

# 40

YEARS



MAKING LIFE BETTER

# 2025

# Catalogue

## Exclusive to Natural Health-Food Stores We DO NOT Sell Direct to Consumers—Ever!

**Canadian Family-Owned and Operated for 40 Years**  
We Formulate, Produce, Bottle, and Label Our Products in  
Our On-Site Facility in Vaudreuil-Dorion, Québec, Canada

**All Products Are Non-GMO and Tested in  
an ISO 17025—Accredited Laboratory**

**Ingredients Are Tested Three Times  
for Identity, Purity, Potency, Oxidation,  
and More!**

**We Screen for**  
Heavy Metals, Pesticides,  
PCBs, Solvents, Microbial  
Contamination, Aflatoxins,  
Mycotoxins, Dioxins,  
and More!



Proudly Made  
by Canadians  
for Canadians.



# Delivering Trusted Quality



## Product Development

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

## Manufacturing

New Roots Herbal operates a state-of-the-art production facility in Western Québec, ensuring complete control over manufacturing. Unlike many brands that outsource production, we continuously invest, augmenting in-house production capabilities, while adhering to stringent GMP guidelines. Our team of 19 quality-assurance and quality-control professionals uphold the highest standards from receipt of raw ingredients, throughout the production process, to final shipping of finished products. This commitment guarantees the integrity, safety, and reliability of every product we produce. By combining advanced technology with rigorous oversight, we ensure our supplements meet the exceptional standards our customers expect.



## Testing

An on-site, independent, ISO 17025–accredited laboratory ensures unparalleled testing for identity, purity, potency, and more. This 8,000-square-foot facility has been ISO 17025–accredited since 2014 and has passed every yearly inspection. Its team of 15 expert scientists conducts thorough testing, using validated methods and state-of-the-art equipment. ISO 17025 accreditation represents the highest global standard for testing, requiring annual audits and strict compliance. This independent oversight is the only guarantee of validated testing methods, using proper equipment, by qualified personnel.

# Attracting and Educating Consumers

## Promotional Support

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



## Driving Traffic to Your Stores

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

## Training for Your Staff

The New Roots Herbal Training Academy is growing in popularity. Through our live webinars, interactive modules, and customized staff trainings, we offer continuous product training and information on condition-specific topics to help your staff serve your customers better. Encourage your entire staff to participate in this free, comprehensive training. Improved knowledge will translate to improved customer service and additional sales. If not already signed up, do so by contacting [webinar@newrootsherbal.com](mailto:webinar@newrootsherbal.com).



# We Supply More Than Products: Partnerships and Community



## Maintaining Real Exclusivity

New Roots Herbal is unwavering in its commitment to natural health-food stores like yours, remaining truly exclusive. Unlike other brands found in chain pharmacies, supermarkets, or big-box stores, our products are available only in dedicated health-food stores. And we do not sell directly to consumers from our website—ever. Recommending brands found in over 10,000 locations risks driving your customers elsewhere. By training your staff to recommend New Roots Herbal, you secure repeat visits, foster loyalty, and protect your business from competitors who undermine your success.

## Supporting Trusted Partnerships

You started your business to help people heal and prevent disease with natural products. It's something you've always believed in, and science is now backing you up, driving record growth in the industry. But are your sales keeping up? How could they, when more than 15 of your vitamin and supplement suppliers are selling their products directly to consumers, at up to 30% off, with free shipping? They are competing with you, stealing your revenue, and undermining your future. Shameful. At New Roots Herbal, we do not—and will not ever—sell directly to your customers. When you introduce your customers to our products, you know they'll keep coming back to you to purchase them.



## Continued Canadian Growth

Since 1985, the growth of New Roots Herbal has been deeply intertwined with the success of our partners. Like you, we started as a small business, with a belief of supporting health and wellness with natural products. This shared vision drives our partnership forward. Your trust and support have fuelled our growth, allowing us to expand our production facility to 127,000 sq. ft. and the on-site laboratory to 8,000 sq. ft., allowing us to better serve your needs, and supporting your success.

Together, we're building a healthier future for Canadians.



# Excellence in Canadian Manufacturing

From raw ingredients to finished products, everything is expertly processed at every stage to meet the highest standards.



## ◀ Ingredient Blending ➡

Ensures every batch is blended thoroughly and consistently.



## ◀ Encapsulation ➡

Precision filling for reliable dosage in every capsule.



## ◀ Enteric Coating ➡

Protects encapsulated ingredients for optimal health benefits.



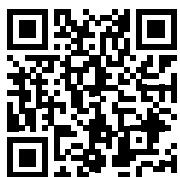
## ◀ Bottling Process ➡

Fills and seals to preserve product integrity.



## ◀ Liquid Filling ➡

Dispenses and caps with speed and accuracy.



See how it's all made! Scan the QR code for a video tour of our manufacturing facility, located right here in Canada.

# Taking Quality to the Next Level

All of Our Products Are Subjected to the Following Quality Tests

All testing is conducted in an on-site, independently run ISO 17025-accredited laboratory.

## Identity

Ingredients—be they plants, vitamins, minerals or nutraceuticals—can look the same. Certified identity testing ensures your supplements contain precise ingredients listed on the label, down to species and genus identification where applicable.

## Purity

To establish the purity of an ingredient is to test for safety from contaminants. These contaminants include:

**Heavy Metals:** Our earth and waters are becoming increasingly permeated by heavy metals. Ground crops are especially susceptible. Testing guarantees the safety of our ingredients.

**Over 100 different pesticides, total PCBs, solvent residues:** These chemicals are dangerous and can contaminate ingredients at any stage. Certified testing absolutely ensures our products are safe from these contaminants and their dangers.

**Aflatoxins, mycotoxins, dioxins, microbial contamination:** Testing only for microbial contamination is not enough. Advanced testing guarantees our products are safe from microbial contamination as well as of any residue these bacteria can produce.

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

## Potency

To provide therapeutic benefits, natural ingredients need to be present and potent. Potency testing ensures that bioactive compounds or therapeutic constituents—such as beta-glucans or curcuminoids—are present and measured. Potency testing also validates that extracts truly are as concentrated as stated. Weak or diluted ingredients do not provide the same health benefits.

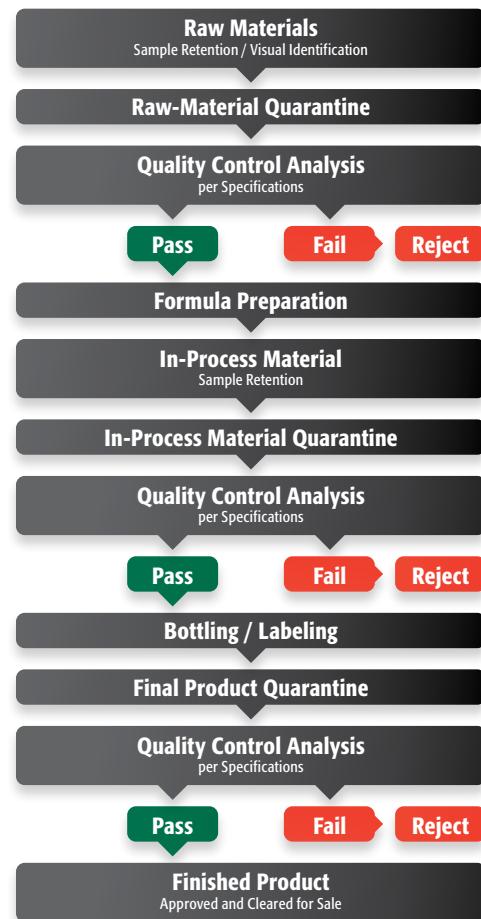
## Oxidation

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

## Disintegration

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

## Manufacturing Flowchart



# At the Crossroads of Science and Nature

A look Inside this Industry-Leading, ISO 17025–Accredited Laboratory

## Unrivalled Testing

We trust science, not suppliers. With an independent, on-site ISO 17025–accredited laboratory, we ensure real-time quality control. Since 2014, the 8,000 sq. ft. facility has undergone annual inspections, with 15 scientists dedicating 600+ hours weekly to testing for GMOs, heavy metals, toxins, and more. It's a costly process that competitors won't invest in, but it's essential to delivering the highest-quality products.



### **4 UHPLCs: Ultrahigh-Performance Liquid Chromatographs 3 HPLCs High-Performance Liquid Chromatographs (not shown)**

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



### **1 ICP-MS: Inductively Coupled Plasma–Mass Spectrometer 1 ICP-OES: ICP–Optical Emission Spectrometers (not shown)**

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



### **3 Spectrophotometers**

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



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

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



### **1 HPTLC: High-Precision Thin-Layer Chromatograph**

HPTLC is used to fingerprint the identity of different components within botanical materials. It is also used to detect fungal-based toxins.

# At the Crossroads of Science and Nature

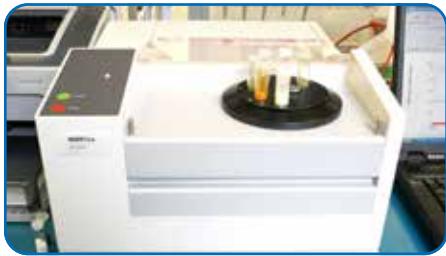
Overview of Some Equipment Used in the On-Site Industry-Leading, ISO 17025-accredited Laboratory



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

Most Recent Addition

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



## 1 NIRS: Near-Infrared Spectroscope

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



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

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



## 1 Disintegration Tester

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



## 1 GC-Headspace

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



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

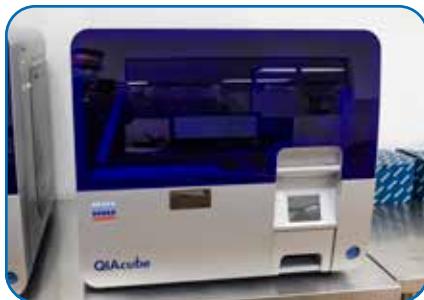
Samples are vaporised into the gas phase and separated into their various components. With the capacity to resolve complex mixtures or sample extracts containing hundreds of compounds, the laboratory uses it for the detection of traces of pesticides. The detection limit is in the picogram level ( $1.0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

# At the Crossroads of Science and Nature

Overview of Some Equipment Used in the On-Site Industry-Leading, ISO 17025–accredited Laboratory

## DNA GMO Identification

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



**2 QIAcubes**

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



**1 NanoDrop UV/VIS Spectrophotometer**

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



**1 Rotor-Gene Q Thermocycler**

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

## GMO Testing in the on-Site State-of-the-Art Laboratory

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

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



# At the Crossroads of Science and Nature

Overview of Some Equipment Used in the On-Site Industry-Leading, ISO 17025-accredited Laboratory

## State-of-the-Art Microbiology Department

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

Equipped with 2 autoclaves for the eradication of microorganisms, 1 cryogenic freezer designed for long-term storage of reference microbial strains, 2 laminar air flows to reduce and control viable

and nonviable particulates, the microbiology department employs state-of-the-art technology for phenotypic identification; methods employed allow the detection of pathogenic species such as *Enterobacteriaceae*, *E. coli*, *Salmonella*, and bacteria such as *Pseudomonas aeruginosa* and *Staphylococcus aureus*.

The microbiology department completes their laboratory's services, alongside core chemistry, enzymology, and the GMO unit, providing end-to-end analytical support for all New Roots Herbal products. Our unwavering commitment to product quality, regulatory compliance, transparency, and accountability is what continues to set us apart from our competitors, fostering trust and loyalty for New Roots Herbal.



### ◀ Colony Counter

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

### Four Incubators ▶

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



### ◀ Biosafety Cabinet Class 2

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



### Vitek 2 Compact ▶

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



# In Case You Missed the Announcements...

## Changes since the Last Catalogue

### Added SKUs

<b>Active Mag</b> .....	39	<b>NEW SIZE! Grass-Fed Lamb Thymus</b> .....	103
Since January 2024		Since August 2024	
UPC 6-28747-1-3185-8 · #3185 · 120 vegetable capsules		UPC 6-28747-13436-1 · #3436 · 90 tablets	
NPN 80082220 · V0776-R1			
<b>Alpha Lipoic Acid 600 mg</b> .....	40	<b>Heme Iron (Bovine)</b> .....	106
Since January 2025		Since July 2024	
UPC 6-28747-12897-1 · #2897 60 vegetable capsules		UPC 6-28747-12494-2 · #2494 · 30 capsules	
NPN 80111291 · V0736-R1		UPC 6-28747-12495-9 · #2495 · 60 capsules	
<b>ATA Mg®</b> .....	42	<b>NEW SIZE! Iron Bisglycinate</b> .....	111
Since May 2024		Since October 2023	
UPC 6-28747-13429-3 · #3429 · 30 vegetable capsules		UPC 6-28747-13186-5 · #3186 · 60 capsules	
NPN 80126307 · V0812-R1		NPN 80052360 · V0515-R1	
<b>Children's Elderberry Juice Powder</b> .....	60	<b>NAD+ Cell Excel</b> .....	142
Since November 2023		Since April 2024	
UPC 6-28747-03242-1 · #3242 · 100 g		UPC 6-28747-13137-7 · #3137 · 60 capsules	
PM0998-R1		NPN 80112465 · V0741-R1	
<b>NEW SIZE! Digestive Enzymes</b> .....	70	<b>NMN Renew 150 mg</b> .....	148
Since November 2024		Since April 2024	
UPC 6-28747-13439-2 · #3439 · 60 vegetable capsules		UPC 6-28747-13408-8 · #3408 · 60 capsules	
		UPC 6-28747-13409-5 · #3409 · 120 capsules	
		NPN 80127124 · V0798-R1	
<b>Essential Oils Gift Set</b> 4 Pure Essential Oils + Spray Bottle .....	73	<b>NMN Renew 300 mg</b> .....	148
Since September 2024		Since April 2024	
UPC 6-28747-53425-3 · #K3425 · 4 x 30 ml		UPC 6-28747-13391-3 · #3391 · 30 capsules	
		UPC 6-28747-13421-7 · #3421 · 60 capsules	
		NPN 80127129 · V0799-R1	
<b>Exotic Oils Gift Set</b> In Wood Box with Roller Bottle .....	74	<b>NEW SIZE! Prostate Perform</b> .....	181
Since April 2024		Since November 2024	
UPC 6-28747-53407-9 · #K3407 · 4 x 15 ml		UPC 6-28747-13449-1 · #3449 · 24 softgels	
<b>Glucose Align</b> .....	99	<b>Sea Buckthorn Berry Oil Mask</b> .....	192
Since July 2024		Since June 2024	
UPC 6-28747-13030-1 · #3030 · 60 capsules		UPC 6-28747-23394-1 · #3394 · 50 ml	
		OM0125-R2	
<b>NEW SIZE! Grass-Fed Beef Liver</b> .....	102	<b>NEW SIZE! Wild Omega 3</b>	
Since July 2024		<b>EPA 330 mg · DHA 165 mg Easy Swallow</b> .....	231
UPC 6-28747-13434-7 · #3434 · 90 capsules		Since January 2025	
		UPC 6-28747-13237-4 · #3237 · 120 softgels	
		NPN 80077104 · V0608-R2	
<b>NEW SIZE! Grass-Fed Beef Spleen</b> .....	103		
Since July 2024			
UPC 6-28747-13435-4 · #3435 · 90 capsules			
<b>NEW SIZE! Grass-Fed Lamb Pancreas</b> .....	103		
Since July 2024			
UPC 6-28747-13437-8 · #3437 · 90 tablets			

### Please Note...

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

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

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

If you require further product information, or should you have any questions, please call or visit our website [newrootsherbal.com](http://newrootsherbal.com).

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# Products Discontinued since the Last Catalogue

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

<b>Alpha Lipoic Acid 250 mg</b>	Discontinued Available	#0991 #0770	90 vegetable capsules 60 vegetable capsules	6-28747-10991-8 6-28747-10770-9	<b>Juicy Immune - Energy</b>	Discontinued Available	#1687 #1511	30 sachets x 5 g 305 g / ≈ 30 doses	6-28747-01687-2 6-28747-01511-0
<b>Astragalus Ultra</b>	Discontinued	#2713	30 vegetable capsules	6-28747-12713-4	<b>L-Cysteine</b>	Discontinued	#0125	50 vegetable capsules	6-28747-10125-7
<b>Baobab Oil</b>	Discontinued	#1815	30 ml	6-28747-21815-3	<b>Licorice Root</b>	Discontinued	#0826	100 vegetable capsules	6-28747-10826-3
<b>Children's Multi</b>	Discontinued	#1794	300 g / 94 doses	6-28747-01794-7	<b>MCT Protein Broth</b>	Discontinued	#2514	300 g	6-28747-02514-0
<b>Chlorella</b>	Discontinued Available Available	#1650 #1647 #1648	150 g / ≈ 60 doses 227 g / ≈ 90 doses 454 g / ≈ 181 doses	6-28747-01650-6 6-28747-01647-6 6-28747-01648-3	<b>Melatonin 3 mg</b>	Discontinued Available Available	#1017 #0658 #1016	180 tablets 60 tablets 90 tablets	6-28747-11017-4 6-28747-10658-0 6-28747-11016-7
<b>Clove Leaf Organic Essential Oil</b>	Discontinued	#2140	15 ml	6-28747-22140-5	<b>Modified Citrus Pectin</b>	Discontinued Available	#2241 #2239	450 g / 90 doses 150 g / 30 doses	6-28747-02241-5 6-28747-02239-2
<b>Organic Coconut MCT Powder</b>	Discontinued	#2449	150 g / 15 portions	6-28747-02449-5	<b>Multi-Max Immune</b>	Discontinued Available Available	#1236 #0225 #0253	60 vegetable capsules 120 vegetable capsules 240 vegetable capsules	6-28747-11236-9 6-28747-10225-4 6-28747-10253-7
<b>Coconut Oil</b>	Discontinued	#2026	120 softgels	6-28747-12026-5	<b>New Roots Herbal Joyful</b>	Discontinued Available Available	#2102 #2022 #2024	15 vegetable capsules 30 vegetable capsules 60 vegetable capsules	6-28747-12102-6 6-28747-12022-7 6-28747-12024-1
<b>Co-Enzyme Q10 · 60 mg</b>	Discontinued Available	#0681 #0682	30 capsules 60 capsules	6-28747-10681-8 6-28747-10682-5	<b>Organic Exotic Oils Collection</b>	Discontinued Available	#1741 #K3407	4 x 15 ml 4 x 15 ml	6-28747-51741-6 6-28747-53407-9
<b>Elderberry Fruit</b>	Discontinued	#2544	50 g	6-28747-02544-7	<b>Panax Ginseng</b>	Discontinued Available	#2187 #0780	30 vegetable capsules 90 vegetable capsules	6-28747-12187-3 6-28747-10780-8
<b>Energy Cleanse</b>	Discontinued	#1540	Kit	6-28747-51540-5	<b>Papaya</b>	Discontinued	#1432	100 vegetable capsules	6-28747-11432-5
<b>Fibre Ultra Rich - Plantago + Inulin</b>	Discontinued Available	#0165 #0166	200 g / ≈ 80 doses 340 g / ≈ 136 doses	6-28747-00165-6 6-28747-00166-3	<b>Pau d'Arco Taheebo Herbal Tea (powder)</b>	Discontinued	#0023	454 g	6-28747-90023-2
<b>Glucosamine Sulfate</b>	Discontinued Available Available	#0862 #0614 #0615	500 vegetable capsules 120 vegetable capsules 300 vegetable capsules	6-28747-10862-1 6-28747-10614-6 6-28747-10615-3	<b>Pau d'Arco Taheebo Herbal Tea (tea bags)</b>	Discontinued Discontinued	#0024 #0146	20 herbal tea bags 40 herbal tea bags	6-28747-90024-9 6-28747-90146-8
<b>GABA</b>	Discontinued Available Available	#2543 #2136 #2542	300 vegetable capsules 60 vegetable capsules 150 vegetable capsules	6-28747-12543-7 6-28747-12136-1 6-28747-12542-0	<b>Peagegreens Immune</b>	Discontinued	#2134	151,5 g / 15 doses	6-28747-02134-0
<b>Guggul</b>	Discontinued	#2206	150 vegetable capsules	6-28747-12206-1	<b>Prostate Perform</b>	Discontinued Discontinued	#1295 #0256	14 softgels 30 softgels	6-28747-11295-6 6-28747-10256-8
<b>Happy Skin</b>	Discontinued Discontinued	#1594 #1596	50 ml 95 ml	6-28747-21594-7 6-28747-21596-1	<b>Pumpkin Seed Protein</b>	Discontinued	#3449 #0890 #0891	24 softgels 60 softgels 90 softgels	6-28747-13449-1 6-28747-10890-4 6-28747-10891-1
<b>Heart Smart Organic Sunflower Oil</b>	Discontinued	#1624	500 ml	6-28747-21624-1	<b>Protector</b>	Discontinued	#0605	60 vegetable capsules	6-28747-10605-4
<b>IMMX Immune 500 mg</b>	Discontinued	#0342	180 vegetable capsules	6-28747-10342-8	<b>Red Raspberry Leaf</b>	Discontinued	#0822	100 vegetable capsules	6-28747-10822-5
<b>Infla-Heal Plus</b>	Discontinued Available Available Available	#1824 #1832 #1829 #1825	360 vegetable capsules 30 vegetable capsules 90 vegetable capsules 180 vegetable capsules	6-28747-11824-8 6-28747-11832-3 6-28747-11829-3 6-28747-11825-5	<b> </b>	<b> </b>	<b> </b>	<b> </b>	<b>6-28747-02274-3</b>

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<b>RiboEndurance Mag</b>	Discontinued	#2458	300 g	6-28747-02458-7	<b>Stevia Sugar Spoonable</b>	Discontinued	#1685	30 sachets x 5 g	6-28747-01685-8
						Available	#1070	250 g	6-28747-91070-5
	Available	#0717	60 softgels	6-28747-10949-9 6-28747-10717-4		Available	#1069	454 g	6-28747-91069-9
<b>Saw Palmetto</b>	Discontinued	#0949	120 softgels	6-28747-10949-9	<b>Suma</b>	Discontinued	#0481	50 vegetable capsules	6-28747-10481-4
	Available	#0717	60 softgels	6-28747-10717-4					
<b>Shiitake Powder</b>	Discontinued	#2582	100 g / 32 portions	6-28747-02582-9	<b>Sweet Orange Essential Oil</b>	Discontinued	#2146	15 ml	6-28747-22146-7
						Discontinued	#0133	210 vegetable capsules	6-28747-10133-2
<b>Silver Force</b>	Discontinued	#2228	50 ml = 10 doses	6-28747-22228-0	<b>Vitamin C Calcium Ascorbate powder</b>	Discontinued	#0031	454 g / ≈415 doses	6-28747-00031-4
	Discontinued	#2229	95 ml = 19 doses	6-28747-22229-7		Available	#0030	150 g / ≈135 doses	6-28747-00030-7
<b>Simply Spirulina 1,000 mg</b>	Discontinued	#1659	90 tablets	6-28747-11659-6		Available	#0159	227 g / ≈205 doses	6-28747-00159-5
	Discontinued	#1657	180 tablets	6-28747-11657-2	<b>Vitamin C Crystals</b>	Discontinued	#0029	908 g / ≈1513 doses	6-28747-00029-1
	Discontinued	#1658	360 tablets	6-28747-11658-9		Available	#0027	150 g / ≈250 doses	6-28747-00027-7
<b>Simply Spirulina Powder</b>	Discontinued	#1661	454 g / ≈113 doses	6-28747-01661-2		Available	#0162	227 g / ≈378 doses	6-28747-00162-5
	Available	#1662	150 g / ≈37 doses	6-28747-01662-9		Available	#0028	454 g / ≈756 doses	6-28747-00028-4
<b>Slimmer System</b>	Discontinued	#1215	180 vegetable capsules	6-28747-11215-4	<b>Wild Oregano C93</b>	Discontinued	#1267	Display 27 bottles x 15 ml	6-28747-11267-3
	Available	#1212	60 vegetable capsules	6-28747-11212-3		Discontinued	#1268	Display 24 bottles x 30 ml	6-28747-11268-0
	Available	#1214	120 vegetable capsules	6-28747-11214-7		Available	#1233	15 ml / ≈ 109 doses	6-28747-21233-5
<b>Smooth Stevia</b>	Discontinued	#1925	60 g	6-28747-01925-5		Available	#1255	30 ml / ≈ 218 doses	6-28747-21255-7
	Available	#1923	30 g	6-28747-01923-1		Available	#1476	50 ml / ≈ 364 doses	6-28747-21476-6
<b>Stevia Leaf Green</b>	Discontinued	#0589	55 g	6-28747-00589-0	<b>Wild Oregano C93 Extra Strong</b>	Discontinued	#2150	Display 27 bottles x 15 ml	6-28747-12150-7
						Discontinued	#2151	Display 24 bottles x 30 ml	6-28747-12151-4
						Available	#2094	15 ml	6-28747-22094-1
						Available	#2095	30 ml	6-28747-22095-8

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UPC 6-28747-11157-7 · #1157 · 90 capsules

**L-Taurine**  
is now called **Taurine** . . . . . 209  
UPC 6-28747-10089-2 · #0089 · 90 capsules

**Magnesium Citrate Plus L-Taurine**  
is now called  
**Magnesium Citrate Plus Taurine** . . . . . 127  
UPC 6-28747-10903-1 · #0903 · 90 capsules  
UPC 6-28747-10904-8 · #0904 · 180 capsules

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## Having Trouble Finding Something?

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

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Beef Bone Broth Protein + Organic Fermented Ginger . . . . .	44
Boron . . . . .	50
Calcium Citrate and Vitamin D . . . . .	52
Cal-Mag Citrate with Zinc, Potassium, Selenium . . . . .	52
Cal-Mag Citrates Vitamin D, Zinc, Silica, and Boron . . . . .	53
Magnesium Bisglycinate 200 mg (capsules) . . . . .	126
Magnesium Bisglycinate 200 mg (powder) . . . . .	126
Magnesium Bisglycinate Plus 150 mg . . . . .	126
Magnesium Citrate Plus Taurine . . . . .	127
Multi 5 Collagen . . . . .	141
Multi 5 Collagen with Delicious Organic Cocoa . . . . .	141
Pür Collagen+ Joint Recovery . . . . .	183
Pure Magnesium Bisglycinate 115 mg + Taurine . . . . .	183
Pure Magnesium Bisglycinate 130 mg . . . . .	184
Silica . . . . .	194
Silica Liquid . . . . .	194
Strong Bones . . . . .	201
Strong Bones Boron-Free Formula . . . . .	201
Strontium Strong . . . . .	207
Vegetarian Strong Bones . . . . .	218
Vitamin D3 1,000 IU per Drop (oil emulsification) . . . . .	229
Vitamin D3 1,000 IU per Capsule . . . . .	229
Vitamin D3 1,000 IU per Softgel . . . . .	229
Vitamin D3 2,500 IU · Extra Strength (capsules) . . . . .	230
Vitamin D3 2,500 IU · Extra Strength (softgels) . . . . .	230
Vitamin D3 2,500 IU per Drop · Extra Strength (oil emulsification) . . . . .	230
Vitamin K2+D3 . . . . .	219



## Children's Health

Developed by Canada's leading naturopaths for a robust immune system; sharp mind; and the energy essential for health, happiness, and progress.

Children's ADHD Balance . . . . .	60
Children's Elderberry Juice Powder . . . . .	60
Children's Omega-3 . . . . .	61
Children's Probiotic 10 Billion + . . . . .	61
Children's Vitamin D3 . . . . .	61



## Cholesterol Management

Cholesterol management is a major modifiable risk factor of heart disease.

Berberine . . . . .	45
Organic Cardiac Health Tincture . . . . .	54
Cho-less-terin . . . . .	56
Odourless Garlic . . . . .	149
Plant Sterols . . . . .	163
Sterols & Sterolins with Arabinogalactan . . . . .	199
Sterols & Sterolins Cholesterol . . . . .	199
Super Fibre Psyllium . . . . .	207
Super Immune Sterols & Sterolins . . . . .	208
Vitamin B3 Niacin · 100 mg. . . . .	223
Vitamin B3 Niacin · 500 mg . . . . .	223

## Cold and Flu

Astragalus Defense . . . . .	42
Bifido Builder Specialized Intestinal Support · 42 Billion+ . . . . .	46
Children's Elderberry Juice Powder . . . . .	60
Cold & Flu. . . . .	63
Colostrum (capsules) . . . . .	66
Colostrum (powder) . . . . .	66
Echinacea (tincture) . . . . .	71

Echinacea Root (capsules) . . . . .	71
Elderberry ResQ (capsules) . . . . .	71
ElderFlower ResQ (organic tincture) . . . . .	72
Holy Basil Max. . . . .	107
N-AcetylCysteine . . . . .	142
New Roots Herbal's Breathe Easy . . . . .	146
Odourless Garlic . . . . .	149
Respira ResQ. . . . .	189
Serratiopeptidase . . . . .	193
Vitamin C Calcium Ascorbate (Capsules) . . . . .	226
Vitamin C Calcium Ascorbate (Crystals) . . . . .	226
Vitamin C Crystals . . . . .	226
Vitamin C Sodium Ascorbate . . . . .	228
Vitamin C <sup>8</sup> (Capsules) . . . . .	227
Vitamin C <sup>8</sup> (Powder) . . . . .	227
Wild Oregano C93. . . . .	232
Wild Oregano C93 Extra Strong. . . . .	232
Wild Oregano C93 With Garlic . . . . .	233

## Cooking Oils

Heart Smart Organic Extra Virgin Olive Oil. . . . .	105
Heart Smart Organic Safflower Oil. . . . .	105

## Detoxification

The physiological removal of accumulated toxins within human tissue—by means of strategic supplementation—is recognized as a critical component of the wellness equation.

Alpha Lipoic 125 mg. . . . .	39
Alpha Lipoic 250 mg . . . . .	40
Alpha Lipoic Acid 600 mg . . . . .	40
Calcium D-Glucarate . . . . .	52
Chlorella (capsules) . . . . .	56
Chlorella (powder) . . . . .	56
Dandelion Root and Celery Seed . . . . .	69
Glutathione . . . . .	100
Grass-Fed Beef Liver . . . . .	102
Heavy Metal Detox . . . . .	105
Kelp . . . . .	115
L-Methionine . . . . .	117
Liver Protection. . . . .	122
Milk Thistle . . . . .	138
Modified Citrus Pectin. . . . .	138
Molybdenum. . . . .	138
MSM (capsules) . . . . .	138
MSM (powder) . . . . .	139
N-AcetylCysteine. . . . .	142
New Roots Essence . . . . .	146
R+ Alpha Lipoic 150 mg . . . . .	186
Red Beet Root. . . . .	186
S.O.D. . . . .	191
S-Acetyl-Glutathione . . . . .	191
Spirulina & Chlorella . . . . .	198



## Digestive Health

Healthy digestion is critical for the assimilation and absorption of proteins, fats, carbohydrates, vitamins, and minerals within every calorie we ingest.

Acidophilus Ultra Daily Care · 11 Billion +	37
Acidophilus Ultra + Daily Care + 36% Stronger · 15 Billion	38
Apple Cider Vinegar	41
Bifido Builder Specialized Intestinal Support · 42 Billion+	46
Bifido Infantis Early Colonizing Probiotic · 5 Billion	47
Cascara Sagrada	54
Cloves	59
Colon Care Probiotics Superior Colon Care · 90 Billion +	63
Colostrum (capsules)	66
Colostrum (powder)	66
Dandelion Root and Celery Seed	69
Digestive Enzymes	70
Femina Flora Oral Women's Probiotic · 55 Billion +	75
Fermented Ginger	93
Fermented Superfood Blend	94
Fibre Ultra Rich - Plantago + Inulin (powder)	75
Fibre Ultra Rich Psyllium · 550 mg	76
Fibre Ultra Rich Psyllium + Inulin (powder)	76
Ginger 195 mg	96
Ginger 475 mg	97
Gotu Kola 500 mg	101
Grass-Fed Lamb Pancreas	103
Hospital Bacteria Defense · 10 Billion+	108
Human Probiotics Colonizing Flora · 42 Billion +	108
IBS Urgency Irritable Bowel Syndrome · 10 Billion +	109
L-Glutamine (capsules)	116
L-Glutamine (powder)	117
Liver Protection	122
Magnesium Citrate Plus Taurine	127
Ox Bile	150
Pancreatin	151
Plant Digestive Enzymes	162
Probiotic Intensity Extra Daily Care · 20 Billion +	165
Probiotics Recovery Ultimate Potency · 120 Billion +	180
Probiotics Urgency Extra Potency · 50 Billion +	180
Prolax	181
Reuteri Restore	189
Super Fibre Psyllium	207
Travelers' Probiotic Protection · 21 Billion +	213
Ultimate Bromelain	215
Ultra Max	216
Wormwood	233
Yellow Dock	234



## Energy

From delivering healthy sources of fuel for body and mind to maximizing vitamin, mineral, and nutrient absorption, our energy-related products are dedicated to your active lifestyle.

Active Mag	39
B12 Liquid	43
Bee Pollen	43
Benfotiamine	45
Coconut MCT Oil	59
Co-Enzyme Q10 · 30 mg	59
Co-Enzyme Q10 · 60 mg	62
Co-Enzyme Q10 · 100 mg	62
Co-Enzyme Q10 · 200 mg	62
Co-Enzyme Q10 · 300 mg	62
Cordyceps	66
Cordyceps Militaris	67
D-Ribose	69
Energy	72
Holy Basil Max.	107
Juicy Immune - Energy	114
Lectro-Lytes Coco-Pineapple	119
Lectro-Lytes Lemon-Lime	119
Maca	123
Matcha	129
MCT Energy (liquid)	129
MCT Energy (softgels)	130
NAD+ Cell Excel	142
Niacinamide	148
NMN Renew 150 mg	148
NMN Renew 300 mg · Extra Strength	148
P-5-P	150
Panax Ginseng	151
Reishi	187
Reishi Spores	188
Rhodiola	189
Siberian Ginseng	193
Slow Release CoQ10	196
Super Iron	208
Thyrosyn	213
Ultra B Complex 50 mg	215
Ultra B Complex 100 mg	215
Ultra Iron	216
Vitamin B1 Thiamine	222
Vitamin B2	222
Vitamin B5 Synergistic	223
Vitamin B6 Synergistic	224
Vitamin B12 Methylcobalamin 500 mcg	225
Vitamin B12 Methylcobalamin 1,000 mcg	225
Vitamin B12 Methylcobalamin · 15,000 mcg (Sublingual Tablets)	225
Vitamin C <sup>8</sup> (Capsules)	227
Vitamin C <sup>8</sup> (Powder)	227



## Enzymes

Digestive Enzymes . . . . .	70
Infla-Heal Plus . . . . .	109
Pancreatin . . . . .	151
Plant Digestive Enzymes . . . . .	162
Quercetin Bioflavonoid Complex . . . . .	185
Serratiopeptidase . . . . .	193
Ultimate Bromelain . . . . .	215



## Essential Oils

Bergamot Essential Oil . . . . .	46
Cedarwood Essential Oil . . . . .	55
Citronella Essential Oil . . . . .	57
Clary Sage Essential Oil . . . . .	58
Clove Bud Essential Oil . . . . .	58
Essential Oil Gift Set . . . . .	73
Eucalyptus Essential Oil Organic . . . . .	73
Eucalyptus Pure Essential Oil . . . . .	73
Geranium Essential Oil . . . . .	96
Ginger Pure Essential Oil . . . . .	97
Lavender Organic Essential Oil . . . . .	119
Lemon Organic Essential Oil . . . . .	120
Lemon Pure Essential Oil . . . . .	120
Lemon Eucalyptus Pure Essential Oil . . . . .	120
Peppermint Essential Oil . . . . .	162
Rose Geranium Essential Oil . . . . .	190
Rosemary Organic Essential Oil . . . . .	190
Tea Tree Essential Oil . . . . .	212
Thyme Essential Oil . . . . .	212
Tingsation . . . . .	213
Wild Field Mint Essential Oil . . . . .	231
Wintergreen Pure Essential Oil . . . . .	233



## Essential Fatty Acids

Black Cumin Seed Oil (liquid) . . . . .	48
Black Cumin Seed Oil 500 mg (softgels) . . . . .	48
Black Cumin Seed Oil 1,000 mg Extra Strength (softgels) . . . . .	48
Borage Oil . . . . .	50
Children's ADHD Balance . . . . .	60
Coconut MCT Oil . . . . .	59
Evening Primrose Oil 500 mg . . . . .	73
Evening Primrose Oil 1,000 mg . . . . .	74
Flaxseed Oil . . . . .	76
MCT Energy (liquid) . . . . .	129
MCT Energy (softgels) . . . . .	130
Omega 3/6/7/9 . . . . .	150
PEA Pain Relief . . . . .	162
Sea Buckthorn Oil . . . . .	192
Squalene . . . . .	199

## Exotic Skin Oils

New Roots Herbal's exotic oils originate from many different parts of the world.

Argan Oil . . . . .	41
Cacay Seed Oil . . . . .	51
Cranberry Seed Oil . . . . .	68
Exotic Oils Gift Set . . . . .	74
Goji Seed Oil . . . . .	101
Marula Seed Oil . . . . .	129
Moringa Seed Oil . . . . .	138
Pomegranate Seed Oil . . . . .	164
Rosehip Seed Oil Rosa Mosqueta . . . . .	190
Sea Buckthorn Seed Oil . . . . .	192
Skin Lovers Oil . . . . .	194
Tamanu Oil . . . . .	209



## Functional Foods

Apple Cider Vinegar .....	41
Astragalus Root Slices .....	42
Bee Pollen .....	43
Beef Bone Broth Protein + Organic Fermented Ginger .....	44
Chlorella (capsules) .....	56
Chlorella (powder) .....	56
Coriolus Powder Turkey Tail .....	67
Elderberry Juice Powder .....	71
Fermented Black Cumin Seed .....	93
Fermented Ginger .....	93
Fermented Maca .....	93
Fermented Red Beet .....	94
Fermented Superfood Blend .....	94
Fermented Turmeric .....	94
Heart Smart Organic Extra Virgin Olive Oil .....	105
Heart Smart Organic Safflower Oil .....	105
Juicy Immune - Energy .....	114
Lion's Mane Powder .....	121
Maitake Powder .....	128
Matcha .....	129
Multi 5 Collagen .....	141
Multi 5 Collagen with Delicious Organic Cocoa .....	141
Plant Sterols .....	163
Reishi Powder .....	187
Reishi Slices .....	188
Simply Spirulina 650 mg (capsules) .....	194
Simply Spirulina (powder) .....	194
Smooth Stevia .....	197
Spirulina & Chlorella .....	198



## Fermented Products

Beef Bone Broth Protein + Organic Fermented Ginger .....	44
Fermented Black Cumin Seed .....	93
Fermented Ginger .....	93
Fermented Maca .....	93
Fermented Red Beet .....	94
Fermented Superfood Blend .....	94
Fermented Turmeric .....	94

## Fish Oils

Children's ADHD Balance .....	60
Children's Omega-3 .....	61
Merry Mind Omega 3 .....	137
Omega Jolly .....	150
Wild Omega 3 180 mg EPA · 120 mg DHA .....	231
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour .....	231
Wild Omega 3 EPA 660 mg · DHA 330 mg .....	231
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour .....	232
Wild Omega 3 EPA 900 mg DHA 600 mg Lemon Flavour (liquid) .....	232

## Glandular Extracts

We have a variety of glandular extracts available to help support your glands.

Adrenal .....	39
Grass-Fed Beef Liver .....	102
Grass-Fed Beef Spleen .....	103
Grass-Fed Lamb Pancreas .....	103
Grass-Fed Lamb Thymus .....	103
Ox Bile .....	150
Thyrosyn .....	213

## Green Foods

Our green food concentrates provide a plethora of vitamins, minerals, and nutrients to increase your energy levels, boost your immune system, and enhance your health.

Chlorella (capsules) .....	56
Chlorella (powder) .....	56
Matcha .....	129
Simply Spirulina 650 mg (capsules) .....	194
Simply Spirulina (powder) .....	194
Spirulina & Chlorella .....	198



## Hair

Argan Oil . . . . .	41
Biotin . . . . .	47
Exotic Oils Gift Set. . . . .	74
Hair & Scalp . . . . .	104
Moringa Seed Oil . . . . .	138
Multi 5 Collagen . . . . .	141
Multi 5 Collagen with Delicious Organic Cocoa . . . . .	141
Pür Collagen Body Renew . . . . .	182
Pür Collagen Radiant Skin . . . . .	183
Silica. . . . .	194
Silica Liquid. . . . .	194



## Headache and Migraine

Co-Enzyme Q10 · 100 mg. . . . .	62
Co-Enzyme Q10 · 200 mg. . . . .	62
Co-Enzyme Q10 · 300 mg . . . . .	62
Slow Release CoQ10 . . . . .	196
Vitamin B2. . . . .	222
White Willow . . . . .	219

## Heart and Blood

Active Mag . . . . .	39
Organic Cardiac Health Tincture. . . . .	54
Cardio Flow . . . . .	54
Co-Enzyme Q10 · 30 mg . . . . .	59
Co-Enzyme Q10 · 60 mg . . . . .	62
Co-Enzyme Q10 · 100 mg. . . . .	62
Co-Enzyme Q10 · 200 mg. . . . .	62

Co-Enzyme Q10 · 300 mg . . . . .	62
Fermented Red Beet . . . . .	94
Flaxseed Oil . . . . .	76
Ginkgo Biloba . . . . .	97
Grapeseed Extract 85 mg . . . . .	102
Grapeseed Extract 150 mg. . . . .	102
Grapeseed Extract 500 mg . . . . .	102
Green Tea 250 mg. . . . .	103
Green Tea 500 mg. . . . .	104
Hawthorn Berry . . . . .	104
Heart Mag. . . . .	105
Heart Smart Organic Extra Virgin Olive Oil. . . . .	105
Heart Smart Organic Safflower Oil. . . . .	105
Homocysteine Reduce. . . . .	107
Odourless Garlic. . . . .	149
Olive Leaf (capsules) . . . . .	149
Olive Leaf Extract (liquid). . . . .	149
Omega 3/6/7/9 . . . . .	150
Plant Sterols . . . . .	163
Quercetin 500 mg . . . . .	185
Quercetin Bioflavonoid Complex . . . . .	185
Red Beet Root. . . . .	186
Resveratrol Max . . . . .	189
Slow Release CoQ10 . . . . .	196
Smart Ginkgo . . . . .	197
Taurine . . . . .	209
Vitamin B1 Thiamine . . . . .	222
Vitamin B3 Inositol Hexanicotinate. . . . .	223
Vitamin B3 Niacin · 100 mg. . . . .	223
Vitamin B6 . . . . .	224
Vitamin B6 Synergistic . . . . .	224
Wild Omega 3 180 mg EPA · 120 mg DHA. . . . .	231
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour . . . . .	231
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . .	231
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . .	232
Wild Omega 3 EPA 900 mg DHA 600 mg Lemon Flavour (liquid) . . . . .	232



## Herbs and Herbal Extracts

We use organic or wild-crafted herbs of superior quality to create our extracts.

Ashwagandha . . . . .	41
Astragalus Defense . . . . .	42
Astragalus Root (tincture). . . . .	42
Bee Pollen. . . . .	43
Berberine . . . . .	45

Bergamot Essential Oil	46
Black Cohosh	47
Black Cumin Seed Oil (liquid)	48
Black Cumin Seed Oil 500 mg (softgels)	48
Black Cumin Seed Oil 1,000 mg Extra Strength (softgels)	48
Black Walnut Green Hull	49
Black Walnut Leaf and Hull	49
Black Walnut Hull organic tincture	49
Boswellia	50
Cascara Sagrada	54
Cedarwood Essential Oil	55
Cloves	59
Curcumin Plus Piperine	68
D-Stress	69
Dandelion Root and Celery Seed	69
Devil's Claw	69
Dong Quai	70
Echinacea (tincture)	71
Echinacea Root (capsules)	71
ElderFlower ResQ (organic tincture)	72
Eucalyptus Pure Essential Oil	73
Garcinia Cambogia	87
Geranium Essential Oil	96
Ginger 195 mg	96
Ginger 475 mg	97
Ginger Pure Essential Oil	97
Ginkgo Biloba	97
Gotu Kola 500 mg	101
Grapefruit Seed Extract (capsules)	101
Grapefruit Seed Extract (liquid)	101
Grapeseed Extract 85 mg	102
Grapeseed Extract 150 mg	102
Grapeseed Extract 500 mg	102
Green Tea 250 mg	103
Green Tea 500 mg	104
Hawthorn Berry	104
Holy Basil Max	107
Horny Goat Weed	108
Joint Pain Relief	111
Juicy Immune - Energy	114
Kava Kava	115
Kelp	115
Maca	123
Memory Care	131
Milk Thistle	138
Modified Citrus Pectin	138
Neem Leaf	146
Neem Oil	146
Odourless Garlic	149
Olive Leaf (capsules)	149
Olive Leaf Extract (liquid)	149
Panax Ginseng	151
Passion Flower	161
Pau d'Arco Taheebo (capsules)	161
Pau d'Arco Taheebo (liquid extract)	162
Red Clover Isoflavones	186
Respira ResQ	189
Resveratrol Max	189
Rhodiola	189
Saffron Zen	191

Saw Palmetto	192
Siberian Ginseng	193
St. John's Wort	199
Super Fibre Psyllium	207
Sweet Wormwood Max	209
Tribulus Terrestris	214
Uva Ursi	217
Valerian Root (capsules)	217
Valerian Root (liquid)	218
White Willow	219
Wormwood	233
Yellow Dock	234



## Immune Health

Our immune system is a complex biological network that protects us from disease, harmful bacteria, viruses, parasites, and more. Our extensive selection of products strengthens and safeguards immune-system function for excellent health and wellbeing.

Acidophilus Ultra Daily Care · 11 Billion +	37
Acidophilus Ultra + Daily Care + 36% Stronger · 15 Billion	38
Age Less Telomeres	39
Astragalus Defense	42
Astragalus Root (tincture)	42
Astragalus Root Slices	42
Bee Pollen	43
Beta-Carotene	46
Bifido Builder Specialized Intestinal Support · 42 Billion+	46
Bifido Infantis Early Colonizing Probiotic · 5 Billion	47
Chaga Extract	55
Chaga Tea	55
Cold & Flu	63
Colon Care Probiotics Superior Colon Care · 90 Billion +	63
Colostrum (capsules)	66
Colostrum (powder)	66
Cordyceps	66
Cordyceps Militaris	67
Coriolus	67
Coriolus Powder Turkey Tail	67
DMG	70
Echinacea (tincture)	71
Echinacea Root (capsules)	71
Elderberry ResQ (capsules)	71
Elderberry ResQ (fruit tincture)	72
ElderFlower ResQ (organic tincture)	72
Glutathione	100
Grass-Fed Beef Spleen	103

Grass-Fed Lamb Thymus	103
Hospital Bacteria Defense · 10 Billion+	108
Human Probiotics Colonizing Flora · 42 Billion +	108
IBS Urgency Irritable Bowel Syndrome · 10 Billion +	109
Juicy Immune - Energy	114
L-Lysine	117
Lion's Mane Powder	121
Maitake	123
Maitake Powder	128
Modified Citrus Pectin	138
Molybdenum	138
Multi-Max Immune	140
Olive Leaf (capsules)	149
Olive Leaf Extract (liquid)	149
Prevent	165
Probiotic Intensity Extra Daily Care · 20 Billion +	165
Probiotics Recovery Ultimate Potency · 120 Billion +	180
Probiotics Urgency Extra Potency · 50 Billion +	180
Reishi	187
Reishi Powder	187
Reishi Slices	188
Reishi Spores	188
Resilience	188
Respira ResQ	189
Reuteri Restore	189
S-Acetyl-Glutathione	191
Shiitake	193
Siberian Ginseng	193
Sterols & Sterolins with Arabinogalactan	199
Super Immune Sterols & Sterolins	208
Sweet Wormwood Max	209
Time Release Vitamin C	213
Travelers' Probiotic Protection · 21 Billion +	213
Ultra Max	216
Ultra Zinc 30 mg	217
Ultra Zinc 50 mg	217
Vitamin C Calcium Ascorbate (Capsules)	226
Vitamin C Calcium Ascorbate (Crystals)	226
Vitamin C Crystals	226
Vitamin C Sodium Ascorbate	228
Vitamin C <sup>8</sup> (Capsules)	227
Vitamin C <sup>8</sup> (Powder)	227
Vitamin D3 1,000 IU per Drop (oil emulsification)	229
Vitamin D3 1,000 IU per Capsule	229
Vitamin D3 1,000 IU per Softgel	229
Vitamin D3 2,500 IU · Extra Strength (capsules)	230
Vitamin D3 2,500 IU · Extra Strength (softgels)	230
Vitamin D3 2,500 IU per Drop · Extra Strength (oil emulsification)	230
Vitamin K2+D3	219
Wild Oregano C93	232
Wild Oregano C93 Extra Strong	232
Wild Oregano C93 With Garlic	233
Zinc	235



## Joint Health

Beef Bone Broth Protein	43
Beef Bone Broth Protein + Organic Fermented Ginger	44
Boron	50
Chondroitin and Glucosamine	56
Glucosamine Sulfate 500 mg	99
Glucosamine Sulfate 750 mg	99
Joint-Tissu & MSM	114
MSM (capsules)	138
MSM (powder)	139
Multi 5 Collagen	141
Multi 5 Collagen with Delicious Organic Cocoa	141
Pür Collagen+ Joint Recovery	183
Vegan Glucosamine	218
Vitamin C Calcium Ascorbate (Capsules)	226
Vitamin C Calcium Ascorbate (Crystals)	226
Vitamin C Crystals	226
Vitamin C Sodium Ascorbate	228
Vitamin C <sup>8</sup> (Capsules)	227
Vitamin C <sup>8</sup> (Powder)	227

## Keto Diet

Beef Bone Broth Protein	43
Beef Bone Broth Protein + Organic Fermented Ginger	44
Coconut MCT Oil	59
Lupine Seed Protein	122
MCT Energy (liquid)	129
MCT Energy (softgels)	130
Smooth Stevia	197
Stevia Sugar Spoonable	200
Stevia Sweetleaf	200
Stevia White Powder Concentrate	200
Sweet-to-Clean Xylitol	208

## Maternity and Women's Fertility

Active Folate (capsules)	38
Active Folate (tablets)	38
Mum Ma Milkstream (capsules)	141
Mum Ma Milkstream (tincture)	142
Myo-Inositol	142
Prenatal	164



## Medicinal Mushrooms

Our whole selection of medicinal mushrooms are sustainably grown in fully shaded greenhouses.

Chaga Extract .....	55
Chaga Tea .....	55
Cordyceps .....	66
Cordyceps Militaris .....	67
Coriolus .....	67
Coriolus Powder Turkey Tail .....	67
Lion's Mane .....	120
Lion's Mane Powder .....	121
Maitake .....	123
Maitake Powder .....	128
Reishi .....	187
Reishi Powder .....	187
Reishi Slices .....	188
Reishi Spores .....	188
Resilience .....	188
Shiitake .....	193

## Memory Help

Ginkgo Biloba .....	97
Glutamic Acid .....	100
Gotu Kola 500 mg .....	101
L-Theanine .....	118
Lion's Mane .....	120
Lion's Mane Powder .....	121
Memory Care .....	131
NeuroPerform .....	146
Rhodiola .....	189
Smart Ginkgo .....	197
Wild Omega 3 180 mg EPA · 120 mg DHA .....	231
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour .....	231
Wild Omega 3 EPA 660 mg · DHA 330 mg .....	231
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour .....	232
Wild Omega 3 EPA 900 mg DHA 600 mg Lemon Flavour (liquid) .....	232

## Men's Fertility

Ashwagandha .....	41
Co-Enzyme Q10 · 300 mg .....	62
Male Fertility .....	128
Selenium 100 mcg .....	193
Selenium 200 mcg · Extra Strength .....	193
Ultra Zinc 30 mg .....	217
Ultra Zinc 50 mg .....	217



## Men's Health

Men are renowned for neglecting their health; we've formulated several gender-specific formulas for male health concerns.

Prostate Perform .....	181
Saw Palmetto .....	192
Selenium 100 mcg .....	193
Selenium 200 mcg · Extra Strength .....	193
Ultra Zinc 30 mg .....	217
Ultra Zinc 50 mg .....	217
Zinc .....	235

## Menopause

Black Cohosh .....	47
Dong Quai .....	70
Evening Primrose Oil 500 mg .....	73
Evening Primrose Oil 1,000 mg .....	74
Fermented Maca .....	93
Maca .....	123
Menopeace .....	131
Red Clover Blossoms .....	186
Red Clover Isoflavones .....	186

## Mood Enhancement

D-Stress .....	69
GABA .....	87
Kava Kava .....	115
L-Tryptophan .....	118
L-Tyrosine .....	118
Merry Mind Omega 3 .....	137
New Roots Herbal Chill Pills .....	147
New Roots Herbal Joyful .....	147
Omega Jolly .....	150
Rhodiola .....	189
Saffron Zen .....	191
St. John's Wort .....	199
Vitamin B6 Synergistic .....	224

## Muscle Support

Beef Bone Broth Protein .....	43
Beef Bone Broth Protein + Organic Fermented Ginger .....	44
Boron .....	50
L-Glutamine (capsules) .....	116
L-Glutamine (powder) .....	117
Magnesium Bisglycinate 200 mg (capsules) .....	126

Magnesium Bisglycinate 200 mg (powder) . . . . .	126
Magnesium Bisglycinate Plus 150 mg . . . . .	126
Magnesium Citrate Plus Taurine . . . . .	127
Multi 5 Collagen . . . . .	141
Multi 5 Collagen with Delicious Organic Cocoa . . . . .	141
Pür Collagen+ Joint Recovery . . . . .	183
Pure Magnesium Bisglycinate 115 mg + Taurine . . . . .	183
Pure Magnesium Bisglycinate 130 mg . . . . .	184



## Nails

Argan Oil . . . . .	41
Biotin . . . . .	47
Exotic Oils Gift Set. . . . .	74
Multi 5 Collagen . . . . .	141
Multi 5 Collagen with Delicious Organic Cocoa . . . . .	141
Pür Collagen Body Renew . . . . .	182
Pür Collagen Radiant Skin . . . . .	183
Silica. . . . .	194
Silica Liquid. . . . .	194

## Natural Sweeteners

Our plant-based sweeteners are an excellent natural alternative to artificial sweeteners for diabetics and those concerned over unnecessary sugar intake.

