.* Vitamin C is an antioxidant for the maintenance of good health.* Vitamin B Complex: Helps the body to metabolize carbohydrates, fats and proteins.* Helps in tissue formation.* Helps normal growth and development.* Helps to form red blood cells.* Vitamin D, calcium and magnesium help in the development and maintenance of bones and teeth.* Magnesium helps in tissue formation.* Magnesium helps to maintain proper muscle function.* Vitamin E is an antioxidant for the maintenance of good health.* Iodine helps in the function of the thyroid gland.* Chromium provides support for healthy glucose metabolism.* Copper helps to produce and maintain healthy connective tissue.* Iron helps to form red blood cells and helps in their proper function.* Selenium is an antioxidant for the maintenance of good health.* Zinc helps to maintain immune function.*

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Vitamin A & D

(softgels 60 ct) (A-25,000iu/D-1000iu) Supports healthy immune function, specifically throughout the respiratory and intestinal tracts.* Supports the proper growth and formation of bones and teeth, as well as helping with collagen and cartilage synthesis.* Promotes bone formation and mineralization and is essential in the development of an intact and strong skeleton, vital for normal growth and development of the human body.* Helps in the development and maintenance of bones and teeth.* Beneficial for the maintenance of good health.* Helps in the absorption and use of calcium and phosphorus.* Contains: Soy, Corn and Fish

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Vitamin B-Complex

(capsules 100 ct) B Vitamins play a critical role in supporting metabolism and boosting energy, improving muscle tone and helping maintain health of the nerves, skin, eyes, hair and mouth.*

Vitamin C

(Time release tablets 120 ct -1000mg) Helps the body to metabolize fats and proteins.* Helps in the maintenance of bones, cartilage, teeth and gums.* Helps to support healthy connective tissue.* Beneficial for the maintenance of good health.*

Vitamin E (with Selenium)

(softgels 60 ct - 400iu) Beneficial for the maintenance of good health.* Contains: Soy

To reach and maintain **overall good health** and wellness requires us to understand many different aspects of our health. One of the most important of these is proper nutrition, which affects energy, growth, body repairs and reproduction. Vitamins and minerals are key components of this. To keep our bodies functioning properly also requires enzymes. Without the proper enzymes, our bodies are more vulnerable to disease and illness.

Sleep is one aspect that is absolutely necessary. As we sleep, our bodies repair themselves from any damage that may have happened during the day. Without enough sleep our stress levels become elevated which can lead to ill health.

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As we age, we become more vulnerable to illness and disease. One of the main reasons for this is the accumulation of toxins and wastes inside the body. A good way to feel healthy and energetic again is through whole body cleansing or detoxification which is a process of neutralizing toxins within the body.

Another aspect of good health which is very beneficial for long-term health and wellness is regular exercise and physical activity. These can help in reducing the risk of heart disease, high blood pressure and cholesterol levels, as well as diabetes. Exercise or physical activity also helps keep weight and body fat under control.

And finally, a positive attitude goes a long way in attaining the goals of good health and wellness. The mind is responsible for controlling many factors that affect our health. Things like managing stress, eating a good diet and exercising to maintain a healthy weight, as well as to lower blood pressure. Each person can set their own mindset. Without a positive attitude toward health, the mind will often take over and do things that are not good for the body.

OVERALL GOOD HEALTH

A.C.S. (All Cells Salts)

(liquid or capsules 150 ct - 400mg)(Arrowroot, Bladderwrack, Kelp, Irish Moss)
Provides electrolytes and minerals for the maintenance of good health.*

Bee Propolis

Provides antioxidants for the maintenance of good health, is beneficial for supporting the body's immune system, helps support healthy adrenal function, and is beneficial for improving energy levels.*

Blessed Thistle

Beneficial for aiding in digestion, relieving the occasional upset stomach, oxygenation of the blood stream and promoting good health and energy.*

Broad Beans

Beneficial for overall good health, a source of calcium, magnesium, protein and fiber.*