Smooth Stevia. . . . .	197
Stevia Sugar Spoonable. . . . .	200
Stevia Sweetleaf . . . . .	200
Stevia White Powder Concentrate. . . . .	200
Sweet-to-Clean Xylitol. . . . .	208
Sweet-to-Slim Erythritol . . . . .	209

## Neurological Health

Acetyl-L-Carnitine . . . . .	37
ATA Mg® . . . . .	42
Benfotiamine. . . . .	45
Children's ADHD Balance. . . . .	60
Children's Omega-3. . . . .	61
GABA . . . . .	87
Glutamic Acid . . . . .	100
Lion's Mane. . . . .	120
Lion's Mane Powder . . . . .	121
Memory Care . . . . .	131

NeuroPerform. . . . .	146
New Roots Herbal Joyful . . . . .	147
Omega 3/6/7/9 . . . . .	150
Omega Jolly. . . . .	150
PEA Pain Relief. . . . .	162
S-Acetyl-Glutathione . . . . .	191
Vitamin B1 Thiamine . . . . .	222
Vitamin B3 Niacin · 500 mg . . . . .	223
Vitamin B5 . . . . .	223
Vitamin B5 Synergistic. . . . .	223
Vitamin B6 . . . . .	224
Vitamin B6 Synergistic. . . . .	224
Vitamin B12 Methylcobalamin 500 mcg . . . . .	225
Vitamin B12 Methylcobalamin 1,000 mcg . . . . .	225
Vitamin B12 Methylcobalamin · 15,000 mcg (Sublingual Tablets) . . . . .	225
Wild Omega 3 180 mg EPA · 120 mg DHA. . . . .	231
Wild Omega 3 EPA 330 mg · DHA 165 mg Lemon Flavour . . . . .	231
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . .	231
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . .	232
Wild Omega 3 EPA 900 mg DHA 600 mg Lemon Flavour (liquid) . . . . .	232



## Pain and Inflammation

Anti-Inflamma . . . . .	40
Body Muscle Massage . . . . .	50
Boswellia. . . . .	50
Chondroitin and Glucosamine . . . . .	56
Curcumin Plus Piperine . . . . .	68
Devil's Claw. . . . .	69
DMSO Liquid. . . . .	70
Glucosamine Sulfate 500 mg. . . . .	99
Glucosamine Sulfate 750 mg. . . . .	99
Infla-Heal Plus . . . . .	109
Joint Pain Relief. . . . .	111
Joint-Tissu & MSM. . . . .	114
Merry Mind Omega 3 . . . . .	137
MSM (capsules) . . . . .	138
MSM (powder). . . . .	139
PEA Pain Relief. . . . .	162
Serratiopeptidase . . . . .	193
Tingsation . . . . .	213
Vegan Glucosamine. . . . .	218
White Willow . . . . .	219
Wild Omega 3 EPA 660 mg · DHA 330 mg . . . . .	231
Wild Omega 3 EPA 660 mg DHA 330 mg Lemon Flavour . . . . .	232
Wild Omega 3 EPA 900 mg DHA 600 mg Lemon Flavour (liquid) . . . . .	232



## Parasitic and Fungal Management

Black Walnut Green Hull . . . . .	49
Black Walnut Leaf and Hull . . . . .	49
Black Walnut Hull organic tincture . . . . .	49
Candida Stop . . . . .	53
Caprylic Acid Plus . . . . .	53
Grapefruit Seed Extract (capsules) . . . . .	101
Grapefruit Seed Extract (liquid) . . . . .	101
Neem Leaf . . . . .	146
Neem Oil . . . . .	146
Pau d'Arco Taheebo (capsules) . . . . .	161
Pau d'Arco Taheebo (liquid extract) . . . . .	162
Purge Parasitis . . . . .	185
Purge Parasitis Program . . . . .	185
Sweet Wormwood Max . . . . .	209
Wormwood . . . . .	233



## Probiotics

These friendly organisms help boost your immune system, increase colon health, maximize nutrient absorption, and prevent antibiotic-associated diarrhoea.

Acidophilus Ultra Daily Care · 11 Billion + . . . . .	37
Acidophilus Ultra + Daily Care + 36% Stronger · 15 Billion . . . . .	38
Bifido Builder Specialized Intestinal Support · 42 Billion+ . . . . .	46
Bifido Infantis Early Colonizing Probiotic · 5 Billion . . . . .	47
Children's Probiotic 10 Billion + . . . . .	61
Colon Care Probiotics Superior Colon Care · 90 Billion + . . . . .	63
D-Mannose & Cranberry With <i>L. rhamnosus</i> Probiotic . . . . .	68
Femina Flora 10 Billion Probiotics . . . . .	74

Femina Flora Oral Women's Probiotic · 55 Billion + . . . . .	75
Hospital Bacteria Defense · 10 Billion+ . . . . .	108
Human Probiotics Colonizing Flora · 42 Billion + . . . . .	108
IBS Urgency Irritable Bowel Syndrome · 10 Billion + . . . . .	109
Probiotic Intensity Extra Daily Care · 20 Billion + . . . . .	165
Probiotics Recovery Ultimate Potency · 120 Billion + . . . . .	180
Probiotics Urgency Extra Potency · 50 Billion + . . . . .	180
Reuteri Restore . . . . .	189
Travelers' Probiotic Protection · 21 Billion + . . . . .	213
Ultra Max . . . . .	216

## Sexual Health (Men)

Fermented Maca . . . . .	93
Horny Goat Weed . . . . .	108
Maca . . . . .	123
Panax Ginseng . . . . .	151
Tribulus Terrestris . . . . .	214

## Sexual Health (Women)

Ashwagandha . . . . .	41
Fermented Maca . . . . .	93
Maca . . . . .	123



## Skin

Argan Oil . . . . .	41
Beta-Carotene . . . . .	46
Biotin . . . . .	47
Borage Oil . . . . .	50
Cacay Seed Oil . . . . .	51
Cranberry Seed Oil . . . . .	68
Dandelion Root and Celery Seed . . . . .	69
Evening Primrose Oil 500 mg . . . . .	73
Evening Primrose Oil 1,000 mg . . . . .	74
Exotic Oils Gift Set . . . . .	74
Goji Seed Oil . . . . .	101
Marula Seed Oil . . . . .	129
Moringa Seed Oil . . . . .	138
MSM (capsules) . . . . .	138
MSM (powder) . . . . .	139
Multi 5 Collagen . . . . .	141
Multi 5 Collagen with Delicious Organic Cocoa . . . . .	141
Neem Leaf . . . . .	146

Neem Oil	146
Niacinamide	148
Pomegranate Seed Oil	164
Pür Collagen Body Renew	182
Pür Collagen Radiant Skin	183
Rosehip Seed Oil Rosa Mosqueta	190
Sea Buckthorn Berry Oil Mask	192
Sea Buckthorn Oil	192
Sea Buckthorn Seed Oil	192
Silica	194
Silica Liquid	194
Skin Lovers Oil	194
Squalene	199
Tamanu Oil	209
Yellow Dock	234
Zinc	235



## Sleep Aids

L-Theanine	118
Melatonin 3 mg.	130
Melatonin 5 mg.	130
Melatonin 10 mg	131
Melatonin Liquid	131
Passion Flower	161
Saffron Zen	191
Sleep <sup>8</sup>	195
Sleep <sup>8</sup> Plus	195
Sleep <sup>8</sup> Ultra	196
St. John's Wort	199
Valerian Root (capsules)	217
Valerian Root (liquid)	218

Lectro-Lytes Lemon-Lime	119
Lupine Seed Protein	122
MCT Energy (liquid)	129
MCT Energy (softgels)	130
Panax Ginseng	151
Pür Collagen+ Joint Recovery	183
Rhodiola	189
Siberian Ginseng	193



## Stress Management

Adrenal	39
Ashwagandha	41
ATA Mg <sup>®</sup>	42
D-Stress	69
GABA	87
Holy Basil Max.	107
Kava Kava	115
L-Tyrosine	118
New Roots Herbal Chill Pills	147
New Roots Herbal Joyful	147
Passion Flower	161
Reishi	187
Reishi Powder	187
Reishi Slices	188
Reishi Spores	188
Rhodiola	189
Saffron Zen	191
Siberian Ginseng	193
St. John's Wort	199
Ultra Stress	216
Valerian Root (capsules)	217
Valerian Root (liquid)	218
Vitamin B5	223
Vitamin B5 Synergistic	223

## Sport Nutrition

Active Mag	39
Amino-Mix	40
Beef Bone Broth Protein	43
Beef Bone Broth Protein + Organic Fermented Ginger	44
D-Ribose	69
DMG	70
Glutamic Acid	100
L-Arginine	116
L-Carnitine Tartrate	116
L-Glutamine (capsules)	116
L-Glutamine (powder)	117
Lectro-Lytes Coco-Pineapple	119

## Teas and Herbal Teas

Astragalus Root Slices	42
Chaga Tea	55
Matcha	129
Reishi Slices	188



## Urogenital (Men)

Kidney Clean Flow . . . . .	115
Kidny . . . . .	116
Potassium Citrate . . . . .	164
Prostate Perform . . . . .	181
Saw Palmetto . . . . .	192

## Urogenital (Women)

Cranberry . . . . .	67
D-Mannose (Powder) . . . . .	68
D-Mannose & Cranberry With <i>L. rhamnosus</i> Probiotic . . . . .	68
Kidney Clean Flow . . . . .	115
Kidny . . . . .	116
Potassium Citrate . . . . .	164
Uva Ursi . . . . .	217

## Vitamins and Minerals

We offer the most bioavailable minerals to get the most out of your supplement.

Active Folate (capsules) . . . . .	38
Active Folate (tablets) . . . . .	38
ATA Mg® . . . . .	42
B12 Liquid . . . . .	43
Benfotiamine . . . . .	45
Beta-Carotene . . . . .	46
Biotin . . . . .	47
Boron . . . . .	50
Cal-Mag Citrate with Zinc, Potassium, Selenium . . . . .	52
Cal-Mag Citrates Vitamin D, Zinc, Silica, and Boron . . . . .	53
Calcium Citrate and Vitamin D . . . . .	52
Calcium D-Glucarate . . . . .	52
Children's Vitamin D3 . . . . .	61
Chromium Picolinate 200 mcg . . . . .	57
Chromium Picolinate 500 mcg . . . . .	57
Clarity Mag . . . . .	58
Copper . . . . .	66
Heart Mag . . . . .	105
Heme Iron . . . . .	106
Heme Iron (Bovine) . . . . .	106
Iron Bisglycinate . . . . .	111
Lectro-Lytes Coco-Pineapple . . . . .	119
Lectro-Lytes Lemon-Lime . . . . .	119
Magnesium Bisglycinate 200 mg (capsules) . . . . .	126

Magnesium Bisglycinate 200 mg (powder) . . . . .	126
Magnesium Bisglycinate Plus 150 mg . . . . .	126
Magnesium Citrate Plus Taurine . . . . .	127
Molybdenum . . . . .	138
Multi . . . . .	139
Multi-Max . . . . .	139
Multi-Max Immune . . . . .	140
NAD+ Cell Excel . . . . .	142
Niacinamide . . . . .	148
P-5-P . . . . .	150
Potassium Citrate . . . . .	164
Potassium Iodide 800 mcg . . . . .	164
Potassium Iodide 65 mg . . . . .	164
Prenatal . . . . .	164
Pure Magnesium Bisglycinate 115 mg + Taurine . . . . .	183
Pure Magnesium Bisglycinate 130 mg . . . . .	184
Selenium 100 mcg . . . . .	193
Selenium 200 mcg · Extra Strength . . . . .	193
Silica . . . . .	194
Silica Liquid . . . . .	194
Strong Bones . . . . .	201
Strong Bones Boron-Free Formula . . . . .	201
Strontium Strong . . . . .	207
Super Iron . . . . .	208
Time Release Vitamin C . . . . .	213
Ultra B Complex 50 mg . . . . .	215
Ultra B Complex 100 mg . . . . .	215
Ultra Iron . . . . .	216
Ultra Stress . . . . .	216
Ultra Zinc 30 mg . . . . .	217
Ultra Zinc 50 mg . . . . .	217
Vegetarian Strong Bones . . . . .	218
Vitamin B1 Thiamine . . . . .	222
Vitamin B2 . . . . .	222
Vitamin B3 Inositol Hexanicotinate . . . . .	223
Vitamin B3 Niacin · 100 mg . . . . .	223
Vitamin B3 Niacin · 500 mg . . . . .	223
Vitamin B5 . . . . .	223
Vitamin B5 Synergistic . . . . .	223
Vitamin B6 . . . . .	224
Vitamin B6 Synergistic . . . . .	224
Vitamin B12 Methylcobalamin 500 mcg . . . . .	225
Vitamin B12 Methylcobalamin 1,000 mcg . . . . .	225
Vitamin B12 Methylcobalamin · 15,000 mcg (Sublingual Tablets) . . . . .	225
Vitamin C Calcium Ascorbate (Capsules) . . . . .	226
Vitamin C Calcium Ascorbate (Crystals) . . . . .	226
Vitamin C Crystals . . . . .	226
Vitamin C Sodium Ascorbate . . . . .	228
Vitamin C <sup>8</sup> (Capsules) . . . . .	227
Vitamin C <sup>8</sup> (Powder) . . . . .	227
Vitamin D3 1,000 IU per Drop (oil emulsification) . . . . .	229
Vitamin D3 1,000 IU per Capsule . . . . .	229
Vitamin D3 1,000 IU per Softgel . . . . .	229
Vitamin D3 2,500 IU · Extra Strength (capsules) . . . . .	230
Vitamin D3 2,500 IU · Extra Strength (softgels) . . . . .	230
Vitamin D3 2,500 IU per Drop · Extra Strength (oil emulsification) . . . . .	230
Vitamin E <sup>8</sup> 200 IU . . . . .	219
Vitamin E <sup>8</sup> 400 IU . . . . .	219
Vitamin K2+D3 . . . . .	219
Zinc . . . . .	235



## Weight Management

Our weight-management products help accelerate the metabolism, curb appetite, and discourage fat storage.

Fibre Ultra Rich - Plantago + Inulin (powder) . . . . .	75
Fibre Ultra Rich Psyllium · 550 mg . . . . .	76
Fibre Ultra Rich Psyllium + Inulin (powder) . . . . .	76
Garcinia Cambogia . . . . .	87
Green Tea 250 mg . . . . .	103
Green Tea 500 mg . . . . .	104
L-Carnitine Tartrate . . . . .	116
MCT Energy (liquid) . . . . .	129
MCT Energy (softgels) . . . . .	130
Slimmer System. . . . .	196
Smooth Stevia . . . . .	197
Stevia Sugar Spoonable . . . . .	200
Stevia Sweetleaf . . . . .	200
Stevia White Powder Concentrate . . . . .	200
Super Fibre Psyllium . . . . .	207
Sweet-to-Clean Xylitol . . . . .	208

## Women's Health

We offer a wide range of natural health products specifically tailored to meet the needs of women.

Black Cohosh . . . . .	47
Cranberry . . . . .	67
D-Mannose (Powder) . . . . .	68
D-Mannose & Cranberry With <i>L. rhamnosus</i> Probiotic . . . . .	68
Dong Quai . . . . .	70
Evening Primrose Oil 500 mg . . . . .	73
Evening Primrose Oil 1,000 mg . . . . .	74
Femina Flora 10 Billion Probiotics . . . . .	74
Femina Flora Oral Women's Probiotic · 55 Billion + . . . . .	75
Heme Iron. . . . .	106
Heme Iron (Bovine) . . . . .	106
Indole-3-Carbinol . . . . .	109
Menopeace. . . . .	131
PMS Relief. . . . .	163
Super Iron. . . . .	208
Ultra Iron . . . . .	216
Vitamin B6 . . . . .	224
Vitamin B6 Synergistic . . . . .	224

## Having Trouble Finding Something?

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

## Acetyl-L-Carnitine

750 mg

capsules

### Diabetic Neuropathy Pain Relief Reduces Fatigue

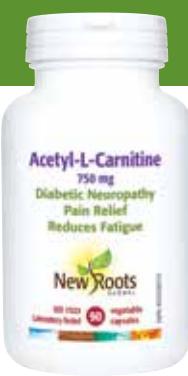
Acetyl-L-carnitine helps to relieve pain associated with diabetic neuropathy. Helps optimize cellular energy production (fatty acid metabolism). Helps to support cognitive health and/or brain function. Helps reduce fatigue.

#### Each vegetable capsule contains

Acetyl-L-carnitine hydrochloride. . . 750 mg

Providing:

Acetyl-L-carnitine. . . . . 637.5 mg



#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#1730 · 90 vegetable capsules · UPC 6-28747-11730-2

NPN 80039010 · V0464-R2

**Amino Acids and Proteins · Blood Glucose Management  
Neurological Health**

## Acetyl-Glutathione:

## S-Acetyl-Glutathione

100 mg

capsules

#### Intracellular Antioxidant

#### Superior Assimilation

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

#### Each vegetable capsule contains

S-Acetylglutathione. . . . . 100 mg

Providing

L-Glutathione. . . . . 87 mg



#### Other ingredients

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

#### Directions of use

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

#3087 · 30 vegetable capsules · UPC 6-28747-13087-5

#2416 · 60 vegetable capsules · UPC 6-28747-12416-4

NPN 80091902 · V0670-R1

**Antioxidants · Detoxification · Immune Health · Neurological Health**

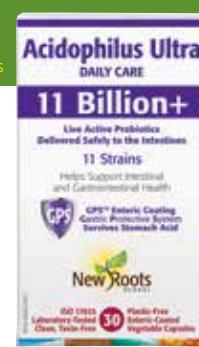
## Acidophilus Ultra

Daily Care

capsules

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

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



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

#### Human Strains

*Lactobacillus acidophilus* R0418 . . . . . 605 million CFU  
*Bifidobacterium longum* ssp. *longum* R0175 . . . . . 330 million CFU  
*Bifidobacterium longum* ssp. *infantis* R0033 . . . . . 330 million CFU  
*Bifidobacterium breve* R0070 . . . . . 330 million CFU

#### Plant Strain

*Lactobacillus plantarum* R1012 . . . . . 440 million CFU

#### Dairy Strains

*Lactobacillus rhamnosus* R0011 . . . . . 4.4 billion CFU

*Lactobacillus rhamnosus* R1039 . . . . . 3.3 billion CFU

*Lactobacillus helveticus* R0052 . . . . . 550 million CFU

*Lactobacillus casei* R0215 . . . . . 440 million CFU

*Streptococcus salivarius* ssp. *thermophilus* R0083 . . . . . 220 million CFU

*Lactobacillus delbrueckii* ssp. *bulgaricus* R9001 . . . . . 55 million CFU

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

#### Other ingredients

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

#### Directions of use

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

#1270 · 30 vegetable capsules · UPC 6-28747-11270-3

#0004 · 60 vegetable capsules · UPC 6-28747-10004-5

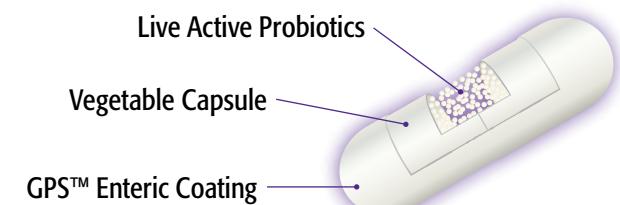
#0495 · 120 vegetable capsules · UPC 6-28747-10495-1

#0940 · 250 vegetable capsules · UPC 6-28747-10940-6

NPN 80062961 · V0435-R2

**Digestive Health · Immune Health · Probiotics**

Full line of probiotics, p. 166–179



## Acidophilus Ultra +

Daily Care + 36% Stronger

capsules

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

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

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

#### Human Strains

<i>Lactobacillus acidophilus</i> R0418	825 million CFU
<i>Bifidobacterium longum</i>	
ssp. <i>longum</i> R0175	450 million CFU
<i>Bifidobacterium longum</i>	
ssp. <i>infantis</i> R0033	450 million CFU
<i>Bifidobacterium breve</i> R0070	450 million CFU

#### Plant Strain

<i>Lactobacillus plantarum</i> R1012	600 million CFU
--------------------------------------	-----------------

#### Dairy Strains

<i>Lactobacillus rhamnosus</i> R0011	6 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	4.5 billion CFU
<i>Lactobacillus helveticus</i> R0052	750 million CFU
<i>Lactobacillus casei</i> R0215	600 million CFU
<i>Streptococcus salivarius</i>	
ssp. <i>thermophilus</i> R0083	300 million CFU
<i>Lactobacillus delbrueckii</i>	
ssp. <i>bulgaricus</i> R9001	75 million CFU

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

#### Other ingredients

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

#### Directions of use

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

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

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 166–179



*Lactobacillus acidophilus*

*Bifidobacterium*

*Lactobacillus*

*bulgaricus*

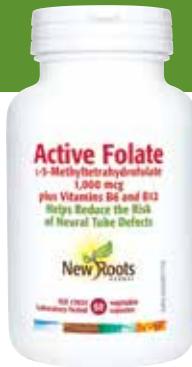
## Active Folate

capsules

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

Helps Reduce the Risk  
of Neural Tube Defects

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



Each vegetable capsule contains

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

#### Other ingredients

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

#### Directions of use

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

#1900 · 60 vegetable capsules · UPC 6-28747-11900-9  
NPN 80095778 · V0518-R1

Maternity · Vitamins and Minerals

Full line of B vitamins, p. 220–225

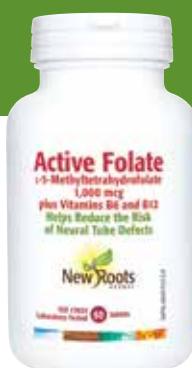
## Active Folate

tablets

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

Helps Reduce the Risk  
of Neural Tube Defects

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



Each tablet contains

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

#### Other ingredients

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

#### Directions of use

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

#2038 · 60 tablets · UPC 6-28747-12038-8  
NPN 80070154 · V0563-R1

Maternity · Vitamins and Minerals

Full line of B vitamins, p. 220–225

“Let your soul stand cool and composed  
before a million universes.”

Walt Whitman

New Product! Since January 2024

## Active Mag

With Taurine and Potassium

capsules

### Supports Muscle Function and Energy Metabolism

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

#### Each vegetable capsule contains

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



#### Other ingredients

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

#### Directions of use

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

#3185 · 120 vegetable capsules · UPC 6-28747-13185-8

NPN 80082220 · V0776-R1

Energy · Heart and Blood · Sport Nutrition

Full line of magnesium supplements, p. 124-127

## Adrenal

Pure Glandular Concentrate

200 mg

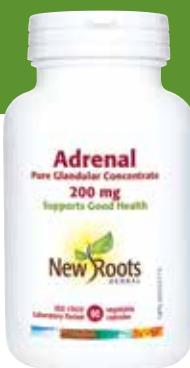
capsules

### Supports Good Health

Supports good health. Helps support immune function.

#### Each vegetable capsule contains

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



#### Other ingredients

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

#### Directions of use

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

#### Duration of use

Consult a health-care practitioner for prolonged use.

#2262 · 30 vegetable capsules · UPC 6-28747-11347-2

#1347 · 90 vegetable capsules · UPC 6-28747-12262-7

NPN 80056719 · V0365-R9

Glandular Extracts · Stress Management

## AgeLess Telomeres

With 450 mg Astragalus Root

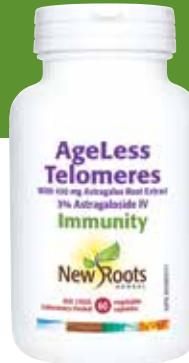
Extract

3% Astragaloside IV

capsules

### Immunity

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



#### Each vegetable capsule contains

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

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#1428 · 60 vegetable capsules · UPC 6-28747-11428-8

NPN 80090511 · V0482-R3

Immune Health

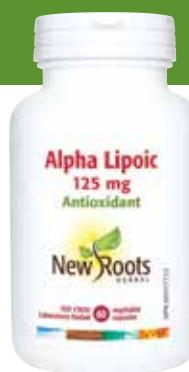
## Alpha Lipoic

125 mg

capsules

### Antioxidant

Provides antioxidants for the maintenance of good health.



#### Each vegetable capsule contains

DL-alpha-Lipoic acid . . . . .	125 mg
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#### Other ingredients

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

#### Directions of use

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

#0289 · 60 vegetable capsules · UPC 6-28747-10289-6

NPN 80017722 · V0203-R1

Antioxidants · Detoxification

# Alpha Lipoic 250 mg

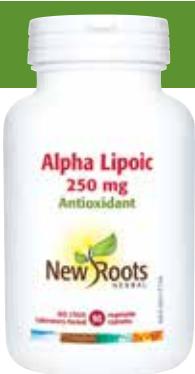
capsules

## Antioxidant

Provides antioxidants for the maintenance of good health.

### Each vegetable capsule contains

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



## Other ingredients

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

## Directions of use

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

#0770 · 60 vegetable capsules · UPC 6-28747-10770-9

NPN 80017724 · V0096-R1

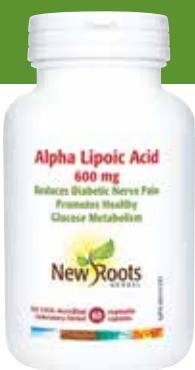
[Antioxidants](#) · [Detoxification](#)

**New Product! Since January 2025**

# Alpha Lipoic Acid

600 mg

capsules



## Reduces Diabetic Nerve Pain

## Promotes Healthy Glucose Metabolism

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

### Each vegetable capsule contains:

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

## Other ingredients

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

## Directions of use

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

#2897 · 60 vegetable capsules · UPC 6-28747-12897-1

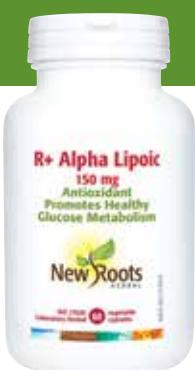
NPN 80111291 · V0736-R1

[Antioxidants](#) · [Blood Glucose Management](#) · [Detoxification](#)

# R+ Alpha Lipoic

150 mg

capsules



## Antioxidant · Promotes Healthy Glucose Metabolism

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

### Each vegetable capsule contains

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

## Other ingredients

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

## Directions of use

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

## Duration of use

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

#1378 · 60 vegetable capsules · UPC 6-28747-11378-6

NPN 80113344 · V0381-R4

[Antioxidants](#) · [Blood Glucose Management](#) · [Detoxification](#)

# Amino-Mix

With Free-Form BCAAs

Branched-Chain Amino Acids

tablets



## Builds Muscle

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

### Each tablet contains

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

### Providing (typical amino acid profile)

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

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

## Other ingredients

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

## Directions of use

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

## Duration of use

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

#1167 · 240 tablets · UPC 6-28747-11167-6

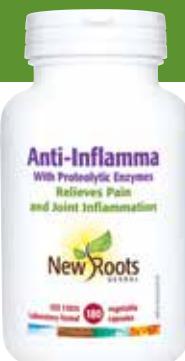
NPN 80023663 · V0332-R2

[Amino Acids and Proteins](#) · [Sport Nutrition](#)

# Anti-Inflamma

With Proteolytic Enzymes

capsules



## Relieves Pain

## and Joint Inflammation

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

### Each vegetable capsule contains

*Boswellia (Boswellia serrata)* oleogum resin extract, 70% organic acid providing 35% boswellic acid ..... 200 mg

*Turmeric (Curcuma longa)* root extract,

95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin ..... 200 mg

Bromelain (from pineapple [ <i>Ananas comosus</i> var. <i>comosus</i> ] stem), 2,400 GDU/g . . . . .	100 mg (3,600,000 FCC PU)
Quercetin . . . . .	100 mg

### Other ingredients

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

### Directions of use

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

### Duration of use

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

#1285 · 90 vegetable capsules · UPC 6-28747-11160-7

#1160 · 180 vegetable capsules · UPC 6-28747-11285-7

NPN 80039209 · V0330-R7

[Pain and Inflammation](#)

## Apple Cider Vinegar

powder

Gourmet · Premium Quality

0 calories · 100% Pure · Vegan

Gluten-Free · Non-GMO

New Roots Herbal Apple Cider Vinegar

**Powder** adds tartness to rubs, seasonings, sauces, marinades and more. Sprinkle onto popcorn, homemade chips, crackers, and vegetables. May be used as a substitute for citric acid, tartaric acid, distilled white vinegar powder, as well as the liquid product. To make a standard apple cider vinegar, mix 1/4 teaspoon to 50 ml of water.



### Ingredient

Apple cider vinegar powder.

For recipe ideas, please visit [newrootsherbal.com/recipes](http://newrootsherbal.com/recipes).

### Nutrition Facts · Per 1/4 tsp. (0.7 g)

Calories 0	% Daily Value*	% Daily Value*
Fat 0 g . . . . .	0 %	Carbohydrate 0 g
Protein 0 g		

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

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

#2575 · 150 g / 214 portions · UPC 6-28747-02575-1  
P0849-R1

**NONTAXABLE ITEM**

[Digestive Health](#) · [Functional Foods](#)

## Argan Oil

Certified Organic

Moisturizer · Skin · Hair · Nails

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

### Each bottle contains

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



### Ingredients

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

### Directions of use

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

#1607 · 50 ml · UPC 6-28747-21607-4

OM0126-R5

[Beauty](#) · [Exotic Skin Oils](#) · [Hair](#) · [Nails](#) · [Skin](#)

[Full line of exotic skin oils, p. 88–91](#)

## Arginine:

### L-Arginine

500 mg

capsules



### Amino Acid · Exercise Support

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

### Each vegetable capsule contains

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

### Other ingredients

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

### Directions of use

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

### Duration of use

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

#1018 · 100 vegetable capsules · UPC 6-28747-11018-1

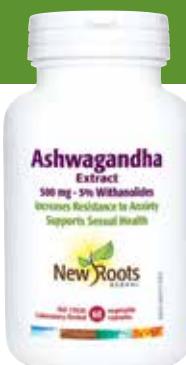
NPN 80021242 · V0153-R5

[Amino Acids and Proteins](#) · [Sport Nutrition](#)

## Ashwagandha

capsules

Extract · 500 mg · 5% Withanolides



### Increases Resistance to Anxiety

### Supports Sexual Health

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

### Each vegetable capsule contains

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

### Other ingredients

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

## Directions of use

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

#2113 · 30 vegetable capsules · UPC 6-28747-12113-2  
#2115 · 60 vegetable capsules · UPC 6-28747-12115-6  
NPN 80071783 · V0581-R1

Herbs and Herbal Extracts · Men's Fertility · Sexual Health (Women)  
Stress Management

Full line of antistress products, p. 202–206

## Astragalus Defense

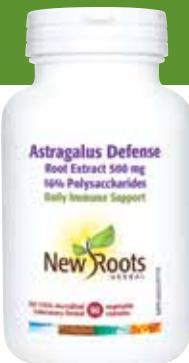
capsules

### Immune Strength

Used in herbal medicine to maintain a healthy immune system.

### Each vegetable capsule contains

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



### Other ingredients

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

### Directions of use

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

### Duration of use

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

#1157 · 90 vegetable capsules · UPC 6-28747-11157-7  
NPN 80023779 · V0329-R2

Allergy Relief · Cold and Flu · Herbs and Herbal Extracts  
Immune Health

## Astragalus Root

organic tincture

### Antioxidant

Provides antioxidants.

### Each teaspoon contains a crude quantity of

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



### Other ingredients

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

### Directions of use

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

#1544 · 50 ml · UPC 6-28747-21544-2  
#1545 · 95 ml · UPC 6-28747-21545-9  
NPN 80101993 · LM0004-R2

Allergy Relief · Herbs and Herbal Extracts · Immune Health

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

Andy Rooney

## Astragalus Root Slices

Organic

### Stress · Energy · Immunity

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



### Each rounded teaspoon contains

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

### Directions of use

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

#2583 · 100 g · UPC 6-28747-92583-9

NPN 80104440 · P0864-R1

Functional Foods · Immune Health · Teas and Herbal Teas

## New Product! Since May 2024

## ATA Mg®

Magnesium Acetyl Taurate

821 mg

capsules



### Fully Reacted for

### Higher Bioavailability

### Gentle on the Stomach

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

### Each vegetable capsule contains

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

### Other ingredients

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

### Directions of use

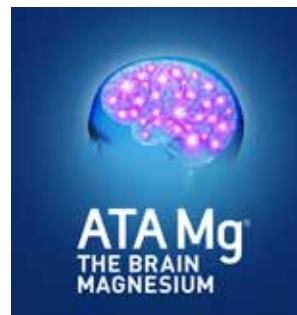
Adults: Take 1–2 capsules daily or as directed by your health-care practitioner.

#3429 · 30 vegetable capsules · UPC 6-28747-13429-3

NPN 80126307 · V0812-R1

Neurological Health · Stress Management · Vitamins and Minerals

Full line of magnesium supplements, p. 124–127



## B-Complex Vitamins

220-225

### B12 Liquid

Methylcobalamin  
Active Form of B12

1,000 mcg per Dose

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

#### Six (6) drops contain

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

#### Ingredients

Glycerin, organic alcohol from sugarcane, and purified water.

#### Directions of use

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

#2275 · 15 ml / 85 doses · UPC 6-28747-22275-4

NPN 80083590 · LM0140-R1

Energy · Vitamins and Minerals

Full line of B vitamins, p. 220-225



### Bee Pollen

500 mg

capsules

#### Sustainably Sourced

Provides antioxidants.

#### Each vegetable capsule contains

Bee pollen . . . . . 500 mg

#### Other ingredients

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

#### Directions of use

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

#1412 · 100 vegetable capsules · UPC 6-28747-11412-7

NPN 80033471 · V0389-R2

Energy · Functional Foods · Herbs and Herbal Extracts  
Immune Health



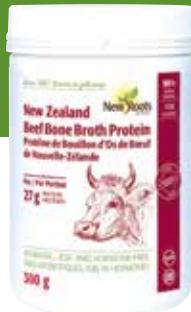
New Zealand

### Beef Bone Broth

Protein

powder

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



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

#### Ingredient

Grass-fed beef bone broth protein powder.

#### Directions of use

Pump up the protein content of soups, stews, and sauces; or serve it solo as a delicious bouillon "on-the-go."

For a broth: Add 3 rounded tablespoons (30 g) per 300 ml of hot water; if needed, add more water. Salt to taste.

For recipe ideas, visit [newrootsherbal.com/recipes](http://newrootsherbal.com/recipes).

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

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

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

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

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

\*Essential Amino Acid · \*\*Average Analysis

#2293 · 300 g / 10 portions · UPC 6-28747-02293-4

P0782-R1

#### NONTAXABLE ITEM

Amino Acids and Proteins · Bone Health · Joint Health · Keto Diet  
Muscle Support · Sport Nutrition



New Zealand

## Beef Bone Broth Protein

+ Organic Fermented Ginger

powder



Grass-Fed · 25 g Proteins

(83% Protein), 110 Calories per Portion · Antibiotic-, BSE- and Hormone-Free · 100% Natural Gluten-Free · Non-GMO

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

### Ingredient

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

### Directions of use

Pump up the protein content of soups, stews, and sauces; or serve it solo as a delicious bouillon "on-the-go."

**For a broth:** Add 3 rounded tbsp. (30 g) per 300 ml of hot water; if needed, add more water. Salt to taste.

For recipe ideas, visit [newrootsherbal.com/recipes](http://newrootsherbal.com/recipes).

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

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

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

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

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

\* Essential Amino Acid · \*\* Average Analysis

#2462 · 300 g / 10 portions · UPC 6-28747-02462-4  
PM0821-R1

### NONTAXABLE ITEM

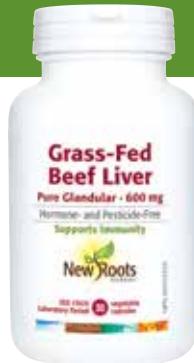
Amino Acids and Proteins · Bone Health · Fermented Products  
Functional Foods · Joint Health · Keto Diet · Muscle Support  
Sport Nutrition

Full line of fermented products, p. 92-94

Beef Liver:

## Grass-Fed Beef Liver

Pure Glandular · 600 mg capsules



Hormone- and Pesticide-Free

Supports immunity.

Supports good health.

Helps support immune function.

### Each vegetable capsule contains

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

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

### Other ingredients

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

### Directions of use

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

#1963 · 30 vegetable capsules · UPC 6-28747-11963-4  
NEW SIZE! #3434 · 90 vegetable capsules · UPC 6-28747-13434-7  
#3187 · 180 vegetable capsules · UPC 6-28747-13187-2  
NPN 8019351 · V0541-R1

### Detoxification · Glandular Extracts

Beef Spleen:

## Grass-Fed Beef Spleen

Pure Glandular · 650 mg capsules



Hormone- and Pesticide-Free

Supports Immunity

Supports good health.

Helps support immune function.

### Each vegetable capsule contains

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

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

### Other ingredients

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

### Directions of use

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

#1964 · 30 vegetable capsules · UPC 6-28747-11964-1  
NEW SIZE! #3435 · 90 vegetable capsules · UPC 6-28747-13435-4  
NPN 80058174 · V0527-R2

### Glandular Extracts · Immune Health



## Beet (Fermented): Organic

### Fermented Red Beet Whole-Food Powder

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

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



#### Ingredient

Organic fermented red beet root.

#### Recommended use

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

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

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

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

#2340 · 150 g / 50 portions · UPC 6-28747-02340-5  
P0796-R1

#### NONTAXABLE ITEM

Fermented Products · Functional Foods · Heart and Blood

Full line of fermented products, p. 92-94

## Beet Root:

### Red Beet Root

500 mg

capsules



#### Antioxidant

Source of antioxidants.

#### Each vegetable capsule contains

Red beet (*Beta vulgaris*) root . . . . . 500 mg

#### Other ingredients

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

#### Directions of use

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

#0824 · 100 vegetable capsules · UPC 6-28747-10824-9  
NPN 80048818 · V0126-R2

Antioxidants · Detoxification · Heart and Blood



## Benfotiamine

150 mg

capsules

#### Active Vitamin B1 · Nerve Health

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



#### Each vegetable capsule contains

Benfotiamine . . . . . 150 mg

#### Providing:

Thiamine (vitamin B1) . . . . . 85.5 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#2352 · 60 vegetable capsules · UPC 6-28747-12352-5

#2354 · 120 vegetable capsules · UPC 6-28747-12354-9

NPN 80086082 · V0626-R1

Energy · Neurological Health · Vitamins and Minerals

Full line of B vitamins, p. 220-225

## Berberine

500 mg

capsules

#### Cholesterol and Glucose Support

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



#### Each vegetable capsule contains

Berberine hydrochloride . . . . . 500 mg

#### Providing:

Berberine . . . . . 452.5 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#2483 · 60 vegetable capsules · UPC 6-28747-12483-6

NPN 80093363 · V0671-R1

Blood Glucose Management · Cholesterol Management  
Herbs and Herbal Extracts

**“Kindness is the language which the deaf can hear and the blind can see.”**

Mark Twain

# Bergamot

## Pure Essential Oil

*Citrus bergamia*

100% Pure · Clean · Unadulterated

Aroma: Citrus, floral, spicy, sweet.

Attributes: Vibrant, inspiring, uplifting.

Scent note: Top Note



### Each drop contains

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

### Active compounds

Limonene, linalyl acetate, and linalool.

### Directions of use

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

### Duration of use

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

#3199 · 30 ml · UPC 6-28747-13199-2  
O0089-R1

**Essential Oils · Herbs and Herbal Extracts**

**Full line of essential oils, p. 78–86**

# Beta-Carotene

25,000 IU · Provitamin A

softgels

Supports eyesight, skin, membranes, and immune function

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



### Each softgel contains

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

### Other ingredients

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

### Directions of use

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

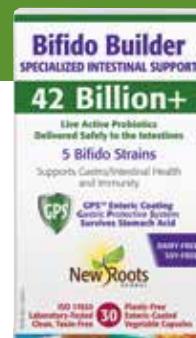
#0774 · 90 softgels · UPC 6-28747-10774-7  
NPN 80087568 · V0148-R4

**Antioxidants · Eye Health · Immune Health · Skin Vitamins and Minerals**

# Bifido Builder

Specialized Intestinal Support capsules

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



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

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

#### Human Strains

<i>Bifidobacterium longum</i>	21 billion CFU
ssp. <i>infantis</i> UB9214 . . . . .	
<i>Bifidobacterium breve</i> UB8674 . . . . .	6.3 billion CFU
<i>Bifidobacterium bifidum</i> UB4280 . . . . .	6.3 billion CFU

<i>Bifidobacterium longum</i>	6.3 billion CFU
ssp. <i>longum</i> UB7691 . . . . .	

Dairy Strain	
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> HN019 . . . . .	2.1 billion CFU
Vitamin C (ascorbic acid) . . . . .	6 mg

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

### Other ingredients

Non-GMO potato starch, trehalose, vegetable magnesium stearate, non-GMO potato maltodextrin, and sodium ascorbate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hyromellose, and purified water).

### Directions of use

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

#3037 · 30 vegetable capsules · UPC 6-28747-13037-0  
NPN 80112652 · V0756-R1

**Cold and Flu · Digestive Health · Immune Health · Probiotics**

**Full line of probiotics, p. 166–179**



## Bifido Infantis

### Early Colonizing Probiotic

capsules

5 Billion+ Live Active Probiotics

Delivered Safely to the Intestines

*B. infantis* Single Strain

Supports Gastro/Intestinal Health and Immunity

GPS™ Enteric Coating

Gastric Protective System

Survives Stomach Acid

DAIRY-FREE · SOY-FREE

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

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

#### Human Strains

*Bifidobacterium longum*

ssp. *infantis* UB9214 ..... 5 billion CFU

Vitamin C (ascorbic acid) ..... 6 mg

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

#### Other ingredients

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

#### Directions of use

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

#3040 · 30 vegetable capsules · UPC 6-28747-13040-0

NPN 80115115 · V0742-R1

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 166–179

## Bile:

### Ox Bile

500 mg

capsules



#### Increase Bile Flow

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

#### Each vegetable capsule contains

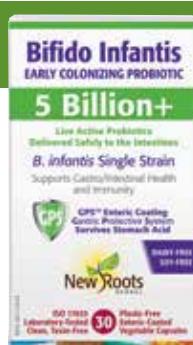
Ox bile, from bovine source (*Bos taurus*), 45% cholic acid ..... 500 mg

#### Other ingredients

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

#### Directions of use

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



#### Duration of use

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

#2641 · 60 vegetable capsules · UPC 6-28747-12641-0

NPN 80102342 · V0645-R1

Digestive Health · Glandular Extracts

## Biotin

10 mg (10,000 mcg)

capsules

#### Strong Hair and Nails

#### Healthy Skin

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

#### Each vegetable capsule contains

Biotin ..... 10 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#2321 · 60 vegetable capsules · UPC 6-28747-12321-1

NPN 80083274 · V0651-R1

Hair · Nails · Skin · Vitamins and Minerals

Full line of B vitamins, p. 220–225

## Black Cohosh

Root Extract · 2.5% · 40 mg

capsules

#### Reduces Symptoms of PMS and Menopause

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



#### Each vegetable capsule contains

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

#### Other ingredients

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

#### Directions of use

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

#0777 · 60 vegetable capsules · UPC 6-28747-10777-8

NPN 80023952 · V0173-R2

Herbs and Herbal Extracts · Menopause · Women's Health

## Black Cumin (Fermented):

Organic

## Fermented Black Cumin Seed Whole-Food Powder

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

Naturally fermented for rich flavour and amplified nutritional status.

### Ingredient

Organic fermented black cumin seed.

### Recommended use

Add to water, juice, smoothies, or your favourite beverage including hot teas. Can be used in cooking with curries, marinades, vegetables, stir-fry, and stews, as well as your signature dips or spreads. Try it on popcorn or roasted nuts.

### Nutrition Facts · Per 1/2 tsp. (1.5 g)

Calories	5	% Daily Value*	% Daily Value*
Fat 0 g . . . . .	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g .	0 %	Sodium 0 mg . . . . .	0 %
Carbohydrate 1 g . . . . .		Potassium 20 mg . . . . .	0 %
Fibre 1 g . . . . .	4 %	Calcium 20 mg . . . . .	2 %
Sugars 0 g . . . . .	0 %	Iron 0.75 mg . . . . .	4 %
Protein 1 g			

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

#2317 · 36 g / 24 portions · UPC 6-28747-02317-7  
P0790-R1

### NONTAXABLE ITEM

Allergy Relief · Fermented Products · Functional Foods

Full line of fermented products, p. 92-94



## Black Cumin Seed Oil organic

2.0 – 2.4% Thymoquinone

liquid



### Reduces Allergy Symptoms Including Inflammation

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

### Each teaspoon contains

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

### Other ingredients

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

### Directions of use

**Adults:** Take 1/2 teaspoon twice daily with food to avoid digestive upset or as directed by your health-care practitioner. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

### Duration of use

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

#2226 · 100 ml / ≈ 20 doses · UPC 6-28747-22226-6

#2225 · 200 ml / ≈ 40 doses · UPC 6-28747-22225-9

NPN 80080852 · LM0151-R2

Allergy Relief · Essential Fatty Acids · Herbs and Herbal Extracts

## Black Cumin

softgels

## Seed Oil 500 mg

Mediterranean *Nigella sativa*

Made with Premium, Organic, First Cold-Pressed Black Cumin Seed Oil

### Allergy Support

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

### Each softgel contains

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

### Other ingredients

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

### Directions of use

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

### Duration of use

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

#0130 · 60 softgels · UPC 6-28747-20130-8

#0945 · 120 softgels · UPC 6-28747-10945-1

NPN 80035939 · V0163-R5

Allergy Relief · Essential Fatty Acids · Herbs and Herbal Extracts



## Black Cumin

softgels

## Seed Oil 1,000 mg

## Extra Strength

Mediterranean *Nigella sativa*

Made with Premium, Organic, First Cold-Pressed Black Cumin Seed Oil

### Allergy Support

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

### Each softgel contains

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

### Other ingredients

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

### Directions of use

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

### Duration of use

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

#3139 · 60 softgels · UPC 6-28747-13139-1

NPN 80095308 · V0761-R1

Allergy Relief · Essential Fatty Acids · Herbs and Herbal Extracts



## Black Walnut

Green Hull · 150 mg

capsules

### Vermifuge

#### Eliminates *Tinea corporis*

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

#### Each vegetable capsule contains

Black walnut (*Juglans nigra*)  
green hull ..... 150 mg



#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#0997 · 60 vegetable capsules · UPC 6-28747-10997-0

NPN 80107718 · V0289-R2

[Herbs and Herbal Extracts · Parasitic and Fungal Management](#)

## Black Walnut

Leaf and Hull · 440 mg

capsules



### Vermifuge

#### Eliminates *Tinea corporis*

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

#### Each vegetable capsule contains

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

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#0841 · 100 vegetable capsules · UPC 6-28747-10841-6

NPN 80112105 · V0007-R2

[Herbs and Herbal Extracts · Parasitic and Fungal Management](#)



## Black Walnut Hull

Organic Tincture

### Vermifuge · Eliminates *Tinea corporis*

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

#### Each teaspoon contains a crude quantity equivalent of

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



#### Other ingredients

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

#### Directions of use

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

#### Duration of use

For temporary use only.

#1627 · 50 ml · UPC 6-28747-21627-2

#1628 · 95 ml · UPC 6-28747-21628-9

NPN 80031291 · LM0007-R7

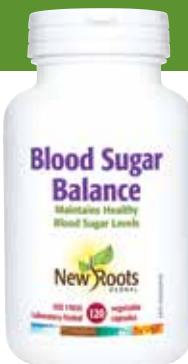
[Herbs and Herbal Extracts · Parasitic and Fungal Management](#)

## Blood Sugar Balance

capsules

### Maintains Healthy Blood Sugar Levels

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



#### Each vegetable capsule contains

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

#### Other ingredients

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

## Directions of use

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

## Duration of use

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

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

## Body Muscle Massage

### Pain Relief



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

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

### Medicinal ingredients

Methyl salicylate	5%
Menthol	3%

### Other ingredients

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

## Directions of use

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

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

## Borage Oil

### Made with Organic Borage

softgels



### Eczema · Acne

### Dermal Inflammation

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

### Each softgel contains

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

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

Cold-pressed.

## Other ingredients

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

## Directions of use

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

#0882 · 60 softgels · UPC 6-28747-10882-9

#0775 · 90 softgels · UPC 6-28747-10775-4

NPN 80097675 · V0704-R2

Essential Fatty Acids · Skin

## Boron

3 mg

capsules



### Calcium Metabolism

Helps maintain healthy calcium metabolism.

### Each vegetable capsule contains

Boron (from boron citrate) ..... 3 mg

## Other ingredients

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

## Directions of use

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

#0436 · 90 vegetable capsules · UPC 6-28747-10436-4

NPN 80044094 · V0216-R4

Bone Health · Joint Health · Muscle Support · Vitamins and Minerals

## Boswellia

Extract · 380 mg

capsules



### Helps to Relieve Joint Pain

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

### Each vegetable capsule contains

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

## Other ingredients

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

## Directions of use

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

## Duration of use

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

#2096 · 90 vegetable capsules · UPC 6-28747-12096-8

NPN 80072262 · V0585-R2

Herbs and Herbal Extracts · Pain and Inflammation



## Breathe Easy:

New Roots Herbal's

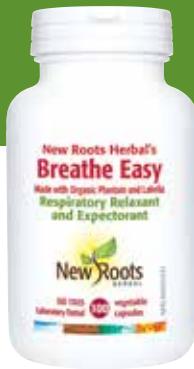
## Breathe Easy

Made with Organic  
Plantain and Lobelia

### Respiratory Relaxant and Expectorant

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

capsules



#### Each vegetable capsule contains

Organic plantain ( <i>Plantago major</i> ) leaf	500 mg
Organic alfalfa ( <i>Medicago sativa</i> ) herb	100 mg
Organic lobelia ( <i>Lobelia inflata</i> ) herb top	50 mg

#### Other ingredients

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

#### Directions of use

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

#0242 · 100 vegetable capsules · UPC 6-28747-10242-1

NPN 80036947 · V0123-R4

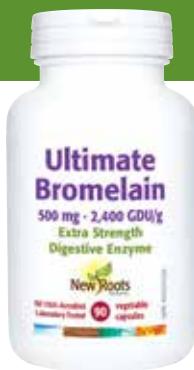
**Cold and Flu**

## Bromelain:

## Ultimate Bromelain

500 mg · 2,400 GDU/g

capsules



### Extra Strength Digestive Enzyme

Digestive enzyme.

#### Each vegetable capsule contains

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

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

Consult a health-care practitioner for prolonged use.

#0238 · 90 vegetable capsules · UPC 6-28747-10238-4

NPN 80034028 · V0198-R4

**Digestive Health · Enzymes**



## Cacay Seed Oil

Wildcrafted

### Reduces the Signs of Aging

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



#### Each bottle contains

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

#### Ingredients

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

#### Directions of use

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

#2304 · 15 ml · UPC 6-28747-22304-1

#2305 · 30 ml · UPC 6-28747-22305-8

OM0071B-R2

**Beauty · Exotic Skin Oils · Skin**

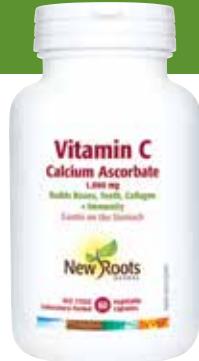
Full line of exotic skin oils, p. 88–91

## Calcium Ascorbate:

## Vitamin C

capsules

Calcium Ascorbate · 1,000 mg



Builds Bones, Teeth, Collagen + Immunity

Gentle on the Stomach

Helps in collagen formation to develop and maintain healthy bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing. Helps maintain and support immune function. Helps to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health.

#### Each vegetable capsule contains

Vitamin C (from 1,000 mg of calcium ascorbate). . . . . 750 mg  
Calcium (from 1,000 mg of calcium ascorbate). . . . . 100 mg

#### Other ingredients

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

#### Directions of use

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

#0239 · 60 vegetable capsules · UPC 6-28747-10239-1

NPN 80102991 · V0207-R1

**Antioxidants · Cold and Flu · Immune Health · Joint Health**

**Vitamins and Minerals**

Full line of vitamin C products, p. 226–228

**“We make a living by what we get;  
we make a life by what we give.”**

Winston Churchill

## Calcium Ascorbate:

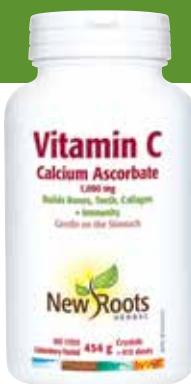
### Vitamin C

Calcium Ascorbate · 1,090 mg  
crystals

Builds Bones, Teeth, Collagen  
+ Immunity

Gentle on the Stomach

Helps in collagen formation to develop and maintain healthy bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing. Helps maintain and support immune function. Helps to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health.



Each 1/4 teaspoon (1,090 mg) contains

Calcium ascorbate ..... 1,090 mg

Providing:

Vitamin C (from calcium ascorbate) ..... 894 mg

Calcium (from calcium ascorbate) ..... 109 mg

No fillers or excipients. 100% pure.

#### Directions of use

**Adults:** Stir 1/4 teaspoon into juice, water, or food once or twice daily, or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them. We recommend weighing **Vitamin C Calcium Ascorbate** for precise dosage.

#0030 · 150 g / ≈135 doses · UPC 6-28747-00030-7  
#0159 · 227 g / ≈205 doses · UPC 6-28747-00159-5

NPN 80066047 · P0023

**Antioxidants · Cold and Flu · Immune Health · Joint Health  
Vitamins and Minerals**

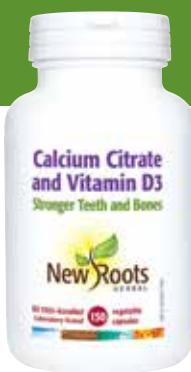
Full line of vitamin C products, p. 226–228

## Calcium Citrate and Vitamin D

capsules

Stronger Teeth and Bones

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



Each vegetable capsule contains

Calcium (from 704 mg calcium citrate) ..... 169 mg

Vitamin D3 (cholecalciferol) ..... 1.375 mcg (55 IU)

#### Other ingredients

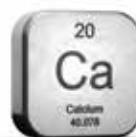
Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

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

#0319 · 150 vegetable capsules · UPC 6-28747-10319-0  
NPN 80061748 · V0285-R3

**Bone Health · Vitamins and Minerals**



## Calcium D-Glucarate

650 mg capsules

#### Liver Detoxification

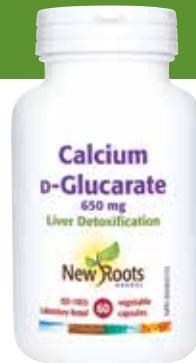
Helps to support glucuronidation, a liver detoxification pathway.

Each vegetable capsule contains

Calcium D-glucarate ..... 650 mg

#### Other ingredients

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



#### Directions of use

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

#### Duration of use

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

#2277 · 60 vegetable capsules · UPC 6-28747-12277-1

NPN 80083170 · V0402-R1

**Detoxification · Vitamins and Minerals**

## Cal-Mag Citrate

capsules

With Zinc, Potassium, Selenium

#### Immunity

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



Each vegetable capsule contains

Magnesium (from magnesium citrate) ..... 78 mg

Magnesium (from magnesium oxide) ..... 26 mg

Calcium (from calcium citrate) ..... 52 mg

Potassium (from potassium citrate) ..... 4.15 mg

Zinc (from zinc citrate) ..... 2.08 mg

Manganese (from manganese citrate) ..... 414 mcg

Vanadium (from vanadium HVP chelate) ..... 20 mcg

Chromium (from chromium HVP chelate) ..... 18 mcg

Molybdenum (from molybdenum HVP chelate) ..... 18 mcg

Selenium (from yeast-free L-selenomethionine) ..... 8.3 mcg

Vitamin D3 (cholecalciferol) ..... 0.5 mcg (20 IU)

#### Other ingredients

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

#### Directions of use

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

#0784 · 90 vegetable capsules · UPC 6-28747-10784-6

#0229 · 180 vegetable capsules · UPC 6-28747-10229-2

NPN 80028481 · V0155-R2

**Bone Health · Vitamins and Minerals**

Full line of magnesium supplements, p. 124–127

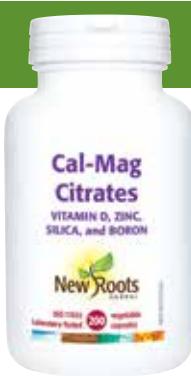
“Always keep your words soft and sweet, just in case you have to eat them.”

Andy Rooney

## Cal-Mag Citrates capsules

Vitamin D, Zinc, Silica, and Boron

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



### Each vegetable capsule contains

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

### Other ingredients

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

### Directions of use

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

### Duration of use

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

#1468 · 100 vegetable capsules · UPC 6-28747-11468-4  
#1470 · 200 vegetable capsules · UPC 6-28747-11470-7  
NPN 80033666 · V0406-R2

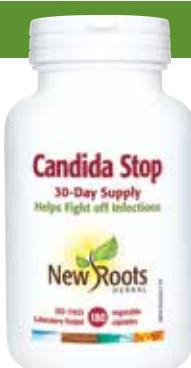
**Bone Health · Vitamins and Minerals**

Full line of magnesium supplements, p. 124-127

## Candida Stop capsules

### 15- or 30-Day Supply Helps Fight off Infections

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



### Each vegetable capsule contains

Caprylic acid (calcium caprylate) .....	90 mg
Caprylic acid (magnesium caprylate) .....	90 mg
Odourless garlic ( <i>Allium sativum</i> ) bulb extract, 1% allicin.....	62.5 mg
Oregano ( <i>Origanum vulgare</i> ) 15:1 leaf extract .....	55 mg
Grapefruit seed extract .....	50 mg
Suma ( <i>Hebanthe eriantha</i> ) root .....	50 mg
Echinacea ( <i>Echinacea purpurea</i> ) root extract, 4% polyphenols .....	25 mg
Pau d'arco ( <i>Tabebuia heptaphylla</i> ) inner bark .....	25 mg
Caprylic acid (zinc caprylate) .....	20 mg
Black walnut ( <i>Juglans nigra</i> ) hull 4:1 extract.....	8 mg
Selenium (from yeast-free L-selenomethionine).....	25 mcg

### Other ingredients

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

### Directions of use

Adults: Take 3 capsules in the morning and 2 capsules in the evening with water, before meals. If you are taking supplements containing zinc, calcium, iron, or copper, take this product a few hours before or after them.

### Duration of use

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

#0131 · 90 vegetable capsules · UPC 6-28747-10131-8  
#0021 · 180 vegetable capsules · UPC 6-28747-10021-2  
NPN 80066778 · V0428-R11

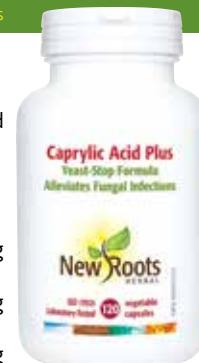
**Parasitic and Fungal Management**

## Caprylic Acid Plus capsules

### Yeast-Stop Formula

### Alleviates Fungal Infections

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



### Each vegetable capsule contains

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

### Other ingredients

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

### Directions of use

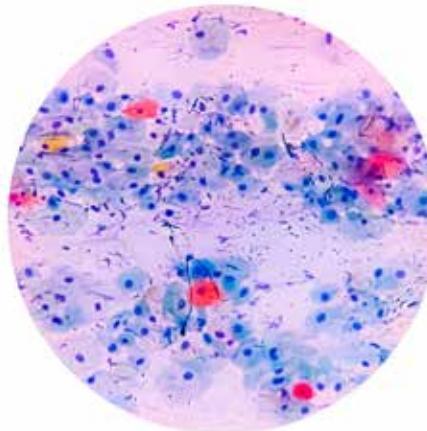
Adults: Take 3 capsules in the morning and 2 capsules in the evening with water, before meals.

### Duration of use

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

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

**Parasitic and Fungal Management**



## Organic Cardiac Health

### Tincture

With Garlic, Hawthorn, European Mistletoe, Motherwort, Cayenne, White Willow, and Bilberry

### Cardiovascular Health

### Helps Reduce Elevated Blood

### Lipid Levels

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

#### Each ml contains

#### a crude quantity equivalent of

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

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

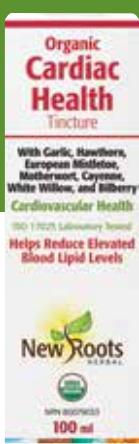
Consult a health-care practitioner for prolonged use.

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

#2043 · 100 ml · UPC 6-28747-22043-9

NPN 80079033 · LM0139-R2

Cholesterol Management · Heart and Blood

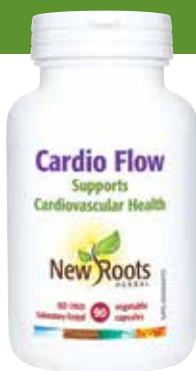


## Cardio Flow

capsules

### Supports Cardiovascular Health

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



#### Each vegetable capsule contains

Vitamin C (from calcium ascorbate and magnesium ascorbate)	280 mg
Vitamin B3 (niacinamide)	105 mg
DL-alpha-Lipoic acid	50 mg
L-Carnitine (from L-carnitine tartrate)	36.67 mg
Vitamin E (from D-alpha-tocopherol acid succinate)	24.12 mg AT (36 IU)
Vitamin B5 (niacin D-pantothenate)	20 mg
Vitamin B3 (niacin)	18 mg
Vitamin B6 (pyridoxal-5'-phosphate)	18 mg
Magnesium (from magnesium ascorbate)	17 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	10 mg
Vitamin B1 (thiamine hydrochloride)	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	140 mcg
Vitamin B12 (methylcobalamin)	100 mcg
Biotin	40 mcg

#### Other ingredients

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

#### Directions of use

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

#1170 · 90 vegetable capsules · UPC 6-28747-11170-6

NPN 80069470 · V0325-R6

Heart and Blood

## Carnitine:

## L-Carnitine Tartrate

750 mg

capsules



### Athletic Workout Support

### Muscle Recovery

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

#### Each vegetable capsule contains

L-Carnitine tartrate ..... 750 mg

#### Providing:

L-Carnitine ..... 500 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#1795 · 90 vegetable capsules · UPC 6-28747-11795-1

NPN 80044764 · V0098-R2

Amino Acids and Proteins · Sport Nutrition · Weight Management

## Cascara Sagrada

325 mg

capsules



### Stimulant Laxative for Constipation

Used in herbal medicine for short-term relief of occasional constipation.

#### Each vegetable capsule contains

Cascara sagrada ( <i>Frangula purshiana</i> ) aged bark	175 mg
Cascara sagrada ( <i>Frangula purshiana</i> ) aged bark 4:1 extract	150 mg

#### Other ingredients

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

#### Directions of use

Adults and adolescents  $\geq$  11 years old: Take 1–3 capsules per day or as directed by your health-care practitioner. Allow 6–12 hours

for laxative effects to occur. Take a single dose at bedtime. Take 2–3 times per week. If results are not observed, the frequency of use may be increased up to once daily. If you are taking other medications or health products, take this product a few hours before or after them.

#### Duration of use

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

#1474 · 100 vegetable capsules · UPC 6-28747-11474-5  
NPN 80016113 · V0388-R4

Digestive Health · Herbs and Herbal Extracts

## Cedarwood Pure Essential Oil *Cedrus deodara*

100% Pure · Clean · Unadulterated

**Aroma:** Woody, fresh, resinous.

**Attributes:** Relaxing, reassuring, strengthening, empowering.

**Scent note:** Base Note ♀

#### Each drop contains

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



#### Active compound

Himachalene.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3200 · 30 ml · UPC 6-28747-13200-5  
00086-R1

Essential Oils · Herbs and Herbal Extracts

Full line of essential oils, p. 78–86

## Chaga Extract

capsules

Medicinal Mushrooms

Immune Support · Harmony

Hot-Water Extract

40% Polysaccharides · 350 mg

Source of fungal polysaccharides with immunomodulating properties.

#### Each vegetable capsule contains

Chaga (*Inonotus obliquus*) mushroom extract, standardized to 40% polysaccharides . . . . . 350 mg  
Hot-water extraction.



#### Other ingredients

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

#### Directions of use

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

#1936 · 60 vegetable capsules · UPC 6-28747-11936-8  
NPN 80055779 · V0522-R1

Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 132–136

## Chaga Tea

chunks

#### Immunity · European Wild-Crafted

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



#### Ingredient

Wild chaga (*Inonotus obliquus*) mushroom chunks.

#### Directions of use

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

#2093 · 100 g · UPC 6-28747-92093-3  
NPN 80069451 · P0624-R1

Immune Health · Medicinal Mushrooms · Teas and Herbal Teas

Full line of medicinal mushrooms, p. 132–136

## Children's Products

60–61

#### Chill Pills: New Roots Herbal

## Chill Pills

capsules

#### Relaxation

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



#### Each vegetable capsule contains

Ashwagandha ( <i>Withania somnifera</i> ) root extract, 2.5% withanolides . . . . .	125 mg
L-Theanine . . . . .	100 mg
Holy basil ( <i>Ocimum tenuiflorum</i> ) leaf extract, 10% ursolic acid . . . . .	50 mg
Oat ( <i>Avena sativa</i> ) 10:1 extract . . . . .	50 mg
Passionflower ( <i>Passiflora incarnata</i> ) extract, 4% flavonoids . . . . .	50 mg
Vitamin B2 (riboflavin, riboflavin-5'-phosphate sodium) . . . . .	27.5 mg
Vitamin B6 (pyridoxine hydrochloride / pyridoxal-5'-phosphate) . . . . .	27.5 mg
para-Aminobenzoic acid (PABA) . . . . .	25 mg
Astragalus ( <i>Astragalus membranaceus</i> ) root extract, 3% astragalosides . . . . .	25 mg
Choline bitartrate . . . . .	25 mg
Inositol (myo-inositol) . . . . .	25 mg
D-Ribose . . . . .	25 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	25 mg
Vitamin B5 (calcium D-pantothenate) . . . . .	25 mg
Inositol hexanicotinate, flush-free (providing 15.925 mg of vitamin B3) . . . . .	17.5 mg
Phellodendron ( <i>Phellodendron amurense</i> ) bark extract, 0.1% berberine . . . . .	15 mg
Chinese jujube ( <i>Ziziphus jujuba</i> ) fruit . . . . .	12.5 mg
Magnolia ( <i>Magnolia officinalis</i> ) bark 50:1 extract, 80% magnolol + honokiol . . . . .	7.5 mg
Vitamin B3 (niacinamide) . . . . .	7.5 mg

Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	500 mcg
Vitamin B12 (methylcobalamin) . . . . .	75 mcg
Biotin . . . . .	37.5 mcg

### Other ingredients

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

### Directions of use

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

### Duration of use

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

#1166 · 16 vegetable capsules · UPC 6-28747-11166-9  
#1163 · 30 vegetable capsules · UPC 6-28747-11163-8  
#1277 · 60 vegetable capsules · UPC 6-28747-11277-2  
NPN 80128899 · V0324-R8

**Mood Enhancement · Stress Management**

**Full line of antistress products, p. 202-206**

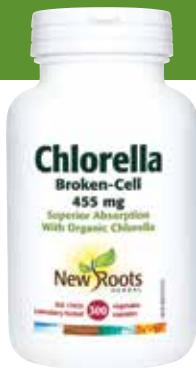
## Chlorella

Broken-Cell · 455 mg

capsules

### Superior Absorption With Organic Chlorella

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



### Each vegetable capsule contains

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

### Other ingredients

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

### Directions of use

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

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

**Detoxification · Functional Foods · Green Foods**

## Chlorella

Broken-Cell Algae  
Organic Powder



### Superior Absorption

Source of antioxidants.

### Each teaspoon contains approximately

Broken-cell, organic, deep-green chlorella (*Chlorella vulgaris*) . . . . . 2.5 g  
Deep green, broken-cell chlorella has 78% digestibility. It contains 12 naturally occurring nutrients including *beta*-carotene; vitamins B1, B2, B3, and B12; and biotin. It contains chlorophyll and nucleic acids, plus organic germanium. This broken-cell chlorella is of the highest quality.

### Directions of use

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

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

**Detoxification · Functional Foods · Green Foods**

## Cho-less-terin

softgels

With *beta*-Sitosterols · Synergistic

### Lowers LDL Cholesterol and Total Cholesterol

Helps lower LDL and total cholesterol. Helps maintain healthy cholesterol levels.

### Each softgel contains

Guggul (*Commiphora wightii*) gum-resin extract, 3.5% guggulsterone . . . . . 350 mg  
Free plant sterols (from non-GMO soy) . . . . . 200 mg

#### Providing:

<i>beta</i> -Sitosterol . . . . .	40%
Campesterol . . . . .	20%
Stigmasterol . . . . .	20%
Oat ( <i>Avena sativa</i> ) fibre extract, 22% <i>beta</i> -glucans . . . . .	150 mg
Red yeast rice ( <i>Monascus purpureus</i> ), 0.5% lovastatin . . . . .	50 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 50% polyphenols . . . . .	80 mg



### Other ingredients

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

### Directions of use

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

### Duration of use

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

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

**Cholesterol Management**

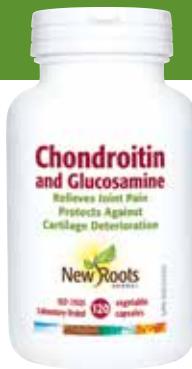
## Chondroitin

and Glucosamine

capsules

### Relieves Joint Pain · Protects Against Cartilage Deterioration

A factor in maintaining healthy cartilage and/or joint health, this product helps to relieve joint pain associated with osteoarthritis and helps to protect against the deterioration of cartilage.



### Each vegetable capsule contains

Glucosamine sulfate potassium chloride (from crab, lobster, shrimp, or prawn exoskeleton, stabilized with potassium chloride), sodium-free . . . . .	500 mg
Chondroitin sulfate (90% by HPLC) from bovine cartilage ( <i>Bos taurus</i> ) . . . . .	400 mg

## Other ingredients

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

## Directions of use

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

## Duration of use

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

#0305 · 60 vegetable capsules · UPC 6-28747-10305-3  
#0304 · 120 vegetable capsules · UPC 6-28747-10304-6  
NPN 80024259 · V0184-R3

50+ Health · Joint Health · Pain and Inflammation

## Chromium Picolinate

200 mcg capsules

### Healthy Glucose Metabolism

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

#### Each vegetable capsule contains

Chromium  
(from chromium picolinate) . . . . . 200 mcg



## Other ingredients

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

## Directions of use

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

## Duration of use

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

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

## Chromium Picolinate

500 mcg capsules

### Healthy Glucose Metabolism

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

#### Each vegetable capsule contains

Chromium  
(from chromium picolinate) . . . . . 500 mcg



## Other ingredients

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

## Directions of use

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

## Duration of use

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

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

## Citronella

## Pure Essential Oil

*Cymbopogon winterianus*

100% Pure · Clean · Unadulterated

Aroma: Fresh, citrus, herbal, fruity.

Attributes: Purifying, reviving, cleansing.

Scent note: Top Note



## Each drop contains

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

## Active compounds

Citronellal, citronellol, and geraniol.

## Directions of use

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

## Duration of use

For external and occasional use only.

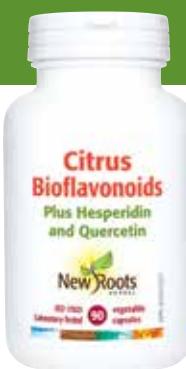
#3208 · 30 ml · UPC 6-28747-13208-1  
O0084-R1  
Essential Oils

Full line of essential oils, p. 78-86

## Citrus Bioflavonoids

Plus Hesperidin and Quercetin capsules

Provides antioxidants for the maintenance of good health.



## Each vegetable capsule contains

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

## Other ingredients

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

## Directions of use

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

## Duration of use

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

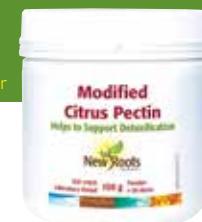
#0240 · 90 vegetable capsules · UPC 6-28747-10240-7  
NPN 80031507 · V0199-R3  
Allergy Relief · Antioxidants

## Citrus Pectin:

## Modified Citrus Pectin

powder

Helps to Support Detoxification



## Each scoop contains

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

## Directions of use

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

## Caution

Provides a significant amount of sodium.

#2239 · 150 g / 30 doses · UPC 6-28747-02239-2  
NPN 80078773 · P0759-R1

[Detoxification](#) · [Herbs and Herbal Extracts](#) · [Immune Health](#)

## Clarity Mag

capsules

Magnesium L-Threonate · 625 mg



## Gentle on the Stomach

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

## Each vegetable capsule contains

Magnesium L-threonate ..... 625 mg

### Providing:

Elemental magnesium ..... 50 mg

## Other ingredients

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

## Directions of use

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

## Duration of use

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

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

[Full line of magnesium supplements](#), p. 124–127

## Clary Sage

## Pure Essential Oil

*Salvia sclarea*

100% Pure · Clean · Unadulterated

Aroma: Herbal, earthy, sweet, floral.

Attributes: Inspiring, focusing, centering.

Scent note: Middle Note



## Each drop contains

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

## Active compounds

Linalool and linalyl acetate.

## Directions of use

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

## Duration of use

For external and occasional use only.

#3201 · 30 ml · UPC 6-28747-13201-2  
00090-R1  
[Essential Oils](#)

[Full line of essential oils](#), p. 78–86

## Clean Flow:

## Kidney Clean Flow

capsules



## Renal Support

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

## Each vegetable capsule contains

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

## Other ingredients

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

## Directions of use

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

## Duration of use

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

#1079 · 90 vegetable capsules · UPC 6-28747-11079-2  
NPN 80068833 · V0306-R1  
[Urogenital \(Men\)](#) · [Urogenital \(Women\)](#)

## Clove Bud

## Organic Essential Oil

*Syzygium aromaticum*

100% Pure · Certified Organic



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

## Each drop contains

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

## Active compounds

Eugenol and *beta*-caryophyllene.

## Directions of use

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

## Duration of use

For occasional use only.

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

Full line of essential oils, p. 78-86

## Clover:

### Red Clover Isoflavones

40% Standardized Extract capsules



#### Reduces Menopausal Symptoms

Red clover isoflavones improve symptoms associated with menopause and attenuate lumbar bone mineral density loss with adequate intake of calcium and vitamin D in postmenopausal women.

#### Each vegetable capsule contains

Red clover (*Trifolium pratense*) flower ..... 360 mg  
Red clover (*Trifolium pratense*) flower extract, 40% isoflavones: 20.6 mg aglycone isoflavone equivalents ..... 60 mg

#### Other ingredients

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

## Directions of use

Adult postmenopausal women: Take 3 capsules daily or as directed by your health-care practitioner.

## Duration of use

Use for a minimum of 6 months to see beneficial effects. Consult a health-care practitioner for use beyond 1 year.

#1350 · 60 vegetable capsules · UPC 6-28747-11350-2  
NPN 80027780 · V0377-R4  
Herbs and Herbal Extracts · Menopause

## Cloves

500 mg capsules



#### Relieves Bloating and Flatulence

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

#### Each vegetable capsule contains

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

#### Other ingredients

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

## Directions of use

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

## Duration of use

Consult a health-care practitioner for prolonged use.

#0250 · 100 vegetable capsules · UPC 6-28747-10250-6  
NPN 80029855 · V0193-R3

Digestive Health · Herbs and Herbal Extracts

## Coconut MCT Oil

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

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

#### Ingredient

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



#### Where to Use

Coffee · Dressing · Shake · Cooking

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

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

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

#### MCTs per serving

C8:0 · Caprylic acid (60%) 8.4 g C10:0 · Capric acid (40%) ..... 5.6 g  
#2414 · 500 ml · UPC 6-28747-22414-7  
#2415 · 1 litre · UPC 6-28747-22415-4  
O0076-R1

#### NONTAXABLE ITEM

Energy · Essential Fatty Acids · Keto Diet

## Co-Enzyme Q10

30 mg capsules



#### Supports Cardiovascular Health

An antioxidant. Helps to maintain and support cardiovascular health.

#### Each vegetable capsule contains

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

#### Other ingredients

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

## Directions of use

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

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

“The food you eat can be either the safest and most powerful form of medicine, or the slowest form of poison.”

Ann Wigmore

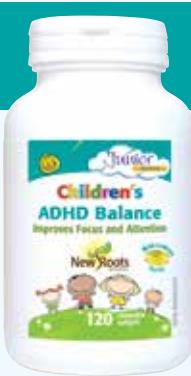
# CHILDREN'S PRODUCTS

## Children's ADHD Balance

chewable softgels

### Improves Focus and Attention Mild Lemony Taste

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



### Each chewable softgel contains

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

### Other ingredients

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

### Directions of use

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

#2730 · 120 chewable softgels · UPC 6-28747-12730-1

NPN 80085697 · V0617-R1

Children's Health · Essential Fatty Acids · Fish Oils  
Neurological Health



New Product! Since November 2023

## Children's Elderberry Juice Powder



Yummy and Healthy

160+ Berries per Portion

With Vitamin C

Concentrate · 0 artificial colours or flavours · Vegan · Gluten-Free

Non-GMO

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

### Ingredients

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

### Recommended use

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

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

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

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

#3242 · 100 g / 34 portions · UPC 6-28747-03242-1

PM0998-R1

**NONTAXABLE ITEM**

Children's Health · Cold and Flu



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

# CHILDREN'S PRODUCTS

## Children's Omega-3

550 mg EPA · 225 mg DHA chewable softgels



### Ultrapure Pharmaceutical Grade Development of Healthy Brain, Eyes, and Nerves

#### High EPA · Natural Lemon and Orange Mini-Bursts

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

#### Four chewable softgels contain

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

Eicosapentaenoic acid (EPA) . . . . . 550 mg  
Docosahexaenoic acid (DHA) . . . . . 225 mg

**Ultrapure, pharmaceutical grade.**

#### Other ingredients

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

#### Directions of use

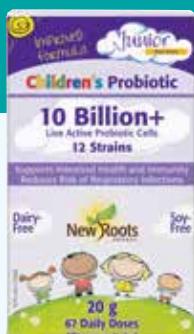
Children and adolescents 3–18 years old: Chew 1 softgel four times daily with food or as directed by your health-care practitioner.

#1856 · 120 chewable softgels · UPC 6-28747-11856-9  
NPN 80080677 · V0513-R5

**Children's Health · Fish Oils · Neurological Health**

## Children's Probiotic

12 Strains · 10 Billion +  
Live Active Probiotic Cells powder



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

#### DAIRY-FREE · SOY-FREE

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

**Each dose of 2 rounded scoops ( $\approx$  300 mg) contains 12 strains totalling 10 billion live active healthy whole cells**

#### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115 . . . . .	6.629 billion CFU
<i>Lactobacillus casei</i> UB1499 . . . . .	1.284 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214 . . . . .	1.04 billion CFU
<i>Lactobacillus rhamnosus</i> GG . . . . .	1 billion CFU

*Bifidobacterium breve* UB8674 . . . . . 214 million CFU

*Bifidobacterium longum* ssp. *longum* UB7691 . . . . . 214 million CFU

*Lactobacillus acidophilus* UB5997 . . . . . 18 million CFU

#### Plant Strain

*Lactobacillus plantarum* UB2783 . . . . . 50 million CFU

#### Dairy Strains

*Lactobacillus reuteri* UB2419 . . . . . 351 million CFU

*Lactobacillus helveticus* UB7229 . . . . . 43 million CFU

*Lactobacillus paracasei* UB1978 . . . . . 36 million CFU

*Lactobacillus johnsonii* UB3394 . . . . . 9 million CFU

Vitamin C (ascorbic acid) . . . . . 6 mg  
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

#### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, non-GMO potato maltodextrin, trehalose, sodium ascorbate, and vegetable magnesium stearate.

#### Directions of use

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

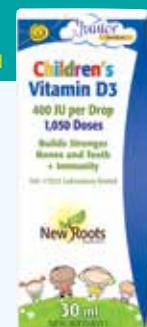
#1821 · 20 g / 67 daily doses · UPC 6-28747-01821-0

NPN 80112688 · PM0009-R5

**Children's Health · Probiotics**

## Children's Vitamin D3

400 IU per Drop · 1,050 Doses liquid



#### Builds Stronger Bones and Teeth

#### + Immunity

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

#### Each drop contains

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

#### Other ingredient

Medium-chain triglycerides (MCT).

#### Directions of use

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

#1930 · 30 ml · UPC 6-28747-21930-3

NPN 80054011 · LM0128-R1

**Children's Health · Vitamins and Minerals**



## Co-Enzyme Q10

60 mg

capsules

### Supports Cardiovascular Health

An antioxidant. Helps to maintain and support cardiovascular health.

#### Each vegetable capsule contains

Coenzyme Q10 (ubiquinone-10)  
(from fermentation) ..... 60 mg

#### Other ingredients

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

#### Directions of use

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

#0682 · 60 vegetable capsules · UPC 6-28747-10682-5

NPN 80009243 · V0093-R2

Energy · Heart and Blood



## Co-Enzyme Q10

200 mg

capsules

### Supports Cardiovascular Health

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

#### Each vegetable capsule contains

Coenzyme Q10 (ubiquinone-10)  
(from fermentation) ..... 200 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

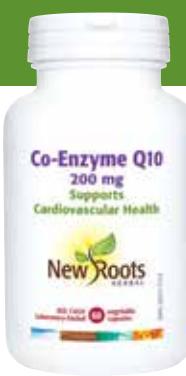
Use for a minimum of 3 months to see beneficial effects.

#2072 · 30 vegetable capsules · UPC 6-28747-12072-2

#2126 · 60 vegetable capsules · UPC 6-28747-12126-2

NPN 80071034 · V0570-R1

Energy · Headache and Migraine · Heart and Blood



## Co-Enzyme Q10

100 mg

capsules

### Supports Cardiovascular Health

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

#### Each vegetable capsule contains

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



#### Other ingredients

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

#### Directions of use

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

#### Duration of use

Use for a minimum of 3 months to see beneficial effects.

#0288 · 60 vegetable capsules · UPC 6-28747-10288-9

NPN 80024928 · V0205-R3

Energy · Headache and Migraine · Heart and Blood



## Co-Enzyme Q10

300 mg

capsules

### Supports Cardiovascular Health

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

#### Each vegetable capsule contains

Coenzyme Q10 (ubiquinone-10)  
(from fermentation) ..... 300 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#1290 · 30 vegetable capsules · UPC 6-28747-11290-1

NPN 80106303 · V0357-R2

Energy · Headache and Migraine · Heart and Blood · Men's Fertility



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

Edith Wharton

## CoQ10 (Slow Release):

Slow Release

### CoQ10

capsules

Supports Cardiovascular Health

Helps Prevent Migraines

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



Each vegetable capsule contains

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

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#1782 · 60 vegetable capsules · UPC 6-28747-11782-1

NPN 80039835 · V0461-R7

Energy · Headache and Migraine · Heart and Blood

## Cold & Flu

capsules

Reduces Symptoms and Severity

Immune Support

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



Each vegetable capsule contains

*Andrographis (Andrographis paniculata)* aerial part extract, 30% andrographolides III and IV ..... 200 mg  
*Astragalus (Astragalus membranaceus)* root extract, 3% astragalosides ..... 190 mg  
*European elderberry (Sambucus nigra)* fruit extract, 13% anthocyanosides ..... 50 mg  
*Echinacea (Echinacea purpurea)* root extract, 4% polyphenols ..... 30 mg  
*Myrrh (Commiphora myrrha)* resin ..... 30 mg  
*Rosemary (Rosmarinus officinalis)* leaf extract, 5% carnosic acid ..... 30 mg  
*Maitake (Grifola frondosa)* extract, 40% polysaccharides ..... 10 mg  
*Reishi (Ganoderma lucidum)* extract, 40% polysaccharides ..... 10 mg  
*Shiitake (Lentinula edodes)* extract, 40% polysaccharides ..... 10 mg  
Berberine hydrochloride ..... 1.75 mg

#### Other ingredients

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

#### Directions of use

Adults: Take 1 capsule daily with food, beginning at the onset of cold symptoms, or as directed by your health-care practitioner.

#### Duration of use

Take for 4 to 5 days before noticing results. Consult a health-care practitioner for use beyond 10 days.

#2203 · 15 vegetable capsules · UPC 6-28747-12203-0

#2204 · 30 vegetable capsules · UPC 6-28747-12204-7

NPN 80105919 · V0576-R6

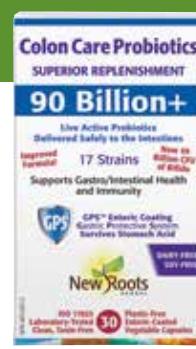
Cold and Flu · Immune Health

## Collagen

64–65

## Colon Care Probiotics

Superior Replenishment capsules



90 Billion + Live Active Probiotics

Delivered Safely to the Intestines  
17 Strains · Supports Gastro/Intestinal Health and Immunity

GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid  
DAIRY-FREE · SOY-FREE

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

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

#### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	21.26 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	11 billion CFU
<i>Bifidobacterium breve</i> UB8674	11 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214	11 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691	11 billion CFU
<i>Lactobacillus casei</i> UB1499	10 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB3963	5 billion CFU
<i>Lactobacillus crispatus</i> UB4719	150 million CFU
<i>Lactobacillus fermentum</i> UB9735	150 million CFU
<i>Lactobacillus gasseri</i> UB8141	150 million CFU
<i>Lactobacillus acidophilus</i> UB5997	20 million CFU

#### Plant Strain

<i>Lactobacillus plantarum</i> UB2783	7 billion CFU
<i>Lactobacillus brevis</i> UB1214	500 million CFU

#### Dairy Strains

<i>Lactobacillus paracasei</i> UB1978	1 billion CFU
<i>Lactobacillus reuteri</i> UB2419	600 million CFU
<i>Lactobacillus johnsonii</i> UB3394	150 million CFU
<i>Lactobacillus helveticus</i> UB7229	20 million CFU

Vitamin C (ascorbic acid) ..... 6 mg

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

#### Other ingredients

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

#### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 h before or after them.

#2153 · 30 vegetable capsules · UPC 6-28747-12153-8

NPN 80120712 · V0614-R2

50+ Health · Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 166–179

# COLLAGEN PRODUCTS

## Multi 5 Collagen

Protein-Building Peptides

5 Types of Food-Sourced Collagen:

I, II, III, V, and X

powder



Dairy-Free

40 Calories per Portion

10 g Collagen per Portion  
(92% Protein)

No Fat, no Gluten, no GMO

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

### Ingredients

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

### Contains

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

### Directions of use

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

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

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

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

#2518 · 200 g / 18 portions · UPC 6-28747-02518-8

#2519 · 400 g / 36 portions · UPC 6-28747-02519-5

PM0838-R2

### NONTAXABLE ITEM

50+ Health · Bone Health · Functional Foods · Hair · Joint Health  
Muscle Support · Nails · Skin



## Multi 5 Collagen

with Delicious  
Organic Cocoa



Protein-Building Peptides

5 Types of Food-Sourced Collagen: I,

II, III, V, and X

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

### Ingredients

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

### Contains

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

### Directions of use

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

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

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

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

#2546 · 200 g / 16 portions · UPC 6-28747-02546-1

#2547 · 400 g / 33 portions · UPC 6-28747-02547-8

PM0855-R2

### NONTAXABLE ITEM

50+ Health · Bone Health · Functional Foods · Hair · Joint Health  
Muscle Support · Nails · Skin

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

# COLLAGEN PRODUCTS

## Pür Collagen Body Renew

500 mg capsules  
Grass-Fed, Antibiotic-Free Bovine

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

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

### Each vegetable capsule contains

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

\*Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

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

### Directions of use

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

### Duration of use

For joint pain: Use for a minimum of 5 months to see beneficial effects.

#2266 · 75 vegetable capsules · UPC 6-28747-12266-5  
#2267 · 150 vegetable capsules · UPC 6-28747-12267-2  
NPN 80080791 · V0636-R2  
Beauty · Hair · Nails · Skin



## Pür Collagen Radiant Skin

Marine-Sourced · 500 mg  
With 6% Elastin capsules

Clinically Proven to Reduce  
Deep Wrinkles in 28 Days

Reduces the number of wrinkles after only 28 days. Reduces the number of deep wrinkles.

### Each vegetable capsule contains

Hydrolyzed collagen—type I,  
6% elastin (from fish skin and bones)  
(Collective™) ..... 500 mg

Sustainably sourced

### Other ingredients

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

### Directions of use

Adults: Take 4 capsules daily or as directed by your health-care practitioner.

#2269 · 60 vegetable capsules · UPC 6-28747-12269-6  
#2271 · 120 vegetable capsules · UPC 6-28747-12271-9  
NPN 80086909 · V0621-R1  
Beauty · Hair · Nails · Skin



## Pür Collagen+ Joint Recovery

Healthy Cartilage and Bones powder

20 g Collagen (Hydrolyzed)  
+ 120 mg Hyaluronic Acid (HA)  
per Daily Dose · Bovine Sourced  
Grass-Fed · Pasture-Raised ·  
Unflavoured

Helps support joint health. Helps in collagen formation to maintain healthy cartilage, bones, teeth, and/or gums. Helps in wound healing and connective tissue formation. Helps improve and increase skin hydration. Helps support skin health. Helps with immune function.

### Each scoop contains

Hydrolyzed collagen—types I, II, and III (from bovine) ..... 10 g  
Hyaluronic acid (from sodium hyaluronate) ..... 60 mg  
Vitamin C (ascorbic acid) ..... 50 mg

### Directions of use

Adults: Take 2 scoops daily or as directed by your health-care practitioner. Add to water, juice, or a smoothie, and stir well. May be taken in 1 single dose or divided and spread throughout the day, for a total of 2 scoops per day. Dissolves well in cold and warm beverages.

### Duration of use

Consult a health-care practitioner for use beyond 5 weeks.

#2776 · 454 g / ≈ 22 doses · UPC 6-28747-02766-2  
NPN 80116345 · PM0941-R1

50+ Health · Bone Health · Joint Health · Muscle Support  
Sport Nutrition



Look Great,  
Feel Better with  
Our Collagen  
Products



## Colostrum

30% IgG Immunoglobulin

capsules



### Immune Support

### Upper Respiratory Tract

Helps to support immune function within the upper respiratory tract. Probiotics that temporarily modify gut flora. Helps support the immune system. New Roots Herbal's **Colostrum** is standardized to 30% IgG and 100% pure, low-heat-processed to ensure potency.

#### Each vegetable capsule contains

Bovine colostrum (from <i>Bos taurus</i> ),	
30% immunoglobulins G (IgG) . . . . .	480 mg
Mix of 1.2 billion probiotics (11 strains, whole cells) . . . . .	34 mg
<i>Lactobacillus rhamnosus</i> R0011 . . . . .	480 million CFU
<i>Lactobacillus rhamnosus</i> R1039 . . . . .	360 million CFU
<i>Lactobacillus acidophilus</i> R0418 . . . . .	66 million CFU
<i>Lactobacillus helveticus</i> R0052 . . . . .	60 million CFU
<i>Lactobacillus plantarum</i> R1012 . . . . .	48 million CFU
<i>Lactobacillus casei</i> R0215 . . . . .	48 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033 . . . . .	36 million CFU
<i>Bifidobacterium breve</i> R0070 . . . . .	36 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175 . . . . .	36 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083 . . . . .	24 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001 . . . . .	6 million CFU

### Other ingredients

Arabinogalactan, inulin, potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

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

### Duration of use

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

#0283 · 60 vegetable capsules · UPC 6-28747-10283-4  
#0273 · 120 vegetable capsules · UPC 6-28747-10273-5  
NPN 80069549 · V0201-R3

Amino Acids and Proteins · Cold and Flu · Digestive Health  
Immune Health

## Colostrum

powder



### Immune Support

### Upper Respiratory Tract

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

#### Each 1/4 teaspoon contains

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

### Directions of use

**Adults:** Take 1/4 teaspoon one to three times daily or as directed by your health-care practitioner.

### Duration of use

Consult your health-care practitioner for prolonged use.

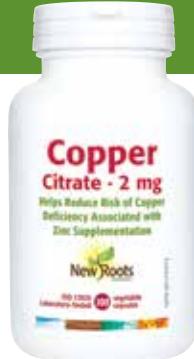
#0872 · 64 g / ≈ 98 doses · UPC 6-28747-00872-3  
NPN 80032126 · P0253

Amino Acids and Proteins · Cold and Flu · Digestive Health  
Immune Health

## Copper

Citrate · 2 mg

capsules



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

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

#### Each vegetable capsule contains

Copper (from copper citrate) . . . . . 2 mg

### Other ingredients

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

### Directions of use

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

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

## Cordyceps

500 mg · Hot-Water Extract

capsules



### Medicinal Mushrooms

### Immune Support · Vitality

### 20% beta-Glucans

### from 40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties.

#### Each vegetable capsule contains

Cordyceps (*Paecilomyces hepialii*) mushroom extract standardized to 40% polysaccharides, 20% beta-glucans . . . . . 500 mg Hot-water extraction.

### Other ingredients

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

### Directions of use

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

#1866 · 60 vegetable capsules · UPC 6-28747-11866-8  
NPN 80110671 · V0507-R3

50+ Health · Energy · Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 132–136

## Cordyceps Militaris

400 mg · Hot-Water Extract capsules

Medicinal Mushrooms

Immune Support · Vigour

20% *beta*-Glucans

from 40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties.

### Each vegetable capsule contains:

Cordyceps mushroom (*Cordyceps militaris*) fruiting body extract, standardized to 40% polysaccharides, providing 20% *beta*-glucans. . . . . 400 mg Hot-water extraction.



### Other ingredients

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

### Directions of use

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

#2672 · 60 vegetable capsules · UPC 6-28747-12672-4

NPN 80105570 · V0698-R1

Energy · Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 132-136

## Coriolus

Turkey Tail · 500 mg  
Hot-Water Extract capsules

Medicinal Mushrooms

Immune Support · Antioxidant

50% *beta*-Glucans

from 55% Polysaccharides

Used in herbal medicine to support the immune system. Source of antioxidants.

### Each vegetable capsule contains

Coriolus (*Trametes versicolor*) mushroom extract standardized to 55% polysaccharides providing 50% *beta*-glucans . . . . . 500 mg Hot-water extraction.



### Other ingredients

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

### Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner. Dosage can be increased up to 2 capsules two or three times daily.

#1864 · 60 vegetable capsules · UPC 6-28747-11864-4

NPN 80070797 · V0506-R4

Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 132-136



## Mushroom Lovers

## Coriolus Powder

Turkey Tail · Organic

Medicinal Mushrooms

Immunity-Boosting · Antioxidant

Source of fungal polysaccharides with immunomodulating properties.



### Each 1/2 teaspoon contains

Organic coriolus (*Trametes versicolor*). . . . . 3.125 g

### Directions of use

**Adults:** Take 1/2 teaspoon daily or as directed by your health-care practitioner. Use boiling water. Steep covered for 5 to 20 minutes before ingesting. Simmering will increase potency and benefits.

#2578 · 100 g / 32 doses · UPC 6-28747-02578-2

NPN 80105459 · P0830-R1

Functional Foods · Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 132-136

## Cornmint:

## Wild Field Mint

## Pure Essential Oil

*Mentha arvensis*



100% Pure · Clean · Unadulterated

Aroma: Fresh, herbal, minty.

Attributes: Refreshing, stimulating, revitalizing.

Scent note: Top Note

### Each drop contains

Wild field mint (*Mentha arvensis*) leaf essential oil, steam-distilled . . . . . 100%

### Active compounds

Menthol and menthone.

### Directions of use

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

### Duration of use

For external and occasional use only.

#3211 · 30 ml · UPC 6-28747-13211-1

O0093-R1

Essential Oils

Full line of essential oils, p. 78-86

## Cranberry

capsules

### Urinary Tract and Bladder Infections

Traditionally used in herbal medicine to help prevent recurrent urinary tract infections (UTIs). Source of antioxidants for the maintenance of good health.



### Each vegetable capsule contains

Cranberry (*Vaccinium macrocarpon*) fruit concentrate . . . . . 600 mg

### Other ingredients

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

## Directions of use

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

## Duration of use

For the prevention of recurrent UTIs: Use for a minimum of 4 weeks to see beneficial effects.

#1051 · 60 vegetable capsules · UPC 6-28747-11051-8

NPN 80021849 · V0298-R2

Urogenital (Women) · Women's Health

## Cranberry Seed Oil Certified Organic

### Reduces the Look of Aging

An oil that reduces the look of aging that will deeply hydrate, resulting in smoother- and firmer-looking skin. Rich in antioxidants; vitamins A and E; as well as omega-3, -6, and -9; this beauty oil will provide all the nutrients needed for healthy-looking, glowing, and youthful skin.

### Each bottle contains

Organic cranberry (*Vaccinium macrocarpon*) seed oil, cold-pressed, nondeodorized . . . . . 15 ml with added organic rosemary (*Rosmarinus officinalis*) extract.

### Ingredients

*Vaccinium macrocarpon* seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

### Directions of use

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

#2101 · 15 ml · UPC 6-28747-22101-6

OM0051-R2

Beauty · Exotic Skin Oils · Skin

Full line of exotic skin oils, p. 88–91



## Curcumin

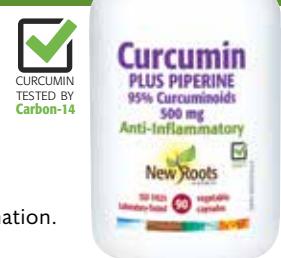
Plus Piperine

95% Curcuminoids · 500 mg

capsules

Anti-Inflammatory  
Carbon-14-Tested  
to Guarantee Freedom from  
Impurities and  
Synthetic Substitutes

Provides antioxidants. Used in herbal medicine to help relieve joint inflammation.



### Each vegetable capsule contains

Turmeric (*Curcuma longa*) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin . . . . . 500 mg Black pepper (*Piper nigrum*) fruit extract, 95% piperine . . . . . 5 mg

### Other ingredients

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

### Directions of use

**Adults:** Take 1–3 capsules daily or as directed by your health-care practitioner. *Joint inflammation:* Take 1 capsule three times daily or as directed by your health-care practitioner.

## Duration of use

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

#1154 · 90 vegetable capsules · UPC 6-28747-11154-6

NPN 80093664 · V0328-R3

Herbs and Herbal Extracts · Pain and Inflammation

## D Vitamins

229–230

## D-Mannose

Powder · 100% Pure

### Urinary Tract Support

### UTI Prevention

Helps prevent the risk of recurrent urinary tract infections (UTIs) in women.

### One rounded half teaspoon contains

D-Mannose . . . . . 2 g

### Directions of use

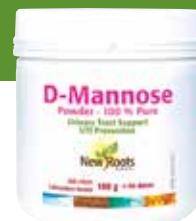
**Adults:** Add ½ a rounded teaspoon (2 grams) to 1–2 cups of water or diluted juice daily, immediately before consumption, and mix well, or take as directed by your health-care practitioner. We recommend weighing D-Mannose for precise dosage.

#2666 · 50 g / 25 doses · UPC 6-28747-02666-6

#2644 · 180 g / 90 doses · UPC 6-28747-02644-4

NPN 80102333 · P0788-R1

Urogenital (Women) · Women's Health



## D-Mannose

& Cranberry

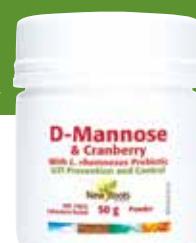
With *L. rhamnosus* Probiotic

powder

### UTI Prevention and Control

### DAIRY-FREE AND SOY-FREE

Helps prevent recurrent urinary tract infections (UTIs) in women. Source of antioxidants for the maintenance of good health. Provides live microorganisms that temporarily modify gut flora.



### Two scoops contain

D-Mannose . . . . . 4,800 mg

Cranberry (*Vaccinium macrocarpon*)

fruit concentrate . . . . . 600 mg

*Lactobacillus rhamnosus* UB5115 . . . . . 500 million CFU

### Directions of use

**Adults:** Use the scoop that accompanies this product. Mix 2 scoops in water or diluted juice twice daily for two days, then 2 scoops in water or diluted juice once daily, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

An open-label clinical study was conducted by Nafarco Pharmacies to evaluate the effectiveness of New Roots Herbal's D-Mannose & Cranberry formula in eradicating *Escherichia coli* bacteria in women with recurrent cystitis. Twenty women took 2 scoops twice daily for two days; then, 2 scoops once daily for five days; finally, after 7 days of rest, ½ scoops daily for 10 days.

Symptoms improved after the first week of treatment, and were reduced by 90% over the entire treatment period. For 84% of the cohort studied, no recurrence occurred. Also, a trend of effectiveness was observed in relation to body mass index (BMI).

The results spoke for themselves, as all participants would either take the product again or recommend it to family or friends.

#1549 · 50 g · UPC 6-28747-01549-3

NPN 80112942 · PM0574-R2

Probiotics · Urogenital (Women) · Women's Health

## D-Pantothenate:

### Vitamin B5

capsules

Calcium D-Pantothenate · 500 mg

Helps the body to metabolize carbohydrates, fats, and protein.

Helps in tissue formation.

#### Each vegetable capsule contains

Vitamin B5  
(calcium D-pantothenate) . . . . . 500 mg



#### Other ingredients

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

#### Directions of use

Adults and children > 6 years old: Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#1407 · 100 vegetable capsules · UPC 6-28747-11407-3  
NPN 80019683 · V0387-R2

Neurological Health · Stress Management · Vitamins and Minerals

Full line of B vitamins, p. 220-225

## D-Ribose

powder

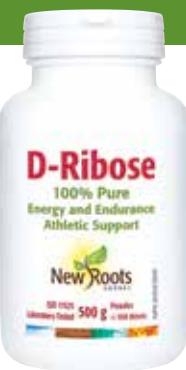
100% Pure · Energy and Endurance

#### Athletic Support

Provides athletic support. Ribose is a factor in energy metabolism and production.

#### Each rounded teaspoon contains approximately

D-Ribose (100% pure) . . . . . 5 g



#### Directions of use

Adults: Take 1 teaspoon once or twice daily or as directed by your health-care practitioner. We recommend weighing D-Ribose for precise dosage.

#0294 · 100 g / ≈ 20 doses · UPC 6-28747-00294-3  
#1286 · 250 g / ≈ 50 doses · UPC 6-28747-01286-7  
#1729 · 500 g / ≈ 100 doses · UPC 6-28747-01729-9  
NPN 80041899 · P0257

Energy · Sport Nutrition

## D-Stress

Organic Lavender Oil

softgels

Reduces Restlessness, Mental Stress, and Exhaustion

Traditionally used in herbal medicine to help relieve restlessness, for the relief of mild symptoms of mental stress and exhaustion, and to aid sleep.

#### Each softgel contains

Organic lavender (*Lavandula angustifolia*) essential oil, hexane-free . . . . . 80 mg



#### Other ingredients

Organic olive oil and natural vitamin E (*D-alpha-tocopherol*) (from non-GMO sunflower) in a softgel composed of annatto extract (in sunflower oil), bovine gelatin, glycerin, and purified water.

## Directions of use

Adults: Take 1 softgel daily with food and a full glass of water or as directed by your health-care practitioner.

#2056 · 15 softgels · UPC 6-28747-12056-2  
#2053 · 30 softgels · UPC 6-28747-12053-1  
#1974 · 60 softgels · UPC 6-28747-11974-0  
NPN 80056812 · V0533-R4

Herbs and Herbal Extracts · Mood Enhancement · Stress Management

Full line of antistress products, p. 202-206

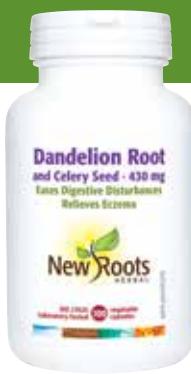
## D Vitamins

229-230

## Dandelion Root

and Celery Seed · 430 mg

capsules



Eases Digestive Disturbances

Relieves Eczema

Dandelion is traditionally used in herbal medicine as a diuretic, to help treat digestive disturbances (dyspepsia), to increase bile flow (cholagogue), and to help stimulate appetite; and as an alterative to help relieve dermatological conditions such as eczema.

#### Each vegetable capsule contains

Dandelion  
(*Taraxacum officinale*) root . . . . . 323 mg  
Celery (*Apium graveolens* var. *dulce*) seed . . . . . 107 mg

#### Other ingredients

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

#### Directions of use

Adults: Take 3 capsules three times daily.

#### Duration of use

For occasional use only.

#0835 · 100 vegetable capsules · UPC 6-28747-10835-5  
NPN 80035276 · V0113-R3

Detoxification · Digestive Health · Herbs and Herbal Extracts · Skin

## Devil's Claw

525 mg

capsules



Relieves Joint Pain

Due to Osteoarthritis

Used in herbal medicine to relieve joint pain associated with osteoarthritis.

#### Each vegetable capsule contains

Devil's claw (*Harpagophytum procumbens*) secondary tuber . . . . . 525 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

Use for a minimum of 2-3 months to see beneficial effects.

#0834 · 100 vegetable capsules · UPC 6-28747-10834-8  
NPN 80009416 · V0114-R2

Herbs and Herbal Extracts · Pain and Inflammation

## Digestive Enzymes

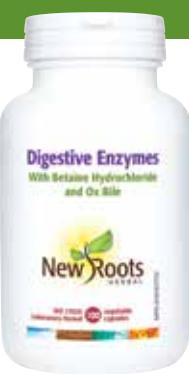
capsules

### With Betaine Hydrochloride and Ox Bile

Digestive aid to help decrease bloating after high-calorie, high-fat meals.

#### Each vegetable capsule contains

Pancreatic enzymes (from domestic pig [ <i>Sus scrofa</i> ]) 4x concentrate . . . . .	200 mg
Protease (20,000 PC USP)	
Amylase (20,000 AGU USP)	
Lipase (1,600 LU USP)	
Betaine hydrochloride <sup>†</sup> . . . . .	105.3 mg
Ox bile (from <i>Bos taurus</i> liver), 45% cholic acids . . . . .	64.8 mg
Pepsin A (324,000 FCC PU) . . . . .	32.4 mg
Papain (from papaya [ <i>Carica papaya</i> ] fruit) (384,000 FCC PU) . . . . .	3.84 mg



<sup>†</sup>Betaine hydrochloride equivalent to 10 drops of dilute hydrochloric acid USP (United States Pharmacopeia).

#### Other ingredients

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

#### Directions of use

**Adults:** Take 1–4 capsules daily with food or as directed by your health-care practitioner. Take with or immediately before a meal/food. Swallow whole; do not crush or chew. Use the smallest effective dose which controls symptoms.

#### Duration of use

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

**NEW SIZE!** #3439 · 60 vegetable capsules · UPC 6-28747-13439-2  
#0224 · 100 vegetable capsules · UPC 6-28747-10224-7  
NPN 80090702 · V0284-R4  
50+ Health · Digestive Health · Enzymes

## DMG

125 mg

capsules



### Helps Support Immune System Function

DMG is an intermediate in the metabolism of the nonessential amino acid glycine, which is involved in protein synthesis. Helps support immune system function.

#### Each vegetable capsule contains

<i>N,N</i> -Dimethylglycine (DMG) (from DMG hydrochloride) . . . . .	125 mg
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#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#0962 · 100 vegetable capsules · UPC 6-28747-10962-8  
NPN 80114865 · V0265-R2

Amino Acids and Proteins · Immune Health · Sport Nutrition

## DMSO Liquid

### Pain Reduction

### Muscles, Tendons, Ligaments, Knees, Hips, Shoulders, Elbows, and Wrists

Helps to temporarily reduce the pain associated with musculoskeletal conditions of the large joints, such as posttraumatic soft-tissue injuries, acute bursitis, strains, and sprains.

#### Medicinal ingredients

DMSO (methyl sulfoxide 99.9%) . . . . .	90%
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#### Other ingredient

Purified water (10%).

#### Directions of use

**Adults:** Apply 8–12 ml on affected area three times daily or as directed by your health-care practitioner. Make sure the affected area is thoroughly cleansed before application. Wash your hands before and after application. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with water. For external use only.

#1968 · 50 ml · UPC 6-28747-21968-6

#1970 · 95 ml · UPC 6-28747-21970-9

NPN 80058315 · LM0135-R1

Pain and Inflammation



## Dong Quai

Women's Ginseng · 500 mg

capsules

### Relieves Menstrual Cramps and Irregularity

Used in traditional Chinese medicine to invigorate and harmonize/tonify the blood and to help relieve menstrual cramps and irregularity.



#### Each vegetable capsule contains

Dong quai ( <i>Angelica sinensis</i> ) root . . . . .	500 mg
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#### Other ingredients

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

#### Directions of use

**Adults:** Take 9 capsules daily or as directed by your health-care practitioner. Avoid prolonged exposure to sunlight, ultraviolet light (UV), or UV therapy.

#### Duration of use

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

#0388 · 100 vegetable capsules · UPC 6-28747-10388-6  
NPN 80039734 · V0023-R3

Herbs and Herbal Extracts · Menopause · Women's Health



## Echinacea

organic tincture

### Helps Relieve Sore Throats and Respiratory Tract Infections

Traditionally used in herbal medicine to help relieve the symptoms of upper respiratory tract infections, and to help relieve sore throats.

#### Each teaspoon contains a crude quantity equivalent of

Organic echinacea  
(*Echinacea angustifolia*) root . . . . . 691 mg



#### Other ingredients

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

#### Directions of use

**Adults and adolescents  $\geq 15$  years old:** Take at the first sign of infection. Take 2 teaspoons daily or as directed by your health-care practitioner.

#### Duration of use

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

#1708 · 50 ml · UPC 6-28747-21708-8  
#1709 · 95 ml · UPC 6-28747-21709-5

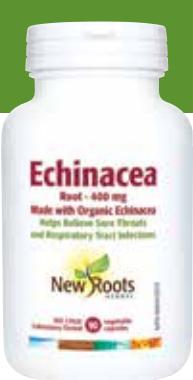
NPN 80051823 · LM0015-R5

[Cold and Flu](#) · [Herbs and Herbal Extracts](#) · [Immune Health](#)

## Echinacea

Root · 400 mg

Made with Organic Echinacea capsules



### Helps Relieve Sore Throats and Respiratory Tract Infections

Traditionally used in herbal medicine to help relieve the symptoms of upper respiratory tract infections. Traditionally used in herbal medicine to help relieve sore throats.

#### Each vegetable capsule contains

Organic echinacea (*Echinacea angustifolia*) root . . . . . 200 mg  
Organic echinacea (*Echinacea purpurea*) root . . . . . 200 mg

#### Other ingredients

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

#### Directions of use

**Adults and adolescents  $\geq 15$  years old:** Take 2 capsules three times daily with meals or as directed by your health-care practitioner. Take at the first sign of infection.

#### Duration of use

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

#0269 · 90 vegetable capsules · UPC 6-28747-10269-8  
NPN 80042503 · V0025-R3

[Cold and Flu](#) · [Herbs and Herbal Extracts](#) · [Immune Health](#)

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

Albert Schweitzer

## Elderberry Juice

powder

*Sambucus nigra* ssp. *nigra*

From Northern Europe

160+ Dried Berries per Portion

5 Calories per Portion · 0% Sugar

Vegan · Gluten-Free · Non-GMO



Treating yourself to elderberry has never been easier or more delicious. Mix into water, sparkling water, juices, teas, smoothies, or yogurts. Make elderberry popsicles, jello, ice cream, dressings, sauces, and baked goods. Use as natural food colouring. Get creative! No sugar or artificial sweeteners added.

#### Ingredient

Northern-European elderberry juice concentrated powder (maltodextrin and elderberries).

#### Preparation

Add 1 teaspoon (2 g) to 250 ml of water or sparkling water.

#### Nutrition Facts · Per 1 tsp. (2 g)

Calories	5	% Daily Value*	% Daily Value*
Fat 0 g . . . . .	0 g	0 %	Cholesterol 0 mg
Saturated 0 g + Trans 0 g . . . . .	0 g	0 %	Sodium 0 mg . . . . .
Carbohydrate 2 g			Potassium 0 mg . . . . .
Fibre 0 g . . . . .	0 g	0 %	Calcium 0 mg . . . . .
Sugars 0 g . . . . .	0 g	0 %	Iron 0 mg . . . . .
Protein 0 g			

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

#2645 · 100 g / 50 portions · UPC 6-28747-02645-1  
P0860-R1

**NONTAXABLE ITEM**  
Functional Foods

## Elderberry ResQ

Concentrated Extract

With Blackcurrant and Bilberry capsules



#### Cold and Flu Formula

Used in herbal medicine to help relieve symptoms of colds and flus (such as coughs, sore throat, and mucus buildup [catarrh] of the upper respiratory tract), and to promote sweating (diaphoretic) to help relieve fever.

#### Each vegetable capsule contains

Elderberry (*Sambucus nigra* ssp. *nigra*) fruit 50:1 extract . . . . . 428 mg  
European bilberry (*Vaccinium myrtillus*) fruit 100:1 extract, 25% anthocyanosides . . . . . 37.5 mg  
Blackcurrant (*Ribes nigrum*) fruit . . . . . 50 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

For occasional use only.