Bugleweed

Beneficial as a tonic for good health, circulation and support of healthy blood vessels.*

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CA-W

(Dulse, Horsetail, Indian Tobacco, Knitbone, Oat Straw, Red Raspberry Leaf) Helps to provide temporary relief of muscle cramps and joint discomfort after extended periods of exercise and provides beneficial nutrients for the maintenance of good health.*

Chickweed

Beneficial to assist with weight loss along with diet and exercise, beneficial as a tonic for good health, beneficial for joint comfort and support and to help maintain the body's normal inflammatory response.*

Chlorella

Beneficial for overall nutrition.*

Crampbark

Promotes the maintenance of good health, helps to alleviate cramping during menstruation and supports a healthy menstruation.*

Easy CoQ10

(softgels 50 ct - 100mg) Beneficial for energy production, cardiovascular health, maintaining a healthy nervous system and for overall health.* Contains: Soy

EH-T

(Cudweed, Gotu Kola, Kava Kava, Rice Bran, Scullcap, St. John's Wort) Provides an increase in energy, is a tonic for overall good health, helps relieve occasional restlessness and/or nervousness, supports a healthy circulatory system and venous tissue.*

Caution: US FDA advises that a potential risk of rare, but severe, liver injury may be associated with kava-containing dietary supplements. Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages, or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age, or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

NOTICE: St. John's Wort/Klamath Weed (Aerial Parts) Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician. Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reaction occur.

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Elecampane

Beneficial for overall good organ health and the maintenance of a healthy respiratory system.*

Flax

Beneficial for occasional constipation, helps maintain healthy cholesterol levels already within the normal range and is beneficial for strengthening the whole body and overall good health.*

Flax & Flax Lignans

(capsules 100 ct - 650mg) Beneficial for occasional constipation, helps maintain healthy cholesterol levels already within the normal range and is beneficial for strengthening the whole body and overall good health.*

Formula M

(Arrowroot, Bee Pollen, Bladderwrack, Blue Flag, Carrot Root, Dandelion Leaf, Gentian, Hawthorn, Irish Moss, Kelp, Marshmallow, Motherwort, Mullein, Myrrh, Oregon Grape, Rice Bran, Stillingia, Sunflower Seed, Wheat Germ, Wild Rose Hips) This combination of herbs and sea vegetables altogether form a multi-vitamin source which is beneficial for the maintenance of good health.* Contains: Wheat

Formula Max

(Blessed Thistle, Brewer's Yeast, Gentian, Mullein, Saw Palmetto, A.C.S. [Arrowroot, Bladderwrack, Kelp, Irish Moss], B &NC.-W [Alfalfa, Barberry, Black Walnut Hulls, Chamomile, Gotu Kola, Parsley, Scullcap], Formula Three [Bee Pollen, Indian Sarsaparilla, Licorice Root], HT Combination [Hawthorn, Myrrh, Motherwort], Ol' Number 11 [Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein, Scullcap, Stone Root, White Oak Bark], Vita-Lixir [Bee Pollen, Carrot Root, Dandelion Leaf, Gentian, Rice Bran, Sunflower Seed, Wheat Germ, Wild Rose Hips]) Helps to maintain overall good health, supports a healthy nervous and cardiovascular system, supports healthy digestive function and helps to enhance energy level.* Contains: Walnuts and Wheat

HIK-W

(Dandelion Leaf, Dulse, Parsley, Peppermint Leaf, Yarrow) Beneficial for overall good health.*

Hydrangea

Beneficial for maintaining kidney and bladder health and helps to alleviate minor aches and pains associated with daily life.*

Kelp

Helps in the function and maintenance of the thyroid gland and is beneficial as a tonic for maintenance of overall health.*

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Kudzu

Beneficial for overall health*

Male Fern

Helps to support the body's natural ability to remove toxins and also beneficial as a tonic for overall health.*

Oatstraw

Supports a healthy nervous system and connective tissue and is beneficial as a tonic for overall health.*