#2670 · 30 vegetable capsules · UPC 6-28747-12670-0  
NPN 80106414 · V0710-R1

[Cold and Flu](#) · [Immune Health](#)

## Elderberry ResQ

European Berries

fruit tincture

### Cold and Flu

Used in herbal medicine to help relieve symptoms of colds and flus (such as coughs, sore throat, and mucus buildup [catarrh] of the upper respiratory tract) and to promote sweating (diaphoretic) to help relieve fever.

#### Each 1 ml (40 drops) contains a crude quantity equivalent of

Elderberry (*Sambucus nigra* ssp. *nigra*) fruit ..... 250 mg



### Other ingredients

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

### Directions of use

**Adults and adolescents 14 years and over:** Take 2 ml three times daily; **adolescents 10–13 years old:** Take 1 ml three times daily; **children 5–9 years old:** Take ½ ml three times daily; **children 2–4 years old:** Take ¼ ml three times daily; or as directed by your health-care practitioner.

### Duration of use

For occasional use only.

#2566 · 50 ml / 25 doses · UPC 6-28747-22566-3

#2567 · 95 ml / 47 doses · UPC 6-28747-22567-0

NPN 80112083 · LM0155-R1

Immune Health

## ElderFlower ResQ

organic tincture

### Cold · Flu · Fever · Allergies

Used in herbal medicine (children and adults) to promote sweating (diaphoretic) to help relieve fever (in cases of common colds, flus), and to help relieve symptoms of colds and flus (such as coughs, sore throat and mucus buildup of the upper respiratory tract). Used in herbal medicine (adults) to help relieve nasal congestion and discharge associated with sinusitis, hay fever, and allergic rhinitis.



#### Each 1 ml (40 drops) contains a crude quantity equivalent of

Organic European elderflower (*Sambucus nigra* ssp. *nigra*) ..... 250 mg

### Other ingredients

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

### Directions of use

Mix with juice for children. Wait at least 4 hours between doses. **Adults and adolescents 14 and over:** Take 2 ml three times daily. **Adolescents 10–13 years old:** Take 1 ml three times daily. **Children 5–9 years old:** Take ½ ml (0.5 ml) three times daily. **Children 2–4 years old:** Take ¼ ml (0.33 ml or 13 drops) three times daily. Take as directed above or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 1 week for children 6 years or younger.

#2568 · 50 ml · UPC 6-28747-22568-7

#2569 · 95 ml · UPC 6-28747-22569-4

NPN 80108530 · LM0154-R1

Cold and Flu · Herbs and Herbal Extracts · Immune Health

## Electrolytes

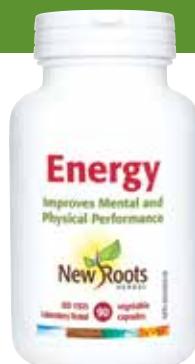
77

## Energy

capsules

### Improves Mental and Physical Performance

Siberian ginseng is used in herbal medicine to help improve mental or physical performance after periods of exertion, and as a tonic to help relieve general debility or to aid during convalescence.



#### Each vegetable capsule contains

D-Ribose	300 mg
Bee pollen	250 mg
Siberian ginseng ( <i>Eleutherococcus senticosus</i> ) root extract, 0.8% eleutherosides	100 mg
N,N-Dimethylglycine hydrochloride	35 mg
Astragalus ( <i>Astragalus membranaceus</i> ) root extract, 16% polysaccharides	20 mg
Red ginseng ( <i>Panax ginseng</i> ) leaf and root extract, 20% ginsenosides	10 mg

### Other ingredients

Licorice (*Glycyrrhiza* spp.) root extract, 10% glycyrrhizic acid (25 mg); vegetable stearic acid; vegetable magnesium stearate; and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults ≥ 18 years old:** Take 1 capsule once or twice daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 1 month.

#0209 · 45 vegetable capsules · UPC 6-28747-10209-4

#0937 · 90 vegetable capsules · UPC 6-28747-10937-6

NPN 80045018 · V0061-R7

Energy

## Essence:

## New Roots Essence

tincture



### Removes Accumulated Waste Products via Kidneys, Skin, and Mucous Membranes

Traditionally used in herbal medicine as a diuretic, diaphoretic, and alterative to help remove accumulated waste products via the kidneys, skin, and mucous membranes.

#### Each tablespoon contains a crude quantity equivalent of

Organic burdock ( <i>Arcium lappa</i> ) root	172 mg
Organic sheep sorrel ( <i>Rumex acetosella</i> ) herb top	86 mg
Pau d'arco ( <i>Tabebuia heptaphylla</i> ) inner bark	30.7 mg
Organic slippery elm ( <i>Ulmus rubra</i> ) bark	21 mg
Organic blessed thistle ( <i>Cnicus benedictus</i> ) herb top	8 mg
Organic red clover ( <i>Trifolium pratense</i> ) herb	8 mg
Watercress ( <i>Nasturtium officinale</i> ) herb	8 mg
Organic rhubarb ( <i>Rheum palmatum</i> ) root	5 mg

### Other ingredients

Organic whole Norwegian kelp (*Ascophyllum nodosum*), organic alcohol 25% (from sugarcane), glycerin, and purified water. · Steeped in organic alcohol (from organic sugarcane) for 21 days.

## Directions of use

**Adults:** Take 3 tablespoons in the morning and 4 tablespoons in the evening or as directed by your health-care practitioner. **Optional:** To reduce the alcohol content, add 4 ounces of boiling water and let sit for 5 minutes. Can also be mixed with orange juice or your favourite juice.

## Duration of use

For occasional use only.

#1977 · 500 ml / ≈9½ doses · UPC 6-28747-21977-8  
NPN 80109774 · LM0136-R1

[Detoxification](#)

## Essential oils

**78-86**

**New Product! Since September 2024**

### Essential Oil Gift Set

#### 4 Pure Essential Oils + Spray Bottle

- Gift set includes 4 bestselling, full-sized 100% pure, undiluted, unadulterated essential oils
- Comes in elegant packaging with a reusable keepsake storage box and travel-ready 15 ml spray bottle
- Premium-quality, globally sourced, and laboratory-validated



#### Bergamot Essential Oil

Bergamot (*Citrus bergamia*) fruit peel essential oil, cold-pressed . . . . . 30 ml

**Aroma:** Citrus, floral, spicy, sweet. **Top note.**

**Attributes:** Vibrant, inspiring, uplifting.

#### Cedarwood Essential Oil

Himalayan cedar (*Cedrus deodara*) wood essential oil, steam-distilled . . . . . 30 ml

**Aroma:** Woody, fresh, resinous. **Base note.**

**Attributes:** Relaxing, reassuring, strengthening, empowering.

#### Eucalyptus Essential Oil

Eucalyptus (*Eucalyptus globulus*) leaf and twig essential oil, steam-distilled . . . . . 30 ml

**Aroma:** Green, fresh, woody. **Middle note.**

**Attributes:** Regenerating, clarifying, deep.

#### Wild Field Mint Essential Oil

Wild field mint (*Mentha arvensis*) leaf essential oil, steam-distilled . . . . . 30 ml

**Aroma:** Fresh, herbal, minty. **Top note.**

**Attributes:** Refreshing, stimulating, revitalizing.

#K3425 · 4 bottles × 30 ml · UPC 6-28747-53425-3  
[Essential Oils](#)

[Full line of essential oils, p. 78-86](#)

## Eucalyptus Organic Essential Oil

*Eucalyptus globulus*

100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.

#### Each drop contains

Organic bluegum (*Eucalyptus globulus*) leaf essential oil. . . . . 100%

#### Active compounds

1,8-cineole, *alpha*-pinene, and limonene.



## Directions of use

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

## Duration of use

For occasional use only.

#2138 · 15 ml · UPC 6-28747-22138-2

NPN 80071187 · O0032B-R1

[Essential Oils](#)

[Full line of essential oils, p. 78-86](#)

## Eucalyptus Pure Essential Oil

*Eucalyptus globulus*

100% Pure · Clean · Unadulterated

**Aroma:** Green, fresh, woody.

**Attributes:** Regenerating, clarifying, deep.

**Scent note:** Middle Note



#### Each drop contains

Eucalyptus (*Eucalyptus globulus*) leaf and twig essential oil, steam-distilled . . . . . 100%

#### Active compounds

*alpha*-Terpineol, 1,8-cineole, pinene, and camphene.

## Directions of use

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

## Duration of use

For external and occasional use only.

#3202 · 30 ml · UPC 6-28747-13202-9

O0032-R1

[Essential Oils · Herbs and Herbal Extracts](#)

[Full line of essential oils, p. 78-86](#)

## Evening Primrose Oil · 500 mg

softgels

Made with Organic Evening Primrose

Eczema/Acne



Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.

#### Each softgel contains

Organic evening primrose (*Oenothera biennis*) seed oil, hexane-free . . . . . 500 mg

**Providing:**

Linoleic acid (LA) (68%) . . . . . 340 mg

*gamma*-Linolenic acid (GLA) (10%) . . . . . 50 mg

#### Other ingredients

Natural vitamin E (*D-alpha*-tocopherol) (from non-GMO sunflower) and rosemary leaf extract in a softgel composed of bovine gelatin, glycerin, and purified water.

## Directions of use

**Adults:** As source of omega-6s / linoleic acid: Take 3 softgels daily or as directed by your health-care practitioner. **For all other uses:**

Take 3 softgels one to four times daily or as directed by your health-care practitioner.

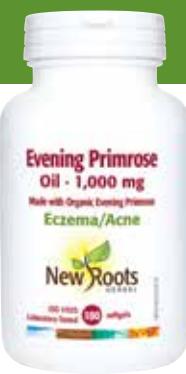
#0414 · 90 softgels · UPC 6-28747-10414-2  
#0413 · 180 softgels · UPC 6-28747-10413-5  
NPN 80092918 · V0276-R6

Essential Fatty Acids · Menopause · Skin · Women's Health

## Evening Primrose

Oil · 1,000 mg

softgels



Made with Organic Evening Primrose  
Eczema/Acne

Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.

### Each softgel contains

Organic evening primrose (*Enothera biennis*) seed oil, hexane-free ..... 1,000 mg  
Providing:  
Linoleic acid (LA) (68%) ..... 680 mg  
gamma-Linolenic acid (GLA) (10%) ..... 100 mg

### Other ingredients

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

### Directions of use

**Adults:** For acne/eczema/skin moisture, hydration, elasticity and firmness: Take 2 softgels twice daily. As source of omega-6s / linoleic acid: Take 2 softgels daily. For all other uses: Take 2 softgels one to three times daily.

#1438 · 90 softgels · UPC 6-28747-11438-7  
#1439 · 180 softgels · UPC 6-28747-11439-4  
NPN 80092916 · V0401-R3

Essential Fatty Acids · Menopause · Skin · Women's Health

## Exotic Skin Oils

88-91

New Product! Since April 2024

## Exotic Oils Gift Set

### In Wood Box with Roller Bottle

Elevate your gift-giving with our luxurious Exotic Oil Gift Set, featuring four top-selling oils and a refillable roll-on applicator, packaged in a charming keepsake box with lid. Pamper your skin, hair, and nails with Argan Oil, Cranberry Seed Oil, Rosa Mosqueta Seed Oil, and Skin Lovers' Oil. All our oils are sustainably sourced and tested for purity in an industry-leading, ISO 17025-accredited laboratory.



### Argan Oil

Organic *Argania spinosa* (argan) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract ..... 15 ml

### Cranberry Seed Oil

Organic *Vaccinium macrocarpon* (cranberry) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract ..... 15 ml

## Rosa Mosqueta Seed Oil

Organic *Rosa rubiginosa* / *Rosa moschata* (rosehip) seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract ..... 15 ml

## Skin Lovers Oil

Organic *Lycium barbarum* (goji) seed oil, organic *Rosa rubiginosa* or *Rosa moschata* (rosehip) seed oil, organic *Hippophae rhamnoides* (sea buckthorn) seed oil, organic *Argania spinosa* (argan) oil, organic *Vaccinium macrocarpon* (cranberry) seed oil, organic *Calophyllum inophyllum* (tamanu) oil, and natural vitamin E ..... 15 ml

#K3407 · 4 bottles × 15 ml · UPC 6-28747-53407-9

NOTE: Due to packaging constraints, the code for this product is different in French: K3423.

Beauty · Exotic Skin Oils · Hair · Nails · Skin

Full line of exotic skin oils, p. 88-91

## EyeSurance

Natural Lutein 25 mg  
and Zeaxanthin 5 mg

softgels



Maintains Healthy Eyesight

Helps Prevent Cataracts and AMD

Source of antioxidants for the maintenance of good health and of eye health. Helps to maintain eyesight in conditions associated with sunlight damage, such as cataracts and age-related macular degeneration. Helps to reduce the risk of developing cataracts. Helps to improve macular pigment optical density.

### Each softgel contains:

Lutein (from marigold [*Tagetes erecta*] flower) ..... 25 mg  
Zeaxanthin (from marigold [*Tagetes erecta*] flower) ..... 5 mg

### Other ingredients

Organic sunflower oil, rosemary extract, beeswax, and natural vitamin E (D-alpha-tocopherol, from sunflower) in a softgel composed of annatto extract, bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 1 softgel daily with a meal containing oil/fat, or as directed by your health-care practitioner.

#2724 · 30 softgels · UPC 6-28747-12724-0

#2725 · 60 softgels · UPC 6-28747-12725-7

NPN 80109354 · V0675-R2

Eye Health

## Femina Flora

Vaginal Flora

vaginal ovules



4 strains · 10 Billion Probiotics

Specific Strength

+ Selected Special Strains

Provides microorganisms that temporarily modify vaginal flora.

### Each vaginal ovule contains

*Lactobacillus rhamnosus* R0011 ..... 8.09 billion CFU  
*Lactobacillus acidophilus* R0418 ..... 982 million CFU  
*Streptococcus salivarius*  
ssp. *thermophilus* HA-110 ..... 616 million CFU  
*Lactobacillus delbrueckii*  
ssp. *bulgaricus* HA-137 ..... 312 million CFU

## Other ingredients

Lactose, vitamin C (ascorbic acid), and vegetable magnesium stearate in a capsule composed of bovine gelatin, purified water, and glycerin.

## Directions of use

**Adult women:** Insert 1 ovule intravaginally daily before bed for 10 days or as directed by your health-care practitioner. Gently twist narrow part of the ovule into applicator until firmly inserted. If you are taking antibiotics, use this product at least 2–3 hours before or after them.

#1065 · 10 vaginal ovules · UPC 6-28747-11065-5

NPN 80041956 · V0031-R5

Probiotics · Women's Health

Full line of probiotics, p. 166–179

## Femina Flora Oral Women's Probiotic

capsules

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

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

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (55 billion) to the intestines**

### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	19 billion CFU
<i>Lactobacillus casei</i> UB1499	12 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	5.25 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	2 billion CFU
<i>Bifidobacterium breve</i> UB8674	2 billion CFU
<i>Bifidobacterium longum</i> UB7691	2 billion CFU
<i>Lactobacillus crispatus</i> UB4719	750 million CFU
<i>Lactobacillus gasseri</i> UB8141	750 million CFU
<i>Lactobacillus rhamnosus</i> GG	300 million CFU
<i>Lactobacillus acidophilus</i> LA-14	300 million CFU

### Plant Strain

<i>Lactobacillus plantarum</i> UB2783	8 billion CFU
---------------------------------------	---------------

### Dairy Strains

<i>Lactobacillus johnsonii</i> UB3394	750 million CFU
<i>Lactobacillus paracasei</i> UB1978	600 million CFU
<i>Lactobacillus helveticus</i> UB7229	500 million CFU
<i>Lactobacillus reuteri</i> UB2419	500 million CFU
<i>Lactobacillus casei</i> LC-11	300 million CFU

Vitamin C ..... 6 mg  
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

## Other ingredients

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

## Directions of use

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

#2168 · 30 vegetable capsules · UPC 6-28747-12168-2

NPN 80116921 · V0578-R2

Digestive Health · Probiotics · Women's Health

Full line of probiotics, p. 166–179

## Fermented products

92–94

## Fibre Ultra Rich

Plantago + Inulin

powder

### Promotes Regularity and Cleansing

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content. Psyllium provides gentle relief of constipation and irregularity.



### Each teaspoon contains

Psyllium ( <i>Plantago ovata</i> ) husk	2,128 mg
Roselle ( <i>Hibiscus sabdariffa</i> )	126 mg
Inulin (from chicory root [ <i>Cichorium intybus</i> ])	100 mg
Clove ( <i>Syzygium aromaticum</i> ) flower bud	53 mg
Licorice ( <i>Glycyrrhiza glabra</i> ) root	53 mg

### Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

## Directions of use

**Adults ≥ 19 years old:** Take 1 teaspoon twice daily. For each gram of psyllium, take with at least 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. Effects observed 12–24 hours after the first dose; results may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them.

## Duration of use

Avoid long-term use, and consult a health-care practitioner for use beyond 6 weeks.

Note: Also take 1–2 capsules of enteric-coated *Acidophilus Ultra* each day. Start progressively or as directed by your health-care practitioner. Our *Acidophilus Ultra* capsule is protected by an enteric coating. The capsule must survive stomach acid and be delivered to the small intestine in order to work. The beneficial activity of *acidophilus* capsules without an enteric coating is destroyed in the stomach by stomach acid.

#0166 · 340 g / ≈136 doses · UPC 6-28747-00166-3

NPN 80044396 · PM0077-R1

Digestive Health · Weight Management

**“I’m convinced of this: Good done anywhere is good done everywhere. For a change, start by speaking to people rather than walking by them like they’re stones that don’t matter. As long as you’re breathing, it’s never too late to do some good.”**

Maya Angelou

## Fibre Ultra Rich

Psyllium · 550 mg

capsules



Regularity · Cleansing

Lowers Cholesterol

Promotes Heart Health

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Each vegetable capsule contains

Psyllium ( <i>Plantago ovata</i> ) husk	405.36 mg
Roselle ( <i>Hibiscus sabdariffa</i> ) flower	80.98 mg
Inulin (from chicory root [ <i>Cichorium intybus</i> ])	42.92 mg
Clove ( <i>Syzygium aromaticum</i> ) flower bud	10.12 mg
Licorice ( <i>Glycyrrhiza glabra</i> ) root	10.12 mg

### Other ingredients

Stevia (*Stevia rebaudiana*) leaf extract and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults ≥ 19 years old:** Take 3–9 capsules three times daily or as directed by your health-care practitioner. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. If you are taking other medications, take this product 2 hours before or after them. For cholesterol and heart health, take 9 capsules three times daily.

### Duration of use

Effects observed 12–24 hours after the first dose; results may take 2–3 days. Avoid long-term use, and consult a health-care practitioner for use beyond 6 weeks.

Note: Also take 1 or 2 capsules of enteric-coated *Acidophilus Ultra* each day.

#0396 · 100 vegetable capsules · UPC 6-28747-10396-1  
NPN 80032690 · V0109-R2

Digestive Health · Weight Management

## Fibre Ultra Rich

Psyllium + Inulin

powder



Regularity · Cleansing

Lowers Cholesterol

Promotes Heart Health

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Each teaspoon contains

Psyllium ( <i>Plantago ovata</i> ) husk	1,945 mg
Roselle ( <i>Hibiscus sabdariffa</i> ) flower	414 mg
Licorice ( <i>Glycyrrhiza glabra</i> ) root	52 mg
Inulin (from chicory root [ <i>Cichorium intybus</i> ])	36 mg
Clove ( <i>Syzygium aromaticum</i> ) flower bud	6 mg

### Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

### Directions of use

**Adults ≥ 19 years old:** Take 1–3 teaspoons twice daily. For cholesterol and heart health, take 3 teaspoons twice daily. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. If you are taking other medications, take this product 2 hours before or after them.

### Duration of use

Effects observed 12–24 hours after the first dose; results may take 2–3 days. Minimum daily dose may be increased up to maximum daily dose, until desired effect is obtained.

Note: Also take 1–2 capsules of enteric-coated *Acidophilus Ultra* each day. Our *Acidophilus Ultra* capsule is protected by an enteric coating. The capsule must survive stomach acid and be delivered to the small intestine in order to work. The beneficial activity of *acidophilus* capsules without an enteric coating is destroyed in the stomach by stomach acid.

#0156 · 200 g / ≈ 80 doses · UPC 6-28747-00156-4  
#0085 · 340 g / ≈ 136 doses · UPC 6-28747-00085-7  
NPN 80034692 · PM0079-R1

Digestive Health · Weight Management

## Fish Oils

152–159

## Flaxseed Oil

Made with Cold-Pressed,  
Organic Flax · 1,000 mg

softgels



Source of Omega-3, -6, -9

ALA 550 mg · OA 184 mg · LA 174 mg

Source of essential fatty acids and of omega-3 for the maintenance of good health.

### Each softgel contains

100% Pure, cold-pressed, organic flax (*Linum usitatissimum*) seed oil, hexane-free · 1,000 mg

#### Providing:

alpha-Linolenic acid (ALA) omega-3 fatty acids · 550 mg  
Oleic acid (OA) · 184 mg  
Linoleic acid (LA) · 174 mg

### Other ingredients

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) in a softgel composed of annatto extract, bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** As a dietary supplement, take 2 softgels two to four times daily or as directed by your health-care practitioner.

#0590 · 180 softgels · UPC 6-28747-10590-3

NPN 80015256 · V0033-R4

Essential Fatty Acids · Heart and Blood

## Folate

95

**“Everyone has inside them a piece of good news. The good news is you don’t know how great you can be! How much you can love! What you can accomplish! And what your potential is.”**

Anne Frank

# ELECTROLYTES

## Lectro-Lytes

Coco-Pineapple

powder

Electrolyte Rehydration Drink Mix

Rich in Vitamin C

No Added Sugar · Gluten-Free

Stay Properly Hydrated!

Keep properly hydrated in hot weather, when traveling, working out, or recuperating. Ideal for anyone needing to create a normal electrolyte balance within the body or for those that follow an exercise program.

### Ingredients

Magnesium bisglycinate, potassium citrate, citric acid, calcium citrate, malic acid, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate), and natural pineapple and coconut flavours (pineapple, coconut, maltodextrin, silicon dioxide).

### Directions of use

Add one scoop to 200 ml of water. Use once a day.

#### Supplemented Food Facts · Per 1 scoop (4.2 g)

Calories	5	% Daily Value*	Calories	5	% Daily Value*
Fat 0 g	.....	0 %	Potassium 200 mg	.....	4 %
Saturated 0 g + Trans 0 g	0 %		Calcium 100 mg	.....	8 %
Carbohydrate 1 g			Iron 0.1 mg	.....	1 %
Fibres 0 g	.....	0 %	Supplemented with†:		
Sugars 0 g	.....	0 %	Vitamin C 251 mg	.....	279 %
Protein 0 g			Vitamin B6 10 mg	.....	588 %
Cholesterol 0 mg			Magnesium 120 mg	.....	29 %
Sodium 55 mg	.....	2 %			

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

†Includes naturally occurring and supplemental amounts

#2490 · 168 g / 40 portions · UPC 6-28747-02490-7

PM0818-R1

**NONTAXABLE ITEM**

Energy · Sport Nutrition · Vitamins and Minerals



## Lectro-Lytes

Lemon-Lime

powder

Electrolyte Rehydration Drink Mix

Rich in Vitamin C

No Added Sugar · Gluten-Free

Stay Properly Hydrated!

Keep properly hydrated in hot weather, when traveling, working out, or recuperating.

Ideal for anyone needing to create a normal electrolyte balance within the body or for those that follow an exercise program.



### Ingredients

Magnesium bisglycinate, potassium citrate, malic acid, citric acid, calcium citrate, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate), and natural lemon-lime flavour (lemon, lime, maltodextrin, silicon dioxide).

### Directions of use

Add one scoop to 200 ml of water. Use once a day.

#### Supplemented Food Facts · Per 1 scoop (4.8 g)

Calories	5	% Daily Value*	Calories	5	% Daily Value*
Fat 0 g	.....	0 %	Potassium 200 mg	.....	4 %
Saturated 0 g + Trans 0 g	0 %		Calcium 100 mg	.....	8 %
Carbohydrate 1 g			Iron 0 mg	.....	0 %
Fibres 0 g	.....	0 %	Supplemented with†:		
Sugars 0 g	.....	0 %	Vitamin C 251 mg	.....	279 %
Protein 0 g			Vitamin B6 10 mg	.....	588 %
Cholesterol 0 mg			Magnesium 120 mg	.....	29 %
Sodium 50 mg	.....	2 %			

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

†Includes naturally occurring and supplemental amounts

#2488 · 192 g / 40 portions · UPC 6-28747-02488-4

PM0814-R1

**NONTAXABLE ITEM**

Energy · Sport Nutrition · Vitamins and Minerals

Selecting the right electrolyte formula is elementary. Consumers expect precise elemental values of key minerals. ICP-MS and ICP-OES technologies guarantee our label claims deliver.



# ESSENTIAL OILS

## NOW AVAILABLE!

### BEAUTIFUL ESSENTIAL OIL WOODEN DISPLAY



**EMBELLISH YOUR SHELVES WITH THIS NEW  
STACKABLE WOODEN DISPLAY!**

CAN ALSO BE USED WITH OUR 15 ML AND 30 ML EXOTIC OILS

# ESSENTIAL OILS

## About Our Essential Oils...

When you select New Roots Herbal, you benefit from a product that has been tested for identity, purity, and potency in the on-site industry-leading, ISO 17025-accredited laboratory. Aromatherapy is at the crossroads of art and science, where naturally extracted essences of botanical origin invigorate body, mind, and spirit. It can also serve to bridge the gap between body and mind to stimulate our body's innate ability to heal itself.

## A Variety of Uses

Essential oils offer an excellent alternative to artificial scents often used in products such as perfumes, cosmetics, air fresheners, cleaning products, candles, massage oils,\* etc.

Pleasant aromas can have a positive impact on our emotions and wellbeing, with varying scents having different influences on the body, mind, and spirit. There is no limit to using aromas to set the mood; energizing before an important event, calming to recuperate from a tough day, or serene to create a peaceful sleep environment.

\*For topical use, mix with carrier oil.

## Keep It Pure!

Considering their wide range of uses, essential oils can easily be absorbed via the respiratory tract or through the skin. Quality and safety standards are crucial.

All New Roots Herbal essential oils are tested in the on-site state-of-the-art ISO 17025-accredited laboratory to ensure they do not contain additives and are safe from heavy metals, herbicides, pesticides, solvents, and other environmental contaminants.

## Buyer Beware!

According to the Aromatic Plant Research Center, it has been found that an alarming 80% of all essential oils available in the market are adulterated, indicating a significant prevalence of impurities or contaminants in these products.

Contaminated essential oils can be harmful to your health, as they may contain dangerous levels of lead, mercury, cadmium, glyphosate, DDT, PCB, ammonia, hexane, carcinogenic and toxic solvents, or other chemicals, potentially leading to respiratory irritation and other serious health concerns.

### Bergamot Pure Essential Oil

*Citrus bergamia*

100% Pure · Clean · Unadulterated

**Aroma:** Citrus, floral, spicy, sweet.

**Attributes:** Vibrant, inspiring, uplifting.

**Scent note:** Top Note



#### Each drop contains

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

#### Active compounds

Limonene, linalyl acetate, and linalool.

#### Directions of use

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

#### Duration of use

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

#3199 · 30 ml · UPC 6-28747-13199-2

O0089-R1

Essential Oils · Herbs and Herbal Extracts

### Cedarwood Pure Essential Oil

*Cedrus deodara*

100% Pure · Clean · Unadulterated

**Aroma:** Woody, fresh, resinous.

**Attributes:** Relaxing, reassuring, strengthening, empowering.

**Scent note:** Base Note



#### Each drop contains

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

#### Active compound

Himachalene.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3200 · 30 ml · UPC 6-28747-13200-5

O0086-R1

Essential Oils · Herbs and Herbal Extracts



# ESSENTIAL OILS

## Citronella

### Pure Essential Oil

*Cymbopogon winterianus*

100% Pure · Clean · Unadulterated

Aroma: Fresh, citrus, herbal, fruity.

Attributes: Purifying, reviving, cleansing.

Scent note: Top Note

#### Each drop contains

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



#### Active compounds

Citronellal, citronellol, and geraniol.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

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

## Clary Sage

### Pure Essential Oil

*Salvia sclarea*

100% Pure · Clean · Unadulterated

Aroma: Herbal, earthy, sweet, floral.

Attributes: Inspiring, focusing, centering.

Scent note: Middle Note

#### Each drop contains

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



#### Active compounds

Linalool and linalyl acetate.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

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



## Clove Bud

### Organic Essential Oil

*Syzygium aromaticum*

100% Pure · Certified Organic

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

#### Each drop contains

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



#### Active compounds

Eugenol and *beta*-caryophyllene.

#### Directions of use

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

#### Duration of use

For occasional use only.

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

**New Product Since September 2024**

## Essential Oil Gift Set

### 4 Pure Essential Oils + Spray Bottle

- Gift set includes 4 bestselling, full-sized 100% pure, undiluted, unadulterated essential oils
- Comes in elegant packaging with a reusable keepsake storage box and travel-ready 15 ml spray bottle
- Premium-quality, globally sourced, and laboratory-validated



### Bergamot Essential Oil

Bergamot (*Citrus bergamia*) fruit peel essential oil, cold-pressed . 30 ml

Aroma: Citrus, floral, spicy, sweet. **Top note**.

Attributes: Vibrant, inspiring, uplifting.

### Cedarwood Essential Oil

Himalayan cedar (*Cedrus deodara*) wood essential oil, steam-distilled. . . . . 30 ml

Aroma: Woody, fresh, resinous. **Base note**.

Attributes: Relaxing, reassuring, strengthening, empowering.

### Eucalyptus Essential Oil

Eucalyptus (*Eucalyptus globulus*) leaf and twig essential oil, steam-distilled. . . . . 30 ml

Aroma: Green, fresh, woody. **Middle note**.

Attributes: Regenerating, clarifying, deep.

### Wild Field Mint Essential Oil

Wild field mint (*Mentha arvensis*) leaf essential oil, steam-distilled. . . . . 30 ml

Aroma: Fresh, herbal, minty. **Top note**.

Attributes: Refreshing, stimulating, revitalizing.

#K3425 · 4 bottles × 30 ml · UPC 6-28747-53425-3  
Essential Oils

# ESSENTIAL OILS

## Eucalyptus

### Organic Essential Oil

*Eucalyptus globulus*

100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.

#### Each drop contains

Organic bluegum (*Eucalyptus globulus*) leaf essential oil. . . . . 100%



#### Active compounds

1,8-cineole, *alpha*-pinene, and limonene.

#### Directions of use

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

#### Duration of use

For occasional use only.

#2138 · 15 ml · UPC 6-28747-22138-2

NPN 80071187 · O0032B-R1

Essential Oils

## Eucalyptus

### Pure Essential Oil

*Eucalyptus globulus*

100% Pure · Clean · Unadulterated

Aroma: Green, fresh, woody.

Attributes: Regenerating, clarifying, deep.

Scent note: Middle Note 



#### Each drop contains

Eucalyptus (*Eucalyptus globulus*) leaf and twig essential oil, steam-distilled. . . . . 100%

#### Active compounds

*alpha*-Terpineol, 1,8-cineole, pinene, and camphene.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3202 · 30 ml · UPC 6-28747-13202-9

O0032-R1

Essential Oils · Herbs and Herbal Extracts



## Geranium

### Pure Essential Oil

*Pelargonium graveolens*

100% Pure · Clean · Unadulterated

Aroma: Floral, green, soft, sweet.

Attributes: Nostalgic, purifying, balancing.

Scent note: Middle Note 



#### Each drop contains

Geranium (*Pelargonium graveolens*) flower essential oil, steam-distilled. . . . . 100%

#### Active compounds

Citronellol and geraniol.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3204 · 30 ml · UPC 6-28747-13204-3

O0030-R1

Essential Oils · Herbs and Herbal Extracts

## Ginger Pure

### Essential Oil

*Zingiber officinale*

100% Pure · Clean · Unadulterated

Aroma: Warm, spicy, earthy, woody.

Attributes: Soothing, clarifying, energizing.

Scent note: Middle Note 



#### Each drop contains

Ginger (*Zingiber officinale*) rhizome essential oil, steam-distilled. . . . . 100%

#### Active compound

Zingiberene.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3205 · 30 ml · UPC 6-28747-13205-0

O0088-R1

Essential Oils · Herbs and Herbal Extracts

“A great scent is a world you can return to over and over – a keyhole into another realm.”

David Seth Moltz

# ESSENTIAL OILS

## Lavender

### Organic Essential Oil

*Lavandula angustifolia*

100% Pure · Certified Organic

Used in aromatherapy as a nervine/calmitative. Used in aromatherapy as carminative/antispasmodic for symptomatic relief of digestive discomfort.

#### Each drop contains

Organic lavender (*Lavandula angustifolia*) flowering herb top essential oil ..... 100%



#### Active compounds

Linalyl acetate and linalool.

#### Directions of use

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

#### Duration of use

For occasional use only.

#2139 · 15 ml · UPC 6-28747-22139-9  
NPN 80069450 · O0031-R1  
Essential Oils

## Lemon

### Organic Essential Oil

(*Citrus × limon*)

100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.

#### Each drop contains

Organic lemon (*Citrus × limon*) fruit peel essential oil ..... 100%



#### Active compounds

Limonene and beta-pinene.

#### Directions of use

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

#### Duration of use

For occasional use only.

#2148 · 15 ml · UPC 6-28747-22148-1  
NPN 80076490 · O0059-R1  
Essential Oils



## Lemon

### Pure Essential Oil

*Citrus × limon*

100% Pure · Clean · Unadulterated

Aroma: Fresh, citrus, sweet.

Attributes: Refreshing, cleansing, energizing.

Scent note: Top Note



#### Each drop contains

Lemon (*Citrus × limon*) fruit peel essential oil, cold-pressed ..... 100%

#### Active compound

Limonene.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3206 · 30 ml · UPC 6-28747-131206-7  
O0094-R1  
Essential Oils

## Lemon Eucalyptus

### Pure Essential Oil

*Corymbia citriodora*

100% Pure · Clean · Unadulterated

Aroma: Aromatic, fresh, citrus.

Attributes: Refreshing, cleansing, inspiring.

Scent note: Middle Note



#### Each drop contains

Lemon-scent gum (*Corymbia citriodora*) leaf essential oil, steam-distilled ..... 100%

#### Active compounds

Citronellal, citronellol, and geraniol.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3207 · 30 ml · UPC 6-28747-13207-4  
O0085-R1  
Essential Oils

“Smell is a potent wizard that transports you across thousands of miles and all the years you have lived.”

Helen Keller

# ESSENTIAL OILS

## Peppermint

### Organic Essential Oil

(*Mentha x piperita*)

100% Pure · Certified Organic

Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis. Used as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

#### Each drop contains

Organic peppermint (*Mentha x piperita*) flowering twig essential oil . . . . . 100%

#### Active compounds

Menthol and menthone.

#### Directions of use

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

#### Duration of use

For occasional use only.

#2137 · 15 ml · UPC 6-28747-22137-5

NPN 80069445 · O0048-R1

Essential Oils



## Rose Geranium

### Essential Oil

(*Pelargonium graveolens*)

100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.

#### Each drop contains

Organic geranium (*Pelargonium graveolens*) flowering herb top essential oil . . . . . 100%

#### Active compounds

Citronellol and geraniol.

#### Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use.

#2149 · 15 ml · UPC 6-28747-22149-8

NPN 80073903 · O0030B-R1

Essential Oils



## Rosemary

### Organic Essential Oil

(*Rosmarinus officinalis*

ct. camphoriferum)

100% Pure · Certified Organic

Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis. Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

#### Each drop contains

Organic rosemary (*Rosmarinus officinalis* ct. camphoriferum) flowering herb top essential oil . . . . . 100%

#### Active compounds

Camphor and eucalyptol.

#### Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use.

#### Duration of use

For occasional use only.

#2144 · 15 ml · UPC 6-28747-22144-3

NPN 80071192 · O0056-R1

Essential Oils



## Tea Tree

### Organic Essential Oil

(*Melaleuca alternifolia*)

100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough. Helps to improve symptoms of fungal nail-bed infections. Helps treat acne pimples.

#### Each drop contains

Organic tea tree (*Melaleuca alternifolia*) leaf or twig essential oil . . . . . 100%

#### Active compounds

Terpinen-4-ol, alpha- and gamma-terpinene.

#### Directions of use

Adults: • **For aromatherapy use:** Mix 1 drop of essential oil in 1 tsp. (5 ml) of carrier (vegetable) oil (1% essential oil). Rub and/or massage into skin until solution vanishes. **For local application (10% or less of body surface area):** Apply to affected area up to three times per day. • **For acne use:** Mix 5 drops of essential oil in 1 tsp. (5 ml) of carrier (vegetable) oil (5% essential oil). Cleanse skin thoroughly before applying the product. Apply product to affected areas one to three times daily. • **For nail fungus use:** Do not dilute in carrier oil. Apply sparingly to affected nail(s) twice daily. Avoid contact with skin. • **For all uses:** Do not apply undiluted essential oils to skin. Not for oral use.

#### Duration of use

For occasional use only.

#2117 · 15 ml · UPC 6-28747-22117-7

#2116 · 50 ml · UPC 6-28747-22116-0

#2118 · 95 ml · UPC 6-28747-22118-4

NPN 80069443 · O0029-R1

Essential Oils



# ESSENTIAL OILS

## Thyme

### Pure Essential Oil

*Thymus vulgaris*

100% Pure · Clean · Unadulterated

Aroma: Herbal, fresh, spicy.

Attributes: Elevating, revitalizing, clarifying.

Scent note: Middle Note 

#### Each drop contains

Thyme (*Thymus vulgaris*) flowering herb top essential oil, steam-distilled . . . . . 100%



#### Active compounds

Thymol and  $\beta$ -cymene.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3212 · 30 ml · UPC 6-28747-13212-8

O0091-R1

Essential Oils

## Tingsation

### Essential Oil for Tingling Toes and Fingers

For sensitive or tingling toes and fingers.

#### Each bottle contains

Lavender (*Lavandula angustifolia*) essential oil, geranium (*Pelargonium graveolens*) essential oil, bluegum (*Eucalyptus globulus*) essential oil, bergamot (*Citrus bergamia*) essential oil, tea tree (*Melaleuca alternifolia*) essential oil, organic alcohol from sugarcane, and tetrahydropiperine (from black pepper [*Piper nigrum*]).



#### Directions of use

**Adults:** For topical use only; not for oral use. Apply to the affected area (toes and fingers) up to 4 times per day. Massage into skin until solution is completely absorbed. Do not use on broken skin. Do not tightly bandage. Do not apply with external heat, such as an electric heating pad, as this may result in excessive skin irritation or burning sensation.

#### Duration of use

For occasional use only; consult a health-care practitioner for prolonged use.

#1929 · 15 ml · UPC 6-28747-21929-7

LM0002-R1

Essential Oils · Pain and Inflammation

“Nothing revives the past so completely as a smell that was once associated with it.”

Vladimir Nabokov

## Wild Field Mint

### Pure Essential Oil

*Mentha arvensis*

100% Pure · Clean · Unadulterated

Aroma: Fresh, herbal, minty.

Attributes: Refreshing, stimulating, revitalizing.

Scent note: Top Note 

#### Each drop contains

Wild field mint (*Mentha arvensis*) leaf essential oil, steam-distilled . . . . . 100%



#### Active compounds

Menthol and menthone.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3211 · 30 ml · UPC 6-28747-13211-1

O0093-R1

Essential Oils

## Wintergreen

### Pure Essential Oil

*Gaultheria procumbens*

100% Pure · Clean · Unadulterated

Aroma: Sweet, fresh, minty, woody.

Attributes: Stimulating, refreshing, awakening.

Scent note: Top Note 



#### Each drop contains

Wintergreen (*Gaultheria procumbens*) leaf essential oil, steam-distilled . . . . . 100%

#### Active compound

Methyl salicylate.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3213 · 30 ml · UPC 6-28747-13213-5

O0099-R1

Essential Oils



# ESSENTIAL OILS

## Scent Profiles and Harmony

Understanding scent notes is key to creating customized essential oil blends that evoke a desired mood, whether it's relaxing, romantic, or invigorating. They play a crucial role in defining an essential oil's fragrance profile and determining how long it will last.

Three main fragrance notes—top, middle, and base—can be used to formulate a balanced and lasting fragrance for every need or occasion.

Essential Oil	Scent Profile	Scent Note	Scent Attributes
Bergamot	Citrus, floral, spicy, sweet	💧	Vibrant, inspiring, uplifting
Cedarwood	Woody, fresh, resinous	🔥	Relaxing, reassuring, strengthening, empowering
Citronella	Fresh, citrus, herbal, fruity	🌿	Purifying, reviving, cleansing
Clary Sage	Herbal, earthy, sweet, floral	💧	Inspiring, focusing, centring
Clove Bud	Warm, aromatic, spicy	🔥	Warm, soothing, reassuring
Clove Leaf	Warm, aromatic, spicy	🔥	Warm, comforting, calm
Cornmint	Fresh, herbal, minty	🌿	Refreshing, stimulating, revitalizing
Eucalyptus	Green, fresh, woody	🌿	Rejuvenating, clarifying, deep
Geranium	Floral, green, soft, sweet	🌿	Nostalgic, purifying, balancing
Ginger	Warm, spicy, earthy, woody	🌿	Soothing, clarifying, energizing
Lavender	Floral, herbal, earthy, sweet	🌿	Quieting, serene, zen
Lemon	Fresh, citrus, sweet	💧	Refreshing, cleansing, energizing
Lemon Eucalyptus	Aromatic, fresh, citrus	🌿	Refreshing, cleansing, inspiring
Peppermint	Fresh, herbal, minty	💧	Refreshing, stimulating, revitalizing
Rosemary	Herbal, fresh, aromatic	🌿	Purifying, uplifting
Rose Geranium	Floral, green, sweet, rosy	🌿	Sensual, soothing, nostalgic
Sweet Orange	Fruity, citrus, sweet, fresh	💧	Mood-lifting, stress-reducing
Tea Tree	Fresh, woody, earthy, herbal	🌿	Cleansing, purifying, grounding
Thyme	Herbal, fresh, spicy	🌿	Elevating, revitalizing, clarifying
Wintergreen	Sweet, fresh, minty, woody	💧	Stimulating, refreshing, awakening

💧 Top Note

🌿 Middle Note

🔥 Base Note

### Top Note

- First scent to be noticed, first to evaporate
- Light, uplifting aroma
- Perceptible for approximately 20 min, composing 15–20% of the blend

### Middle Note

- Defines the mood of the blend
- Floral, herbal scents
- Perceptible for approximately 4 h, composing 50–80% of the blend

### Base Note

- Anchoring the aroma of the blend, slowest to evaporate
- Deeper, earthier, resinous, sweet, and warm tones
- Perceptible for approximately 8 h, composing 10–30% of the blend

# ESSENTIAL OILS

## Therapeutic Comparison

Product	NPN	Indications	Ingredients
Clove Bud Organic Essential Oil	80076494	Used in aromatherapy topically to help relieve toothache.* Used in aromatherapy to help relieve colds/cough.*	Organic clove ( <i>Syzygium aromaticum</i> ) bud essential oil
Eucalyptus Organic Essential Oil	80071187	Used in aromatherapy to help relieve colds/cough.**	Organic eucalyptus ( <i>Eucalyptus globulus</i> ) leaf essential oil
Lavender Organic Essential Oil	80069450	Used in aromatherapy as a nervine/calmtive.** Used in aromatherapy as carminative/antispasmodic for symptomatic relief of digestive discomfort.**	Organic lavender ( <i>Lavandula angustifolia</i> ) flowering herb top essential oil
Lemon Organic Essential Oil	80076490	Used in aromatherapy to help relieve colds/cough.**	Organic lemon ( <i>Citrus × limon</i> ) fruit peel essential oil
Peppermint Organic Essential Oil	80069445	Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.* Used as a carminative/antispasmodic for symptomatic relief of digestive discomfort.**	Organic peppermint ( <i>Mentha × piperita</i> ) flowering twig essential oil
Rose Geranium Organic Essential Oil	80073903	Used in aromatherapy to help relieve colds/cough.**	Organic geranium ( <i>Pelargonium graveolens</i> ) flowering herb top essential oil
Rosemary Organic Essential Oil	80071192	Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis*. Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.**	Organic rosemary ( <i>Rosmarinus officinalis</i> ct. <i>camphoriferum</i> ) flowering herb top essential oil
Tea Tree Organic Essential Oil	80069443	Used in aromatherapy to help relieve colds/cough. Helps to improve symptoms of fungal nail-bed infections. Helps treat acne pimples.	Organic tea tree ( <i>Melaleuca alternifolia</i> ) leaf or twig essential oil
Tingsation	N/A	For sensitive or tingling toes and fingers.	Lavender ( <i>Lavandula angustifolia</i> ) essential oil, geranium ( <i>Pelargonium graveolens</i> ) essential oil, bluegum ( <i>Eucalyptus globulus</i> ) essential oil, bergamot ( <i>Citrus bergamia</i> ) essential oil, tea tree ( <i>Melaleuca alternifolia</i> ) essential oil, organic alcohol from sugarcane, and tetrahydropiperine (from black pepper [ <i>Piper nigrum</i> ]).

Do not use essential oils undiluted. Do not use essential oils internally. \*Topical use. \*\*Topical and/or inhalation use. \*\*\*Photosensitizing.



**Identity and purity are critical for essential oils. GC-MS testing validates that our essential oils are authentic and 100% pure. It also screens for over 80 common pesticides.**

## Forsight

### Complete Vision Formula

capsules

Supports Optimal Eye Health

Reduces Risk of Cataracts and AMD

Provides antioxidants for the maintenance of eye health. Helps to maintain and support eyesight and eye health in conditions (associated with sunlight damage) such as cataracts and age-related macular degeneration. Helps to reduce the risk of developing cataracts. Helps to improve macular pigment optical density.



#### Each vegetable capsule contains

Lutein	
from marigold flower extract ( <i>Tagetes erecta</i> )	5.5 mg
Zeaxanthin (2 mg),	
from marigold ( <i>Tagetes erecta</i> ) extract	10 mg
Astaxanthin (200 mcg),	
from <i>Haematococcus pluvialis</i> extract	13.33 mg
Bilberry ( <i>Vaccinium myrtillus</i> ) European fruit extract,	
25% anthocyanosides	80 mg
Vitamin C (ascorbic acid)	170 mg
Vitamin B3 (niacinamide)	75 mg
Grape ( <i>Vitis vinifera</i> ) seed extract,	
80% oligomeric proanthocyanidins.	50 mg
DL-alpha-Lipoic acid	50 mg
Fruit blend, 20% multiantiocyanidins*	25 mg
* Provided by bilberry fruit and extract, grape seed extract, and grape skin extract	
L-Glutathione (L-glutathione reduced)	25 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	25 mg
Vitamin B2 (riboflavin)	25 mg
Vitamin E	
(D-alpha-tocopherol acid succinate)	20.1 mg AT (30 IU)
Lycopene (500 mcg), from tomato	
( <i>Solanum lycopersicum</i> ) flesh extract	10 mg
Vitamin B1 (thiamine hydrochloride)	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	5 mg
Vitamin B6 (pyridoxine hydrochloride)	5 mg
Zinc (from zinc citrate)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	2 mg
Copper (from copper gluconate)	500 mcg
Selenium (from yeast-free L-selenomethionine)	50 mcg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#0993 · 30 vegetable capsules · UPC 6-28747-10993-2  
#0332 · 60 vegetable capsules · UPC 6-28747-10332-9  
NPN 80079876 · V0478-R8

50+ Health · Eye Health

## FORSIGHT: NATURAL V. SYNTHETIC

Our lutein and zeaxanthin are from marigold.  
Our lycopene is from tomatoes.  
Phytonutrients should be sourced from their original plant source.  
When sources are not listed, they are likely synthetic... and up to 5x cheaper!



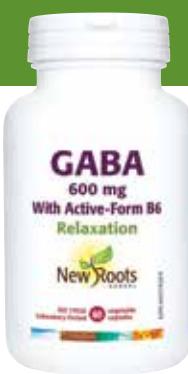
## GABA

600 mg · With Active-Form B6 capsules

#### Relaxation

Helps to temporarily promote relaxation.

Helps the body to metabolize carbohydrates, fats, and proteins. Helps in tissue formation.



#### Each vegetable capsule contains

gamma-Aminobutyric acid (GABA)	600 mg
Vitamin B6 (pyridoxal-5'-phosphate)	2 mg

#### Other ingredients

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

#### Directions of use

**Adults:** Take 1-5 capsules daily or as directed by your health-care practitioner.

#### Duration of use

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

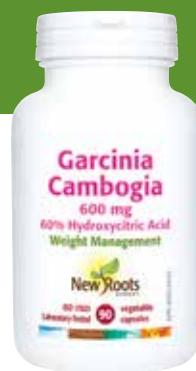
#2136 · 60 vegetable capsules · UPC 6-28747-12136-1  
#2542 · 150 vegetable capsules · UPC 6-28747-12542-0  
NPN 80074264 · V0590-R1

Mood Enhancement · Neurological Health · Stress Management

Full line of antistress products, p. 202-206

## Garcinia Cambogia

600 mg  
60% Hydroxycitric Acid capsules



#### Weight Management

Helps to temporarily increase satiety / feeling of fullness.

#### Each vegetable capsule contains

Malabar tamarind ( <i>Garcinia cambogia</i> ) fruit extract,	
60% hydroxycitric acid	600 mg

#### Other ingredients

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

#### Directions of use

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

#1943 · 90 vegetable capsules · UPC 6-28747-11943-6  
NPN 80054640 · V0521-R1

Herbs and Herbal Extracts · Weight Management

“The two most important days in your life are the day you are born and the day you find out why.”

Mark Twain

# EXOTIC SKIN OILS

## Luxurious and Revitalizing Exotic Oils That Will Bring out Your Natural Glow!

We're excited to present our collection of exotic oils, ethically sourced from around the world. Our entire collection is certified organic\* and cold-pressed or extracted by solvent-free supercritical CO<sub>2</sub> extraction. This ensures you're receiving the purest, most nutrient-rich product available to maximize their benefits.

New Roots Herbal has forged a reputation for producing premium-quality, non-GMO natural health products. All oils selected for our Exotic Oils Collection are grown without the use of chemical fertilizers or toxic sprays. We have also validated our producers for sustainable agricultural ethics.

Our oils are tested in an on-site industry-leading ISO 17025-accredited analytical laboratory for identity, purity, heavy metals, pesticides, and environmental toxins. Our exhaustive battery of tests also guarantees our exotic oils are not diluted with inferior carrier oils.\*\*

\*With the exception of Cacay Seed Oil which is wildcrafted.

\*\*Although not diluted with vegetable or other carrier oils, our exotic oils do contain a minute amount of vitamin E for stability.



### Argan Oil Certified Organic

Moisturizer · Skin · Hair · Nails

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

Each bottle contains

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



Ingredients

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

Directions of use

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

#1607 · 50 ml · UPC 6-28747-21607-4

OM0126-R5

Beauty · Exotic Skin Oils · Hair · Nails · Skin

### Cacay Seed Oil

Wildcrafted

Reduces the Signs of Aging

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



Each bottle contains

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

Ingredients

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

Directions of use

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

#2304 · 15 ml · UPC 6-28747-22304-1

#2305 · 30 ml · UPC 6-28747-22305-8

OM0071B-R2

Beauty · Exotic Skin Oils · Skin

# EXOTIC SKIN OILS

## Cranberry Seed Oil

Certified Organic

### Reduces the Look of Aging

An oil that reduces the look of aging that will deeply hydrate, resulting in smoother- and firmer-looking skin. Rich in antioxidants; vitamins A and E; as well as omega-3, -6, and -9; this beauty oil will provide all the nutrients needed for healthy-looking, glowing, and youthful skin.

### Each bottle contains

Organic cranberry (*Vaccinium macrocarpon*) seed oil, cold-pressed, nondeodorized ..... 15 ml with added **organic** rosemary (*Rosmarinus officinalis*) extract.

### Ingredients

*Vaccinium macrocarpon* seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

### Directions of use

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

#2101 · 15 ml · UPC 6-28747-22101-6

OM0051-R2

Beauty · Exotic Skin Oils · Skin



## Goji Seed Oil

Certified Organic

### Moisturizer for Sensitive Skin

Our goji seed oil is hydrating and reduces the look of aging and of sun spots. It is ideal for sensitive skin.

### Each bottle contains

Organic goji (*Lycium barbarum*) seed oil, CO<sub>2</sub> supercritical extract, nondeodorized ..... 15 ml With added **organic** rosemary (*Rosmarinus officinalis*) leaf extract.



### Ingredients

Organic *Lycium barbarum* seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf extract.

### Directions of use

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

#1599 · 15 ml · UPC 6-28747-21599-2

OM0120-R2

Beauty · Exotic Skin Oils · Skin

## New Product! Since April 2024

## Exotic Oils Gift Set

### In Wood Box with Roller Bottle

Elevate your gift-giving with our luxurious Exotic Oil Gift Set, featuring four top-selling oils and a refillable roll-on applicator, packaged in a charming keepsake box with lid. Pamper your skin, hair, and nails with Argan Oil, Cranberry Seed Oil, Rosa Mosqueta Seed Oil, and Skin Lovers' Oil. All our oils are sustainably sourced and tested for purity in an industry-leading, ISO 17025-accredited laboratory.



### Argan Oil

Organic *Argania spinosa* (argan) seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf extract ..... 15 ml

### Cranberry Seed Oil

Organic *Vaccinium macrocarpon* (cranberry) seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf extract ..... 15 ml

### Rosa Mosqueta Seed Oil

Organic *Rosa rubiginosa* / *Rosa moschata* (rosehip) seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf extract ..... 15 ml

### Skin Lovers Oil

Organic *Lycium barbarum* (goji) seed oil, organic *Rosa rubiginosa* or *Rosa moschata* (rosehip) seed oil, organic *Hippophae rhamnoides* (sea buckthorn) seed oil, organic *Argania spinosa* (argan) oil, organic *Vaccinium macrocarpon* (cranberry) seed oil, organic *Calophyllum inophyllum* (tamanu) oil, and natural vitamin vE ..... 15 ml

#K3407 · 4 bottles x 15 ml · UPC 6-28747-53407-9

NOTE: Due to packaging constraints, the code for this product is different in French: K3423.

Beauty · Exotic Skin Oils · Hair · Nails · Skin

## Marula Seed Oil

Certified Organic

### Deeply Hydrating Facial Oil

Our **organic** marula seed oil is cold-pressed from kernels of fruits that are hand-harvested from the majestic marula trees of South Africa. It has a light texture to deeply penetrate skin for a smooth-looking, radiant complexion.



### Each bottle contains

Organic marula (*Sclerocarya birrea*) seed oil, cold-pressed ..... 30 ml With added **organic** rosemary (*Rosmarinus officinalis*) extract.

### Ingredients

Organic *Sclerocarya birrea* (marula) seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf extract.

### Directions of use

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

#2306 · 30 ml · UPC 6-28747-22306-5

OM0072-R2

Beauty · Exotic Skin Oils · Skin



# EXOTIC SKIN OILS

## Moringa Seed Oil

Certified Organic

### Body, Face, and Hair

Organic and cold-pressed, our South African-sourced moringa seed oil is among the most versatile topical oils. It works wonders for hair, skin, and for a smooth-looking complexion.

### Each bottle contains

Organic moringa (*Moringa oleifera*) seed oil, cold-pressed ..... 30 ml with added **organic** rosemary (*Rosmarinus officinalis*) extract.

### Ingredients

*Moringa oleifera* seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

### Directions of use

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

#2088 · 30 ml · UPC 6-28747-22088-0

OM0129-R2

Beauty · Exotic Skin Oils · Hair · Skin



## Pomegranate Seed Oil

(*Punica granatum*)

100% Pure · Certified Organic

### Soothes and Repairs Very Dry Skin

A rare natural source of omega-5 and antioxidants for glowing skin, this unique oil helps reduce the look of wrinkles and of aging. It soothes and relieves very dry and damaged skin. Its strong character is ideal for night care.

### Each bottle contains

Organic pomegranate (*Punica granatum*) seed oil, cold-pressed ..... 50 ml with added **organic** rosemary (*Rosmarinus officinalis*) extract

### Ingredients

*Punica granatum* (pomegranate) seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

### Directions of use

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

#2196 · 50 ml · UPC 6-28747-22196-2

OM0062-R2

Beauty · Exotic Skin Oils · Skin



## Rosehip Seed Oil

## Rosa Mosqueta

Certified Organic

### Minimizes the Look of Wrinkles

Revitalizes dry and dull skin, reverses the signs of aging, and reduces the look of age spots. Fast-absorbing, leaving skin firm- and smooth-looking, with an even colour and tone.

### Each bottle contains

Organic rosehip (*Rosa rubiginosa* or *Rosa moschata*) seed oil, cold-pressed, nondeodorized ..... 30 ml With added **organic** rosemary (*Rosmarinus officinalis*) extract.

### Ingredients

*Rosa rubiginosa* / *Rosa moschata* seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

### Directions of use

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

#1738 · 15 ml · UPC 6-28747-21738-5

#1602 · 30 ml · UPC 6-28747-21602-9

OM0123-R4

Exotic Skin Oils · Skin



## Sea Buckthorn Seed Oil

### Certified Organic

### Nourishes and Repairs Dry Skin

Like a virtual shield for your skin, sea buckthorn seed oil provides antioxidants to protect the look and feel of your skin. Fast-absorbing for silky, radiant skin.

### Each bottle contains

Organic sea buckthorn (*Hippophae rhamnoides*) seed oil, CO<sub>2</sub> supercritical extract, nondeodorized ..... 30 ml with added **organic** rosemary (*Rosmarinus officinalis*) extract.

### Ingredients

Organic *Hippophae rhamnoides* seed oil and **organic** *Rosmarinus officinalis* (rosemary) leaf extract.

### Directions of use

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

#1604 · 30 ml · UPC 6-28747-21604-3

OM0124-R2

Beauty · Exotic Skin Oils · Skin



# EXOTIC SKIN OILS

## Skin Lovers Oil

Certified Organic

### Deep Moisturizer

We have created the ultimate experience in skin care, where dramatic positive change is an absolute possibility.

### Each bottle contains

Organic goji (*Lycium barbarum*) seed oil, organic rosehip (*Rosa rubiginosa* or *Rosa moschata*) seed oil, organic sea buckthorn (*Hippophae rhamnoides*) seed oil, organic argan (*Argania spinosa*) oil, organic cranberry (*Vaccinium macrocarpon*) seed oil, and organic tamanu (*Calophyllum inophyllum*) oil—all oils are cold-pressed or CO<sub>2</sub> supercritical extracts, and nondeodorized. . . . . 15 ml  
Organic rosemary (*Rosmarinus officinalis*) extract.



### Ingredients

Organic *Lycium barbarum* seed oil, organic *Rosa rubiginosa* / *Rosa moschata* seed oil, organic *Hippophae rhamnoides* seed oil, organic *Argania spinosa* seed oil, organic *Vaccinium macrocarpon* seed oil, organic *Calophyllum inophyllum* seed oil, and organic *Rosmarinus officinalis* leaf extract.

### Directions of use

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

#1601 · 15 ml · UPC 6-28747-21601-2

OM0122-R3

Beauty · Exotic Skin Oils · Skin

## Tamanu Oil

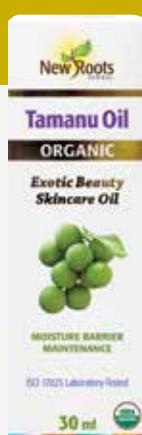
Certified Organic

### Moisture Barrier Maintenance

Cold-pressed tamanu nut oil quenches the skin to help retain moisture and to reduce the signs of aging skin. It will help restore the look of your skin and so much more.

### Each bottle contains

Organic tamanu (*Calophyllum inophyllum*) seed oil, cold-pressed, nondeodorized . . . . . 30 ml  
with organic rosemary (*Rosmarinus officinalis*) extract.



### Ingredients

Organic *Calophyllum inophyllum* seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

### Directions of use

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

#1600 · 30 ml · UPC 6-28747-21600-5

OM0121-R2

Beauty · Exotic Skin Oils · Skin



GC-FIDs detect the unique fatty acid profiles specific to each of our exotic oils, allowing us to ensure they do not contain any carrier oils or other fillers that dilute quality.



# FERMENTED PRODUCTS



Fermented products become more concentrated during processing. The near-infrared spectroscope (below) ensures a botanical origin, aided by HPTLC to fingerprint the exact material identity. ICP-MS and GC-MS test for heavy metals and pesticides, respectively.



New Zealand

## Beef Bone Broth Protein + Organic Fermented Ginger

powder

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



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

### Ingredient

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

### Directions of use

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

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

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

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

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

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

\* Essential Amino Acid · \*\* Average Analysis

#2462 · 300 g / 10 portions · UPC 6-28747-02462-4  
PM0821-R1

### NONTAXABLE ITEM

Amino Acids and Proteins · Bone Health · Fermented Products  
Functional Foods · Joint Health · Keto Diet · Muscle Support  
Sport Nutrition

# FERMENTED PRODUCTS

Organic

## Fermented Black Cumin Seed Whole-Food Powder



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

Naturally fermented for rich flavour and amplified nutritional status.

### Ingredient

Organic fermented black cumin seed.

### Recommended use

Add to water, juice, smoothies, or your favourite beverage including hot teas. Can be used in cooking with curries, marinades, vegetables, stir-fry, and stews, as well as your signature dips or spreads. Try it on popcorn or roasted nuts.

#### Nutrition Facts · Per 1/2 tsp. (1.5 g)

Calories	5	% Daily Value*	Calories	10	% Daily Value*
Fat 0 g	.....	0 %	Cholesterol 0 mg	.....	0 %
Saturated 0 g + Trans 0 g	0 g	0 %	Sodium 0 mg	.....	0 %
Carbohydrate 1 g	.....	0 %	Potassium 20 mg	.....	0 %
Fibre 1 g	.....	4 %	Calcium 20 mg	.....	2 %
Sugars 0 g	.....	0 %	Iron 0.75 mg	.....	4 %
Protein 1 g	.....	0 %			

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

#2317 · 36 g / 24 portions · UPC 6-28747-02317-7

P0790-R1

### NONTAXABLE ITEM

Allergy Relief · Fermented Products · Functional Foods

Organic

## Fermented Ginger Whole-Food Powder



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

Gentle and versatile, our fermented ginger root powder facilitates multiple uses of this cornerstone botanical of Ayurvedic and traditional Chinese medicine. It will amplify the flavour and health benefits of smoothies, soups, and innovative cuisine, or steeped as a delicious, soothing tea.

### Ingredient

Organic fermented ginger root.

### Recommended use

Add to water, juice, smoothies, or your favourite beverage including hot teas. Can be used in cooking with masalas, curries, marinades, and stews, as well as in baking by adding it to your favourite cake, cookie, or pancake batter.

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

Calories	10	% Daily Value*	Calories	10	% Daily Value*
Fat 0 g	.....	0 %	Cholesterol 0 mg	.....	0 %
Saturated 0 g + Trans 0 g	0 g	0 %	Sodium 0 mg	.....	0 %
Carbohydrate 2 g	.....	0 %	Potassium 0 mg	.....	0 %
Fibre 0 g	.....	0 %	Calcium 0 mg	.....	0 %
Sugars 0 g	.....	0 %	Iron 0 mg	.....	0 %
Protein 0.2 g	.....	0 %			

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

#2279 · 150 g / 50 portions · UPC 6-28747-02279-8

P0761-R1

### NONTAXABLE ITEM

Digestive Health · Fermented Products · Functional Foods

Organic

## Fermented Maca Whole-Food Powder · 100% Pure



10 Calories per Portion  
Unsweetened and Unflavoured  
Gluten-Free · Non-GMO

Our Peruvian-sourced, naturally fermented, and nutrient-rich maca root powder is a welcomed addition for better nourishment thanks to its rich nutritional profile, especially its iron intake. It's great for smoothies and baking, and is excellent when blended with cacao and carob powder for an energy- and endurance-inspired cappuccino.

### Ingredient

Organic fermented maca root.

### Recommended use

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

#### Nutrition Facts · Per 3/4 tsp. (3 g)

Calories	10	% Daily Value*	Calories	10	% Daily Value*
Fat 0 g	.....	0 %	Cholesterol 0 mg	.....	0 %
Saturated 0 g + Trans 0 g	0 g	0 %	Sodium 0 mg	.....	0 %
Carbohydrate 2 g	.....	0 %	Potassium 40 mg	.....	1 %
Fibre 0 g	.....	0 %	Calcium 10 mg	.....	1 %
Sugars 0 g	.....	0 %	Iron 2.25 mg	.....	13 %
Protein 0.4 g	.....	0 %			

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

#2318 · 150 g / 50 portions · UPC 6-28747-02318-4

P0791-R1

### NONTAXABLE ITEM

Fermented Products · Functional Foods · Menopause  
Sexual Health (Men) · Sexual Health (Women)



# FERMENTED PRODUCTS

## Organic

### Fermented Red Beet Whole-Food Powder

Unsweetened and No Flavour Added

10 Calories per Portion · 100% Pure

Gluten-Free · Non-GMO

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



#### Ingredient

Organic fermented red beet root.

#### Recommended use

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

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

Calories 10	% Daily Value*	Calories 35	% Daily Value*
Fat 0 g	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g	0 %	Sodium 40 mg	2 %
Carbohydrate 2 g		Potassium 150 mg	3 %
Fibre 1 g	4 %	Calcium 10 mg	1 %
Sugars 1 g	1 %	Iron 0.4 mg	2 %
Protein 0.5 g			

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

#2340 · 150 g / 50 portions · UPC 6-28747-02340-5  
P0796-R1

#### NONTAXABLE ITEM

Fermented Products · Functional Foods · Heart and Blood

## Organic

### Fermented Superfood Blend powder + Inulin from Jerusalem Artichoke

29 Fully Fermented Plants

Unsweetened and No Flavour Added

35 Calories per Portion

100% Natural · Gluten-Free · Non-GMO

Fermented to maximize nutritional value · Very high source of fibre · Gut-friendly · Vegan · Nondairy · No soy · Add to taste in soups, stews, and shakes



#### Ingredient

Organic fermented greens blend (organic wheatgrass, organic alfalfa grass, organic spirulina, organic broken-cell chlorella, organic barley grass, organic oat grass, organic rockweed, Vitakelp™) · Organic fermented fruit blend (organic noni fruit, organic amla fruit, organic apple, organic strawberry, organic blackcurrant, organic blueberry, organic cranberry, organic pomegranate juice, organic raspberry) · Organic fermented vegetable blend (organic carrot, organic beet, organic parsley, organic spinach, organic broccoli, organic kale, organic green cabbage, organic onion, organic pea protein) · Organic fermented flaxseed fibre · Organic fermented ginger · Organic fermented turmeric · Organic inulin (from Jerusalem artichoke).

#### Nutrition Facts · Per 1½ tbsp. (11 g)

	% Daily Value*	% Daily Value*
Fat 0.4 g	1 %	Protein 2 g
Saturated 0 g + Trans 0 g	0 %	Cholesterol 0 mg
Polyunsaturated 0.2 g		Sodium 95 mg
Omega-6 0.1 g		4 %
Omega-3 0.1 g		Potassium 0 mg
Monounsaturated 0.1 g		0 %
Total Carbohydrate 7 g		Calcium 0 mg
Dietary Fibre 6 g	21 %	0 %
Sugars 1 g	1 %	Iron 0 mg

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

#2464 · 80 g / 7 portions · UPC 6-28747-02464-8  
#2341 · 230 g / 21 portions · UPC 6-28747-02341-2  
PM0792-R1

#### NONTAXABLE ITEM

Digestive Health · Fermented Products · Functional Foods

## Organic

### Fermented Turmeric Whole-Food Powder

Unsweetened and No Flavour Added

10 Calories per Portion

100% Pure · Gluten-Free · Non-GMO



Antioxidant-rich turmeric ranks among the world's superfoods for both health benefits and culinary versatility. Our organic turmeric is naturally fermented for an enhanced flavour profile and ease of intestinal assimilation. It's a great way to invigorate the nutritional quotient of smoothies and soups, while being a great fit for countless culinary applications.

#### Ingredient

Organic fermented turmeric root.

#### Recommended use

Add to water, juice, smoothies, or your favourite beverages including hot teas. Can be used in cooking with curries, marinades, vegetables, stir-fry, and stews, as well as for your signature dips or spreads. Try it on popcorn or roasted nuts.

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

Calories 10	% Daily Value*	% Daily Value*
Fat 0 g	0 %	Cholesterol 0 mg
Saturated 0 g + Trans 0 g	0 %	Sodium 0 mg
Carbohydrate 2 g		Potassium 100 mg
Fibre 1 g	4 %	Calcium 10 mg
Sugars 0 g	0 %	Iron 1.75 mg
Protein 0.2 g		10 %

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

#2281 · 150 g / 50 portions · UPC 6-28747-02281-1  
P0760-R1

#### NONTAXABLE ITEM

Fermented Products · Functional Foods



# ACTIVE FOLATE: BETTER THAN FOLIC ACID

## Active Folate

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

### Helps Reduce the Risk of Neural Tube Defects

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

### Each vegetable capsule contains

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

### Other ingredients

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

### Directions of use

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

#1900 · 60 vegetable capsules · UPC 6-28747-11900-9  
NPN 80095778 · V0518-R1

Maternity · Vitamins and Minerals

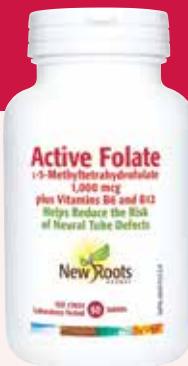


## Active Folate

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

### Helps Reduce the Risk of Neural Tube Defects

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



### Each tablet contains

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

### Other ingredients

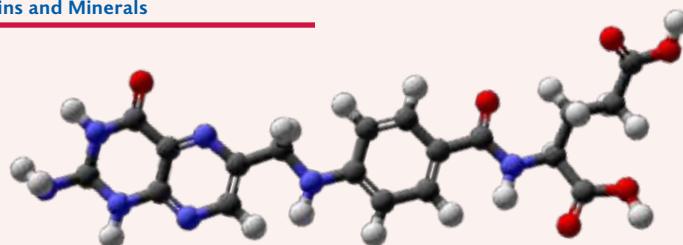
Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

### Directions of use

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

#2038 · 60 tablets · UPC 6-28747-12038-8  
NPN 80070154 · V0563-R1

Maternity · Vitamins and Minerals



## SCIENCE SAYS...



Folate is the naturally occurring, biologically active form of this critical B-complex constituent. Look for calcium-5-methyltetrahydrofolate on the label to be certain you have chosen active folate.

Folic acid is the synthetic version often found in multivitamins and fortified foods. The body does not use synthetic folic acid as efficiently.

## Garlic:

# Odourless Garlic

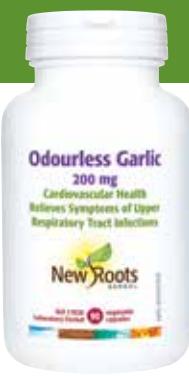
200 mg

capsules

### Cardiovascular Health

### Relieves Symptoms of Upper Respiratory Tract Infections

Garlic is traditionally used in herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions; to help reduce elevated blood lipid levels/hyperlipidaemia in adults; and to help maintain cardiovascular health in adults.



#### Each vegetable capsule contains

Odourless garlic ( <i>Allium sativum</i> ) bulb, 1% allicin . . . . .	200 mg
Sweet fennel ( <i>Foeniculum vulgare</i> ssp. <i>vulgare</i> var. <i>dulce</i> ) seed . . . . .	25 mg

#### Other ingredients

Parsley (*Petroselinum crispum*) leaf (200 mg) and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

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

#### Duration of use

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

#0778 · 90 vegetable capsules · UPC 6-28747-10778-5  
NPN 80030358 · V0174-R3

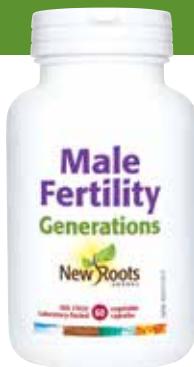
Cholesterol Management · Cold and Flu · Heart and Blood  
Herbs and Herbal Extracts

## Generations: Male Fertility

capsules

#### Generations

Helps to support sperm cell health; helps to support prostate health; and helps maintain immune function. An antioxidant for the maintenance of good health.



#### Each vegetable capsule contains

Acetyl-L-carnitine hydrochloride . . . . .	225 mg
Vitamin C (ascorbic acid) . . . . .	125 mg
<i>N</i> -Acetyl-L-cysteine . . . . .	91.67 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . .	50 mg
Astaxanthin 1.5%, from 44.33 mg <i>Haematococcus pluvialis</i> . . . . .	44.33 mg
Ashwagandha ( <i>Withania somnifera</i> ) root extract, 5% withanolides . . . . .	33.33 mg
Natural vitamin E (mixed tocopherol concentrate, from non-GMO sunflower) . . . . .	12.5 mg
Lycopene . . . . .	3.334 mg
Zinc (from zinc citrate) . . . . .	1.67 mg
Selenium (from yeast-free L-selenomethionine) . . . . .	4.17 mcg

#### Other ingredients

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

#### Directions of use

Adult men: Take 3 capsules twice daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#### Duration of use

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

#2109 · 60 vegetable capsules · UPC 6-28747-12109-5

NPN 80071357 · V0587-R2

Men's Fertility

## Geranium Pure Essential Oil

*Pelargonium graveolens*

100% Pure · Clean · Unadulterated

Aroma: Floral, green, soft, sweet.

Attributes: Nostalgic, purifying, balancing.

Scent note: Middle Note



#### Each drop contains

Geranium (*Pelargonium graveolens*) flower essential oil, steam-distilled . . . . . 100%

#### Active compounds

Citronellol and geraniol.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3204 · 30 ml · UPC 6-28747-13204-3  
O0030-R1

Essential Oils · Herbs and Herbal Extracts

Full line of essential oils, p. 78-86

## Ginger

195 mg · 10% gingerols

capsules

### Clinically Proven to Prevent Nausea Relieves Upset Stomach

Clinically shown to help prevent nausea and vomiting associated with motion sickness or seasickness. Traditionally used in herbal medicine to help relieve digestive upset and disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative); and as an expectorant and antitussive to help relieve bronchitis as well as coughs and colds. Relief of symptoms associated to primary dysmenorrhea. Combines the benefits of the rhizome powder and its standardized extract to maximize assimilation and effects.



#### Each vegetable capsule contains

Ginger ( <i>Zingiber officinale</i> ) rhizome . . . . .	100 mg
Ginger ( <i>Zingiber officinale</i> ) rhizome 20:1 extract, 10% gingerols . . . . .	95 mg

#### Other ingredients

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

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. *For motion sickness:* Take 1 dose 30 minutes before travel.

#2319 · 30 vegetable capsules · UPC 6-28747-12319-8

NPN 80087672 · V0639-R1

Digestive Health · Herbs and Herbal Extracts

## Ginger

475 mg

capsules



### Prevents / Relieves

### Nausea and Upset Stomach

Helps prevent nausea and vomiting associated with motion sickness or seasickness. Traditionally used in herbal medicine to help relieve digestive upset including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative); and as an expectorant and antitussive to help relieve bronchitis, coughs, and colds. Provides all the benefits of the rhizome through the synergy of its active ingredients. Suitable for long-term use.

### Each vegetable capsule contains

Ginger (*Zingiber officinale*) rhizome ..... 475 mg

### Other ingredients

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

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1-2 capsules twice daily with meals or as directed by your health-care practitioner. Take a single dose 30 minutes before travel and every 4 hours as necessary.

#0830 · 100 vegetable capsules · UPC 6-28747-10830-0

NPN 80013871 · V0118-R2

Digestive Health · Herbs and Herbal Extracts

## Ginger (Fermented): Organic

## Fermented Ginger Whole-Food Powder

Unsweetened and No Flavour

Added · 10 Calories per Portion

100% Pure · Gluten-Free

Non-GMO

Gentle and versatile, our fermented ginger root powder facilitates multiple uses of this cornerstone botanical of Ayurvedic and traditional Chinese medicine. It will amplify the flavour and health benefits of smoothies, soups, and innovative cuisine, or steeped as a delicious, soothing tea.

### Ingredient

Organic fermented ginger root.



### Recommended use

Add to water, juice, smoothies, or your favourite beverage including hot teas. Can be used in cooking with masalas, curries, marinades, and stews, as well as in baking by adding it to your favourite cake, cookie, or pancake batter.

## Nutrition Facts · Per 1 tsp. (3 g)

	% Daily Value*	% Daily Value*
Calories 10	0 %	Cholesterol 0 mg
Fat 0 g ..... 0 g	0 %	Sodium 0 mg ..... 0 %
Saturated 0 g + Trans 0 g	0 %	Potassium 0 mg ..... 0 %
Carbohydrate 2 g	0 %	Calcium 0 mg ..... 0 %
Fibre 0 g ..... 0 g	0 %	Iron 0 mg ..... 0 %
Sugars 0 g ..... 0 g	0 %	
Protein 0.2 g		

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

#2279 · 150 g / 50 portions · UPC 6-28747-02279-8

P0761-R1

### NONTAXABLE ITEM

Digestive Health · Fermented Products · Functional Foods

Full line of fermented products, p. 92-94

## Ginger Pure Essential Oil

*Zingiber officinale*

100% Pure · Clean · Unadulterated

Aroma: Warm, spicy, earthy, woody.

Attributes: Soothing, clarifying, energizing.

Scent note: Middle Note



### Each drop contains

Ginger (*Zingiber officinale*) rhizome essential oil, steam-distilled ..... 100%

### Active compound

Zingiberene.

### Directions of use

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

### Duration of use

For external and occasional use only.

#3205 · 30 ml · UPC 6-28747-13205-0

O0088-R1

Essential Oils · Herbs and Herbal Extracts

Full line of essential oils, p. 78-86

## Ginkgo Biloba

Whole Leaf 400 mg + Extract 60 mg

24% flavonoid glycosides and 6% terpene lactones

capsules



Enhances Memory and Cognitive Function

Helps to enhance cognitive function and memory in aging population and memory in adults. Helps to support peripheral circulation.

### Each vegetable capsule contains

Ginkgo (*Ginkgo biloba*) leaf ..... 400 mg

Ginkgo (*Ginkgo biloba*) leaf extract, 24% flavonoid glycosides and 6% terpene lactones ..... 60 mg

### Other ingredients

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

### Directions of use

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

## Duration of use

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

#0790 · 60 vegetable capsules · UPC 6-28747-10790-7  
#0791 · 120 vegetable capsules · UPC 6-28747-10791-4  
NPN 80022257 · V0119-R2

Heart and Blood · Herbs and Herbal Extracts · Memory Help

## Ginkgo Smart: Smart Ginkgo

capsules

### Enhances Memory and Cognitive Function · Peripheral Circulation

Helps to enhance cognitive function and memory in adults, and to support peripheral circulation. Provides antioxidants. Source of fungal polysaccharides with immunomodulating properties. Siberian ginseng is used in herbal medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion, and as a tonic to help relieve general weakness/fatigue and/or to aid during recovery.



#### Each vegetable capsule contains

Lion's mane mushroom (*Hericium erinaceus*) extract, standardized to 40% polysaccharides providing 35% beta-glucans ..... 170 mg  
L-Glutamine ..... 150 mg  
Siberian ginseng (*Eleutherococcus senticosus*) root extract, 0.8% eleutherosides ..... 100 mg  
Ginkgo (*Ginkgo biloba*) leaf extract, 24% flavonoid glycosides and 6% terpene lactones ..... 80 mg  
L-Theanine ..... 50 mg  
Ginkgo (*Ginkgo biloba*) leaf ..... 40 mg  
Whole gotu kola (*Centella asiatica*) ..... 40 mg  
Bacopa (*Bacopa monnieri*) 25:1 extract, 45% bacosides ..... 30 mg  
Huperzine A, from toothed club-moss (*Huperzia serrata*) ..... 200 mcg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#1939 · 30 vegetable capsules · UPC 6-28747-11939-9  
#0208 · 60 vegetable capsules · UPC 6-28747-10208-7  
NPN 80108131 · V0156-R5

Heart and Blood · Memory Help



## Ginseng:

## Panax Ginseng

capsules

20% Ginsenosides · 300 mg

### Increases Energy and Reduces Mental Fatigue

Used in herbal medicine as supportive therapy for the promotion of healthy glucose levels, to help support cognitive function or reduce mental fatigue, and to help enhance physical performance.



#### Each vegetable capsule contains

Panax ginseng root and leaf extract, standardized to a minimum of 20% ginsenosides (including both Rb and Rg ginsenosides) ..... 300 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#0780 · 90 vegetable capsules · UPC 6-28747-10780-8  
NPN 80075193 · V0028-R3

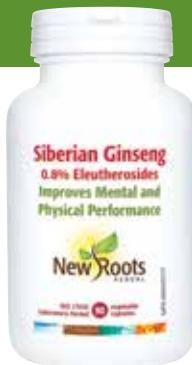
50+ Health · Energy · Herbs and Herbal Extracts · Sexual Health (Men) Sport Nutrition

## Ginseng:

## Siberian Ginseng

capsules

0.8% Eleutherosides



### Improves Mental and Physical Performance

Used in herbal medicine as a tonic to help relieve general weakness/fatigue, or to help improve mental or physical performance after periods of mental or physical exertion.

#### Each vegetable capsule contains

Siberian ginseng (*Eleutherococcus senticosus*) root extract ..... 250 mg  
Providing:  
0.8% eleutherosides B and E  
Siberian ginseng (*Eleutherococcus senticosus*) root ..... 235 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

Consult a health-care practitioner for use beyond 1 month.

#0779 · 90 vegetable capsules · UPC 6-28747-10779-2  
NPN 80025577 · V0080-R4

Energy · Herbs and Herbal Extracts · Immune Health · Sport Nutrition Stress Management

## Glucosamine Sulfate

500 mg

capsules

Relieves Osteoarthritis

Joint Pain · Protects Against

Cartilage Deterioration

**SODIUM-FREE**

A factor in maintaining cartilage and joint health. Helps to relieve joint pain associated with osteoarthritis. Helps to protect against the deterioration of cartilage.

**Each vegetable capsule contains**

Glucosamine sulfate (from crab or shrimp exoskeleton, stabilized with potassium chloride), sodium-free ..... 500 mg



**Other ingredients**

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

**Directions of use**

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

**Duration of use**

Use for a minimum of 4 weeks to see beneficial effects.

#0614 · 120 vegetable capsules · UPC 6-28747-10614-6  
#0615 · 300 vegetable capsules · UPC 6-28747-10615-3  
NPN 80010450 · V0034-R1  
50+ Health · Joint Health · Pain and Inflammation

## Glucosamine Sulfate

750 mg

capsules

Relieves Osteoarthritis Joint Pain

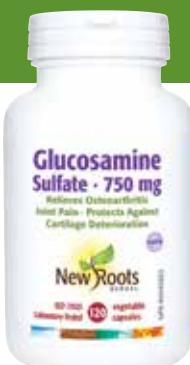
Protects Against Cartilage

Deterioration · **SODIUM-FREE**

A factor in maintaining good cartilage and joint health. Helps to relieve joint pain associated with osteoarthritis and with osteoarthritis of the knee. Helps to protect against the deterioration of cartilage.

**Each vegetable capsule contains**

Glucosamine sulfate (from crab or shrimp exoskeleton, stabilized with potassium chloride), sodium-free ..... 750 mg



**Other ingredients**

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

**Directions of use**

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

**Duration of use**

Use for a minimum of 4 weeks to see beneficial effects.

#0617 · 120 vegetable capsules · UPC 6-28747-10617-7  
NPN 80043822 · V0036-R2  
50+ Health · Joint Health · Pain and Inflammation

**“You must be the change you wish to see in the world.”**

*Mahatma Gandhi*

**Vegan**

## Glucosamine

750 mg

capsules

Joint Health and Cartilage Support

Helps to maintain cartilage/joint health.

**Each vegetable capsule contains**

Glucosamine hydrochloride (from *Aspergillus niger*) ..... 750 mg



**Other ingredients**

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

**Directions of use**

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

**Duration of use**

Use for at least 1 month to see beneficial effects.

#2533 · 60 vegetable capsules · UPC 6-28747-12533-8  
NPN 80101263 · V0697-R2  
50+ Health · Joint Health · Pain and Inflammation

**New Product! Since July 2024**

## Glucose Align

capsules

Advanced Formula



Promotes Healthier Blood

Sugar Levels

Provides support for healthy glucose metabolism. Helps to maintain normal blood glucose levels; to maintain/support the body's ability to metabolize nutrients; and to prevent chromium deficiency. Supports good health.

**Each vegetable capsule contains**

Berberine (from 200 mg of berberine hydrochloride) ..... 181 mg  
trans-Resveratrol ..... 100 mg  
(From 200 mg of Japanese knotweed [*Reynoutria japonica*] root extract)  
Cassia cinnamon (*Cinnamomum aromaticum*) bark extract, 10% polyphenols ..... 50 mg  
DL-alpha-Lipoic acid ..... 50 mg  
Bitter melon (*Momordica charantia*) fruit extract ..... 25 mg  
Gymnema sylvestre leaf extract, 25% gymnemic acids ..... 25 mg  
Chromium (from chromium picolinate) ..... 250 mcg

**Other ingredients**

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

**Directions of use**

Adults ≥ 19 years old: Take 2 capsules daily with a meal or as directed by your health-care practitioner.

**Duration of use**

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

#3030 · 60 vegetable capsules · UPC 6-28747-13030-1  
NPN 80121138 · V0753-R1  
Blood Glucose Management

## Glutamic Acid

500 mg

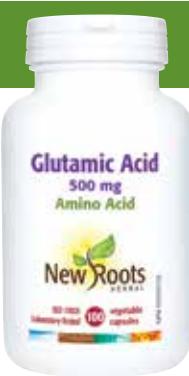
capsules

### Amino Acid

L-Glutamic acid is a nonessential amino acid involved in protein synthesis.

### Each vegetable capsule contains

L-Glutamic acid . . . . . 500 mg



### Other ingredients

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

### Directions of use

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

#0671 · 100 vegetable capsules · UPC 6-28747-10671-9

NPN 80030136 · V0108-R1

**Amino Acids and Proteins · Memory Help · Neurological Health · Sport Nutrition**

## Glutamine:

## L-Glutamine

500 mg

capsules

### Gut Health · Muscle Repair

Helps in muscle cell repair and to restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps support immune and digestive system health after periods of physical stress.

### Each vegetable capsule contains

L-Glutamine. . . . . 500 mg



### Other ingredients

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

### Directions of use

**Adults:** Take 4 capsule three times daily with a meal or as directed by your health-care practitioner. *For weight training:* **Adults:** Take 3 capsules up to six times (9 g) daily.

#0090 · 50 vegetable capsules · UPC 6-28747-10090-8

#0865 · 120 vegetable capsules · UPC 6-28747-10865-2

#0866 · 240 vegetable capsules · UPC 6-28747-10866-9

NPN 80010311 · V0100-R2

**Amino Acids and Proteins · Digestive Health · Muscle Support · Sport Nutrition**



## Glutamine:

## L-Glutamine

powder

### Muscle Recovery · Amino Acid

Helps support immune and digestive system health after periods of physical stress. Helps restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps to assist in muscle cell repair after exercise.



### Each rounded teaspoon (5 g) contains

L-Glutamine. . . . . 5 g

### Directions of use

**Adults:** Mix 1 rounded teaspoon (approx. 5 g) with cold liquid once daily or as directed by your health-care practitioner. We recommend weighing **L-Glutamine** for precise dosage.

#0868 · 250 g · UPC 6-28747-00868-6

NPN 80021094 · P0163-R1

**Amino Acids and Proteins · Digestive Health · Muscle Support · Sport Nutrition**

## Glutathione

Reduced · 200 mg

+ Vitamin C 50 mg

capsules



### Free-Radical Protection

### Immune Support

An antioxidant for the maintenance of good health. Helps protect cells against the oxidative damage caused by free radicals. Helps support immune function.

### Each vegetable capsule contains

L-Glutathione (L-glutathione reduced) . . . . . 200 mg

Vitamin C (ascorbic acid). . . . . 50 mg

### Other ingredients

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

### Directions of use

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

#0598 · 30 vegetable capsules · UPC 6-28747-10598-9

#0599 · 60 vegetable capsules · UPC 6-28747-10599-6

NPN 80025650 · V0446-R2

**Antioxidants · Detoxification · Immune Health**

## Glutathione:

## S-Acetyl-Glutathione

100 mg

capsules



### Intracellular Antioxidant

### Superior Assimilation

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

### Each vegetable capsule contains

S-Acetylglutathione . . . . . 100 mg

Providing

L-Glutathione. . . . . 87 mg

## Other ingredients

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

## Directions of use

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

#3087 · 30 vegetable capsules · UPC 6-28747-13087-5  
#2416 · 60 vegetable capsules · UPC 6-28747-12416-4  
NPN 80091902 · V0670-R1

[Antioxidants](#) · [Detoxification](#) · [Immune Health](#) · [Neurological Health](#)

## Goji Seed Oil

Certified Organic

### Moisturizer for Sensitive Skin

Our goji seed oil is hydrating and reduces the look of aging and of sun spots. It is ideal for sensitive skin.

#### Each bottle contains

Organic goji (*Lycium barbarum*) seed oil, CO<sub>2</sub> supercritical extract, nondeodorized ..... 15 ml  
With added organic rosemary (*Rosmarinus officinalis*) leaf extract.



### Ingredients

Organic *Lycium barbarum* seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

### Directions of use

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

#1599 · 15 ml · UPC 6-28747-21599-2  
OM0120-R2  
Beauty · Exotic Skin Oils · Skin

Full line of exotic skin oils, p. 88–91

## Gotu Kola

500 mg

capsules

### Improves Memory Stimulates Appetite

Traditionally used in Ayurvedic medicine as *Smrtiprada* (memory-enhancing activity) to improve memory; to relieve lack or loss of the appetite for food and to relieve cough; to help relieve *Jvara* and *Kasa* (fever and cough); as *Rasayana* (rejuvenative tonic); as *Medhya* (brain tonic); and as *Dipana* (digestive tonic) to help promote digestion.



#### Each vegetable capsule contains

Whole gotu kola (*Centella asiatica*) ..... 500 mg

### Other ingredients

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

### Directions of use

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

#0829 · 100 vegetable capsules · UPC 6-28747-10829-4  
NPN 80022868 · V0038-R2

[Digestive Health](#) · [Herbs and Herbal Extracts](#) · [Memory Help](#)

## Grapefruit Seed Extract

With Wormwood and Echinacea capsules

### Antiparasitic

This formula is a combination of grapefruit, echinacea, and wormwood extracts, which are traditionally used in herbal medicine as a vermicide (to expel intestinal worms). Echinacea helps relieve sore throats and symptoms of upper respiratory tract infections.



### Each vegetable capsule contains

Echinacea ( <i>Echinacea angustifolia</i> ) root	.....	161 mg
Wormwood ( <i>Artemisia absinthium</i> ) aerial part	.....	161 mg
Grapefruit seed extract	.....	84 mg

### Other ingredients

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

### Directions of use

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

### Duration of use

Consult a health-care practitioner for use beyond 1 month.

#0885 · 90 vegetable capsules · UPC 6-28747-10885-0  
NPN 80048368 · V0039-R2

[Herbs and Herbal Extracts](#) · [Parasitic and Fungal Management](#)

## Grapefruit Seed Extract

liquid concentrate

### Safe Travels

This formula is a combination of natural extracts of grapefruit, lemon, and tangerine seeds, used by health-care practitioners to provide nutritional support for individuals with certain health concerns. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, and teeth. An antioxidant for the maintenance of good health.



#### Each drop contains

Grapefruit seed extract  
(560 mcg of vitamin C per drop) ..... 7 mg

### Other ingredient

Vegetable glycerin.

### Directions of use

**Adults:** Mix 12–15 drops in a glass of water or juice, one to three times daily, with or without meals, or as directed by your health-care practitioner.

#1641 · 30 ml · UPC 6-28747-21641-8  
#0142 · 112 ml · UPC 6-28747-20142-1  
#0009 · 250 ml · UPC 6-28747-20009-7  
NPN 80036596 · LM0064-R1

[Herbs and Herbal Extracts](#) · [Parasitic and Fungal Management](#)

**“A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing.”**

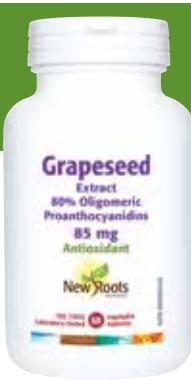
George Bernhard Shaw

## Grapeseed Extract

80% Oligomeric Proanthocyanidins  
85 mg capsules

### Antioxidant

Helps to relieve symptoms related to noncomplicated chronic venous insufficiency (CVI), such as sensation of swelling, heaviness, and tingling of the legs. Source of antioxidants.



### Each vegetable capsule contains

Bilberry (*Vaccinium myrtillus*) fruit. . . 380 mg  
Grape (*Vitis vinifera*) seed extract,  
80% oligomeric proanthocyanidins. . . . . 85 mg  
Grape (*Vitis vinifera*) skin extract, 25% polyphenols . . . 60 mg

### Other ingredients

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

### Directions of use

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

#1203 · 60 vegetable capsules · UPC 6-28747-11203-1

NPN 80096626 · V0042-R4

Antioxidants · Heart and Blood · Herbs and Herbal Extracts

## Grapeseed Extract

80% Oligomeric Proanthocyanidins  
150 mg capsules

### Antioxidant

A source of antioxidants for the maintenance of good health.

### Each vegetable capsule contains

Organic bilberry (*Vaccinium myrtillus*) fruit . . . . . 300 mg  
Grape (*Vitis vinifera*) seed extract,  
80% oligomeric proanthocyanidins. 150 mg  
Grape (*Vitis vinifera*) skin extract,  
25% polyphenols . . . . . 100 mg



### Other ingredients

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

### Directions of use

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

### Duration of use

Consult a health-care practitioner for use beyond 3 months. Use for at least 1 month to see beneficial effects.

#1226 · 60 vegetable capsules · UPC 6-28747-11226-0

NPN 80096625 · V0204-R4

Antioxidants · Heart and Blood · Herbs and Herbal Extracts

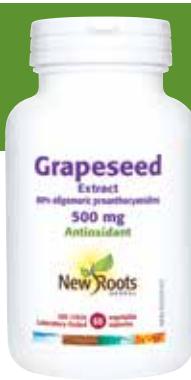


## Grapeseed Extract

80% Oligomeric Proanthocyanidins  
500 mg capsules

### Antioxidant

A source of antioxidants for the maintenance of good health. Grape seed extract also helps to relieve symptoms related to non-complicated chronic venous insufficiency (CVI), such as sensation of swelling, heaviness and tingling of the legs.



### Each vegetable capsule contains

Grape (*Vitis vinifera*) seed extract,  
80% oligomeric proanthocyanidins. . . . . 500 mg  
Cranberry (*Vaccinium macrocarpon*) fruit concentrate . . . . . 100 mg

### Other ingredients

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

### Directions of use

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

### Duration of use

For CVI: Use for a minimum of 1 month to see beneficial effects. Consult a health-care practitioner for use beyond 3 months.

#1225 · 60 vegetable capsules · UPC 6-28747-11225-3

NPN 80035162 · V0343-R3

Antioxidants · Heart and Blood · Herbs and Herbal Extracts

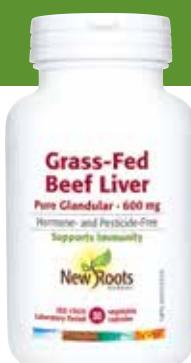
## Grass-Fed Beef Liver

Pure Glandular · 600 mg capsules

### Hormone- and Pesticide-Free Supports immunity.

Supports good health.

Helps support immune function.



### Each vegetable capsule contains

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

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

### Other ingredients

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

### Directions of use

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

#1963 · 30 vegetable capsules · UPC 6-28747-11963-4

NEW SIZE! #3434 · 90 vegetable capsules · UPC 6-28747-13434-7

#3187 · 180 vegetable capsules · UPC 6-28747-13187-2

NPN 80119351 · V0541-R1

Detoxification · Glandular Extracts

**“It is a terrible thing to see and have no vision.”**

Helen Keller

## Grass-Fed Beef Spleen

Pure Glandular · 650 mg

capsules

Hormone- and Pesticide-Free  
Supports Immunity

Supports good health.  
Helps support immune function.

### Each vegetable capsule contains

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

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



### Other ingredients

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

### Directions of use

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

#1964 · 30 vegetable capsules · UPC 6-28747-11964-1  
NEW SIZE! #3435 · 90 vegetable capsules · UPC 6-28747-13435-4  
NPN 80058174 · V0527-R2

Glandular Extracts · Immune Health

## Grass-Fed Lamb Pancreas

Pure Glandular · 450 mg

tablets

Hormone- and Pesticide-Free  
Supports Good Health

### Each tablet contains

Pancreas organ  
(from lamb [*Ovis aries*])\* ..... 450 mg  
Vitamin C (ascorbic acid) ..... 6 mg

\*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).



### Other ingredients

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

### Directions of use

**Adults:** Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

### Duration of use

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

#2027 · 30 tablets · UPC 6-28747-12027-2  
NEW SIZE! #3437 · 90 tablets · UPC 6-28747-13437-8  
NPN 80071898 · V0556-R2

Blood Glucose Management · Digestive Health · Glandular Extracts



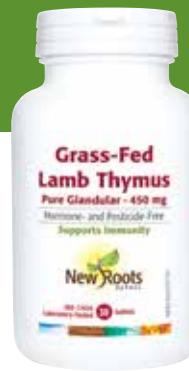
## Grass-Fed Lamb Thymus

Pure Glandular · 450 mg

tablets

Hormone- and Pesticide-Free  
Supports Immunity

Supports good health. Helps support immune function.



### Each tablet contains

Glandular thymus  
(from lamb [*Ovis aries*]) ..... 450 mg  
Vitamin C ..... 6 mg

\*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

### Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

### Directions of use

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

#2482 · 30 tablets · UPC 6-28747-12482-9  
NEW SIZE! #3436 · 90 tablets · UPC 6-2877-13436-1  
NPN 80103735 · V0524-R2

Glandular Extracts · Immune Health

## Green Tea Extract · 250 mg

50 % Polyphenols

capsules



### Antioxidant

Source of antioxidants for the maintenance of good health.

### Each vegetable capsule contains

Green tea (*Camellia sinensis*) leaf extract ..... 250 mg  
Providing 50 % polyphenols.  
Contains ≤ 10 % caffeine.

### Other ingredients

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

### Directions of use

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

### Duration of use

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

#0781 · 90 vegetable capsules · UPC 6-28747-10781-5  
NPN 80030374 · V0048-R1

Antioxidants · Heart and Blood · Herbs and Herbal Extracts  
Weight Management

**“Being generous often consists of simply extending a hand. That’s hard to do if you are grasping tightly to your righteousness, your belief system, your superiority, your assumptions about others, your definition of normal.”**

Patti Digh

## Green Tea

Extract · 500 mg · 75% EGCG capsules



### Antioxidant

Source of antioxidants for the maintenance of good health.

#### Each vegetable capsule contains

Green tea (*Camellia sinensis*) leaf extract, 75% epigallocatechin-3-gallate (EGCG) . . . . . 500 mg

### Other ingredients

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

### Directions of use

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

### Duration of use

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

#1696 · 60 vegetable capsules · UPC 6-28747-11696-1  
NPN 80032105 · V0449-R4

Antioxidants · Heart and Blood · Herbs and Herbal Extracts  
Weight Management

Wild-crafted saw palmetto (*Serenoa repens*) fruit liposterolic extract,

95% fatty acids (CO<sub>2</sub>-extracted) . . . . . 185 mg

Field horsetail (*Equisetum arvense*),

4.9 mg of silicon . . . . . 150 mg

Certified organic evening primrose (*Enothera biennis*) seed oil, 10% gamma-linolenic acid (GLA) . . . . . 100 mg

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]), 40% eicosapentaenoic acid (EPA),

20% docosahexaenoic acid (DHA) . . . . . 50 mg Flax (*Linum usitatissimum*) seed extract,

40% secoisolariciresinol diglucoside . . . . . 50 mg Whole stinging nettle (*Urtica dioica*) extract . . . . . 50 mg

Grape (*Vitis vinifera*) seed extract,

80% oligomeric proanthocyanidins . . . . . 35 mg Green tea (*Camellia sinensis*) leaf extract,

75% epigallocatechin-3-gallate (EGCG) . . . . . 35 mg

Apple (*Pyrus malus*) fruit extract,

5% proanthocyanidins B2 . . . . . 12 mg

Vitamin B3 (niacinamide) . . . . . 8 mg

Vitamin B5 (calcium D-pantothenate) . . . . . 8 mg

Silicon (from silicon dioxide) . . . . . 7 mg

Vitamin B2 (riboflavin-5'-phosphate sodium) . . . . . 2 mg

Vitamin B6 (pyridoxine hydrochloride) . . . . . 2 mg

Biotin . . . . . 150 mcg

Folate (from calcium L-5-methyltetrahydrofolate) . . . . . 50 mcg

Vitamin B12 (methylcobalamin) . . . . . 25 mcg

Vitamin D3 (cholecalciferol) . . . . . 12.5 mcg (500 IU)

## Green Tea Matcha: Matcha

powder

First Harvest · Organic Green Tea  
Pesticide-Free

Matcha green tea, unlike regular dried green tea, is made using the whole tea leaf, stone-ground to a fine powder. It contains at least three times as much EGCG (antioxidant). Our matcha comes from the first harvest of shade-grown tea leaves.



### Ingredient

Pure organic premium matcha green tea (*Camellia sinensis*).

### Preparation

Mix ¼–½ teaspoon per 150 ml cup of hot water. Adjust to taste.

#1874 · 30 g · UPC 6-28747-01874-6  
#1907 · 100 g · UPC 6-28747-01907-1  
P0659-R1

### NONTAXABLE ITEM

Antioxidants · Energy · Functional Foods · Green Foods  
Teas and Herbal Teas

## Hair & Scalp

softgels

### For Healthier, Stronger Hair

Helps to promote and maintain hair health. Helps in tissue formation. Helps to metabolize nutrients. Helps in the formation of red blood cells. Grape seed extract is a source of antioxidants for the maintenance of good health.



#### Each softgel contains

Certified organic pumpkin (*Cucurbita pepo*) seed oil . . . . . 400 mg  
Taurine (2-aminoethanesulfonic acid) . . . . . 240 mg

## Hawthorn Berry

500 mg capsules

### Supports Cardiovascular Health

Traditionally used in herbal medicine to help maintain and support cardiovascular health in adults.



#### Each vegetable capsule contains

Hawthorn (*Crataegus monogyna*) berry . . . . . 500 mg

### Other ingredients

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

### Directions of use

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

### Duration of use

Use for a minimum of two months to see beneficial effects.

#0828 · 100 vegetable capsules · UPC 6-28747-10828-7  
NPN 80021188 · V0043-R2

Heart and Blood · Herbs and Herbal Extracts

## Heart Mag

770 mg Magnesium Orotate capsules

### Supports Healthy Cardiac Function Gentle on the Stomach

Research supports the ability of true magnesium orotate to support cardiac function under stress. Promotes maintenance of healthy muscle function, including that of the heart muscle. Helps maintain the body's ability to metabolize nutrients, maintain a normal electrolyte balance, with tissue formation, and the development and maintenance of bones and teeth. Magnesium and orotic acid exert complementary effects on the biosynthesis of pyrimidine nucleotides, and maintain normal glycogen stores, protein synthesis, ATP levels, and contractile function.



#### Each vegetable capsule contains

Fully reacted magnesium orotate . . . . .	770 mg
<b>Providing:</b>	
Elemental magnesium . . . . .	50 mg
Orotic acid . . . . .	650 mg

#### Other ingredients

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

#### Directions of use

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

#2311 · 60 vegetable capsules · UPC 6-28747-12311-2

NPN 80084636 · V0642-R1

Heart and Blood · Vitamins and Minerals

Full line of magnesium supplements, p. 124-127

## Heart Smart Extra Virgin Organic Olive Oil

#### First Cold-Pressed · Non-GMO

Plant sterol-fortified to promote healthy cholesterol levels. Helps lower total blood and LDL cholesterol. Helps maintain healthy cholesterol levels.

#### Each tablespoon contains

Plant sterols esters . . . . .	375 mg
(combined <i>beta</i> -sitosterols, campesterol, and stigmasterols) . . . . .	

#### Other ingredients

Certified organic extra virgin olive (*Olea europaea*) oil and natural vitamin E (mixed tocopherol concentrate, from non-GMO sunflower). Nitrogen-flushed to maintain optimum freshness, prevent oxidation, and ensure maximum nutritional value.



#### Fatty Acids

Oleic . . . . .	56-85%
Linoleic . . . . .	3.5-20%
Palmitic . . . . .	7.5-20%
Stearic . . . . .	0.5-5%

#### Directions of use

**Adults:** Take 3 tablespoons daily with food or as directed by your health-care practitioner. Stir into soups, stews, and sauces;

or use for light sautéing. Its taste of sweet butter with subtle notes of pear, along with its low acidity level, makes it excellent for vinaigrettes, marinades, or as a replacement for butter or margarine on your toast. Enjoy a cholesterol-reduced breakfast, lunch, or dinner. Great-tasting and low in saturated fat; salt-, gluten-, cholesterol-, and *trans* fat-free.

#1626 · 500 ml · UPC 6-28747-21626-5

NPN 80059927 · OM0116

Cooking Oils · Functional Foods · Heart and Blood

## Heart Smart Organic Safflower Oil

#### First Cold-Pressed · Non-GMO

Plant sterol-fortified to promote healthy cholesterol levels. Helps lower total blood and LDL cholesterol. Helps maintain healthy cholesterol levels.

#### Each tablespoon contains

Plant sterols esters . . . . .	375 mg
(combined <i>beta</i> -sitosterols, campesterol, and stigmasterols) . . . . .	



#### Other ingredients

Certified organic safflower oil, and natural vitamin E (mixed tocopherols from non-GMO sunflower). Nitrogen-flushed to maintain optimum freshness, prevent oxidation, and ensure maximum nutritional value.

#### Fatty Acids

Linoleic . . . . .	68-83%
Palmitic . . . . .	4-10%
Oleic . . . . .	8-21%
Stearic . . . . .	1-5%

#### Directions of use

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

Stir into soups, stews, and sauces; or use for light sautéing. Its clean and crisp flavour is also excellent for vinaigrettes, marinades, or as a replacement for butter or margarine on your toast. Enjoy a cholesterol-reduced breakfast, lunch, or dinner. Great-tasting and low in saturated fat; salt-, gluten-, cholesterol-, and *trans* fat-free.

#1625 · 500 ml · UPC 6-28747-21625-8

NPN 80059904 · OM0118-R2

Cooking Oils · Functional Foods · Heart and Blood

## Heavy Metal Detox

capsules

Helps to support the normal detoxification processes involved in the removal of heavy metals to which the body is exposed on a daily basis. Helps to support and protect liver function, an organ involved in the detoxification process. Helps with immune function.



#### Each vegetable capsule contains

<i>N</i> -Acetyl-L-cysteine . . . . .	500 mg
Vitamin C (ascorbic acid) . . . . .	200 mg
DL- <i>alpha</i> -Lipoic acid . . . . .	50 mg

#### Other ingredients

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

## Directions of use

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

## Duration of use

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

#0801 · 120 vegetable capsules · UPC 6-28747-10801-0

NPN 80024488 · V0208-R5

**Detoxification**

## Heme Iron

Polypeptide · 11 mg

capsules

### The Most Bioavailable Iron for

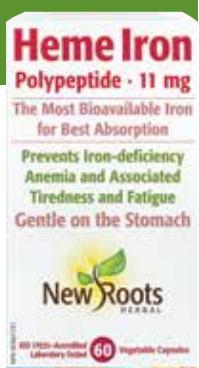
### Best Absorption

### Prevents Iron-deficiency Anemia and

### Associated Tiredness and Fatigue

### Gentle on the Stomach

Helps to form red blood cells and helps in their proper function. A factor in the maintenance of good health. Helps to prevent iron deficiency, iron-deficiency anaemia, and associated tiredness and fatigue.



### Each vegetable capsule contains

Vitamin C (ascorbic acid) . . . . .	90 mg
Iron (heme iron polypeptide, from domestic pig [ <i>Sus scrofa</i> ] hemoglobin) . . . . .	11 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	333 mcg
Vitamin B12 (methylcobalamin) . . . . .	333 mcg

### Other ingredients

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

## Directions of use

**Adults:** Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 7 weeks.

#1876 · 30 vegetable capsules · UPC 6-28747-11876-7

#2185 · 60 vegetable capsules · UPC 6-28747-12185-9

NPN 80061737 · V0514-R2

**Vitamins and Minerals · Women's Health**

Full line of iron supplements, p. 112

## New Product! Since July 2024

## Heme Iron (Bovine)

Polypeptide · 11 mg

BSE-Free

capsules

### The Most Bioavailable Iron

### for Best Absorption

### Gentle on the Stomach

Helps to form red blood cells and helps in their proper function. Helps to prevent iron-deficiency anemia and associated tiredness and fatigue.



### Each vegetable capsule contains

Iron (heme iron polypeptide, from bovine hemoglobin*) . . . . .	11 mg
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Vitamin C (ascorbic acid) . . . . . 90 mg

Folate (from calcium L-5-methyltetrahydrofolate) . . . . . 333 mcg

Vitamin B12 (methylcobalamin) . . . . . 333 mcg

\*From cattle free of hormones and bovine spongiform encephalopathy (BSE).

## Other ingredients

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

## Directions of use

**Adults:** Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 7 weeks.

#2494 · 30 vegetable capsules · UPC 6-28747-12494-2

#2495 · 60 vegetable capsules · UPC 6-28747-12495-9

NPN 80093863 · V0691-R1

**Vitamins and Minerals · Women's Health**

Full line of iron supplements, p. 112

## Hericium erinaceus:

## Lion's Mane

500 mg · Hot-Water Extract

capsules

### Medicinal Mushrooms

### Cognitive Health

### Immune-Boosting

### 35% *beta*-Glucans

### from 40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants.



### Each vegetable capsule contains

Lion's mane (*Hericium erinaceus*) mushroom extract, standardized to 40% polysaccharides providing 35% *beta*-glucans . . . . . 500 mg Hot-water extraction.

### Other ingredients

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

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal. Dosage can be increased up to 3 capsules daily.

#1868 · 60 vegetable capsules · UPC 6-28747-11868-2

#2297 · 120 vegetable capsules · UPC 6-28747-12297-9

NPN 80070799 · V0510-R2

**Medicinal Mushrooms · Memory Help · Neurological Health**

Full line of medicinal mushrooms, p. 132-136



**Hericium erinaceus:**  
Mushroom Lovers

## Lion's Mane Powder

Medicinal Mushrooms

Cognitive Health · Immune Support  
Organic · Creamy, Lobster-like Taste

Source of fungal polysaccharides with immunomodulating properties. Supports cognitive health.



### Each 3/4 teaspoon contains

Organic lion's mane (*Hericium erinaceus*) . . . . . 1 g

### Directions of use

**Adults:** Take two 3/4 teaspoons daily or as directed by your health-care practitioner. • Mix product well in 1 cup of hot liquid (water, coffee, tea, etc.) and steep covered for 5 to 20 minutes before ingesting. Longer steeping/simmering will increase potency and therapeutic benefits.

#2579 · 100 g / 100 doses · UPC 6-28747-02579-9

NPN 80111122 · P0831-R1

Functional Foods · Immune Health · Medicinal Mushrooms  
Memory Help · Neurological Health

Full line of medicinal mushrooms, p. 132–136

HMB, HMD:

## Heavy Metal Detox

capsules

Helps to support the normal detoxification processes involved in the removal of heavy metals to which the body is exposed on a daily basis. Helps to support and protect liver function, an organ involved in the detoxification process. Helps with immune function.