PC-C

(Burdock, Marshmallow, Sheep Sorrel, Slippery Elm, Turkey Rhubarb) This combination of herbs is beneficial for nourishing healthy cells.*

NOTICE: This product contains Turkey Rhubarb. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because turkey rhubarb may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Protein

Beneficial for overall good health. Contains: Milk and Soy

Rice Bran

Beneficial tonic for support of overall health and also helps to enhance energy levels.*

Sage

Beneficial as a tonic for healthy body systems, counteracting hot flashes and night sweats associated with menopause and maintaining healthy digestive and nervous systems.*

Sarsaparilla

Provides nourishment for the maintenance of good health and healthy skin.*

Sheep Sorrel

Beneficial for overall good health.*

Spirulina

(liquid, capsules 200 ct - 1000mg or bulk powder) Helps to provide nutrients for the maintenance of good health.*

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Superb Supplemental Plus

(tablets 120 ct) Source of Vitamin A to help maintain eyesight, skin, membranes and immune function.* Vitamin C is an antioxidant for the maintenance of good health.* Vitamin B Complex: Helps the body to metabolize carbohydrates, fats and proteins.* Helps in tissue formation.* Helps normal growth and development.* Helps to form red blood cells.* Vitamin D, calcium and magnesium help in the development and maintenance of bones and teeth.* Magnesium helps in tissue formation.* Magnesium helps to maintain proper muscle function.* Vitamin E is an antioxidant for the maintenance of good health.* Iodine helps in the function of the thyroid gland.* Chromium provides support for healthy glucose metabolism.* Copper helps to produce and maintain healthy connective tissue.* Iron helps to form red blood cells and helps in their proper function.* Selenium is an antioxidant for the maintenance of good health.* Zinc helps to maintain immune function.*

Superb Wheat Grass Extract

Helps increase energy and is beneficial for maintaining healthy cell growth.* Contains: Wheat

Vita-Lixir

(Bee Pollen, Carrot Root, Dandelion Leaf, Gentian, Rice Bran, Sunflower Seed, Wheat Germ, Wild Rose Hips)
Beneficial for overall good health.* Contains: Wheat

Vitamin A & D

(softgels 60 ct) (A-25,000iu/D-1000iu) Supports healthy immune function, specifically throughout the respiratory and intestinal tracts.* Supports the proper growth and formation of bones and teeth, as well as helping with collagen and cartilage synthesis.* Promotes bone formation and mineralization and is essential in the development of an intact and strong skeleton, vital for normal growth and development of the human body.* Helps in the development and maintenance of bones and teeth.* Beneficial for the maintenance of good health.* Helps in the absorption and use of calcium and phosphorus.* Contains: Soy, Corn and Fish

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Vitamin B-Complex

(capsules 100 ct) B Vitamins play a critical role in supporting metabolism and boosting energy, improving muscle tone and helping maintain health of the nerves, skin, eyes, hair and mouth.*

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Warning: Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

Vitamin C

(Time release tablets 120 ct -1000mg) Helps the body to metabolize fats and proteins.* Helps in the maintenance of bones, cartilage, teeth and gums.* Helps to support healthy connective tissue.* Beneficial for the maintenance of good health.*

Vitamin E (with Selenium)

(softgels 60 ct - 400iu) Beneficial for the maintenance of good health.* Contains: Soy

W-W

(Black Walnut Hulls, Cascara Sagrada, Green Ginger, Male Fern, Pumpkin Seed) Beneficial for digestive health, occasional constipation and maintaining overall good health.* Contains: Walnuts

NOTICE: This product contains Cascara Sagrada. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because cascara sagrada may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

Wild Lettuce & Wood Betony

(Wild Lettuce, Wood Betony) Beneficial for maintaining healthy circulatory function and to help alleviate minor aches and pains associated with daily life.*

YTHE-I

(Alfalfa, Bilberry, Irish Moss, Papaya, Peppermint Leaf, Royal Jelly, Spearmint Leaf, Spirulina, Wild Yam, Yucca) Beneficial for overall good health.*

*This product has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.