### Each vegetable capsule contains

N-Acetyl-L-cysteine . . . . . 500 mg  
Vitamin C (ascorbic acid) . . . . . 200 mg  
DL-alpha-Lipoic acid . . . . . 50 mg

### Other ingredients

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

### Directions of use

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

### Duration of use

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

#0801 · 120 vegetable capsules · UPC 6-28747-10801-0

NPN 80024488 · V0208-R5

Detoxification

“Almost all our health concerns can be traced back to our belly. Ensure a healthy gut, and the rest will take care of itself.”

Behzad Azargoshasb, “Rules of Health”

## Holy Basil Max

capsules

500 mg · Potent 10% Ursolic Acid

Increases Energy and Resistance to Mental and Physical Stress

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress). Traditionally used in Ayurveda as an expectorant and/or demulcent to help relieve cough (Kasa) and colds; as an expectorant to help relieve respiratory mucus buildup (catarrh); as a cardiotonic (Hrdya); and to aid digestion (Dipani) and stimulate appetite (stomachic). Source of antioxidants.



### Each vegetable capsule contains

Holy basil (*Ocimum tenuiflorum*) leaf extract, 10.0% ursolic acid . . . . . 500 mg

### Other ingredients

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

### Directions of use

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

#2898 · 60 vegetable capsules · UPC 6-28747-12898-8

NPN 80112767 · V0740-R1

Cold and Flu · Energy · Herbs and Herbal Extracts  
Stress Management

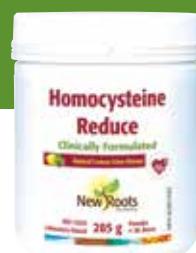
Full line of antistress products, p. 202–206

## Homocysteine Reduce

powder

Clinically Formulated  
Natural Lemon-Lime Flavour

Helps to reduce homocysteine levels, which may be associated with deficiencies of folate or vitamin B12. Helps to support liver function.



### Medicinal ingredients per 9.375 g dose (approximately 2 scoops)

Betaine trimethylglycine . . . . .	4 g
Inositol (myo-inositol) . . . . .	1.5 g
Choline bitartrate . . . . .	1 g
Zinc (from zinc bisglycinate) . . . . .	30 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	10 mg
Vitamin B12 (methylcobalamin) . . . . .	1.5 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	1 mg

### Other ingredients

Natural lemon/lime flavour, isomaltulose (naturally occurring disaccharide from sugar beet), DL-malic acid, microcrystalline cellulose, stevia (*Stevia rebaudiana*) leaf extract, and silicon dioxide.

### Directions of use

**Adults:** Take 2 scoops daily with food. Mix with 150–250 ml of water (dilute to taste) or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of 3 weeks to see beneficial effects.

#2210 · 285 g / 30 doses · UPC 6-28747-02210-1

NPN 80061652 · PM0094-R2

Heart and Blood

## Horny Goat Weed

*Epimedium grandiflorum*

500 mg

capsules

### Helps Increase Libido

Horny goat weed is used in traditional Chinese medicine to strengthen kidney yang and to help increase libido by tonifying the kidney yang.



### Each vegetable capsule contains

Horny goat weed  
(*Epimedium grandiflorum*) extract,  
20% icariin ..... 500 mg

### Other ingredients

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

### Directions of use

Adults ≥ 19 years old: Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Take for a minimum of 4 weeks to see improvements. Consult a health-care practitioner for use beyond 6 months.

#0847 · 60 vegetable capsules · UPC 6-28747-10847-8  
NPN 80042652 · V0220-R3

Herbs and Herbal Extracts · Sexual Health (Men)

## Hospital Bacteria

Defense

capsules

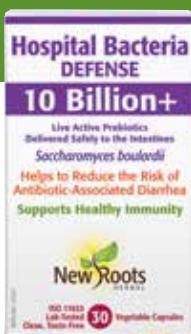
### 10 Billion+ Live Active Whole Cells

### Delivered Safely to the Intestines

*Saccharomyces boulardii*

### Helps to Reduce the Risk of Antibiotic-Associated Diarrhea Supports Healthy Immunity

Source of probiotics. Helps reduce the risk of antibiotic-associated diarrhea. Helps support intestinal/gastrointestinal health and a favourable gut flora. Helps maintain/support immune function. A factor in the maintenance of good health.



### Each vegetable capsule contains

*Saccharomyces boulardii* ..... 10 billion CFU  
Vitamin C (ascorbic acid) ..... 6 mg

### Other ingredients

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

### Directions of use

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

#1588 · 30 vegetable capsules · UPC 6-28747-11588-9  
NPN 80110227 · V0436-R2

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 166–179

## Human Probiotics

Colonizing Flora

capsules

### 42 Billion + Live Active Probiotics

Delivered Safely to the Intestines

12 Strains · Supports Gastro/

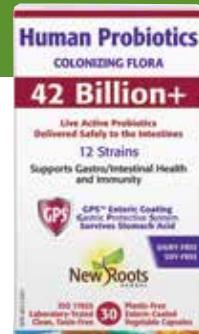
Intestinal Health and Immunity

GPS™ Enteric Coating

Gastric Protective System

Survives Stomach Acid

DAIRY-FREE · SOY-FREE



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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live, active, healthy, and whole cells (42 billion) to the intestines

### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	31.5 billion CFU
<i>Lactobacillus casei</i> UB1499	8.3244 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	1.68 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214	105 million CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB3963	105 million CFU
<i>Bifidobacterium bifidum</i> UB4280	42 million CFU
<i>Bifidobacterium breve</i> UB8674	42 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691	42 million CFU
<i>Lactobacillus crispatus</i> UB4719	42 million CFU
<i>Lactobacillus gasseri</i> UB8141	42 million CFU
<i>Lactobacillus acidophilus</i> LA-14	37.8 million CFU
<i>Lactobacillus rhamnosus</i> GG	37.8 million CFU
Vitamin C (ascorbic acid)	6 mg

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

### Other ingredients

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

### Directions of use

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

#2166 · 30 vegetable capsules · UPC 6-28747-12166-8  
NPN 80121091 · V0579-R2

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 166–179

“We have a health-care system that cares nothing for food and a food system that cares nothing for health. Is it any wonder we’re sick?”

Timothy Weeks

## IBS Urgency Irritable Bowel Syndrome

capsules

10 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
5 Strains · Supports Gastro/  
Intestinal Health · Reduces Instances  
of Diarrhea  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid

Could help reduce the duration of diarrhea  
in people with irritable bowel syndrome. Source of probiotics.  
Helps support intestinal/gastrointestinal health. Could promote  
favourable gut flora.

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

### Human Strains

*Bifidobacterium longum*  
ssp. *infantis* R0033 ..... 3.40 billion CFU  
*Bifidobacterium longum*  
ssp. *longum* R0175 ..... 3.40 billion CFU  
*Lactobacillus acidophilus* R0418 ..... 1.13 billion CFU

### Plant Strain

*Lactobacillus plantarum* R1012 ..... 1.13 billion CFU

### Dairy Strain

*Lactobacillus rhamnosus* R0011 ..... 1.13 billion CFU

Bovine colostrum (from *Bos taurus*) ..... 180 mg  
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

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

### Directions of use

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

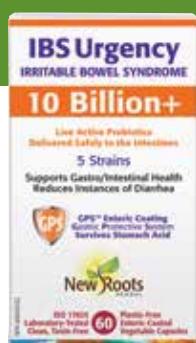
### Duration of use

Consult a health-care practitioner for prolonged use.

#1521 · 30 vegetable capsules · UPC 6-28747-11521-6  
#1945 · 60 vegetable capsules · UPC 6-28747-11945-0  
NPN 80042032 · V0374-R4

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 166-179



## Indole-3-Carbinol

150 mg

capsules

### Supports Healthy Estrogen Balance

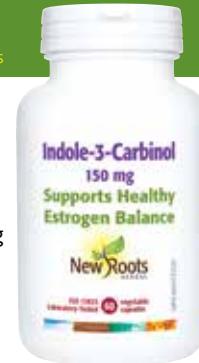
Source of antioxidants. Helps to support  
healthy estrogen metabolism/balance.

### Each vegetable capsule contains

Indole-3-carbinol (I-3-C) ..... 150 mg

### Other ingredients

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



### Directions of use

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

#1151 · 60 vegetable capsules · UPC 6-28747-11151-5

NPN 8007220 · V0327-R3

Women's Health

## Infla-Heal Plus

capsules

### Inflammation and Pain

Support for Joint, Muscle,  
and Tendon Health

GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid



Used in herbal medicine to help relieve  
minor pain, swelling, and inflammation.

### Each enteric-coated vegetable capsule contains

Pancreatic enzymes (from domestic pig  
[*Sus scrofa*]) 4x concentrate ..... 250 mg

### Providing the following:

Protease (25,000 USP proteolytic units)  
Amylase (25,000 USP amyloglucosidase units)  
Lipase (2,000 USP lipase units)  
Bromelain (from pineapple  
[*Ananas comosus* var. *comosus*] stem),  
2,400 GDU/g (6,480,000 FCC papain units) ..... 180 mg  
Trypsin (from domestic pig [*Sus scrofa*] pancreas)  
(18,000 USP trypsin units) ..... 120 mg

**Providing** 5,400-12,960 USP chymotrypsin units

Rutin (from Japanese pagoda tree  
[*Styphnolobium japonicum*] flower bud) ..... 85 mg  
Papain (from papaya [*Carica papaya*] fruit)  
(1,800,000 FCC papain units) ..... 18 mg  
Serratiopeptidase (30,000 SU) ..... 13.63 mg  
L-Cysteine hydrochloride ..... 10 mg  
Zinc (from zinc gluconate) ..... 2.6 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO  
vegetable capsule (medium-chain triglycerides, sodium alginate,  
oleic acid, stearic acid, ethylcellulose, hypromellose, and  
purified water).

### Directions of use

**Adults:** Take 1 capsule two to four times daily with food or as  
directed by your health-care practitioner. Swallow whole; do  
not crush or chew. If you are taking other medications, take  
this product a few hours before or after them. Use the smallest  
effective dose which controls symptoms.

**If there's one thing to know about the  
human body, it's this: The human body  
has a ringmaster. This ringmaster controls  
your digestion, your immunity, your brain,  
your weight, your health, and even your  
happiness. This ringmaster is the gut.**

Nancy Mure

## Duration of use

For swelling and pain reduction: Consult a health-care practitioner for use beyond 7 days. For the reduction of ear, nose, and throat infections, or as a mucolytic enzyme: Consult a health-care practitioner for use beyond 4 weeks.

#1832 · 30 vegetable capsules · UPC 6-28747-11832-3  
#1829 · 90 vegetable capsules · UPC 6-28747-11829-3  
#1825 · 180 vegetable capsules · UPC 6-28747-11825-5  
NPN 80044720 · V0499-R2

### Enzymes · Pain and Inflammation

## Inositol:

### Myo-Inositol

powder



PCOS Management · Enhances Fertility by Improving Ovarian Function · Healthy Glucose Metabolism / Mood Balance

Helps to improve ovarian function in women with oligomenorrhea and polycystic ovaries; in the management of polycystic ovarian syndrome (PCOS) by helping to restore normal ovarian function; in the management of PCOS by reducing oxidative stresses; to restore ovulation and oocyte quality, and to normalize menstrual cycle irregularities; to reduce serum testosterone in women with PCOS; and in the management of PCOS's hormonal and metabolic conditions by promoting healthy glucose metabolism. As an important component of phospholipids, inositol can assist in regulating cellular response for healthy body functioning. Helps support healthy mood balance.

#### Each scoop contains

Inositol (myo-inositol) ..... 4 g  
100% Vegan. Does not alter taste of drinks when mixed in.

#### Directions of use

**Adults:** Take 1 scoop added to 250 ml of water or juice, one to three times daily or as directed by your health-care practitioner.

**For healthy mood balance:** Take 3 scoops daily or as directed by your health-care practitioner. We recommend weighing **Myo-Inositol** for precise dosage.

#### Duration of use

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

#2208 · 125 g/31 doses · UPC 6-28747-02208-8  
#2209 · 250 g/62 doses · UPC 6-28747-02209-5  
#2081 · 500 g/125 doses · UPC 6-28747-02081-7  
NPN 80072476 · P0003-R0

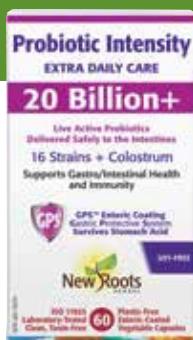
### Blood Glucose Management · Women Fertility

## Intensity Probiotic:

### Probiotic Intensity

Extra Daily Care

capsules



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

#### SOY-FREE

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

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (20 billion) to the intestines:

#### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	7.427 billion CFU
<i>Lactobacillus crispatus</i> UB4719	1.903 billion CFU
<i>Lactobacillus casei</i> UB1499	1.887 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB3963	1.427 billion CFU
<i>Lactobacillus gasseri</i> UB8141	1.427 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	951.391 million CFU
<i>Bifidobacterium breve</i> UB8674	314.583 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214	314.583 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691	314.583 million CFU
<i>Lactobacillus acidophilus</i> UB5997	26.215 million CFU

#### Plant or Other Strains

<i>Lactobacillus salivarius</i> UB4198	1.427 billion CFU
<i>Lactobacillus plantarum</i> UB2783	73.403 million CFU

#### Dairy Strains

<i>Lactobacillus johnsonii</i> UB3394	1.903 billion CFU
<i>Lactobacillus helveticus</i> UB7229	538.613 million CFU
<i>Lactobacillus paracasei</i> UB1978	52.43 million CFU
<i>Lactococcus lactis</i> LL-23	12.583 million CFU
Vitamin C (ascorbic acid)	6 mg
Bovine colostrum (from <i>Bos taurus</i> )	25 mg

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

#### Other ingredients

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

#### Directions of use

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

#1880 · 30 vegetable capsules · UPC 6-28747-11880-4

#1878 · 60 vegetable capsules · UPC 6-28747-11878-1

NPN 80118791 · V0498-R4

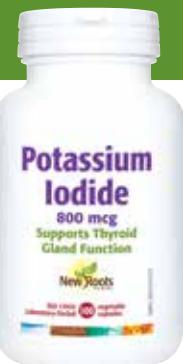
### Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 166–179

## Iodide (Potassium): Potassium Iodide

800 mcg

capsules



#### Supports Thyroid Gland Function

Helps in the function of the thyroid gland. A factor in the maintenance of good health.

#### Each vegetable capsule contains

Iodine ..... 800 mcg  
(from 1.05 mg of potassium iodide)

#### Other ingredients

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

## Directions of use

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

#1533 · 100 vegetable capsules · UPC 6-28747-11533-9

NPN 80024925 · V0422-R1

**Vitamins and Minerals**

## Iodide (Potassium):

### Potassium Iodide

65 mg

tablets

For Nuclear Emergency Use Only

Not for Daily Use

Thyroid blocking agent for use in nuclear emergencies which involve the release of radioiodine.

#### Each tablet contains

Potassium iodide ..... 65 mg

#### Other ingredients

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

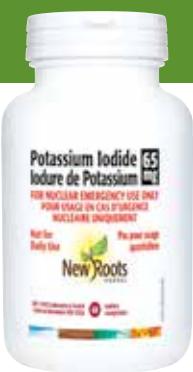
#### Directions of use

Take as directed by a public official if a nuclear emergency should happen. Take just before or shortly after exposure to radioiodine. For children under 6 years old, crush or dissolve tablets into food or drink prior to consumption; do not allow child to swallow tablet whole. **2 months–3 years:** Take half a tablet daily; **4–18 years old:** Take 1 tablet daily; **18 years+:** Take 2 tablets daily; or as directed by your health-care practitioner. Take daily until threat is over as directed by public officials.

#3141 · 60 tablets · UPC 6-28747-13141-4

NPN 80086446 · V0765-R1

**Vitamins and Minerals**



## Iron Bisglycinate

35 mg Elemental Iron

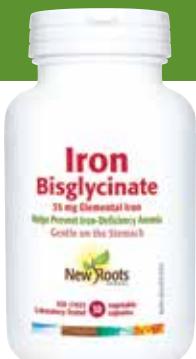
capsules

Helps Prevent Iron-Deficiency Anemia · Gentle on the Stomach

A factor in the maintenance of good health. Helps to form red blood cells and to prevent iron-deficiency anemia.

#### Each vegetable capsule contains

Iron (from iron bisglycinate) .....	35 mg
Vitamin C (ascorbic acid) .....	75 mg
Inositol hexanicotinate, flush-free (vitamin B3) .....	5 mg
Vitamin B1 (thiamine hydrochloride) .....	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) .....	5 mg
Vitamin B6 (pyridoxal-5'-phosphate) .....	5 mg
Copper (from copper citrate) .....	1 mg
Folate (from calcium L-5-methyltetrahydrofolate) .....	1,000 mcg
Vitamin B12 (methylcobalamin) .....	1,000 mcg



#### Other ingredients

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

## Directions of use

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

#1898 · 30 vegetable capsules · UPC 6-28747-11898-9

NEW SIZE! #3186 · 60 vegetable capsules · UPC 6-28747-13186-5

NPN 80052360 · V0515-R1

**Vitamins and Minerals**

## Iron products

112–113

## Joint Pain Relief

With NEM®

capsules



#### In as Little as 1 Day

Helps to relieve joint pain associated with osteoarthritis. NEM® increases joint flexibility, helps reduce joint pain and stiffness, and provides relief from joint pain due to moderate-intensity aerobic exercise, as quickly as 1 day. NEM® helps minimize discomfort, improve recovery from joint pain and stiffness, and reduce levels of CTX-II, a biomarker of cartilage/joint degradation, due to moderate-intensity aerobic exercise in postmenopausal women.

#### Each vegetable capsule contains

NEM® (eggshell membrane) powder .....	250 mg
Boswellia ( <i>Boswellia serrata</i> ) oleogum resin, 70% organic acid providing 35% boswellic acid .....	150 mg
Devil's claw ( <i>Harpagophytum procumbens</i> ) secondary tuber, 5% harpagosides .....	150 mg
Turmeric ( <i>Curcuma longa</i> ) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin .....	100 mg
Black pepper ( <i>Piper nigrum</i> ) fruit extract, 95% piperine .....	2 mg

NEM is a registered trademark of ESM Technologies, LLC.

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#1735 · 60 vegetable capsules · UPC 6-28747-11735-7

NPN 80038376 · V0465-R4

**Herbs and Herbal Extracts · Pain and Inflammation**

**“Ultimately, the only wealth that can sustain any community, economy, or nation is derived from the photosynthetic process—green plants growing on regenerating soil.”**

Allan Savory

# IRON SUPPLEMENTS

## Heme Iron

Polypeptide · 11 mg

capsules

The Most Bioavailable Iron for

Best Absorption

Prevents Iron-deficiency Anemia and

Associated Tiredness and Fatigue

Gentle on the Stomach

Helps to form red blood cells and helps in their proper function. A factor in the maintenance of good health. Helps to prevent iron deficiency, iron-deficiency anaemia, and associated tiredness and fatigue.

Each vegetable capsule contains

Vitamin C (ascorbic acid).....	90 mg
Iron (heme iron polypeptide, from domestic pig [ <i>Sus scrofa</i> ] hemoglobin).....	11 mg
Folate (from calcium L-5-methyltetrahydrofolate).....	333 mcg
Vitamin B12 (methylcobalamin).....	333 mcg

Other ingredients

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

Directions of use

**Adults:** Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.

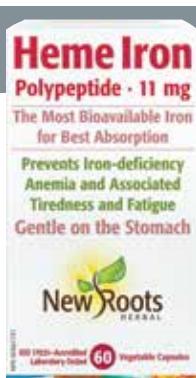
Duration of use

Consult a health-care practitioner for use beyond 7 weeks.

#1876 · 30 vegetable capsules · UPC 6-28747-11876-7  
#2185 · 60 vegetable capsules · UPC 6-28747-12185-9

NPN 80061737 · V0514-R2

Vitamins and Minerals · Women's Health



## Other ingredients

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

Directions of use

**Adults:** Take 3 capsules once daily with a full glass of water, with or without food, or as directed by your health-care practitioner. Do not lie down for 30 minutes after taking this product. If you are taking other medications or natural health products, take this product a few hours before or after them.

Duration of use

Consult a health-care practitioner for use beyond 7 weeks.

#2494 · 30 vegetable capsules · UPC 6-28747-12494-2  
#2495 · 60 vegetable capsules · UPC 6-28747-12495-9  
NPN 80093863 · V0691-R1

Vitamins and Minerals · Women's Health

## Iron Bisglycinate

35 mg Elemental Iron

capsules



Helps Prevent Iron-Deficiency

Anemia · Gentle on the Stomach

A factor in the maintenance of good health. Helps to form red blood cells and to prevent iron-deficiency anemia.

Each vegetable capsule contains

Iron (from iron bisglycinate) .....	35 mg
Vitamin C (ascorbic acid).....	75 mg
Inositol hexanicotinate, flush-free (vitamin B3).....	5 mg
Vitamin B1 (thiamine hydrochloride).....	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium).....	5 mg
Vitamin B6 (pyridoxal-5'-phosphate).....	5 mg
Copper (from copper citrate) .....	1 mg
Folate (from calcium L-5-methyltetrahydrofolate) .....	1,000 mcg
Vitamin B12 (methylcobalamin).....	1,000 mcg

## Other ingredients

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

Directions of use

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

#1898 · 30 vegetable capsules · UPC 6-28747-11898-9  
NEW SIZE! #3186 · 60 vegetable capsules · UPC 6-28747-13186-5  
NPN 80052360 · V0515-R1

Vitamins and Minerals

New Product! Since July 2024

## Heme Iron (Bovine)

Polypeptide · 11 mg

BSE-Free

capsules

The Most Bioavailable Iron

for Best Absorption

Gentle on the Stomach

Helps to form red blood cells and helps in their proper function. Helps to prevent iron-deficiency anemia and associated tiredness and fatigue.

Each vegetable capsule contains

Iron (heme iron polypeptide, from bovine hemoglobin*) .....	11 mg
Vitamin C (ascorbic acid).....	90 mg
Folate (from calcium L-5-methyltetrahydrofolate) .....	333 mcg
Vitamin B12 (methylcobalamin).....	333 mcg

\*From cattle free of hormones and bovine spongiform encephalopathy (BSE).

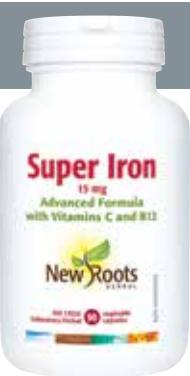


# IRON SUPPLEMENTS

## Super Iron

15 mg

capsules



### Advanced Formula with Vitamins C and B12

Helps to form red blood cells and helps in their proper function. Vitamin C is an antioxidant for the maintenance of good health.

#### Each vegetable capsule contains

Vitamin C (ascorbic acid) . . . . .	175 mg
Iron (from iron ascorbate) . . . . .	15 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	5 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	5 mg
Inositol hexanicotinate, flush-free (vitamin B3) . . . . .	2 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) . . . . .	2 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	1 mg
Vitamin B12 (methylcobalamin) . . . . .	250 mcg

#### Other ingredients

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

#### Directions of use

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

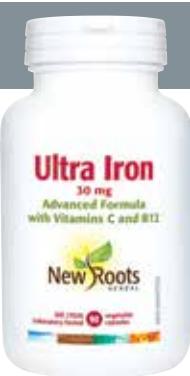
#0970 · 90 vegetable capsules · UPC 6-28747-10970-3  
NPN 80048168 · V0489-R3

Energy · Vitamins and Minerals · Women's Health

## Ultra Iron

30 mg

capsules



### Advanced Formula with Vitamins C and B12

Helps to prevent iron deficiency. Helps to form red blood cells and helps in their proper function.

#### Each vegetable capsule contains

Vitamin C (ascorbic acid) . . . . .	350 mg
Iron (from iron ascorbate) . . . . .	30 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	10 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	10 mg
Inositol hexanicotinate, flush-free (vitamin B3) . . . . .	4 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) . . . . .	4 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	1 mg
Vitamin B12 (methylcobalamin) . . . . .	350 mcg

#### Other ingredients

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

#### Directions of use

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

#0971 · 90 vegetable capsules · UPC 6-28747-10971-0  
NPN 80047902 · V0485-R2

Energy · Vitamins and Minerals · Women's Health

Iron plays many roles within the human body, the most important as the backbone of red blood cells (hemoglobin) that assimilate oxygen within the lungs.

Iron supplementation depends upon accurate elemental values. The on-site laboratory employs ICP-OES and ICP-MS (pictured) as needed to guarantee our label claim, ensuring consumers get the expected benefits.



# Joint-Tissu & MSM capsules

## Relieves Joint Pain Due to Osteoarthritis

Used in herbal medicine to help relieve joint pain associated with osteoarthritis.

### Each vegetable capsule contains

Glucosamine sulfate (from crab, lobster, shrimp, or prawn exoskeleton, stabilized with potassium chloride), sodium-free.	300 mg
Methylsulfonylmethane (MSM)	300 mg
Shark cartilage.	250 mg
Devil's claw ( <i>Harpagophytum procumbens</i> ) secondary tuber extract, 5% harpagosides.	50 mg



### Other ingredients

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

### Directions of use

**Adults (19 years and older):** Take 1 capsule three times daily with food or as directed by your health-care practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them. Avoid taking at bedtime.

### Duration of use

Use for a minimum of 2–3 months to see benefits.

#0248 · 60 vegetable capsules · UPC 6-28747-10248-3  
#0278 · 120 vegetable capsules · UPC 6-28747-10278-0  
NPN 80110992 · V0189-R2

50+ Health · Joint Health · Pain and Inflammation

## Joyful: New Roots Herbal

# Joyful capsules

## Healthy Mood Balance

Helps to promote healthy mood balance.  
Helps to temporarily promote relaxation.



### Each vegetable capsule contains

gamma-Aminobutyric acid (GABA)	200 mg
L-Theanine	83.33 mg
L-Tryptophan	73.333 mg
L-5-Hydroxytryptophan (L-5-HTP) (from <i>Griffonia simplicifolia</i> seed)	50 mg
San-qi ginseng ( <i>Panax notoginseng</i> ) leaf 15:1 extract	50 mg
Phellodendron ( <i>Phellodendron amurense</i> ) bark extract, 1% berberine	10 mg
Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Magnolia ( <i>Magnolia officinalis</i> ) bark 50:1 extract, 80% magnolol + honokiol	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	333 mcg
Vitamin B12 (methylcobalamin)	333 mcg
Vitamin D3 (cholecalciferol)	8.33 mcg (333.33 IU)

### Other ingredients

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

### Directions of use

**Adults:** Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

### Duration of use

*For healthy mood balance:* Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

#2022 · 30 vegetable capsules · UPC 6-28747-12022-7

#2024 · 60 vegetable capsules · UPC 6-28747-12024-1

NPN 80069682 · V0557-R1

Mood Enhancement · Neurological Health · Stress Management

Full line of antistress products, p. 202–206

# Juicy Immune - Energy powder



## 8 Organic Berries

## + 20 Nutraceuticals

No added sugar · Non-GMO

Antioxidant · ORAC Value ~5000

Helps with immune function. Provides antioxidants for the maintenance of good health. Helps support liver function. Helps in wound healing; in connective tissue formation; and in collagen formation for the development and maintenance of bones, cartilage, teeth, and gums.

Calories per dose: 14 calories.

From carbohydrates: 13 calories. From fat: 0.5 calories.

From protein: 0.5 calories.

### Each 10 g (2 heaping teaspoons) dose contains

#### Freeze-dried organic berry powders

Organic sea buckthorn ( <i>Hippophae rhamnoides</i> ) fruit	1,200 mg
Organic goji ( <i>Lycium barbarum</i> ) fruit	1,000 mg
Organic pomegranate ( <i>Punica granatum</i> ) fruit	1,000 mg
Organic blackberry ( <i>Rubus plicatus</i> ) fruit	400 mg
Organic strawberry ( <i>Fragaria × ananassa</i> )	400 mg
Organic red raspberry ( <i>Rubus idaeus</i> ) fruit	300 mg
Organic sour cherry ( <i>Prunus ssp.</i> ) fruit	300 mg
Organic bilberry ( <i>Vaccinium myrtillus</i> ) fruit	250 mg

#### Nutraceuticals

Inulin (from chicory root)	2,210 mg
Lecithin (from non-GMO sunflower oil)	1,000 mg
Arabinogalactan (from <i>Larix laricina</i> )	750 mg
Roselle ( <i>Hibiscus sabdariffa</i> ) flower	400 mg
Vitamin C (ascorbic acid)	360 mg
Cranberry ( <i>Vaccinium macrocarpon</i> ) fruit concentrate	75 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 75% epigallocatechin-3-gallate (EGCG)	50 mg
Cili ( <i>Rosa rugosa</i> ) fruit extract	40 mg
Japanese knotweed ( <i>Fallopia japonica</i> ) root, 50% resveratrol	27.5 mg
Astragalus ( <i>Astragalus membranaceus</i> ) root extract, 3% astragalosides	25 mg
Bilberry ( <i>Vaccinium myrtillus</i> ) European fruit extract, 25% anthocyanosides	25 mg
Blend of berry extracts, 20% multiantocyanidins, from bilberry ( <i>Vaccinium myrtillus</i> ) and grape ( <i>Vitis vinifera</i> )	25 mg
European elderberry ( <i>Sambucus nigra</i> ) fruit extract	25 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	10 mg
Grape ( <i>Vitis vinifera</i> ) seed extract, 80% oligomeric proanthocyanidins	10 mg
Grape ( <i>Vitis vinifera</i> ) skin extract, 25% polyphenols	10 mg
Marigold ( <i>Tagetes erecta</i> ) flower extract, 15% lutein	2.25 mg

Zeaxanthin esters (400 mcg)  
from marigold (*Tagetes erecta*) flower extract. .... 2 mg  
Lycopene (100 mcg) from tomato  
(*Solanum lycopersicum*) flesh extract. .... 1 mg  
Astaxanthin 1.5%,  
from 375 mcg of *Haematococcus pluvialis*. .... 375 mcg

#### Other ingredient

Stevia (*Stevia rebaudiana*) leaf extract.

#### Directions of use

Adults: Mix 2 heaping teaspoons (about 10 g) with at least 8 oz.<sup>†</sup> (235 ml) of water or other fluids once daily, or as directed by your health-care practitioner.

<sup>†</sup>Adjust amount of water to taste.

#1511 · 305 g / ≈ 30 doses · UPC 6-28747-01511-0

NPN 80082454 · PM0557-R9

**Antioxidants · Energy · Functional Foods · Herbs and Herbal Extracts · Immune Health**

## Kava Kava

400 mg · 30% Kavalactones      capsules



#### Promotes Relaxation and Serenity

Used in herbal medicine to help relieve nervousness; as a calmative; as a sedative; and as a sleep aid / to promote sleep.

#### Each vegetable capsule contains

Kava kava (*Piper methysticum*) root extract, 30% kavalactones ..... 400 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#2111 · 60 vegetable capsules · UPC 6-28747-12111-8

NPN 80072998 · V0586-R2

**Herbs and Herbal Extracts · Mood Enhancement · Stress Management**

Full line of antistress products, p. 202–206

## Kelp

225 mg

Made with Organic Kelp

tablets



#### Supports Thyroid Gland Function

A factor in the maintenance of good health. Helps in the function of the thyroid gland.

#### Each tablet contains

Iodine (from 225 mg of organic Norwegian kelp [*Ascophyllum nodosum*]). .... 225 mcg

#### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, and silicon dioxide.

#### Directions of use

Adults: Take 1–2 tablets daily with meals or as directed by your health-care practitioner.

#0807 · 100 tablets · UPC 6-28747-10807-2

#0314 · 300 tablets · UPC 6-28747-10314-5

NPN 80020944 · V0047-R6

**Detoxification · Herbs and Herbal Extracts**

## Kidney Clean Flow

capsules

#### Renal Support

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



#### Each vegetable capsule contains

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

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#1079 · 90 vegetable capsules · UPC 6-28747-11079-2

NPN 80068833 · V0306-R2

**Urogenital (Men) · Urogenital (Women)**

**“Opportunity is always knocking. The problem is that most people have the self-doubt station in their heads turned up way too loud to hear it.”**

Brian Vaszily

## Kidny

Herbal Diuretic

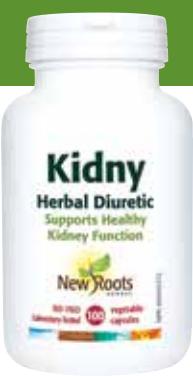
capsules

### Supports Healthy Kidney Function

Uva ursi is traditionally used in herbal medicine as a mild diuretic to help relieve symptoms associated with minor urinary tract infections, such as burning sensation and/or frequent urination.

#### Each vegetable capsule contains

Uva ursi ( <i>Arctostaphylos uva-ursi</i> ) leaf	345 mg
Buchu ( <i>Agathosma betulina</i> ) leaf	57 mg
Ginger ( <i>Zingiber officinale</i> ) rhizome	57 mg
Marshmallow ( <i>Althea officinalis</i> ) root	57 mg
Parsley ( <i>Petroselinum crispum</i> ) leaf	57 mg
Juniper ( <i>Juniperus communis</i> ) berry	12 mg



#### Other ingredients

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

#### Directions of use

**Adults:** Take 2 capsules three times daily or as directed by your health-care practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them. Take with food to avoid gastrointestinal upset. Do not take with highly acidic foods (e.g., citrus fruits and juice) or medications which may acidify urine.

#### Duration of use

For occasional use only. Consult a health-care practitioner for use beyond 1 week.

#1346 · 100 vegetable capsules · UPC 6-28747-11346-5

NPN 80043472 · V0366-R2

[Urogenital \(Men\)](#) · [Urogenital \(Women\)](#)

## L-Arginine

500 mg

capsules

### Amino Acid · Exercise Support

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

#### Each vegetable capsule contains

L-Arginine (from L-arginine hydrochloride)	500 mg
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#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#1018 · 100 vegetable capsules · UPC 6-28747-11018-1

NPN 80021242 · V0153-R5

[Amino Acids and Proteins](#) · [Sport Nutrition](#)

## L-Carnitine Tartrate

750 mg

capsules

### Athletic Workout Support Muscle Recovery

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



#### Each vegetable capsule contains

L-Carnitine tartrate	750 mg
Providing:	

L-Carnitine ..... 500 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#1795 · 90 vegetable capsules · UPC 6-28747-11795-1

NPN 80044764 · V0098-R2

[Amino Acids and Proteins](#) · [Sport Nutrition](#) · [Weight Management](#)

## L-Glutamine

500 mg

capsules

### Gut Health · Muscle Repair

Helps in muscle cell repair and to restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps support immune and digestive system health after periods of physical stress.



#### Each vegetable capsule contains

L-Glutamine	500 mg
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#### Other ingredients

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

#### Directions of use

**Adults:** Take 4 capsules three times daily with a meal or as directed by your health-care practitioner. *For weight training:*

**Adults:** Take 3 capsules up to six times (9 g) daily.

#0090 · 50 vegetable capsules · UPC 6-28747-10090-8

#0865 · 120 vegetable capsules · UPC 6-28747-10865-2

#0866 · 240 vegetable capsules · UPC 6-28747-10866-9

NPN 80010311 · V0100-R2

[Amino Acids and Proteins](#) · [Digestive Health](#) · [Muscle Support](#)  
[Sport Nutrition](#)

## L-Glutamine

powder

### Muscle Recovery · Amino Acid

Helps support immune and digestive system health after periods of physical stress. Helps restore plasma glutamine levels depleted after periods of physical stress (e.g., prolonged exhaustive exercise). Helps to assist in muscle cell repair after exercise.



#### Each rounded teaspoon (5 g) contains

L-Glutamine. .... 5 g

#### Directions of use

**Adults:** Mix 1 rounded teaspoon (approx. 5 g) with cold liquid once daily or as directed by your health-care practitioner. We recommend weighing **L-Glutamine** for precise dosage.

#0868 · 250 g · UPC 6-28747-00868-6

NPN 80021094 · P0163-R1

**Amino Acids and Proteins · Digestive Health · Muscle Support  
Sport Nutrition**

## L-Lysine

500 mg

capsules



### Reduces Recurrence of Cold Sores

Helps to reduce the recurrence, severity, and healing time of cold sores. L-Lysine is one of the nine essential amino acids.

#### Each vegetable capsule contains

L-Lysine ..... 500 mg  
From L-lysine monohydrochloride.

#### Other ingredients

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

#### Directions of use

**Adults:** For cold sores, take 2 capsules three times daily with meals.

#### Duration of use

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

#0252 · 100 vegetable capsules · UPC 6-28747-10252-0

#1019 · 250 vegetable capsules · UPC 6-28747-11019-8

NPN 80000790 · V0151-R2

**Amino Acids and Proteins · Immune Health**

## L-Methionine

500 mg

capsules



### Supports Liver Function

A factor in the maintenance of good health.  
Helps to support liver function.

#### Each vegetable capsule contains

L-Methionine ..... 500 mg

#### Other ingredients

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

## Directions of use

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

#0148 · 50 vegetable capsules · UPC 6-28747-10148-6

NPN 80017685 · V0102-R2

**Amino Acids and Proteins · Detoxification**

## L-5-Methyltetrahydrofolate:

### Active Folate

capsules

#### L-5-Methyltetrahydrofolate

#### 1,000 mcg plus Vitamins B6 and B12



#### Helps Reduce the Risk of Neural Tube Defects

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

#### Each vegetable capsule contains

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

#### Other ingredients

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

#### Directions of use

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

#1900 · 60 vegetable capsules · UPC 6-28747-11900-9

NPN 80095778 · V0518-R1

**Maternity · Vitamins and Minerals**

**Full line of B vitamins, p. 220–225**

## L-5-Methyltetrahydrofolate:

### Active Folate

tablets

#### L-5-Methyltetrahydrofolate

#### 1,000 mcg plus Vitamins B6 and B12



#### Helps Reduce the Risk of Neural Tube Defects

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

#### Each tablet contains

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

#### Other ingredients

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

## Directions of use

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

#2038 · 60 tablets · UPC 6-28747-12038-8

NPN 80070154 · V0563-R1

Maternity · Vitamins and Minerals

Full line of B vitamins, p. 220–225

## L-Taurine:

## Taurine

500 mg

capsules

### Supports Cardiovascular Health

Helps to support cardiovascular function.

#### Each vegetable capsule contains

Taurine  
(2-aminoethanesulfonic acid) . . . . . 500 mg

#### Other ingredients

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

#### Directions of use

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

#0089 · 90 vegetable capsules · UPC 6-28747-10089-2

NPN 80021987 · V0103-R2

Amino Acids and Proteins · Heart and Blood



## L-Theanine

250 mg

capsules

### Relaxation

Helps to temporarily promote relaxation.

#### Each vegetable capsule contains

L-Theanine . . . . . 250 mg

#### Other ingredients

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

#### Directions of use

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

#1786 · 30 vegetable capsules · UPC 6-28747-11786-9

#2551 · 60 vegetable capsules · UPC 6-28747-12551-2

#2552 · 120 vegetable capsules · UPC 6-28747-12552-9

NPN 80039946 · V0484-R2

Amino Acids and Proteins · Memory Help · Sleep Aids

Full line of antistress products, p. 202–206



“Be willing to share your blessings. The only riches that last are the ones that are given away.”

David Khalil

## L-Tryptophan

220 mg

capsules

### Essential Amino Acid

Source of an essential amino acid for the maintenance of good health.

#### Each vegetable capsule contains

L-Tryptophan . . . . . 220 mg

#### Other ingredients

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

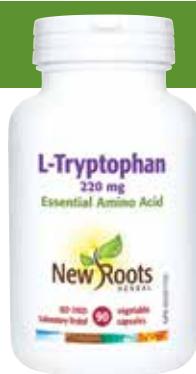
#### Directions of use

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

#1645 · 90 vegetable capsules · UPC 6-28747-11645-9

NPN 80031759 · V0456-R4

Amino Acids and Proteins · Mood Enhancement



## L-Tyrosine

500 mg

capsules

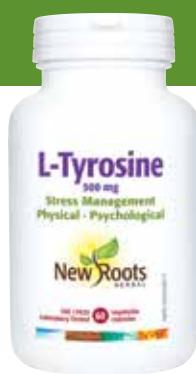
### Stress Management

#### Physical · Psychological

Helps in the management of some forms of stress (physical, psychological, sleep deprivation, multitasking, etc.).

#### Each vegetable capsule contains

L-Tyrosine . . . . . 500 mg



#### Other ingredients

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

#### Directions of use

Take 2 capsules daily with meals or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for long-term use.

#1020 · 60 vegetable capsules · UPC 6-28747-11020-4

NPN 80000017 · V0169-R3

Amino Acids and Proteins · Mood Enhancement · Stress Management

Full line of antistress products, p. 202–206

## Lamb Pancreas:

## Grass-Fed Lamb

## Pancreas

Pure Glandular · 450 mg

tablets

Hormone- and Pesticide-Free

Supports Good Health

#### Each tablet contains

Pancreas organ

(from lamb [*Ovis aries*])\* . . . . . 450 mg

Vitamin C (ascorbic acid) . . . . . 6 mg

\*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).



## Other ingredients

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

## Directions of use

**Adults:** Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

## Duration of use

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

#2027 · 30 tablets · UPC 6-28747-12027-2

NEW SIZE! #3437 · 90 tablets · UPC 6-28747-13437-8

NPN 80071898 · V0556-R2

[Blood Glucose Management](#) · [Digestive Health](#) · [Glandular Extracts](#)

## Lamb Thymus:

## Grass-Fed

## Lamb Thymus

Pure Glandular · 450 mg

tablets



## Hormone- and Pesticide-Free

## Supports Immunity

Supports good health. Helps support immune function.

## Each tablet contains

Glandular thymus (from lamb [*Ovis aries*]) . . . . . 450 mg  
Vitamin C . . . . . 6 mg

\*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

## Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

## Directions of use

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

#2482 · 30 tablets · UPC 6-28747-12482-9

NEW SIZE! #3436 · 90 tablets · UPC 6-2877-13436-1

NPN 80103735 · V0524-R2

[Glandular Extracts](#) · [Immune Health](#)

## Lavender

## Organic Essential Oil

*Lavandula angustifolia*

100% Pure · Certified Organic

Used in aromatherapy as a nervine/calmative.

Used in aromatherapy as carminative/antispasmodic for symptomatic relief of digestive discomfort.

## Each drop contains

Organic lavender (*Lavandula angustifolia*) flowering herb top essential oil . . . . . 100%



## Active compounds

Linalyl acetate and linalool.

## Directions of use

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

## Duration of use

For occasional use only.

#2139 · 15 ml · UPC 6-28747-22139-9

NPN 80069450 · O0031-R1

[Essential Oils](#)

[Full line of essential oils, p. 78-86](#)

## Lectro-Lytes

powder

## Coco-Pineapple

## Electrolyte Rehydration Drink Mix



Rich in Vitamin C

No Added Sugar · Gluten-Free

Stay Properly Hydrated!

Keep properly hydrated in hot weather, when traveling, working out, or recuperating. Ideal for anyone needing to create a normal electrolyte balance within the body or for those that follow an exercise program.

## Ingredients

Magnesium bisglycinate, potassium citrate, citric acid, calcium citrate, malic acid, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate), and natural pineapple and coconut flavours (pineapple, coconut, maltodextrin, silicon dioxide).

## Directions of use

Add one scoop to 200 ml of water. Use once a day.

## Supplemented Food Facts · Per 1 scoop (4.2 g)

	% Daily Value*	% Daily Value*
Fat 0 g . . . . .	0 %	Potassium 200 mg . . . . . 4 %
Saturated 0 g + Trans 0 g . . . . .	0 %	Calcium 100 mg . . . . . 8 %
Carbohydrate 1 g		Iron 0.1 mg . . . . . 1 %
Fibres 0 g . . . . .	0 %	Supplemented with†:
Sugars 0 g . . . . .	0 %	Vitamin C 251 mg . . . . . 279 %
Protein 0 g		Vitamin B6 10 mg . . . . . 588 %
Cholesterol 0 mg		Magnesium 120 mg . . . . . 29 %
Sodium 55 mg . . . . .	2 %	

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

†Includes naturally occurring and supplemental amounts

#2490 · 168 g / 40 portions · UPC 6-28747-02490-7

PM0818-R1

[NONTAXABLE ITEM](#)

[Energy](#) · [Sport Nutrition](#) · [Vitamins and Minerals](#)

## Lectro-Lytes

powder

## Lemon-Lime

## Electrolyte Rehydration Drink Mix



Rich in Vitamin C

No Added Sugar · Gluten-Free

Stay Properly Hydrated!

Keep properly hydrated in hot weather, when traveling, working out, or recuperating. Ideal for anyone needing to create a normal electrolyte balance within the body or for those that follow an exercise program.

## Ingredients

Magnesium bisglycinate, potassium citrate, malic acid, citric acid, calcium citrate, sodium ascorbate, sodium chloride, stevia (*Stevia rebaudiana*), vitamin B6 (pyridoxal-5'-phosphate), and natural lemon-lime flavour (lemon, lime, maltodextrin, silicon dioxide).

## Directions of use

Add one scoop to 200 ml of water. Use once a day.

Supplemented Food Facts · Per 1 scoop (4.8 g)	
Calories 5	% Daily Value*
Fat 0 g . . . . .	0 %
Saturated 0 g + Trans 0 g .	0 %
Carbohydrate 1 g	
Fibres 0 g . . . . .	0 %
Sugars 0 g . . . . .	0 %
Protein 0 g	
Cholesterol 0 mg	
Sodium 50 mg. . . . .	2 %
*5% or less is a little, 15% or more is a lot	

<sup>†</sup>Includes naturally occurring and supplemental amounts

#2488 · 192 g / 40 portions · UPC 6-28747-02488-4  
PM0814-R1

#### NONTAXABLE ITEM

Energy · Sport Nutrition · Vitamins and Minerals

## Lemon Organic Essential Oil

*(Citrus × limon)*  
100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.

#### Each drop contains

Organic lemon (*Citrus × limon*) fruit peel essential oil . . . . . 100%

#### Active compounds

Limonene and *beta*-pinene.

#### Directions of use

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

#### Duration of use

For occasional use only.

#2148 · 15 ml · UPC 6-28747-22148-1  
NPN 80076490 · O0059-R1  
Essential Oils

Full line of essential oils, p. 78–86



## Lemon Pure Essential Oil

*Citrus × limon*

100% Pure · Clean · Unadulterated

Aroma: Fresh, citrus, sweet.

Attributes: Refreshing, cleansing, energizing.

Scent note: Top Note



#### Each drop contains

Lemon (*Citrus × limon*) fruit peel essential oil, cold-pressed . . . . . 100%

#### Active compound

Limonene.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3206 · 30 ml · UPC 6-28747-131206-7  
O0094-R1  
Essential Oils

Full line of essential oils, p. 78–86

## Lemon Eucalyptus Pure Essential Oil

*Corymbia citriodora*

100% Pure · Clean · Unadulterated

Aroma: Aromatic, fresh, citrus.

Attributes: Refreshing, cleansing, inspiring.

Scent note: Middle Note



#### Each drop contains

Lemon-scent gum (*Corymbia citriodora*) leaf essential oil, steam-distilled. . . . . 100%

#### Active compounds

Citronellal, citronellol, and geraniol.

#### Directions of use

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

#### Duration of use

For external and occasional use only.

#3207 · 30 ml · UPC 6-28747-13207-4

O0085-R1

#### Essential Oils

Full line of essential oils, p. 78–86

## Lion's Mane

500 mg · Hot-Water Extract capsules

Medicinal Mushrooms

Cognitive Health

Immune-Boosting

35% *beta*-Glucans

from 40% Polysaccharides

Source of fungal polysaccharides

with immunomodulating properties.

Provides antioxidants.



#### Each vegetable capsule contains

Lion's mane (*Hericium erinaceus*) mushroom extract, standardized to 40% polysaccharides providing 35% *beta*-glucans . . . . . 500 mg Hot-water extraction.

#### Other ingredients

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

#### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

Dosage can be increased up to 3 capsules daily.

#1868 · 60 vegetable capsules · UPC 6-28747-11868-2

#2297 · 120 vegetable capsules · UPC 6-28747-12297-9

NPN 80070799 · V0510-R2

Medicinal Mushrooms · Memory Help · Neurological Health

Full line of medicinal mushrooms, p. 132–136



## Mushroom Lovers Lion's Mane Powder

### Medicinal Mushrooms

Cognitive Health · Immune Support  
Organic · Creamy, Lobster-like Taste

Source of fungal polysaccharides with immunomodulating properties. Supports cognitive health.



#### Each 3/4 teaspoon contains

Organic lion's mane (*Hericium erinaceus*) . . . . . 1 g

#### Directions of use

**Adults:** Take two 3/4 teaspoons daily or as directed by your health-care practitioner. • Mix product well in 1 cup of hot liquid (water, coffee, tea, etc.) and steep covered for 5 to 20 minutes before ingesting. Longer steeping/simmering will increase potency and therapeutic benefits.

#2579 · 100 g / 100 doses · UPC 6-28747-02579-9  
NPN 80111122 · P0831-R1

Functional Foods · Immune Health · Medicinal Mushrooms  
Memory Help · Neurological Health

Full line of medicinal mushrooms, p. 132–136

## Lipoic Acid Alpha Lipoic

125 mg capsules

### Antioxidant

Provides antioxidants for the maintenance of good health.

#### Each vegetable capsule contains

DL-alpha-Lipoic acid . . . . . 125 mg



#### Other ingredients

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

#### Directions of use

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

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

Antioxidants · Detoxification

## Lipoic acid: Alpha Lipoic

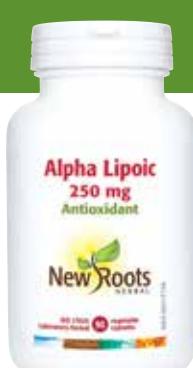
250 mg capsules

### Antioxidant

Provides antioxidants for the maintenance of good health.

#### Each vegetable capsule contains

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



#### Other ingredients

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

#### Directions of use

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

#0770 · 60 vegetable capsules · UPC 6-28747-10770-9

NPN 80017724 · V0096-R1

Antioxidants · Detoxification · Immune Health

## Lipoic acid:

## R+ Alpha Lipoic

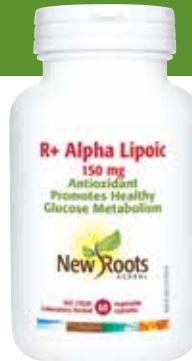
150 mg capsules

### Antioxidant · Promotes Healthy Glucose Metabolism

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

#### Each vegetable capsule contains

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



#### Other ingredients

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

#### Directions of use

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

#### Duration of use

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

#1378 · 60 vegetable capsules · UPC 6-28747-11378-6

NPN 80113344 · V0381-R4

Antioxidants · Blood Glucose Management · Detoxification

## Liquid DMSO: DMSO Liquid

### Pain Reduction

### Muscles, Tendons, Ligaments, Knees, Hips, Shoulders, Elbows, and Wrists

Helps to temporarily reduce the pain associated with musculoskeletal conditions of the large joints, such as posttraumatic soft-tissue injuries, acute bursitis, strains, and sprains.



#### Medicinal ingredients

DMSO (methyl sulfoxide 99.9%) . . . . . 90%

#### Other ingredient

Purified water (10%).

#### Directions of use

**Adults:** Apply 8–12 ml on affected area three times daily or as directed by your health-care practitioner. Make sure the affected area is thoroughly cleansed before application. Wash your hands before and after application. Avoid contact with eyes and mucous membranes; if this happens, rinse thoroughly with water. For external use only.

#1968 · 50 ml · UPC 6-28747-21968-6

#1970 · 95 ml · UPC 6-28747-21970-9

NPN 80058315 · LM0135-R1

Pain and Inflammation

## Liquid Melatonin Melatonin Liquid

### Non-Habit-Forming · Sleep Support

Helps increase total sleep time in people suffering from sleep restriction or altered sleep schedule.

#### Each drop contains

Melatonin . . . . . 120 mcg  
Pharmaceutical grade.

#### Other ingredients

Organic alcohol from sugarcane, glycerin, purified water, and natural peppermint extract.

#### Directions of use

**Adults:** Take 5–50 drops daily or as directed by your health-care practitioner. Sensitivity to melatonin is different from person to person. Take once a day, at or before bedtime.

#### Duration of use

*For sleep restriction / altered sleep schedule; for delayed sleep phase disorder; and to restore sleep-wake cycle:* Consult a health-care practitioner for use beyond 4 weeks.

Note: This product is not shipped during the winter, due to freezing conditions.

#1946 · 50 ml · UPC 6-28747-21946-4  
#2548 · 95 ml · UPC 6-28747-22548-9  
NPN 80112811 · LM0134-R1  
[Sleep Aids](#)



## Liver:

## Grass-Fed Beef Liver

Pure Glandular · 600 mg capsules

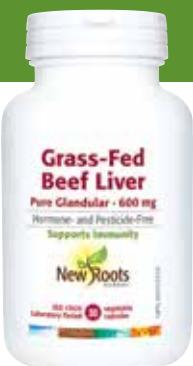
Hormone- and Pesticide-Free  
Supports immunity.

Supports good health.  
Helps support immune function.

#### Each vegetable capsule contains

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

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



#### Other ingredients

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

#### Directions of use

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

#1963 · 30 vegetable capsules · UPC 6-28747-11963-4  
NEW SIZE! #3434 · 90 vegetable capsules · UPC 6-28747-13434-7  
#3187 · 180 vegetable capsules · UPC 6-28747-13187-2  
NPN 80119351 · V0541-R1

[Detoxification](#) · [Glandular Extracts](#)



## Liver

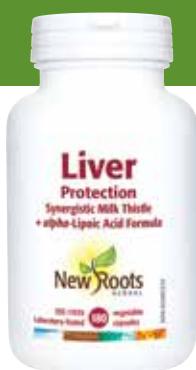
### Protection

capsules



#### Synergistic Milk Thistle + *alpha*-Lipoic Acid Formula

Traditionally used in herbal medicine as a hepatoprotectant / liver protectant. Helps to support liver function. Used in herbal medicine to help relieve digestive disturbances / dyspepsia. Provides antioxidants for the maintenance of good health.



#### Each vegetable capsule contains

Milk thistle ( <i>Silybum marianum</i> ) seed extract, 80% silymarin . . . . .	250 mg
Red beet ( <i>Beta vulgaris</i> ) root . . . . .	120 mg
Black Spanish radish ( <i>Raphanus sativus</i> var. <i>niger</i> ) root . . . . .	120 mg
Curcuma ( <i>Curcuma longa</i> ) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin . . . . .	50 mg
Dandelion ( <i>Taraxacum officinale</i> ) root extract, 3% flavonoids . . . . .	50 mg
DL- <i>alpha</i> -Lipoic acid . . . . .	50 mg
Schizandra ( <i>Schisandra chinensis</i> ) fruit extract, 9% schisandrin . . . . .	50 mg
Artichoke ( <i>Cynara scolymus</i> ) leaf, 5% cynarin . . . . .	35 mg

#### Other ingredients

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

#### Directions of use

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

#### Duration of use

Use for a minimum of 3 weeks to see beneficial effects.

#0210 · 45 vegetable capsules · UPC 6-28747-10210-0  
#0206 · 90 vegetable capsules · UPC 6-28747-10206-3  
#0859 · 180 vegetable capsules · UPC 6-28747-10859-1  
NPN 80085370 · V0050-R5

[Detoxification](#) · [Digestive Health](#)

## Lupine Seed Protein

### Organic Whole-Food Protein Powder

16 g Proteins (53% Protein),  
4 g Fibres, 2 g Omega-3/6/7/9,  
110 Calories per Portion  
Unsweetened and Unflavoured  
100% Pure · Gluten-Free · Non-GMO



Lupine seed protein powder is an excellent source of protein, is high in fibre, and is a source of potassium and iron. It's a good source of healthy protein for vegans, vegetarians, and those looking to limit their meat consumption.

#### Ingredient

Organic lupine seed.

#### Directions of use

Its neutral flavour and versatility of being soluble in both oil and water make it terrific for soups, smoothies, salad dressings, cooking, baking, and more.

Nutrition Facts · Per 1/2 cup (30 g)		% Daily Value*
Calories 110	% Daily Value*	
Fat 3 g . . . . .	4 %	
Saturated 0.5 g + Trans 0 g	3 %	
Polyunsaturated 1 g		
Monounsaturated 1 g		
Carbohydrate 7 g		
Fibre 4 g . . . . .	14 %	
Sugars 2 g . . . . .	2 %	
*5% or less is a little, 15% or more is a lot		

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

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

Glutamic acid . . . . .	4.427	Alanine . . . . .	0.727
Arginine . . . . .	2.318	Threonine* . . . . .	0.727
Leucine* . . . . .	1.455	Isoleucine* . . . . .	0.705
Lysine* . . . . .	1.019	Histidine* . . . . .	0.540
Serine . . . . .	1.019	Phenylalanine* . . . . .	0.488
Glycine . . . . .	0.873	Tryptophan* . . . . .	0.187
Valine* . . . . .	0.800	Methionine* . . . . .	0.166
Tyrosine . . . . .	0.769	Proline . . . . .	0.143

\*Essential Amino Acid · \*\*Average Analysis

#2264 · 250 g · UPC 6-28747-02264-4

P0765-R1

### NONTAXABLE ITEM

Amino Acids and Proteins · Keto Diet · Sport Nutrition

## Maca

capsules  
Made with Organic Maca · 750 mg

### Mood Balance / Sexual Health

Helps support emotional aspects of sexual health. Helps to support healthy mood balance during menopause. Provides antioxidants.



### Each vegetable capsule contains

Organic maca  
(*Lepidium meyenii*) root . . . . . 750 mg

### Other ingredients

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

### Directions of use

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

### Duration of use

Consult a health-care practitioner for use beyond 3 months. *Menopausal and postmenopausal women only:* Consult a health-care practitioner for use beyond 6 weeks.

#1835 · 120 vegetable capsules · UPC 6-28747-11835-4

NPN 80042262 · V0490-R3

Energy · Herbs and Herbal Extracts · Menopause  
Sexual Health (Men) · Sexual Health (Women)

“The Seven Social Sins are: Wealth without work. Pleasure without conscience. Knowledge without character. Commerce without morality. Science without humanity. Worship without sacrifice. Politics without principle.”

Frederick Lewis Donaldson

## Maca (Fermented):

Organic

## Fermented Maca

Whole-Food Powder · 100% Pure



10 Calories per Portion

Unsweetened and Unflavoured

Gluten-Free · Non-GMO

Our Peruvian-sourced, naturally fermented, and nutrient-rich maca root powder is a welcomed addition for better nourishment thanks to its rich nutritional profile, especially its iron intake. It's great for smoothies and baking, and is excellent when blended with cacao and carob powder for an energy- and endurance-inspired cappuccino.

### Ingredient

Organic fermented maca root.

### Recommended use

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

### Nutrition Facts · Per 1/4 tsp. (3 g)

Calories 10	% Daily Value*	% Daily Value*
Fat 0 g . . . . .	0 %	Cholesterol 0 mg
Saturated 0 g + Trans 0 g . . . . .	0 %	Sodium 0 mg . . . . .
Carbohydrate 2 g		Potassium 40 mg . . . . . 1 %
Fibre 0 g . . . . .	0 %	Calcium 10 mg . . . . . 1 %
Sugars 0 g . . . . .	0 %	Iron 2.25 mg . . . . . 13 %
Protein 0.4 g		

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

#2318 · 150 g / 50 portions · UPC 6-28747-02318-4

P0791-R1

### NONTAXABLE ITEM

Fermented Products · Functional Foods · Menopause  
Sexual Health (Men) · Sexual Health (Women)

Full line of fermented products, p. 92-94

## Magnesium

124-127

## Maitake

400 mg · Hot-Water Extract capsules

Medicinal Mushrooms

Immune Support · Balance

30% beta-Glucans

from 40% Polysaccharides

Used in herbal medicine to support the immune system.



### Each vegetable capsule contains

Maitake (*Grifola frondosa*) mushroom extract, standardized to 40% polysaccharides, 30% beta-glucans . . . . . 400 mg Hot-water extraction.

### Other ingredients

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

### Directions of use

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

#1860 · 60 vegetable capsules · UPC 6-28747-11860-6

NPN 80117430 · V0509-R3

Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 132-136

# MAGNESIUM



pressure; it clots blood, activates B vitamins, helps with stress management, and impacts blood glucose levels. It also aids in the metabolism of complex carbohydrates, proteins, and fats.

**MAGNESIUM** is essential for nerve and muscle function. It relaxes muscles, therefore low levels of this precious mineral can lead to muscle spasms, frequent cramps, and restless leg syndrome. Nerve cells rely upon the presence of adequate levels of magnesium to conduct impulses across the minute gaps between them called synapses.

**MAGNESIUM** deficiency is among the most common mineral deficiency in the population, affecting more than 30% of Canadians according to Health Canada. Identifying a magnesium deficiency, then choosing the right form and dosage, could represent a simple therapeutic intervention that dramatically impacts your life.

**MAGNESIUM BISGLYCINATE** is recognized as the most bioavailable form of this critical mineral. Nutrients compete within the intestines for carrier proteins to transport them through the intestinal wall into the bloodstream. In its chelated form, being attached to amino acids, magnesium bisglycinate skips this process for direct intestinal absorption and delivery within the bloodstream. This makes it gentle on the intestines as other forms of magnesium, when left unabsorbed, can cause nausea and diarrhea. Glycine—magnesium bisglycinate being formed of one molecule of magnesium and two molecules of glycine—is also a calming amino acid which amplifies the benefits of this superior form of magnesium.

## It's All in the Delivery...

Once within the bloodstream, magnesium bisglycinate is easily recognized for active transport within cells to carry out its hundreds of essential metabolic duties.



**MAGNESIUM** is the catalyst that sparks countless metabolic-, skeletal-, and nervous-system functions. The problem for many of us is that it's critically deficient in our food chain. Furthermore, dietary habits that include consumption of saturated fats, sugar, and caffeine place our magnesium levels at risk. Magnesium regulates heartbeat, skeletal health, bowel regularity, and blood

**New Product! Since January 2024**

### Active Mag With Taurine and Potassium

capsules

Supports Muscle Function  
and Energy Metabolism

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

Each vegetable capsule contains

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



#### Other ingredients

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

#### Directions of use

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

#3185 · 120 vegetable capsules · UPC 6-28747-13185-8  
NPN 8008220 · V0776-R1

Energy · Heart and Blood · Sport Nutrition

**New Product! Since May 2024**

### ATA Mg® Magnesium Acetyl Taurate 821 mg

capsules

Fully Reacted for  
Higher Bioavailability  
Gentle on the Stomach

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



Each vegetable capsule contains

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

#### Other ingredients

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

#### Directions of use

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

#3429 · 30 vegetable capsules · UPC 6-28747-13429-3  
NPN 80126307 · V0812-R1

Neurological Health · Stress Management · Vitamins and Minerals

# MAGNESIUM

## Cal-Mag Citrate capsules

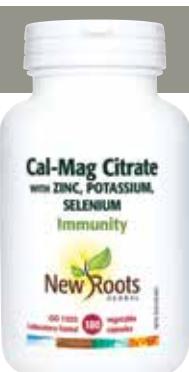
With Zinc, Potassium, Selenium

### Immunity

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

### Each vegetable capsule contains

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



### Other ingredients

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

### Directions of use

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

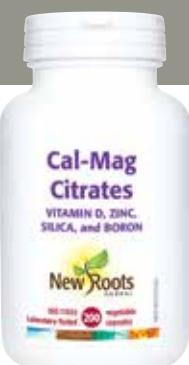
#0784 · 90 vegetable capsules · UPC 6-28747-10784-6  
#0229 · 180 vegetable capsules · UPC 6-28747-10229-2  
NPN 80028481 · V0155-R2

[Bone Health · Vitamins and Minerals](#)

## Cal-Mag Citrates capsules

Vitamin D, Zinc, Silica, and Boron

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



### Each vegetable capsule contains

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

### Other ingredients

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

### Directions of use

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

### Duration of use

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

#1468 · 100 vegetable capsules · UPC 6-28747-11468-4  
#1470 · 200 vegetable capsules · UPC 6-28747-11470-7  
NPN 80033666 · V0406-R2

[Bone Health · Vitamins and Minerals](#)

## Clarity Mag capsules

Magnesium L-Threonate · 625 mg

### Gentle on the Stomach

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

### Each vegetable capsule contains

Magnesium L-threonate . . . . .	625 mg
Providing:	

Elemental magnesium . . . . . 50 mg



### Other ingredients

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

### Directions of use

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

### Duration of use

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

#2337 · 90 vegetable capsules · UPC 6-28747-12337-2  
NPN 80084052 · V0647-R1

[50+ Health · Vitamins and Minerals](#)



# MAGNESIUM

## Heart Mag

770 mg Magnesium Orotate capsules

### Supports Healthy Cardiac Function Gentle on the Stomach

Research supports the ability of true magnesium orotate to support cardiac function under stress. Promotes maintenance of healthy muscle function, including that of the heart muscle. Helps maintain the body's ability to metabolize nutrients, maintain a normal electrolyte balance, with tissue formation, and the development and maintenance of bones and teeth. Magnesium and orotic acid exert complementary effects on the biosynthesis of pyrimidine nucleotides, and maintain normal glycogen stores, protein synthesis, ATP levels, and contractile function.



#### Each vegetable capsule contains

Fully reacted magnesium orotate ..... 770 mg

#### Providing:

Elemental magnesium ..... 50 mg  
Orotic acid ..... 650 mg

#### Other ingredients

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

#### Directions of use

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

#2311 · 60 vegetable capsules · UPC 6-28747-12311-2  
NPN 80084636 · V0642-R1

Heart and Blood · Vitamins and Minerals

## Magnesium

## Bisglycinate

200 mg Elemental Magnesium capsules

### Heart/Muscle Function Gentle on the Stomach

Helps to maintain the body's ability to metabolize nutrients; in the development and maintenance of bones and teeth; in tissue formation; to maintain proper muscle function, including the heart muscle; and to maintain normal electrolyte balance.



#### Each vegetable capsule contains

Elemental magnesium ..... 200 mg

#### Provided by:

- 95 mg of magnesium from 730 mg of pure, fully reacted magnesium bisglycinate (79%)
- 105 mg of magnesium from 198 mg of magnesium oxide (21%)

#### Other ingredients

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

#### Directions of use

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

#2308 · 120 vegetable capsules · UPC 6-28747-12308-2  
#2402 · 240 vegetable capsules · UPC 6-28747-12402-7  
NPN 80085063 · V0649-R1

Bone Health · Muscle Support · Vitamins and Minerals

## Magnesium Bisglycinate

200 mg of Fully Reacted Magnesium  
With Vitamin C powder



### Supports Heart and Muscle Function · Gentle on the Stomach · Delicious Natural Lemon-Lime Flavour

Helps to maintain the body's ability to metabolize nutrients; in the development and maintenance of bones and teeth; in tissue formation; to maintain proper muscle function, including the heart muscle; and to maintain normal electrolyte balance and a good health.

#### Each scoop contains

Vitamin C (ascorbic acid) ..... 375 mg  
Magnesium (from pure, fully reacted magnesium bisglycinate) ..... 200 mg

#### Other ingredients

Natural lemon-lime flavour, citric acid, DL-malic acid, isomaltulose (naturally occurring disaccharide from sugar beet), and stevia (*Stevia rebaudiana*) leaf extract.

#### Directions of use

**Adults:** Take 1 scoop daily with 250 ml or more of water, or as directed by your health-care practitioner.

#2378 · 226 g / 45 doses · UPC 6-28747-02378-8  
#2380 · 454 g / 90 doses · UPC 6-28747-02380-1  
NPN 80077751 · PM0192-R2

Bone Health · Muscle Support · Vitamins and Minerals

## Magnesium

## Bisglycinate Plus

150 mg Elemental Magnesium capsules



### Healthy Muscle Function Very Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function; to metabolize carbohydrates, proteins, and fats; and in the development and maintenance of bones and teeth.

#### Each vegetable capsule contains

Elemental magnesium ..... 150 mg

#### Provided by:

- 117 mg of magnesium from 900 mg of pure, fully reacted magnesium bisglycinate (93%)
- 33 mg of magnesium from 63 mg of magnesium oxide (7%)
- Taurine (2-aminoethanesulfonic acid) ..... 30 mg

# MAGNESIUM

## Other ingredients

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

## Directions of use

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

#2202 · 60 vegetable capsules · UPC 6-28747-12202-3  
#1390 · 120 vegetable capsules · UPC 6-28747-11390-8  
NPN 80022757 · V0382-R4

[Bone Health](#) · [Muscle Support](#) · [Vitamins and Minerals](#)

## Magnesium Citrate Plus Taurine

capsules

## High Absorption

Helps the body to metabolize carbohydrates, proteins, and fats. Helps in the development and maintenance of bones and teeth. Helps in tissue formation and to maintain proper muscle function.

## Each vegetable capsule contains

Magnesium  
(from magnesium citrate) ..... 136 mg  
Taurine (2-aminoethanesulfonic acid) ..... 45 mg



## Other ingredients

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

## Directions of use

**Adolescents 14–18 years and adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

#0903 · 90 vegetable capsules · UPC 6-28747-10903-1  
#0904 · 180 vegetable capsules · UPC 6-28747-10904-8  
NPN 80023337 · V0262-R2

[Bone Health](#) · [Digestive Health](#) · [Muscle Support](#)  
[Vitamins and Minerals](#)

## Pure Magnesium Bisglycinate

capsules

Fully Reacted · 115 mg + Taurine

Supports Healthy Heart and Muscle Function

Very Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function. Helps to maintain the body's ability to metabolize nutrients. Helps in the development and maintenance of bones and teeth.



## Each vegetable capsule contains

Magnesium (from 885 mg of pure, fully reacted magnesium bisglycinate) ..... 115 mg  
Taurine (2-aminoethanesulfonic acid) ..... 25 mg

## Other ingredients

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

## Directions of use

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

#2200 · 90 vegetable capsules · UPC 6-28747-12200-9  
NPN 80077470 · V0612-R1

[Bone Health](#) · [Muscle Support](#) · [Vitamins and Minerals](#)

## Pure Magnesium Bisglycinate

Fully Reacted

130 mg Elemental Magnesium capsules

Heart/Muscle Function

Very Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function. Helps the body to metabolize nutrients. Helps in the development and maintenance of bones and teeth.



## Each vegetable capsule contains

Elemental magnesium (from 1,000 mg of pure, fully reacted magnesium bisglycinate) ..... 130 mg

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

#2183 · 60 vegetable capsules · UPC 6-28747-12183-5  
#2175 · 120 vegetable capsules · UPC 6-28747-12175-0  
NPN 80110865 · V0603-R1

[Bone Health](#) · [Muscle Support](#) · [Vitamins and Minerals](#)



Magnesium is a critical mineral available in many different forms, each suited for specific therapeutic outcomes.

ICP-MS (pictured) and ICP-OES ensure consumers get the right form with an accurate elemental value.

## Mushroom Lovers Maitake Powder

Organic *Grifola frondosa*

10 Calories per Portion

100% Pure · Gluten-Free · Non-GMO

The magic of mushrooms is no mystery to us!

Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured maitake tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.



### Ingredient

Organic maitake (*Grifola frondosa*) powder.

### Recommended use

Add 1/2 level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

### Nutrition Facts · Per 1/2 tsp. (2.6 g)

Calories	10	% Daily Value*	Calories	100 g	% Daily Value*
Fat 0.1 g	.....	0 %	Cholesterol 0 mg	.....	0 %
Saturated 0 g + Trans 0 g	.....	0 %	Sodium 0 mg	.....	0 %
Carbohydrate 2 g	.....	0 %	Potassium 0 mg	.....	0 %
Fibres 1 g	.....	4 %	Calcium 0 mg	.....	0 %
Sugars 0 g	.....	0 %	Iron 0 mg	.....	0 %
Protein 0.5 g	.....	0 %			

\*5% or less is a little, 15% or more is a lot

#2581 · 100 g / 38 portions · UPC 6-28747-02581-2

P0833-R1

### NONTAXABLE ITEM

Functional Foods · Immune Health · Medicinal Mushrooms

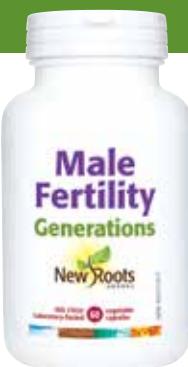
Full line of medicinal mushrooms, p. 132-136

## Male Fertility

capsules

### Generations

Helps to support sperm cell health; helps to support prostate health; and helps maintain immune function. An antioxidant for the maintenance of good health.



### Each vegetable capsule contains

Acetyl-L-carnitine hydrochloride	.....	225 mg
Vitamin C (ascorbic acid)	.....	125 mg
N-Acetyl-L-cysteine	.....	91.67 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	.....	50 mg
Astaxanthin 1.5%, from 44.33 mg <i>Haematococcus pluvialis</i>	.....	44.33 mg
Ashwagandha ( <i>Withania somnifera</i> ) root extract, 5% withanolides	.....	33.33 mg
Natural vitamin E (mixed tocopherol concentrate, from non-GMO sunflower)	.....	12.5 mg
Lycopene	.....	3.334 mg
Zinc (from zinc citrate)	.....	1.67 mg
Selenium (from yeast-free L-selenomethionine)	.....	4.17 mcg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adult men:** Take 3 capsules twice daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

#2109 · 60 vegetable capsules · UPC 6-28747-12109-5

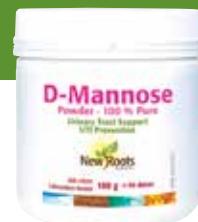
NPN 80071357 · V0587-R2

Men's Fertility

## Mannose:

### D-Mannose

Powder · 100% Pure



### Urinary Tract Support

### UTI Prevention

Helps prevent the risk of recurrent urinary tract infections (UTIs) in women.

### One rounded half teaspoon contains

D-Mannose ..... 2 g

### Directions of use

**Adults:** Add 1/2 a rounded teaspoon (2 grams) to 1-2 cups of water or diluted juice daily, immediately before consumption, and mix well, or take as directed by your health-care practitioner. We recommend weighing D-Mannose for precise dosage.

#2666 · 50 g / 25 doses · UPC 6-28747-02666-6

#2644 · 180 g / 90 doses · UPC 6-28747-02644-4

NPN 80102333 · P0788-R1

Urogenital (Women) · Women's Health

## Mannose:

### D-Mannose

& Cranberry

With *L. rhamnosus* Probiotic

powder



### UTI Prevention and Control

### DAIRY-FREE AND SOY-FREE

Helps prevent recurrent urinary tract infections (UTIs) in women. Source of antioxidants for the maintenance of good health. Provides live microorganisms that temporarily modify gut flora.

### Two scoops contain

D-Mannose ..... 4,800 mg

Cranberry (*Vaccinium macrocarpon*)

fruit concentrate ..... 600 mg

*Lactobacillus rhamnosus* UB5115 ..... 500 million CFU

### Directions of use

**Adults:** Use the scoop that accompanies this product. Mix 2 scoops in water or diluted juice twice daily for two days, then 2 scoops in water or diluted juice once daily, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2-3 hours before or after them.

An open-label clinical study was conducted by Nafarco Pharmacies to evaluate the effectiveness of New Roots Herbal's D-Mannose & Cranberry formula in eradicating *Escherichia coli* bacteria in women with recurrent cystitis. Twenty women took 2 scoops twice daily for two days; then, 2 scoops once daily for five days; finally, after 7 days of rest, 1/2 scoops daily for 10 days.

Symptoms improved after the first week of treatment, and were reduced by 90% over the entire treatment period. For 84% of the cohort studied, no recurrence occurred. Also, a trend of effectiveness was observed in relation to body mass index (BMI).

The results spoke for themselves, as all participants would take the product again or recommend it to family or friends.

#1549 · 50 g · UPC 6-28747-01549-3

NPN 80112942 · PM0574-R2

Probiotics · Urogenital (Women) · Women's Health



Nutrition Facts · Per 1 tbsp. (15 ml)		
Calories 130	% Daily Value*	% Daily Value*
Fat 14 g . . . . .	19 %	Cholesterol 0 mg
Saturated 14 g + Trans 0 g	70 %	Sodium 0 mg . . . . . 0 %
Carbohydrate 0 g		Potassium 0 mg . . . . . 0 %
Fibre 0 g . . . . .	0 %	Calcium 0 mg . . . . . 0 %
Sugars 0 g . . . . .	0 %	Iron 0 mg . . . . . 0 %
Protein 0 g		

\*5% or less is a little, 15% or more is a lot

#### MCTs per serving

C8:0 · Caprylic acid (60%) 8.4 g C10:0 · Capric acid (40%) 5.6 g

\*Essential Amino Acid · \*\*Average Analysis

#1546 · 500 ml · UPC 6-28747-21546-6

#1800 · 1 litre · UPC 6-28747-21800-9

O0015B-R1

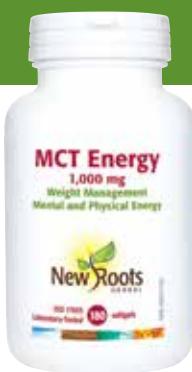
#### NONTAXABLE ITEM

Energy · Essential Fatty Acids · Keto Diet · Sport Nutrition  
Weight Management

## MCT Energy

1,000 mg

softgels



#### Weight Management

#### Mental and Physical Energy

Source of medium-chain fatty acids to support energy production in the body at cellular level (ATP). To be used with a program of reduced intake of dietary calories and increased physical activity (if possible) to help in weight management.

#### Each softgel contains

Medium-chain triglycerides (providing 60% caprylic acid (C8:0) and 40% capric acid (C10:0) (from coconut and palm) . . . . . 1 g

#### Other ingredients

Softgel composed of bovine gelatin, glycerin, and purified water.

#### Directions of use

**Adults:** *Weight management:* Take 14 softgels daily or as directed by your health-care practitioner. *To support energy production:* Take 3 softgels twice daily or as directed by your health-care practitioner. • To avoid digestive issues, start with 1 softgel three times daily for the first week, and double the amount every week until the fourth week (14 softgels daily).

#### Duration of use

Consult a health-care practitioner for use beyond 16 weeks.

#2190 · 90 softgels · UPC 6-28747-12190-3

#2171 · 180 softgels · UPC 6-28747-12171-2

NPN 80071199 · V0580-R1

Energy · Essential Fatty Acids · Keto Diet · Sport Nutrition  
Weight Management

## Medicinal mushrooms

132–136

“Top 15 things money can’t buy: Time. Happiness. Inner Peace. Integrity. Love. Character. Manners. Health. Respect. Morals. Trust. Patience. Class. Common sense. Dignity.”

Roy T. Bennett

## Melatonin

tablets

3 mg

#### Non-Habit-Forming Sleep Support Shift-Work · Jet-Lag

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).



#### Each tablet contains

Melatonin . . . . . 3 mg  
Pharmaceutical grade.

#### Other ingredients

Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, vegetable magnesium stearate, and vegetable stearic acid.

#### Directions of use

**Adults:** Take 1–3 tablets daily, at or before bedtime, or as directed by your health-care practitioner. *For jet lag:* Take once a day at bedtime after darkness has fallen, while travelling, and at destination until adaptation to the new daily pattern in occasional short-term use.

#### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#0658 · 60 tablets · UPC 6-28747-10658-0

#1016 · 90 tablets · UPC 6-28747-11016-7

NPN 80120429 · V0029-R2

## Sleep Aids

## Melatonin

5 mg

tablets

#### Non-Habit-Forming Sleep Support Shift-Work · Jet-Lag

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).



#### Each tablet contains

Melatonin . . . . . 5 mg  
Pharmaceutical grade.

#### Other ingredients

Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, vegetable magnesium stearate, and vegetable stearic acid.

#### Directions of use

**Adults:** Take ½–2 tablets daily or as directed by your health-care practitioner. Take once a day, at or before bedtime. Do not drive or use machinery for 5 hours after taking melatonin. *For jet lag:* Take once a day at bedtime after darkness has fallen, while travelling and at destination, until adaptation to the new daily pattern, on occasional short-term use.

## Duration of use

For sleep restriction/ altered sleep schedule; for delayed sleep phase disorder; and to restore sleep-wake cycle: Consult a health-care practitioner for use beyond 4 weeks.

#2076 · 60 tablets · UPC 6-28747-12076-0  
NPN 80068403 · V0568-R1  
Sleep Aids

## Melatonin

10 mg

tablets



### Non-Habit-Forming Sleep Support Shift-Work · Jet-Lag

Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work and jet lag. Helps to prevent or reduce the effects of jet lag. Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of circadian rhythm).

#### Each tablet contains

Melatonin ..... 10 mg  
Pharmaceutical grade.

#### Other ingredients

Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, silicon dioxide, vegetable magnesium stearate, and vegetable stearic acid.

#### Directions of use

Adults: Take ½-1 tablet daily or as directed by your health-care practitioner. Take as needed, 30 to 60 minutes before bedtime.

#### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#2078 · 60 tablets · UPC 6-28747-12078-4  
NPN 80068400 · V0569-R1  
Sleep Aids

## Melatonin Liquid

### Non-Habit-Forming · Sleep Support

Helps increase total sleep time in people suffering from sleep restriction or altered sleep schedule.

#### Each drop contains

Melatonin ..... 120 mcg  
Pharmaceutical grade.

#### Other ingredients

Organic alcohol from sugarcane, glycerin, purified water, and natural peppermint extract.

#### Directions of use

Adults: Take 5-50 drops daily or as directed by your health-care practitioner. Sensitivity to melatonin is different from person to person. Take once a day, at or before bedtime.

#### Duration of use

For sleep restriction / altered sleep schedule; for delayed sleep phase disorder; and to restore sleep-wake cycle: Consult a health-care practitioner for use beyond 4 weeks.

Note: This product is not shipped during the winter, due to freezing conditions.

#1946 · 50 ml · UPC 6-28747-21946-4  
#2548 · 95 ml · UPC 6-28747-22548-9  
NPN 80112811 · LM0134-R1  
Sleep Aids

## Memory Care

capsules

*Bacopa monnieri* · 300 mg  
25:1 Extract · 45% Bacosides



### Memory Protection and Cognitive Support

Helps support cognitive health and/or brain function. Helps support memory.

#### Each vegetable capsule contains

Whole bacopa (*Bacopa monnieri*)  
25:1 extract, 45% bacosides ..... 300 mg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#3148 · 60 vegetable capsules · UPC 6-28747-13148-3  
NPN 80105758 · V0766-R1

50+ Health · Herbs and Herbal Extracts · Memory Help  
Neurological Health

## Menopeace

capsules



### Hot Flashes · Night Sweats

### Mood Swings · Soy-Free

Used in herbal medicine as a hormone normalizer to help stabilize menstrual cycle irregularities, and to help relieve symptoms associated with menopause, such as hot flushes. Black cohosh is used in herbal medicine to help relieve muscle and joint pain associated with rheumatic conditions (such as rheumatoid arthritis, osteoarthritis or fibrositis), and of pain associated with neuralgia (such as sciatica).

#### Each vegetable capsule contains

Chaste tree (*Vitex agnus-castus*) fruit extract, 0.5% agnusides ..... 125 mg  
Dong quai (*Angelica sinensis*) root extract, 1% Z-ligustilide ..... 125 mg  
Red clover (*Trifolium pratense*) flower top extract, 40% isoflavones, 25.2 mg AIE\* ..... 75 mg  
Dandelion (*Taraxacum officinale*) root extract, 3% flavonoids ..... 62.5 mg  
Black cohosh (*Actaea racemosa*) root extract, 2.5% triterpenes ..... 30 mg  
Wild yam (*Dioscorea villosa*) rhizome 8:1 extract, 16% diosgenin ..... 25 mg

\*AIE = Aglycone Isoflavone Equivalents

#### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adult women (perimenopausal): Take 1 capsule daily or as directed by your health-care practitioner.

#### Duration of use

Use for a minimum of 3 months to help stabilize menstrual cycle irregularities.

#0232 · 60 vegetable capsules · UPC 6-28747-10232-2  
#0948 · 120 vegetable capsules · UPC 6-28747-10948-2  
NPN 80036425 · V0187-R4

Menopause · Women's Health

# MEDICINAL MUSHROOMS

## Medicinal Mushrooms

Mushrooms have been revered by cultures around the globe for centuries for their medicinal properties. Recent studies have validated their incredible health benefits, and their popularity has grown further. Whole mushrooms, powders, and extracts will provide varying levels of therapeutic benefits.

## Accessing Therapeutic Benefits

Science has shown that mushrooms' therapeutic benefits come from compounds called polysaccharides, the most studied of which are *beta*-glucans. However, they are encased within the mushrooms' rigid cell walls, known as chitin—the same unabsorbable substance lobster shells are made of. Chitin can be melted down by immersing mushrooms in hot water, at precise temperatures, over extended periods of time. The remaining rich liquid extract can then be dehydrated to deliver concentrated polysaccharides and *beta*-glucans in a form our bodies can absorb. This process is known as hot-water extraction. Recognizing this can go a long way in guiding consumers to get the most out of their mushroom selection.

## Whole Mushrooms

Certified organic Reishi Slices and wildcrafted Chaga Tea are ideal for consumers who prefer the versatility to steep their own medicinal tea or brew artisanal liquid extracts. To release medicinal compounds, these mushrooms must be simmered in hot water for considerable lengths of time: Hours for teas, and even days for tinctures. Those committed to traditional brewing will appreciate starting with the highest-quality mushrooms, guaranteed safe from impurities.

## Certified Organic

### Medicinal Mushroom Powders

Our organic mushroom powders may be enjoyed in hot water; mixed in with your favourite hot beverages; or added to soups, stews, or sauces. Whichever you choose, mushroom powders must be infused in a hot liquid to release their therapeutic compounds: Recommended times vary from 5 to 20 minutes; simmering even longer will release higher amounts of active constituents.

## Medicinal Mushroom Extracts

For those looking to maximize health benefits and access the full spectrum of therapeutic compounds, hot-water extracts are the smartest choice. Hot-water extracts are the only form of medicinal mushrooms allowing for validated measures of polysaccharides, and particularly *beta*-glucans. New Roots Herbal's medicinal mushroom extracts are hot-water-extracted and their polysaccharide content is potency-validated, with quantified amounts of *beta*-glucans. The best medicinal benefits, in a convenient capsule format.

## The Rumour Mill

The term "micronization" is being used on some of the competition's mushroom powders, suggesting superior absorption and assimilation. In reality, micronization is simply a process by which a high-speed jet mill grinds mushrooms into a fine dust. This process *does not* melt away chitin and *does not* release therapeutic constituents. The consumer may think they are getting a medicinal extract, *but they are not*.

Medicinal mushroom extract potency is measured by percentage of polysaccharides and *beta*-glucans. Spectrophotometers, such as the one pictured here, accurately determine their presence and potency.



# MEDICINAL MUSHROOMS

## Chaga Extract

capsules

Medicinal Mushrooms

Immune Support · Harmony

Hot-Water Extract

40% Polysaccharides · 350 mg

Source of fungal polysaccharides with immunomodulating properties.

**Each vegetable capsule contains**

Chaga (*Inonotus obliquus*) mushroom extract, standardized to 40% polysaccharides . . . . . 350 mg  
Hot-water extraction.



## Cordyceps

500 mg · Hot-Water Extract

capsules

Medicinal Mushrooms

Immune Support · Vitality

20% *beta*-Glucans

from 40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties.



**Each vegetable capsule contains**

Cordyceps (*Paecilomyces hepiali*) mushroom extract standardized to 40% polysaccharides, 20% *beta*-glucans . . . . . 500 mg  
Hot-water extraction.

**Other ingredients**

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

#1936 · 60 vegetable capsules · UPC 6-28747-11936-8  
NPN 80055779 · V0522-R1

Immune Health · Medicinal Mushrooms

## Chaga Tea

chunks

Immunity · European Wild-Crafted

Our wild-crafted chaga is 100% sustainably sourced from living trees, not causing any damage to the host tree. Source of fungal polysaccharides with immunomodulating properties. Source of antioxidants.



### Ingredient

Wild chaga (*Inonotus obliquus*) mushroom chunks.

### Directions of use

Adults: Add 3 g of chaga chunks to 1 litre of water. Simmer for 10–20 minutes to make a tonic, or several hours to make a concentrate. Temperature range should be between 50 and 70 °C; never a rolling boil. Serve hot or let cool to room temperature, then refrigerate up to 14 days. Store used chaga chunks in freezer, and reuse 3–5 times or until water runs clear. After several brews, you may wish to break chaga chunks into smaller pieces to enable hot water to penetrate further and extract more beneficial compounds.

#2093 · 100 g · UPC 6-28747-92093-3  
NPN 80069451 · P0624-R1

Immune Health · Medicinal Mushrooms · Teas and Herbal Teas

If you are selling mushroom products that are simply a capsule filled with mushroom powder, your customers are getting poor value, little medicinal ingredients, and few health benefits!

## Cordyceps Militaris

400 mg · Hot-Water Extract

capsules

Medicinal Mushrooms

Immune Support · Vigour

20% *beta*-Glucans

from 40% Polysaccharides



**Each vegetable capsule contains:**

Cordyceps mushroom (*Cordyceps militaris*) fruiting body extract, standardized to 40% polysaccharides, providing 20% *beta*-glucans. . . . . 400 mg  
Hot-water extraction.

**Other ingredients**

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule twice daily with food or as directed by your health-care practitioner.

#2672 · 60 vegetable capsules · UPC 6-28747-12672-4  
NPN 80105570 · V0698-R1

Energy · Immune Health · Medicinal Mushrooms



# MEDICINAL MUSHROOMS

## Coriolus

Turkey Tail · 500 mg  
Hot-Water Extract

capsules



### Medicinal Mushrooms

Immune Support · Antioxidant

50% *beta*-Glucans  
from 55% Polysaccharides

Used in herbal medicine to support the immune system. Source of antioxidants.

### Each vegetable capsule contains

Coriolus (*Trametes versicolor*) mushroom extract standardized to 55% polysaccharides providing 50% *beta*-glucans ..... 500 mg  
Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner. Dosage can be increased up to 2 capsules two or three times daily.

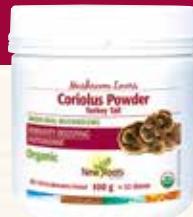
#1864 · 60 vegetable capsules · UPC 6-28747-11864-4  
NPN 80070797 · V0506-R4

Immune Health · Medicinal Mushrooms

## Mushroom Lovers

### Coriolus Powder

Turkey Tail · Organic



Medicinal Mushrooms  
Immunity-Boosting · Antioxidant  
Source of fungal polysaccharides with immunomodulating properties.

### Each 1/2 teaspoon contains

Organic coriolus (*Trametes versicolor*) ..... 3.125 g

### Directions of use

Adults: Take 1/2 teaspoon daily or as directed by your health-care practitioner. Use boiling water. Steep covered for 5 to 20 minutes before ingesting. Simmering will increase potency and benefits.

#2578 · 100 g / 32 doses · UPC 6-28747-02578-2  
NPN 80105459 · P0830-R1

Functional Foods · Immune Health · Medicinal Mushrooms

## PICK FRUITING BODY

Medicinal mushroom extracts derived from the fruiting body are proven superior. The fruiting body is rich in key polysaccharides (including *beta*-glucans), responsible for therapeutic benefits. Products derived from mycelium ("roots") may be contaminated by starches from growing mediums such as rice.

## Lion's Mane

500 mg · Hot-Water Extract

capsules

### Medicinal Mushrooms

Cognitive Health

Immune-Boosting

35% *beta*-Glucans  
from 40% Polysaccharides

Source of fungal polysaccharides with immunomodulating properties. Provides antioxidants.



### Each vegetable capsule contains

Lion's mane (*Hericium erinaceus*) mushroom extract, standardized to 40% polysaccharides providing 35% *beta*-glucans ..... 500 mg  
Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal. Dosage can be increased up to 3 capsules daily.

#1868 · 60 vegetable capsules · UPC 6-28747-11868-2  
#2297 · 120 vegetable capsules · UPC 6-28747-12297-9  
NPN 80070799 · V0510-R2

Medicinal Mushrooms · Memory Help · Neurological Health

## Mushroom Lovers

### Lion's Mane Powder

#### Medicinal Mushrooms

Cognitive Health · Immune Support  
Organic · Creamy, Lobster-like Taste



Source of fungal polysaccharides with immunomodulating properties. Supports cognitive health.

### Each 3/4 teaspoon contains

Organic lion's mane (*Hericium erinaceus*) ..... 1 g

### Directions of use

Adults: Take two 3/4 teaspoons daily or as directed by your health-care practitioner. • Mix product well in 1 cup of hot liquid (water, coffee, tea, etc.) and steep covered for 5 to 20 minutes before ingesting. Longer steeping/simmering will increase potency and therapeutic benefits.

#2579 · 100 g / 100 doses · UPC 6-28747-02579-9  
NPN 80111122 · P0831-R1

Functional Foods · Immune Health · Medicinal Mushrooms  
Memory Help · Neurological Health



# MEDICINAL MUSHROOMS

## Maitake

400 mg · Hot-Water Extract capsules

Medicinal Mushrooms  
Immune Support · Balance  
30% *beta*-Glucans  
from 40% Polysaccharides

Used in herbal medicine to support the immune system.

### Each vegetable capsule contains

Maitake (*Grifola frondosa*) mushroom extract, standardized to 40% polysaccharides, 30% *beta*-glucans . . . . . 400 mg Hot-water extraction.



### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 2 capsules daily with food or as directed by your health-care practitioner.

#1860 · 60 vegetable capsules · UPC 6-28747-11860-6

NPN 80117430 · V0509-R3

Immune Health · Medicinal Mushrooms

## Mushroom Lovers

## Maitake Powder

Organic *Grifola frondosa*

10 Calories per Portion

100% Pure · Gluten-Free · Non-GMO

The magic of mushrooms is no mystery to us! Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured maitake tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.



### Ingredient

Organic maitake (*Grifola frondosa*) powder.

### Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

### Nutrition Facts · Per ½ tsp. (2.6 g)

Calories	10	% Daily Value*
Fat	0.1 g	0 %
Saturated	0 g + Trans 0 g	0 %
Carbohydrate	2 g	
Fibres	1 g	4 %
Sugars	0 g	0 %
Protein	0.5 g	

\*5% or less is a little, 15% or more is a lot

#2581 · 100 g / 38 portions · UPC 6-28747-02581-2

P0833-R1

**NONTAXABLE ITEM**

Functional Foods · Immune Health · Medicinal Mushrooms

## Reishi

500 mg · Hot-Water Extract capsules

Medicinal Mushrooms  
Immunity – Energy – Stress  
Resistance · 30% *beta*-Glucans  
from 40% Polysaccharides

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress), as a liver tonic, and to support the immune system. Provides antioxidants.



### Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) fruiting body extract, standardized to 40% polysaccharides, providing 30% *beta*-glucans . . . 500 mg Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 3 capsules daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

### Duration of use

*Immune support:* Use for a minimum of 4 weeks to see beneficial effects.

#1862 · 60 vegetable capsules · UPC 6-28747-11862-0

#2298 · 120 vegetable capsules · UPC 6-28747-12298-6

NPN 80126891 · V0505-R6

Energy · Immune Health · Medicinal Mushrooms · Stress Management

## Mushroom Lovers

## Organic Reishi Powder

*Ganoderma lucidum*

10 calories per portion · 100% Pure  
Gluten-Free · Non-GMO

Robust and Earthy Taste

The magic of mushrooms is no mystery to us! Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured reishi tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.



### Ingredient

Organic reishi (*Ganoderma lucidum*) powder.

### Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

### Nutrition Facts · Per ½ tsp. (2.7 g)

Calories	10	% Daily Value*	% Daily Value*
Fat	0.1 g	0 %	Cholesterol 0 mg
Saturated	0 g + Trans 0 g	0 %	Sodium 0 mg . . . . . 0 %
Carbohydrate	2 g		Potassium 0 mg . . . . . 0 %
Fibres	2 g	7 %	Calcium 0 mg . . . . . 0 %
Sugars	0 g	0 %	Iron 0 mg . . . . . 0 %
Protein	0.2 g		

\*5% or less is a little, 15% or more is a lot

#2580 · 100 g / 37 portions · UPC 6-28747-02580-5

P0832-R1

**NONTAXABLE ITEM**

Functional Foods · Immune Health · Medicinal Mushrooms  
Stress Management

# MEDICINAL MUSHROOMS

## Reishi Slices

*Ganoderma lucidum*

Immunity · Stress · Energy · Organic

Source of antioxidants. Source of fungal polysaccharides with immunomodulating properties. Used in herbal medicine as a liver tonic. Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress).

Reishi feast on decaying hardwood in temperate forests throughout the world, where they recycle nutrients and minerals essential for our ecosystem. Discover the many ways nutrient-rich reishi can benefit your health!



### Ingredient

100% organic reishi mushroom (*Ganoderma lucidum*) fruiting body.

### Directions of use

**Adults:** Add 3 g of reishi (approximately a 12 cm strip) to 1/2 litre of water. Simmer for 10 to 20 minutes to make a tonic, or several hours to make a concentrate. Temperature range should be between 50 and 70 °C; never a rolling boil. Serve hot or let cool to room temperature, then refrigerate the unused portion for up to 14 days. To avoid digestive upset, take with food or a meal.

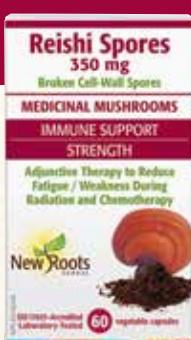
#2377 · 100 g · UPC 6-28747-92377-4  
NPN 80089417 · P0797-R1

Functional Foods · Immune Health · Medicinal Mushrooms  
Stress Management · Teas and Herbal Teas

## Reishi Spores

Broken Cell-Wall Spores

capsules



### Medicinal Mushrooms

Energy – Immunity – Antioxidant  
Adjunctive Therapy to Reduce  
Fatigue / Weakness During  
Radiation and Chemotherapy

350 mg

Provides antioxidants. Contains fungal polysaccharides with immunomodulating properties. To help manage the symptoms of fatigue and weakness and as assistive therapy in order to alleviate central energy deficiency symptoms of patients undergoing chemical and radiation treatments.

### Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) spores (broken sporoderm) ..... 350 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule four times daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

### Duration of use

Consult a health-care practitioner for prolonged use.  
*Symptom management:* Use for a minimum of 4 weeks to see beneficial effects.

#2696 · 60 vegetable capsules · UPC 6-28747-12696-0  
NPN 80108206 · V0724-R1

Energy · Immune Health · Medicinal Mushrooms · Stress Management

## Resilience

Mushroom Extract Blend

capsules

### Medicinal Mushrooms

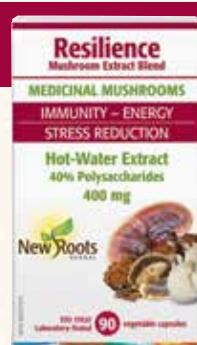
Immunity – Energy

Stress Reduction

Hot-Water Extract

40% Polysaccharides · 400 mg

Used in herbal medicine to support the immune system, as an adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress), and as a liver tonic. Source of antioxidants.



### Each vegetable capsule contains

*Each mushroom extract is standardized to 40% polysaccharides.	
Chaga ( <i>Inonotus obliquus</i> ) mushroom extract*	68 mg
Coriolus ( <i>Trametes versicolor</i> ) mushroom extract*	68 mg
Maitake ( <i>Grifola frondosa</i> ) mushroom extract*	68 mg
Reishi ( <i>Ganoderma lucidum</i> ) mushroom extract*	68 mg
Shiitake ( <i>Lentinula edodes</i> ) mushroom extract*	68 mg
Cordyceps ( <i>Paecilomyces hepiali</i> ) mushroom extract*	30 mg
Lion's mane ( <i>Hericium erinaceus</i> ) mushroom extract*	30 mg
Hot-water extraction.	

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules three times daily or as directed by your health-care practitioner. Take with a meal if gastrointestinal upset occurs.

#1933 · 90 vegetable capsules · UPC 6-28747-11933-7  
NPN 80087975 · V0512-R1

Immune Health · Medicinal Mushrooms

## Shiitake

300 mg · Hot-Water Extract

capsules

### Medicinal Mushrooms

Immune Support · Wellness

25% beta-glucans

from 40% Polysaccharides

Used in herbal medicine to support the immune system. Source of antioxidants.



### Each vegetable capsule contains

Shiitake ( <i>Lentinula edodes</i> ) mushroom extract, standardized to 40% polysaccharides, providing 25% beta-glucans	300 mg
Hot-water extraction.	

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily with food or as directed by your health-care practitioner.

#1870 · 60 vegetable capsules · UPC 6-28747-11870-5  
NPN 80113474 · V0508-R3

Immune Health · Medicinal Mushrooms

## Merry Mind Omega 3

1,000 mg EPA · 100 mg DHA softgels  
Ultrapure Pharmaceutical Grade

Healthy Mood Balance  
0% Porcine/Bovine

Helps to promote healthy mood balance.

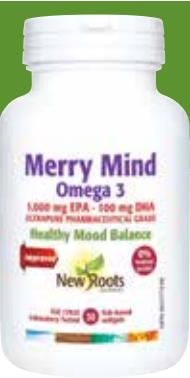
### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) ..... 1,366 mg

### Providing omega-3 fatty acids, including:

Eicosapentaenoic acid (EPA).....	1,000 mg
Docosahexaenoic acid (DHA).....	100 mg
Other omega-3s .....	71 mg

Ultrapure, pharmaceutical grade.



### Other ingredients

Natural vitamin E (D-alpha-tocopherol, from non-GMO sunflower) in an improved softgel composed of fish gelatin, glycerin, and purified water.

### Directions of use

Adults: Take 1 softgel daily with a meal or as directed by your health-care practitioner.

#2163 · 30 fish-based softgels · UPC 6-28747-12163-7  
NPN 80077448 · V0577-R4

**Fish Oils · Mood Enhancement · Pain and Inflammation**

Full line of antistress products, p. 202-206

Full line of fish oils, p. 152-159

## Methionine:

## L-Methionine

500 mg

capsules



### Supports Liver Function

A factor in the maintenance of good health.  
Helps to support liver function.

### Each vegetable capsule contains

L-Methionine ..... 500 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: As a dietary supplement, take 1 capsule once or twice daily with food or as directed by your health-care practitioner.

#0148 · 50 vegetable capsules · UPC 6-28747-10148-6  
NPN 80017685 · V0102-R2

**Amino Acids and Proteins · Detoxification**

“Learn to light a candle in the darkest moments of someone’s life. Be the light that helps other people see; it is what gives life its deepest significance.”

Roy T. Bennett

## Methyltetrahydrofolate:

## Active Folate

capsules

### L-5-Methyltetrahydrofolate

1,000 mcg plus Vitamins B6 and B12

### Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize nutrients; helps in the normal function of the immune system; and helps in tissue formation.



### Each vegetable capsule contains

Vitamin B6 (pyridoxal-5'-phosphate).....	2 mg
Folate (from calcium L-5-methyltetrahydrofolate) .....	1 mg
Vitamin B12 (methylcobalamin) .....	2.8 mcg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#1900 · 60 vegetable capsules · UPC 6-28747-11900-9  
NPN 80095778 · V0518-R1

**Maternity · Vitamins and Minerals**

Full line of B vitamins, p. 220-225

## Methyltetrahydrofolate:

## Active Folate

tablets

### L-5-Methyltetrahydrofolate

1,000 mcg plus Vitamins B6 and B12

### Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize carbohydrates, fats, and proteins; and helps in tissue formation.



### Each tablet contains

Vitamin B6 (pyridoxal-5'-phosphate).....	2 mg
Folate (from calcium L-5-methyltetrahydrofolate) .....	1 mg
Vitamin B12 (methylcobalamin) .....	2.8 mcg

### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

### Directions of use

Adults: Take 1 tablet daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#2038 · 60 tablets · UPC 6-28747-12038-8  
NPN 80070154 · V0563-R1

**Maternity · Vitamins and Minerals**

Full line of B vitamins, p. 220-225

# Milk Thistle

organic tincture

## Liver Protection

Traditionally used in herbal medicine as a hepatoprotectant/liver protectant, to help to support liver function, and to help relieve digestive disturbances/dyspepsia.

### Each teaspoon contains a crude quantity equivalent of

Organic milk thistle (*Silybum marianum*) seed ..... 1.5 g



### Other ingredients

Organic alcohol 25% (from sugarcane) and purified water.

### Directions of use

Adults: Take 2 teaspoons (10 ml) daily or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of 3 weeks to see beneficial effects (hepatoprotectant/liver protectant agent or support of liver function).

#1597 · 50 ml · UPC 6-28747-21597-8

#1598 · 95 ml · UPC 6-28747-21598-5

NPN 80079356 · LM0036-R4

[Detoxification](#) · [Herbs and Herbal Extracts](#)

# Modified Citrus Pectin

powder

## Helps to Support Detoxification



### Each scoop contains

Modified citrus pectin, from lemon (*Citrus × limon*) fruit peel ..... 5 g  
(Providing on average 400 mg sodium)

### Directions of use

Adults ≥ 18 years old: Take 1 scoop three times daily 30 minutes before food or as directed by your health-care practitioner. Put one 5 g scoop of **Modified Citrus Pectin** into a glass. Add liquid (water, juice, or tea). *Do not stir yet*: Let sit 3–5 minutes to allow the powder to rehydrate. Stir contents until powder is dissolved. We recommend weighing **Modified Citrus Pectin** for precise dosage.

### Caution

Provides a significant amount of sodium.

#2239 · 150 g / 30 doses · UPC 6-28747-02239-2

NPN 80078773 · P0759-R1

[Detoxification](#) · [Herbs and Herbal Extracts](#) · [Immune Health](#)

# Molybdenum

150 mcg

capsules

## Rice Chelate

### Supports Nutrient Metabolism

Helps to maintain the body's ability to metabolize nutrients. Helps to prevent molybdenum deficiency.



### Each vegetable capsule contains

Molybdenum (from molybdenum HVP chelate) ..... 150 mcg

### Other ingredients

Microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 2 capsules two or three times daily with food or as directed by your health-care practitioner. Avoid taking at bedtime.

#0846 · 100 vegetable capsules · UPC 6-28747-10846-1

NPN 80114485 · V0215-R2

[Detoxification](#) · [Immune Health](#) · [Vitamins and Minerals](#)

# Moringa Seed Oil

## Certified Organic

### Body, Face, and Hair

Organic and cold-pressed, our South African-sourced moringa seed oil is among the most versatile topical oils. It works wonders for hair, skin, and for a smooth-looking complexion.

### Each bottle contains

Organic moringa (*Moringa oleifera*) seed oil, cold-pressed ..... 30 ml with added organic rosemary (*Rosmarinus officinalis*) extract.



### Ingredients

*Moringa oleifera* seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face, neck, body, hair, or nails. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

#2088 · 30 ml · UPC 6-28747-22088-0

OM0129-R2

[Beauty](#) · [Exotic Skin Oils](#) · [Hair](#) · [Skin](#)

[Full line of exotic skin oils, p. 88–91](#)

# MSM

## Methylsulfonylmethane

100% Pure · 850 mg

capsules

### Relief of Joint Pain

### Due to Osteoarthritis

Helps to relieve joint pain associated with osteoarthritis. Helps to relieve the pain and swelling associated with osteoarthritis of the knee. Helps to maintain skin health. Helps to reduce fine lines and wrinkles. Supports antioxidant capacity after exercise.



### Each vegetable capsule contains

Methylsulfonylmethane (MSM), 100% pure ..... 850 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 2 capsules two or three times daily with food or as directed by your health-care practitioner. Avoid taking at bedtime.

## Duration of use

Use for a minimum of 4 weeks to see beneficial effects.

#0785 · 90 vegetable capsules · UPC 6-28747-10785-3

#0795 · 180 vegetable capsules · UPC 6-28747-10795-2

NPN 80042766 · V0094-R4

[Detoxification](#) · [Joint Health](#) · [Pain and Inflammation](#) · [Skin](#)

## MSM

powder

### Methylsulfonylmethane · 100% Pure

#### Osteoarthritis Joint Pain Relief

Helps to relieve joint pain associated with osteoarthritis.

#### Contains

100% pure, pharmaceutical-grade methylsulfonylmethane (MSM).

#### Directions of use

**Adults:** Take 1/4 teaspoon (1,000 mg) before meals three times daily. Mix with 8 oz. of water or orange or apple juice, or as directed by your health-care practitioner. Take with **Vitamin C Calcium Ascorbate** (SKUs #0030 or #0159) for better results. Avoid taking at bed time.

#### Duration of use

Use for a minimum of 4 weeks to see beneficial effects.

#0796 · 300 g / ≈300 doses · UPC 6-28747-00796-2

#0797 · 600 g / ≈600 doses · UPC 6-28747-00797-9

NPN 80019681 · P0195

[Detoxification](#) · [Joint Health](#) · [Pain and Inflammation](#) · [Skin](#)



## Multi

### Vitamin and Mineral Formula

capsules



#### With Activated B Vitamins

#### and 1,000 IU of Vitamin D

#### FREE OF IRON, BETA-CAROTENE, AND VITAMIN A

Helps in the maintenance of good health, healthy skin, and immune function.

#### Each vegetable capsule contains

##### Vitamins

Vitamin C (from 80 mg calcium ascorbate)	56 mg
Vitamin B1 (thiamine hydrochloride)	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	50 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxal-5'-phosphate)	50 mg
Vitamin B2 (riboflavin)	25 mg
Vitamin B2 (riboflavin-5'-phosphate)	25 mg
Vitamin E (d-alpha-tocopheryl acid succinate) (20 IU)	13.38 mg AT
Folate (from calcium L-5-methyltetrahydrofolate)	1,000 mcg
Vitamin B12 (methylcobalamin)	1,000 mcg
Biotin	150 mcg
Vitamin K2 (menaquinone-4)	25 mcg
Vitamin D3 (cholecalciferol) (1,000 IU)	25 mcg

##### Minerals

Magnesium (from magnesium citrate)	35 mg
Zinc (from zinc citrate)	10 mg
Copper (from copper gluconate)	1 mg
Manganese (from manganese citrate)	1 mg
Molybdenum (from molybdenum citrate)	150 mcg
Chromium (from chromium HVP chelate)	50 mcg
Selenium (from yeast-free L-selenomethionine)	10 mcg

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#1726 · 30 vegetable capsules · UPC 6-28747-11726-5

#1731 · 60 vegetable capsules · UPC 6-28747-11731-9

#1734 · 120 vegetable capsules · UPC 6-28747-11734-0

NPN 80035202 · V0468-R10

#### Vitamins and Minerals

[Full line of multivitamins](#), p. 143–145

## Multi-Max

### Multivitamin

capsules



#### Advanced 45-Ingredient Formula

#### IRON-FREE

Source of vitamins, minerals, and antioxidants for the maintenance of good health. Helps to maintain healthy skin and immune function. Helps in the function of the thyroid gland. Helps in the development and maintenance of bones.

#### Two vegetable capsules contain

##### Vitamins

Vitamin C (from calcium ascorbate) . . . . .	43.75 mg
Vitamin E (d-alpha-tocopheryl acid succinate) . . . . .	33.44 mg AT
Vitamin B5 (calcium D-pantothenate) . . . . .	11.5 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	8.25 mg
Vitamin B3 (niacinamide) . . . . .	7.5 mg
Vitamin B2 (riboflavin) . . . . .	5 mg
Vitamin B3 (inositol hexanicotinate, flush-free) . . . . .	5 mg
Vitamin B6 (pyridoxine hydrochloride) . . . . .	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) . . . . .	1.25 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	1.25 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	95 mcg
Vitamin B12 (methylcobalamin) . . . . .	75 mcg
Biotin . . . . .	16.5 mcg
Vitamin D3 (cholecalciferol) (1.425 mcg) . . . . .	57 IU

##### Minerals

Magnesium (from magnesium citrate) . . . . .	112.5 mg
Calcium (from calcium citrate and calcium ascorbate) . . . . .	81 mg
Potassium (from potassium citrate) . . . . .	8.25 mg
Zinc (from zinc citrate) . . . . .	3.75 mg
Manganese (from manganese citrate) . . . . .	1 mg
Copper (from copper gluconate) . . . . .	250 mcg
Boron (from boron citrate) . . . . .	125 mcg
Iodine (from Norwegian kelp [ <i>Ascophyllum nodosum</i> ]) . . . . .	25 mcg
Chromium (from chromium HVP chelate) . . . . .	12.5 mcg
Selenium (from selenium HVP chelate) . . . . .	12.5 mcg

##### Amino Acids

L-Proline . . . . .	22.5 mg
N,N-Dimethylglycine (DMG) . . . . .	20 mg
L-Cysteine hydrochloride monohydrate . . . . .	7.5 mg

##### Supplements / Nutraceuticals

Green tea ( <i>Camellia sinensis</i> ) extract, 50% polyphenols . . . . .	60 mg
Citrus bioflavonoids (from bitter orange [ <i>Citrus × aurantium</i> ]), 50% hesperidin . . . . .	50 mg
Bee pollen . . . . .	35 mg
D-Ribose . . . . .	30 mg
DL-alpha-Lipoic acid . . . . .	25 mg
Broken-cell, organic chlorella ( <i>Chlorella vulgaris</i> ) . . . . .	18 mg
Organic spirulina ( <i>Spirulina platensis</i> ) . . . . .	18 mg
Betaine hydrochloride . . . . .	12.5 mg
Lecithin (from non-GMO sunflower oil) . . . . .	8.25 mg

para-Aminobenzoic acid (PABA) . . . . .	6.25 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . .	6 mg
Rutin . . . . .	5 mg
Choline citrate . . . . .	4.15 mg
Inositol (myo-inositol) . . . . .	4.075 mg
Hesperidin (from bitter orange [Citrus × aurantium] fruit) . . . . .	2.5 mg
Quercetin . . . . .	2.5 mg
Tomato (Solanum lycopersicum) flesh extract, 20% lycopene . . . . .	750 mcg
Black pepper (Piper nigrum) fruit extract, 95% piperine . . . . .	200 mcg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules one to four times daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#1235 · 60 vegetable capsules · UPC 6-28747-11235-2  
#0963 · 120 vegetable capsules · UPC 6-28747-10963-5  
#0964 · 240 vegetable capsules · UPC 6-28747-10964-2  
NPN 80083606 · V0476-R10

50+ Health · Vitamins and Minerals

Full line of multivitamins, p. 143–145

## Multi-Max IMMUNE

Multivitamin

capsules



### Advanced 50-Ingredient Formula

### With Colostrum and Green Tea

### IRON-FREE

Source of vitamins, minerals, and antioxidants for the maintenance of good health. Helps to maintain healthy skin and immune function. Helps in the function of the thyroid gland. Helps in the development and maintenance of bones.

### Two vegetable capsules contain

#### Vitamins

Vitamin C (from calcium ascorbate) . . . . .	61.25 mg
Vitamin B5 (calcium D-pantothenate) . . . . .	50 mg
Vitamin B6 (pyridoxine hydrochloride) . . . . .	50 mg
Vitamin B3 (niacinamide) . . . . .	25 mg
Vitamin B3 (inositol hexanicotinate, flush-free) . . . . .	25 mg
Vitamin E (D-alpha-tocopheryl acid succinate) from sunflower . . . . .	15.075 mg AT (22.5 IU)
Vitamin B1 (thiamine hydrochloride) . . . . .	8.75 mg
Vitamin B2 (riboflavin) . . . . .	8.75 mg
Vitamin B2 (riboflavin-5'-phosphate) . . . . .	3.75 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	2.5 mg
Vitamin B12 (methylcobalamin) . . . . .	250 mcg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	250 mcg
Biotin . . . . .	75 mcg
Vitamin D3 (cholecalciferol) (3.75 mcg) . . . . .	150 IU

#### Minerals

Magnesium (from magnesium citrate) . . . . .	75 mg
Calcium (from calcium citrate) . . . . .	62.5 mg
Potassium (from potassium citrate) . . . . .	6.25 mg
Zinc (from zinc citrate) . . . . .	6.25 mg
Manganese (from manganese citrate) . . . . .	3.75 mg
Copper (from copper gluconate) . . . . .	1 mg
Boron (from boron citrate) . . . . .	500 mcg
Molybdenum (from molybdenum citrate) . . . . .	87.5 mcg
Chromium (from chromium HVP chelate) . . . . .	62.5 mcg
Selenium (from selenium HVP chelate) . . . . .	50 mcg
Iodine (from potassium iodide) . . . . .	25 mcg

### Amino Acids

DL-Methionine . . . . .	50 mg
L-Cysteine hydrochloride monohydrate . . . . .	7.5 mg
N,N-Dimethylglycine (DMG) . . . . .	6.25 mg
Taurine (2-aminoethanesulfonic acid) . . . . .	6.25 mg

### Supplements/Nutraceuticals

Green tea ( <i>Camellia sinensis</i> ) leaf extract, 50% polyphenols . . . . .	50 mg
Free plant sterols (from non-GMO soy) . . . . .	38.75 mg
Choline bitartrate . . . . .	31.75 mg
para-Aminobenzoic acid (PABA) . . . . .	18.75 mg
DL-alpha-Lipoic acid . . . . .	12.5 mg
Betaine hydrochloride . . . . .	12.5 mg
Rutin . . . . .	11.25 mg
Japanese knotweed ( <i>Fallopia japonica</i> ) root extract, 50% resveratrol . . . . .	10 mg
Inositol (myo-inositol) . . . . .	8.75 mg
Bovine colostrum (from <i>Bos taurus</i> ) 30% immunoglobulins G (IgG) . . . . .	7.5 mg
Grape ( <i>Vitis vinifera</i> ) seed extract, 80% oligomeric proanthocyanidins . . . . .	7.5 mg
Hesperidin (from bitter orange [Citrus × aurantium] fruit) . . . . .	7.5 mg
Organic spirulina ( <i>Spirulina platensis</i> ) . . . . .	7.5 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . .	6 mg
Lecithin (from non-GMO sunflower oil) . . . . .	3.75 mg
Tomato ( <i>Solanum lycopersicum</i> ) flesh extract, 10% lycopene . . . . .	2.5 mg
Haematococcus pluvialis extract, 2% astaxanthin . . . . .	1 mg
Lutein (from marigold [ <i>Tagetes erecta</i> ]) . . . . .	312 mcg
Black pepper ( <i>Piper nigrum</i> ) fruit extract, 95% piperine . . . . .	200 mcg
Zeaxanthin (from marigold [ <i>Tagetes erecta</i> ]) . . . . .	200 mcg

### Other ingredients

Arabinogalactan (25 mg per 2 capsules), microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules two to four times daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#0225 · 120 vegetable capsules · UPC 6-28747-10225-4  
#0253 · 240 vegetable capsules · UPC 6-28747-10253-7  
NPN 80046526 · V0286-R13

Immune Health · Vitamins and Minerals

Full line of multivitamins, p. 143–145



**“When I was 5 years old, my mother told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy.’ They told me I didn’t understand the assignment, and I told them they didn’t understand life.”**

John Lennon

## Multi 5 Collagen

Protein-Building Peptides

5 Types of Food-Sourced Collagen:

I, II, III, V, and X



Dairy-Free

40 Calories per Portion

10 g Collagen per Portion

(92% Protein)

No Fat, no Gluten, no GMO

Collagen, a kind of protein naturally produced by the body, is crucial for skin's strength and elasticity, muscle strength, bone strength, and more. Keto- and paleo-friendly, this potent blend of 5 types of collagen is sourced from cattle, fish, and poultry. Free of GMOs, easily digestible, and gut-friendly.

### Ingredients

Hydrolyzed bovine collagen, beef bone broth collagen, chicken collagen, eggshell membrane collagen, and hydrolyzed fish collagen.

### Contains

Eggs, fish (cod [*Gadus morhua*], saithe [*Pollachius virens*], haddock [*Melanogrammus aeglefinus*], and plaice [*Pleuronectes platessa*]).

### Directions of use

Add 2 tablespoons to smoothies and blended drinks or shaker cups. Use in your favourite recipes when baking as well!

#### Nutrition Facts · Per 2 tbsp. (10.9 g)

Calories 40	% Daily Value*	Calories 40	% Daily Value*
Fat 0 g . . . . .	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g . . . . .	0 %	Sodium 15 mg . . . . .	1 %
Carbohydrate 0 g		Potassium 0 mg . . . . .	0 %
Fibre 0 g . . . . .	0 %	Calcium 0 mg . . . . .	0 %
Sugars 0 g . . . . .	0 %	Iron 0 mg . . . . .	0 %
Protein 10 g			

\*5% or less is a little, 15% or more is a lot

#2518 · 200 g / 18 portions · UPC 6-28747-02518-8

#2519 · 400 g / 36 portions · UPC 6-28747-02519-5

PM0838-R2

### NONTAXABLE ITEM

50+ Health · Bone Health · Functional Foods · Hair · Joint Health  
Muscle Support · Nails · Skin

Full line of collagen products, p. 64–65

## Multi 5 Collagen

with Delicious  
Organic Cocoa



Protein-Building Peptides

5 Types of Food-Sourced Collagen: I,

II, III, V, and X

Collagen, a kind of protein naturally produced by the body, is crucial for skin's strength and elasticity, muscle strength, bone strength, and more. Keto- and paleo-friendly, this potent blend of 5 types of collagen is sourced from cattle, fish, and poultry. Free of GMOs, easily digestible, and gut-friendly.

### Ingredients

Hydrolyzed bovine collagen, **organic** cocoa powder, beef bone broth collagen, chicken collagen, eggshell membrane collagen, and hydrolyzed fish collagen.

### Contains

Eggs, fish (cod [*Gadus morhua*], saithe [*Pollachius virens*], haddock [*Melanogrammus aeglefinus*], and plaice [*Pleuronectes platessa*]).

### Directions of use

Add 2 tablespoons to smoothies and blended drinks or shaker cups. Use in your favourite recipes when baking as well!

#### Nutrition Facts · Per 5 tsp. (12 g)

Calories 40	% Daily Value*	Calories 40	% Daily Value*
Fat 0.2 g . . . . .	0 %	Calcium 10 mg . . . . .	1 %
Saturated 0.1 g + Trans 0 g . . . . .	1 %	Iron 0.2 mg . . . . .	1 %
Carbohydrate 1 g		Phosphorus 10 mg . . . . .	1 %
Fibre 0 g . . . . .	0 %	Magnesium 8 mg . . . . .	2 %
Sugars 0 g . . . . .	0 %	Zinc 0.1 mg . . . . .	1 %
Protein 10 g		Selenium 0.2 µg . . . . .	0 %
Cholesterol 0 mg		Copper 0.06 mg . . . . .	7 %
Sodium 15 mg . . . . .	1 %	Manganese 0.05 mg . . . . .	2 %
Potassium 20 mg . . . . .	0 %		

\*5% or less is a little, 15% or more is a lot

#2546 · 200 g / 16 portions · UPC 6-28747-02546-1

#2547 · 400 g / 33 portions · UPC 6-28747-02547-8

PM0855-R2

### NONTAXABLE ITEM

50+ Health · Bone Health · Functional Foods · Hair · Joint Health  
Muscle Support · Nails · Skin

Full line of collagen products, p. 64–65

## Multivitamins

143–145

## Mum Ma Milkstream

capsules



### Promotes Lactation

Used in herbal medicine as a galactagogue/lactagogue to help promote milk production/secretion (lactation). Used in herbal medicine as supportive therapy for the promotion of healthy glucose levels; to help reduce elevated blood lipid levels / hyperlipidemia; and as a nutritive tonic.

### Each vegetable capsule contains

Fenugreek ( <i>Trigonella foenum-graecum</i> ) seed 5:1 extract . . . . .	425 mg
Blessed thistle ( <i>Cnicus benedictus</i> ) herb top 5:1 extract . . . . .	75 mg
Red raspberry ( <i>Rubus idaeus</i> ) leaf . . . . .	75 mg
Fennel ( <i>Foeniculum vulgare</i> ssp. <i>vulgare</i> var. <i>dulce</i> ) seed . . . . .	35 mg
Red clover ( <i>Trifolium pratense</i> ) flowering tip . . . . .	20 mg
Burdock ( <i>Arctium lappa</i> ) root . . . . .	20 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules daily or as directed by your health-care practitioner.

#2231 · 60 vegetable capsules · UPC 6-28747-12231-3

NPN 80077537 · V0606-R1

Maternity

“No thief, however skillful, can rob one of knowledge, and that is why knowledge is the best and safest treasure to acquire.”

L. Frank Baum

## Mum Ma Milkstream

organic tincture

### Promotes Lactation

Traditionally used in herbal medicine as a galactogogue to help promote milk production/secretion. Traditionally used in herbal medicine to promote lactation.

#### Each teaspoon contains

#### a crude quantity equivalent of

Organic red raspberry ( <i>Rubus idaeus</i> ) leaf	123 mg
Organic blessed thistle ( <i>Cnicus benedictus</i> ) herb top	61.5 mg
Organic sweet fennel ( <i>Foeniculum vulgare</i> ssp. <i>vulgare</i> var. <i>dulce</i> ) seed	61.5 mg
Organic burdock ( <i>Arctium lappa</i> ) root	34.5 mg
Organic red clover ( <i>Trifolium pratense</i> ) flower	34.5 mg



#### Other ingredients

Organic alcohol 25% (from sugarcane), purified water, and vegetable glycerin.

#### Directions of use

**Adults:** Take 3 teaspoons once daily or as directed by your health-care practitioner.

#### Directions of use

For occasional use only.

#1587 · 50 ml · UPC 6-28747-21587-9  
#1586 · 95 ml · UPC 6-28747-21586-2  
NPN 80052389 · LM0038-R7

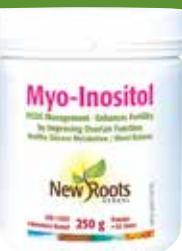
Maternity

## Mushrooms

132-136

## Myo-Inositol

powder



### PCOS Management · Enhances Fertility by Improving Ovarian Function · Healthy Glucose Metabolism / Mood Balance

Helps to improve ovarian function in women with oligomenorrhea and polycystic ovaries; in the management of polycystic ovarian syndrome (PCOS) by helping to restore normal ovarian function; in the management of PCOS by reducing oxidative stresses; to restore ovulation and oocyte quality, and to normalize menstrual cycle irregularities; to reduce serum testosterone in women with PCOS; and in the management of PCOS's hormonal and metabolic conditions by promoting healthy glucose metabolism. As an important component of phospholipids, inositol can assist in regulating cellular response for healthy body functioning. Helps support healthy mood balance.

#### Each scoop contains

Inositol (*myo*-inositol) ..... 4 g  
100% Vegan. Does not alter taste of drinks when mixed in.

#### Directions of use

**Adults:** Take 1 scoop added to 250 ml of water or juice, one to three times daily or as directed by your health-care practitioner.

**For healthy mood balance:** Take 3 scoops daily or as directed by your health-care practitioner. We recommend weighing **Myo-Inositol** for precise dosage.

#### Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#2208 · 125 g/31 doses · UPC 6-28747-02208-8

#2209 · 250 g/62 doses · UPC 6-28747-02209-5

#2081 · 500 g/125 doses · UPC 6-28747-02081-7

NPN 80072476 · P0003-R0

Blood Glucose Management · Women Fertility

## N-AcetylCysteine

NAC · 600 mg

capsules



### Helps Relieve Symptoms of Chronic Bronchitis and Respiratory Tract Inflammation

Provides antioxidants. Helps to relieve symptoms of chronic bronchitis. A supportive therapy in the treatment of inflammation of the respiratory system.

#### Each vegetable capsule contains

N-Acetyl-L-cysteine ..... 600 mg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule twice daily with a meal or as directed by your health-care practitioner.

#0301 · 90 vegetable capsules · UPC 6-28747-10301-5  
#0302 · 180 vegetable capsules · UPC 6-28747-10302-2  
NPN 80107262 · V0210-R5

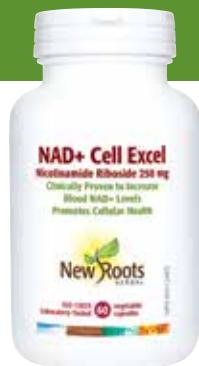
Antioxidants · Cold and Flu · Detoxification

## New Product! Since April 2024

## NAD+ Cell Excel

capsules

Nicotinamide Riboside 250 mg



### Clinically Proven to Increase Blood NAD+ Levels

### Promotes Cellular Health

Supports biological functions which play a key role in the maintenance of good health by maintaining blood NAD+ levels. Clinically proven to increase blood NAD+ levels, to support cellular health.

#### Each vegetable capsule contains

Nicotinamide riboside  
(from nicotinamide riboside chloride) ..... 250 mg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 2-3 capsules daily or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#3137 · 60 vegetable capsules · UPC 6-28747-13137-7  
NPN 80112465 · V0741-R1

50+ Health · Energy · Vitamins and Minerals

## Natural sweeteners

210-211

# MULTIVITAMINS

## Multi

Vitamin and Mineral Formula

capsules

With Activated B Vitamins  
and 1,000 IU of Vitamin D  
**FREE OF IRON, BETA-CAROTENE,  
AND VITAMIN A**

Helps in the maintenance of good health,  
healthy skin, and immune function.

**Each vegetable capsule contains**

### Vitamins

Vitamin C (from 80 mg calcium ascorbate)	56 mg
Vitamin B1 (thiamine hydrochloride)	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	50 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxal-5'-phosphate)	50 mg
Vitamin B2 (riboflavin)	25 mg
Vitamin B2 (riboflavin-5'-phosphate)	25 mg
Vitamin E (D-alpha-tocopheryl acid succinate) (20 IU)	13.38 mg AT
Folate (from calcium L-5-methyltetrahydrofolate)	1,000 mcg
Vitamin B12 (methylcobalamin)	1,000 mcg
Biotin	150 mcg
Vitamin K2 (menaquinone-4)	25 mcg
Vitamin D3 (cholecalciferol) (1,000 IU)	25 mcg

### Minerals

Magnesium (from magnesium citrate)	35 mg
Zinc (from zinc citrate)	10 mg
Copper (from copper gluconate)	1 mg
Manganese (from manganese citrate)	1 mg
Molybdenum (from molybdenum citrate)	150 mcg
Chromium (from chromium HVP chelate)	50 mcg
Selenium (from yeast-free L-selenomethionine)	10 mcg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#1726 · 30 vegetable capsules · UPC 6-28747-11726-5

#1731 · 60 vegetable capsules · UPC 6-28747-11731-9

#1734 · 120 vegetable capsules · UPC 6-28747-11734-0

NPN 80035202 · V0468-R10

**Vitamins and Minerals**



## Multi-Max

Multivitamin

capsules

Advanced 45-Ingredient Formula  
**IRON-FREE**

Source of vitamins, minerals, and antioxidants for the maintenance of good health. Helps to maintain healthy skin and immune function. Helps in the function of the thyroid gland. Helps in the development and maintenance of bones.



**Two vegetable capsules contain**

### Vitamins

Vitamin C (from calcium ascorbate)	43.75 mg
Vitamin E (D-alpha-tocopheryl acid succinate)	33.44 mg AT
Vitamin B5 (calcium D-pantothenate)	11.5 mg
Vitamin B1 (thiamine hydrochloride)	8.25 mg
Vitamin B3 (niacinamide)	7.5 mg
Vitamin B2 (riboflavin)	5 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	5 mg
Vitamin B6 (pyridoxine hydrochloride)	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	1.25 mg
Vitamin B6 (pyridoxal-5'-phosphate)	1.25 mg
Folate (from calcium L-5-methyltetrahydrofolate)	95 mcg
Vitamin B12 (methylcobalamin)	75 mcg
Biotin	16.5 mcg
Vitamin D3 (cholecalciferol) (1.425 mcg)	57 IU

### Minerals

Magnesium (from magnesium citrate)	112.5 mg
Calcium (from calcium citrate and calcium ascorbate)	81 mg
Potassium (from potassium citrate)	8.25 mg
Zinc (from zinc citrate)	3.75 mg
Manganese (from manganese citrate)	1 mg
Copper (from copper gluconate)	250 mcg
Boron (from boron citrate)	125 mcg
Iodine (from Norwegian kelp [ <i>Ascophyllum nodosum</i> ])	25 mcg
Chromium (from chromium HVP chelate)	12.5 mcg
Selenium (from selenium HVP chelate)	12.5 mcg

### Amino Acids

L-Proline	22.5 mg
N,N-Dimethylglycine (DMG)	20 mg
L-Cysteine hydrochloride monohydrate	7.5 mg

### Supplements / Nutraceuticals

Green tea ( <i>Camellia sinensis</i> ) extract, 50% polyphenols.	60 mg
Citrus bioflavonoids (from bitter orange [ <i>Citrus × aurantium</i> ]), 50% hesperidin	50 mg
Bee pollen	35 mg
D-Ribose	30 mg
DL-alpha-Lipoic acid	25 mg
Broken-cell, organic chlorella ( <i>Chlorella vulgaris</i> )	18 mg
Organic spirulina ( <i>Spirulina platensis</i> )	18 mg
Betaine hydrochloride	12.5 mg
Lecithin (from non-GMO sunflower oil)	8.25 mg
para-Aminobenzoic acid (PABA)	6.25 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	6 mg
Rutin	5 mg
Choline citrate	4.15 mg
Inositol (myo-inositol)	4.075 mg
Hesperidin (from bitter orange [ <i>Citrus × aurantium</i> ] fruit)	2.5 mg
Quercetin	2.5 mg
Tomato ( <i>Solanum lycopersicum</i> ) flesh extract, 20% lycopene.	750 mcg
Black pepper ( <i>Piper nigrum</i> ) fruit extract, 95% piperine.	200 mcg

## WHY IRON-FREE?

Iron is recommended for those with iron deficiencies or during pregnancy.

Iron overload causes oxidation which can contribute to chronic disease.

# MULTIVITAMINS

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules one to four times daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#1235 · 60 vegetable capsules · UPC 6-28747-11235-2  
#0963 · 120 vegetable capsules · UPC 6-28747-10963-5  
#0964 · 240 vegetable capsules · UPC 6-28747-10964-2  
NPN 80083606 · V0476-R10  
50+ Health · Vitamins and Minerals

## Multi-Max IMMUNE

Multivitamin

capsules

### Advanced 50-Ingredient Formula With Colostrum and Green Tea IRON-FREE

Source of vitamins, minerals, and antioxidants for the maintenance of good health. Helps to maintain healthy skin and immune function. Helps in the function of the thyroid gland. Helps in the development and maintenance of bones.

#### Two vegetable capsules contain

##### Vitamins

Vitamin C (from calcium ascorbate) . . . . .	61.25 mg
Vitamin B5 (calcium D-pantothenate) . . . . .	50 mg
Vitamin B6 (pyridoxine hydrochloride) . . . . .	50 mg
Vitamin B3 (niacinamide) . . . . .	25 mg
Vitamin B3 (inositol hexanicotinate, flush-free) . . . . .	25 mg
Vitamin E (D-alpha-tocopheryl acid succinate) . . . . .	
from sunflower . . . . .	15.075 mg AT (22.5 IU)
Vitamin B1 (thiamine hydrochloride) . . . . .	8.75 mg
Vitamin B2 (riboflavin) . . . . .	8.75 mg
Vitamin B2 (riboflavin-5'-phosphate) . . . . .	3.75 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	2.5 mg
Vitamin B12 (methylcobalamin) . . . . .	250 mcg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	250 mcg
Biotin . . . . .	75 mcg
Vitamin D3 (cholecalciferol) (3.75 mcg) . . . . .	150 IU

##### Minerals

Magnesium (from magnesium citrate) . . . . .	75 mg
Calcium (from calcium citrate) . . . . .	62.5 mg
Potassium (from potassium citrate) . . . . .	6.25 mg
Zinc (from zinc citrate) . . . . .	6.25 mg
Manganese (from manganese citrate) . . . . .	3.75 mg
Copper (from copper gluconate) . . . . .	1 mg
Boron (from boron citrate) . . . . .	500 mcg
Molybdenum (from molybdenum citrate) . . . . .	87.5 mcg
Chromium (from chromium HVP chelate) . . . . .	62.5 mcg
Selenium (from selenium HVP chelate) . . . . .	50 mcg
Iodine (from potassium iodide) . . . . .	25 mcg

##### Amino Acids

DL-Methionine . . . . .	50 mg
L-Cysteine hydrochloride monohydrate . . . . .	7.5 mg
N,N-Dimethylglycine (DMG) . . . . .	6.25 mg
Taurine (2-aminoethanesulfonic acid) . . . . .	6.25 mg

##### Supplements/Nutraceuticals

Green tea ( <i>Camellia sinensis</i> ) leaf extract, 50% polyphenols . . . . .	50 mg
Free plant sterols (from non-GMO soy) . . . . .	38.75 mg

Choline bitartrate . . . . .	31.75 mg
para-Aminobenzoic acid (PABA) . . . . .	18.75 mg
DL-alpha-Lipoic acid . . . . .	12.5 mg
Betaine hydrochloride . . . . .	12.5 mg
Rutin . . . . .	11.25 mg
Japanese knotweed ( <i>Fallopia japonica</i> ) root extract, 50% resveratrol . . . . .	10 mg
Inositol (myo-inositol) . . . . .	8.75 mg
Bovine colostrum (from <i>Bos taurus</i> ), 30% immunoglobulins G (IgG) . . . . .	7.5 mg
Grape ( <i>Vitis vinifera</i> ) seed extract, 80% oligomeric proanthocyanidins . . . . .	7.5 mg
Hesperidin (from bitter orange [ <i>Citrus × aurantium</i> ] fruit) . . . . .	7.5 mg
Organic spirulina ( <i>Spirulina platensis</i> ) . . . . .	7.5 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . .	6 mg
Lecithin (from non-GMO sunflower oil) . . . . .	3.75 mg
Tomato ( <i>Solanum lycopersicum</i> ) flesh extract, 10% lycopene . . . . .	2.5 mg
<i>Haematococcus pluvialis</i> extract, 2% astaxanthin . . . . .	1 mg
Lutein (from marigold [ <i>Tagetes erecta</i> ]) . . . . .	312 mcg
Black pepper ( <i>Piper nigrum</i> ) fruit extract, 95% piperine . . . . .	200 mcg
Zeaxanthin (from marigold [ <i>Tagetes erecta</i> ]) . . . . .	200 mcg

## Other ingredients

Arabinogalactan (25 mg per 2 capsules), microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules two to four times daily with meals or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#0225 · 120 vegetable capsules · UPC 6-28747-10225-4  
#0253 · 240 vegetable capsules · UPC 6-28747-10253-7  
NPN 80046526 · V0286-R13  
Immune Health · Vitamins and Minerals



# MULTIVITAMINS

## Prenatal

### Complete Multivitamin

capsules



Benefits Mom and Baby

Preconception to Early

Motherhood · Reduces Risk of Neural-Tube Defects

For prenatal, pregnancy, postnatal, and breast-feeding. Vitamin and mineral formula beneficial for mother and infant health. Helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to form red blood cells and helps in their proper function.

#### Each vegetable capsule contains

Calcium (from calcium citrate).....	66.67 mg
Vitamin C (from calcium ascorbate).....	58.33 mg
Magnesium (from fully reacted magnesium bisglycinate).....	33.33 mg
Vitamin B5 (calcium D-pantothenate).....	33.33 mg
Vitamin B1 (thiamine hydrochloride).....	25 mg
Potassium (from potassium citrate).....	23.33 mg
Vitamin B3 (niacinamide).....	16.67 mg
Iron (from iron bisglycinate).....	11.67 mg
Vitamin B2 (riboflavin-5'-phosphate sodium).....	11.67 mg
Vitamin B6 (pyridoxal-5'-phosphate).....	11.67 mg
Vitamin E (D-alpha-tocopheryl acid succinate).....	11.17 mg AT (16.7 IU)
Zinc (from zinc citrate).....	8.33 mg
Manganese (from manganese citrate).....	1.67 mg
Copper (from copper citrate).....	500 mcg
Folate (from calcium L-5-methyltetrahydrofolate).....	333.33 mcg
Vitamin B12 (methylcobalamin).....	333.33 mcg
Biotin.....	100 mcg
Iodine (from potassium iodide).....	50 mcg
Chromium (from chromium polynicotinate).....	33.33 mcg
Vitamin K1.....	33.33 mcg
Molybdenum (from molybdenum citrate).....	16.667 mcg
Selenium (from yeast-free L-selenomethionine).....	16.667 mcg
Vitamin D3 (cholecalciferol).....	3.33 mcg (133.33 IU)

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 3 capsules daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#1434 · 90 vegetable capsules · UPC 6-28747-11434-9  
NPN 80062372 · V0378-R11

Maternity · Vitamins and Minerals



Ultra-High-Performance Liquid Chromatography (UHPLC) is indeed a masterful analytical technique for determining the identity and quantity of compounds in a sample.

These versatile, high-precision machines determine both the identity and quantity of complex molecules, including fat- and water-soluble vitamins. This allows us to identify and differentiate various compounds present in complex mixtures.



## Neem Leaf

capsules

Helps Relieve Eczema and Itchy Skin · Helps Relieve Diarrhea

Traditionally used in Ayurveda as a blood purifier to help relieve eczema, itching, and irritation associated with skin conditions and wounds; as *Grahi* (astringent) to help relieve diarrhea; as a vermifuge to help expel intestinal worms (*Krmiroga* [worm infestation]); and to help promote digestion.

Each vegetable capsule contains

Neem (*Azadirachta indica*) leaf . . . . . 500 mg



Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults: Take 2–6 capsules daily or as directed by your health-care practitioner.

#1472 · 90 vegetable capsules · UPC 6-28747-11472-1

NPN 80026134 · V0399-R2

Herbs and Herbal Extracts · Parasitic and Fungal Management · Skin

## Neem Oil

Organic

Nourishes Dry Skin

Nourishing oil for skin-related issues.

Each bottle contains

Organic neem (*Azadirachta indica*) seed and fruit oil, cold-pressed, nondeodorized . . . . . 30 ml with added natural non-GMO vitamin E.



Other ingredients

*Azadirachta indica* seed and fruit oil and tocopherols.

Directions of use

Place 5–8 drops in your hand and gently massage desired areas. Larger body parts may require more oil.

#1976 · 30 ml · UPC 6-28747-21976-1  
OM0128-R1

Beauty · Herbs and Herbal Extracts  
Parasitic and Fungal Management · Skin

## NeuroPerform

Citicoline 250 mg

capsules

Promotes Healthy Cognitive Function

Helps support cognitive function in the elderly.

Each vegetable capsule contains

Citicoline (cytidine-5'-diphosphocholine) . . . . . 250 mg  
Choline (choline bitartrate) . . . . . 14 mg



Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

Adults 19 years and older: Take 2 capsules once or twice daily or as directed by your health-care practitioner.

#3090 · 60 vegetable capsules · UPC 6-28747-13090-5

NPN 80110011 · V0744-R1

Memory Help · Neurological Health

## New Roots Essence

tincture

Removes Accumulated Waste Products via Kidneys, Skin, and Mucous Membranes

Traditionally used in herbal medicine as a diuretic, diaphoretic, and alterative to help remove accumulated waste products via the kidneys, skin, and mucous membranes.



Each tablespoon contains

a crude quantity equivalent of

Organic burdock ( <i>Arctium lappa</i> ) root . . . . .	172 mg
Organic sheep sorrel ( <i>Rumex acetosella</i> ) herb top . . . . .	86 mg
Pau d'arco ( <i>Tabebuia heptaphylla</i> ) inner bark . . . . .	30.7 mg
Organic slippery elm ( <i>Ulmus rubra</i> ) bark . . . . .	21 mg
Organic blessed thistle ( <i>Cnicus benedictus</i> ) herb top . . . . .	8 mg
Organic red clover ( <i>Trifolium pratense</i> ) herb . . . . .	8 mg
Watercress ( <i>Nasturtium officinale</i> ) herb . . . . .	8 mg
Organic rhubarb ( <i>Rheum palmatum</i> ) root . . . . .	5 mg

Other ingredients

Organic whole Norwegian kelp (*Ascophyllum nodosum*), organic alcohol 25% (from sugarcane), glycerin, and purified water. · Steeped in organic alcohol (from organic sugarcane) for 21 days.

Directions of use

Adults: Take 3 tablespoons in the morning and 4 tablespoons in the evening or as directed by your health-care practitioner. · *Optional:* To reduce the alcohol content, add 4 ounces of boiling water and let sit for 5 minutes. Can also be mixed with orange juice or your favourite juice.

Duration of use

For occasional use only.

#1977 · 500 ml / ≈ 9 1/2 doses · UPC 6-28747-21977-8

NPN 80109774 · LM0136-R1

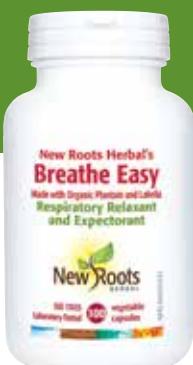
Detoxification

New Roots Herbal's

## Breathe Easy

Made with Organic Plantain and Lobelia

capsules



Respiratory Relaxant and Expectorant

New Roots Herbal's Breathe Easy is formulated with selected organic quality herbs. Lobelia is traditionally used in herbal medicine as a respiratory relaxant and expectorant.

Each vegetable capsule contains

Organic plantain ( <i>Plantago major</i> ) leaf . . . . .	500 mg
Organic alfalfa ( <i>Medicago sativa</i> ) herb . . . . .	100 mg
Organic lobelia ( <i>Lobelia inflata</i> ) herb top . . . . .	50 mg

Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules twice daily or as directed by your health-care practitioner.

#0242 · 100 vegetable capsules · UPC 6-28747-10242-1

NPN 80036947 · V0123-R4

**Cold and Flu**

New Roots Herbal

## Chill Pills

capsules



### Relaxation

L-Theanine helps to temporarily promote relaxation. B-complex vitamins are a factor in the maintenance of good health.

#### Each vegetable capsule contains

Ashwagandha ( <i>Withania somnifera</i> ) root extract, 2.5% withanolides	125 mg
L-Theanine	100 mg
Holy basil ( <i>Ocimum tenuiflorum</i> ) leaf extract, 10% ursolic acid	50 mg
Oat ( <i>Avena sativa</i> ) 10:1 extract	50 mg
Passionflower ( <i>Passiflora incarnata</i> ) extract, 4% flavonoids	50 mg
Vitamin B2 (riboflavin, riboflavin-5'-phosphate sodium)	27.5 mg
Vitamin B6 (pyridoxine hydrochloride / pyridoxal-5'-phosphate)	27.5 mg
para-Aminobenzoic acid (PABA)	25 mg
Astragalus ( <i>Astragalus membranaceus</i> ) root extract, 3% astragalosides	25 mg
Choline bitartrate	25 mg
Inositol ( <i>myo</i> -inositol)	25 mg
D-Ribose	25 mg
Vitamin B1 (thiamine hydrochloride)	25 mg
Vitamin B5 (calcium D-pantothenate)	25 mg
Inositol hexanicotinate, flush-free (providing 15.925 mg of vitamin B3)	17.5 mg
Phellodendron ( <i>Phellodendron amurense</i> ) bark extract, 0.1% berberine	15 mg
Chinese jujube ( <i>Ziziphus jujuba</i> ) fruit	12.5 mg
Magnolia ( <i>Magnolia officinalis</i> ) bark 50:1 extract, 80% magnolol + honokiol	7.5 mg
Vitamin B3 (niacinamide)	7.5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	500 mcg
Vitamin B12 (methylcobalamin)	75 mcg
Biotin	37.5 mcg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 2 capsules at once daily with food or as directed by your health-care practitioner. Not to be taken immediately before bedtime. If you are taking other medications, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#1166 · 16 vegetable capsules · UPC 6-28747-11166-9

#1163 · 30 vegetable capsules · UPC 6-28747-11163-8

#1277 · 60 vegetable capsules · UPC 6-28747-11277-2

NPN 80128899 · V0324-R8

**Mood Enhancement · Stress Management**

Full line of antistress products, p. 202–206

New Roots Herbal

## Joyful

capsules



### Healthy Mood Balance

Helps to promote healthy mood balance.

Helps to temporarily promote relaxation.

#### Each vegetable capsule contains

gamma-Aminobutyric acid (GABA)	200 mg
L-Theanine	83.33 mg
L-Tryptophan	73.333 mg
L-5-Hydroxytryptophan (L-5-HTP) (from <i>Griffonia simplicifolia</i> seed)	50 mg
San-qi ginseng ( <i>Panax notoginseng</i> ) leaf 15:1 extract	50 mg
Phellodendron ( <i>Phellodendron amurense</i> ) bark extract, 1% berberine	10 mg
Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Magnolia ( <i>Magnolia officinalis</i> ) bark 50:1 extract, 80% magnolol + honokiol	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	333 mcg
Vitamin B12 (methylcobalamin)	333 mcg
Vitamin D3 (cholecalciferol)	8.33 mcg (333.33 IU)

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

## Duration of use

*For healthy mood balance:* Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

#2022 · 30 vegetable capsules · UPC 6-28747-12022-7

#2024 · 60 vegetable capsules · UPC 6-28747-12024-1

NPN 80069682 · V0557-R1

**Mood Enhancement · Neurological Health · Stress Management**

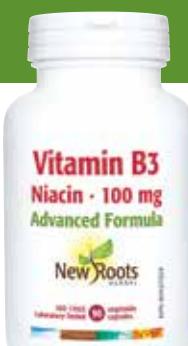
Full line of antistress products, p. 202–206

Niacin:

## Vitamin B3

capsules

Niacin · 100 mg



### Advanced Formula

A factor in the maintenance of good health.

Helps to prevent niacin deficiency.

#### Each vegetable capsule contains

Vitamin B3 (niacin)	100 mg
Bilberry ( <i>Vaccinium myrtillus</i> ) fruit extract	50 mg
Hawthorn ( <i>Crataegus monogyna</i> ) berry extract	45 mg
Hawthorn ( <i>Crataegus monogyna</i> ) berry extract, 2% vitexin	5 mg
Vitamin B1 (thiamine hydrochloride)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	1 mg
Vitamin B6 (pyridoxine hydrochloride)	1 mg

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner.

#0980 · 90 vegetable capsules · UPC 6-28747-10980-2  
NPN 80027828 · V0430-R2

**Cholesterol Management · Heart and Blood · Vitamins and Minerals**  
Full line of B vitamins, p. 220–225

**Niacin:**

## Vitamin B3

Niacin · 500 mg

capsules



Helps the body to metabolize nutrients.

### Each vegetable capsule contains

Vitamin B3 (niacin) ..... 500 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#0908 · 60 vegetable capsules · UPC 6-28747-10908-6

NPN 80059091 · V0539-R1

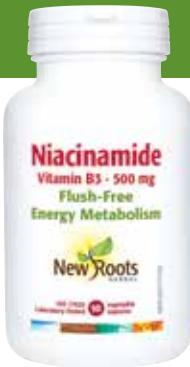
**Cholesterol Management · Neurological Health**  
Vitamins and Minerals

Full line of B vitamins, p. 220–225

## Niacinamide

Vitamin B3 · 500 mg

capsules



### Flush-Free · Energy Metabolism

Helps normal growth and development; in energy metabolism and tissue formation; to maintain the body's ability to metabolize nutrients; to reduce the risk of actinic keratosis, an early skin lesion that may precede nonmelanoma skin cancer; and to reduce skin immunosuppression caused by the sunlight. A factor in the maintenance of good health.

### Each vegetable capsule contains

Vitamin B3 (niacinamide) ..... 500 mg

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take one capsule 1–2 times per day with food or as directed by your health-care practitioner. *For reducing the risk of actinic keratosis:* Take 2 capsules per day with food. *For all other uses:* Take 1 capsule per day with food or as directed by a health-care practitioner.

#2191 · 90 vegetable capsules · UPC 6-28747-12191-0  
NPN 80077106 · V0611-R2

**Energy · Skin · Vitamins and Minerals**

Full line of B vitamins, p. 220–225

## New Product! Since April 2024

## NMN Renew

capsules

150 mg

Metabolically Active

Nicotinamide Mononucleotide

### NAD+ Precursor · Healthy Aging

Nicotinamide mononucleotide is a precursor of NAD+. Helps in energy metabolism, tissue formation, and maintaining the body's ability to metabolize nutrients.



### Each vegetable capsule contains

Pure NMN (nicotinamide mononucleotide) ..... 150 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#3408 · 60 vegetable capsules · UPC 6-28747-13408-8

#3409 · 120 vegetable capsules · UPC 6-28747-13409-5

NPN 80127124 · V0798-R1

**50+ Health · Energy**

## New Product! Since April 2024

## NMN Renew

capsules

300 mg · Extra Strength

Metabolically Active

Nicotinamide Mononucleotide



### NAD+ Precursor · Healthy Aging

Nicotinamide mononucleotide is a precursor of NAD+. Helps in energy metabolism, tissue formation, and maintaining the body's ability to metabolize nutrients.

### Each vegetable capsule contains

Pure NMN (nicotinamide mononucleotide) ..... 300 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#3391 · 30 vegetable capsules · UPC 6-28747-13391-3

#3421 · 60 vegetable capsules · UPC 6-28747-13421-7

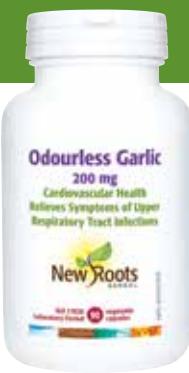
NPN 80127129 · V0799-R1

**50+ Health · Energy**

## Odourless Garlic

200 mg

capsules



### Cardiovascular Health

### Relieves Symptoms of Upper Respiratory Tract Infections

Garlic is traditionally used in herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions; to help reduce elevated blood lipid levels/hyperlipidaemia in adults; and to help maintain cardiovascular health in adults.

#### Each vegetable capsule contains

Odourless garlic (*Allium sativum*) bulb, 1% allicin . . . . . 200 mg  
Sweet fennel (*Foeniculum vulgare*  
ssp. *vulgare* var. *dulce*) seed . . . . . 25 mg

#### Other ingredients

Parsley (*Petroselinum crispum*) leaf (200 mg) and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 1 capsule three times daily or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for use beyond 2 weeks.

#0778 · 90 vegetable capsules · UPC 6-28747-10778-5  
NPN 80030358 · V0174-R3

Cholesterol Management · Cold and Flu · Heart and Blood  
Herbs and Herbal Extracts

## Olive Leaf

Extract · 500 mg

capsules



### 20% oleuropein

An antioxidant for the maintenance of good health.

#### Each vegetable capsule contains

Olive (*Olea europaea*) leaf extract, 20% oleuropein . . . . . 500 mg

#### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

#### Duration of use

For occasional use only.

#0845 · 60 vegetable capsules · UPC 6-28747-10845-4  
#1011 · 120 vegetable capsules · UPC 6-28747-11011-2  
NPN 80040247 · V0214-R4

Antioxidants · Heart and Blood · Herbs and Herbal Extracts  
Immune Health



## Olive Leaf Extract

95-130 mg Oleuropein per Dose

liquid



### Antioxidant · Peppermint Flavour

Source of antioxidants.

#### Other ingredients

Peppermint essential oil and vegetable glycerin.

#### Directions of use

Adults: Take 16 ml (approx. 1 tbsp.) once daily with food or as directed by your health-care practitioner.

#### Nutrition Facts · For approx. 1 Tbsp. (16 ml)

Calories 48	% Daily Value*	% Daily Value*
Fat 0 g . . . . .	0 %	Protein 0 g
Carbohydrate 10 g . . . . .	4 %	Sodium 0 mg . . . . . 0 %
Sugars 0 g . . . . .	0 %	
Olive ( <i>Olea europaea</i> ) Leaf Extract (Equivalent to 12.8 g of fresh leaves) . . . . .		†
Standardized to: Oleuropein 95-130 mg . . . . .		†

\*5% or less is a little, 15% or more is a lot.

Percent Daily Values are based on a 2,000-calorie diet.

†Daily value not established

#2294 · 250 ml · UPC 6-28747-22294-5

#2296 · 500 ml · UPC 6-28747-22296-9

NPN 80087742 · L0152-R1

Antioxidants · Heart and Blood · Herbs and Herbal Extracts  
Immune Health

## Olive Oil:

### Heart Smart Extra Virgin Organic Olive Oil



#### First Cold-Pressed · Non-GMO

Plant sterol-fortified to promote healthy cholesterol levels. Helps lower total blood and LDL cholesterol. Helps maintain healthy cholesterol levels.

#### Each tablespoon contains

Plant sterols esters . . . . . 375 mg  
(combined *beta*-sitosterols, campesterol, and stigmasterols).

#### Other ingredients

Certified organic extra virgin olive (*Olea europaea*) oil and natural vitamin E (mixed tocopherol concentrate, from non-GMO sunflower). Nitrogen-flushed to maintain optimum freshness, prevent oxidation, and ensure maximum nutritional value.

#### Fatty Acids

Oleic . . . . .	56-85%
Linoleic . . . . .	3.5-20%
Palmitic . . . . .	7.5-20%
Stearic . . . . .	0.5-5%

#### Directions of use

Adults: Take 3 tablespoons daily with food or as directed by your health-care practitioner. Stir into soups, stews, and sauces; or use for light sautéing. Its taste of sweet butter with subtle notes of pear, along with its low acidity level, makes it excellent for vinaigrettes, marinades, or as a replacement for butter or margarine on your toast. Enjoy a cholesterol-reduced breakfast, lunch, or dinner. Great-tasting and low in saturated fat; salt-, gluten-, cholesterol-, and *trans* fat-free.

#1626 · 500 ml · UPC 6-28747-21626-5

NPN 80059927 · OM0116

Cooking Oils · Functional Foods · Heart and Blood

## Omegas

152-159

### Omega 3/6/7/9

Made with Organic Borage,  
Flax, and Sea Buckthorn

softgels

#### Cognitive/Brain Function Cardiovascular Health

Source of essential fatty acids for the maintenance of good health. Helps support cognitive health and brain function, and helps to maintain and support cardiovascular health.

#### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [ <i>Engraulidae</i> ]) and/or whole sardines [ <i>Clupeidae</i> ]) . . . . .	400 mg
<b>Providing:</b>	
Eicosapentaenoic acid (EPA) . . . . .	160 mg
Docosahexaenoic acid (DHA) . . . . .	80 mg
Organic borage ( <i>Borago officinalis</i> ) seed oil, 24% gamma-linolenic acid (GLA) . . . . .	400 mg
Organic flax ( <i>Linum usitatissimum</i> ) seed oil . . . . .	400 mg
Organic sea buckthorn ( <i>Hippophae rhamnoides</i> ) fruit pulp oil, 16–54% palmitoleic acid, 2–35% oleic acid, 1–15% linoleic acid . . . . .	100 mg



#### Other ingredients

Natural vitamin E (d-alpha-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

#### Directions of use

**Adults:** Take 2 softgels twice daily or as directed by your health-care practitioner.

#2002 · 90 softgels · UPC 6-28747-12002-9  
#1999 · 180 softgels · UPC 6-28747-11999-3  
NPN 80090997 · V0558-R3

Essential Fatty Acids · Heart and Blood · Neurological Health

Full line of fish oils, p. 152-159

### Omega Jolly

EPA 650 mg / DHA 100 mg

softgels

Ultrapure Pharmaceutical Grade

#### Cognitive/Brain Function Healthy Mood Balance

Source of omega-3 fatty acids for the maintenance of good health. Source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health. Helps support cognitive health and brain function. Helps promote healthy mood balance.



#### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 1,400 mg

#### Providing:

Eicosapentaenoic acid (EPA; 20:5 n-3) . . . . .	650 mg
Docosahexaenoic acid (DHA; 22:6 n-3) . . . . .	100 mg
Natural vitamin E (d-alpha-tocopherol) (from non-GMO sunflower) . . . . .	3.35 mg AT (5 IU)

Ultrapure, pharmaceutical grade.

#### Other ingredients

Rosemary extract in a softgel composed of bovine gelatin, glycerin, and purified water.

#### Directions of use

**Adults:** Take 1–4 softgels daily or as directed by your health-care practitioner.

#1535 · 60 softgels · UPC 6-28747-11535-3  
NPN 80025979 · V0434-R5

Fish Oils · Mood Enhancement · Neurological Health

Full line of fish oils, p. 152–159

## Oregano oil

160

### Ox Bile

500 mg

capsules



#### Increase Bile Flow

Used in herbal medicine to help increase bile flow (choleretic).

#### Each vegetable capsule contains

Ox bile, from bovine source (*Bos taurus*), 45% cholic acid . . . . . 500 mg

#### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#### Duration of use

Consult a health-care practitioner for use beyond 4 weeks. Not for prolonged use.

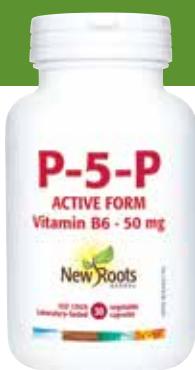
#2641 · 60 vegetable capsules · UPC 6-28747-12641-0  
NPN 80102342 · V0645-R1

Digestive Health · Glandular Extracts

### P-5-P

capsules

#### Active Form Vitamin B6 · 50 mg



Helps in energy metabolism and in tissue formation, to form red blood cells, to prevent vitamin B6 deficiency, and to maintain the body's ability to metabolize nutrients.

#### Each vegetable capsule contains

Vitamin B6 (pyridoxal-5'-phosphate) . . . . . 50 mg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule once or twice daily or as directed by your health-care practitioner.

#2549 · 30 vegetable capsules · UPC 6-28747-12549-9  
NPN 80082116 · V0545-R1

Energy · Vitamins and Minerals

Full line of B vitamins, p. 220–225

## Panax Ginseng

20% Ginsenosides · 300 mg

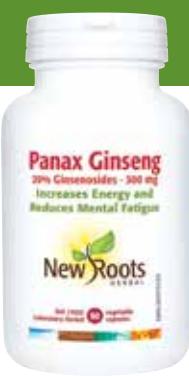
capsules

### Increases Energy and Reduces Mental Fatigue

Used in herbal medicine as supportive therapy for the promotion of healthy glucose levels, to help support cognitive function or reduce mental fatigue, and to help enhance physical performance.

### Each vegetable capsule contains

Panax ginseng root and leaf extract, standardized to a minimum of 20% ginsenosides (including both Rb and Rg ginsenosides) . . . . . 300 mg



### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 2 capsules daily with meals or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 3 months.

#0780 · 90 vegetable capsules · UPC 6-28747-10780-8

NPN 80075193 · V0028-R3

50+ Health · Energy · Herbs and Herbal Extracts · Sexual Health (Men) Sport Nutrition

## Pancreas

### Grass-Fed Lamb Pancreas

Pure Glandular · 450 mg

tablets

### Hormone- and Pesticide-Free Supports Good Health

### Each tablet contains

Pancreas organ (from lamb [Ovis aries])\* . . . . . 450 mg  
Vitamin C (ascorbic acid) . . . . . 6 mg

\*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).



### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and stearic acid.

### Directions of use

Adults: Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#2027 · 30 tablets · UPC 6-28747-12027-2

NEW SIZE! #3437 · 90 tablets · UPC 6-28747-13437-8

NPN 80071898 · V0556-R2

Blood Glucose Management · Digestive Health · Glandular Extracts

## Pancreatin

capsules

Equivalent to 1,300 mg Activity

Digestive Aid · Reduces Bloating

Natural Water-Based GPS™

Enteric Coating

Gastric Protective System

Each 325 mg dose of 4x concentrated Pancreatin provides the equivalent activity of 1,300 mg of unconcentrated pancreatic enzymes.

Digestive aid. Helps to decrease bloating after high-calorie, high-fat meals.

Pancreatin capsules are enteric-coated. This is important because the capsules are protected from stomach acid. Pancreatin capsules must be delivered intact to the small intestine in order to work. Capsules that are not enteric-coated will be destroyed in the stomach by stomach acid.



### Each enteric-coated vegetable capsule contains

Pancreatic enzymes (from pork [Sus scrofa]) 4x concentrate . . . . . 325 mg  
Providing:

Amylase activity . . . . . 32,500 USP units  
Protease activity . . . . . 32,500 USP units  
Lipase activity . . . . . 2,600 USP units

### Other ingredients

A non-GMO vegetable capsule composed of vegetable carbohydrate gum, purified water, and a water-based enteric coating.

### Directions of use

Adults: Take 1 capsule two to four times daily with food or as directed by your health-care practitioner. Take with or immediately before a meal/food. Swallow whole; do not crush or chew. Use the smallest effective dose which controls symptoms.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks or for prolonged use.

#1697 · 60 vegetable capsules · UPC 6-28747-11697-8

#1698 · 120 vegetable capsules · UPC 6-28747-11698-5

#1700 · 260 vegetable capsules · UPC 6-28747-11700-5

NPN 80038831 · V0466-R6

Digestive Health · Enzymes

## Pantothenate:

### Vitamin B5

capsules

Calcium D-Pantothenate · 500 mg

Helps the body to metabolize carbohydrates, fats, and protein. Helps in tissue formation.



### Each vegetable capsule contains

Vitamin B5 (calcium D-pantothenate) . . . . . 500 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults and children > 6 years old: Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#1407 · 100 vegetable capsules · UPC 6-28747-11407-3

NPN 80019683 · V0387-R2

Neurological Health · Stress Management · Vitamins and Minerals

Full line of B vitamins, p. 220–225

# OMEGAS

# O-MEGA PROBLEM!

2 IN 5 CANADIANS ARE NOT GETTING ENOUGH OMEGA-3 FOR GOOD HEART HEALTH

## Brain and Heart Health



**Wild Omega 3**  
EPA 660 mg · DHA 530 mg  
ACONOME PHARMACEUTICAL GRADE  
Cognitive / Brain Function  
Cardiovascular Health

New Roots  
120 softgels



- Best-seller
- 2:1 ratio
- Fish-based softgel
- 0% porcine or bovine



**Wild Omega 3**  
180 mg EPA · 130 mg DHA  
ACONOME PHARMACEUTICAL GRADE  
Cognitive / Brain Function  
Cardiovascular Health

New Roots  
120 softgels



- Our original formula
- 3:2 ratio
- Smaller softgel



**Omega 3/6/7/9**  
Made with Organic Borage, Flax, and Sea Buckthorn  
Cognitive / Brain Function  
Cardiovascular Health

New Roots  
120 softgels



- Sourced from borage, flax, sea buckthorn, and fish



**Wild Omega 3**  
EPA 660 mg · DHA 530 mg  
ACONOME PHARMACEUTICAL GRADE  
Cognitive / Brain Function  
Cardiovascular Health

New Roots  
120 softgels



- 2:1 ratio
- Lemon flavour
- No fishy burps



**Wild Omega 3**  
EPA 530 mg · DHA 465 mg  
ACONOME PHARMACEUTICAL GRADE  
Cognitive / Brain Function  
Cardiovascular Health

New Roots  
120 softgels



- 43% smaller softgel
- 2:1 ratio
- Easier swallow
- No fishy burps



**Wild Omega 3**  
EPA 660 mg · DHA 530 mg  
ACONOME PHARMACEUTICAL GRADE  
Cognitive / Brain Function  
Cardiovascular Health

New Roots  
200 mL



- Our strongest
- Liquid form, 3:2 ratio
- Lemon flavour

## Allergies



**Black Cumin Seed Oil 500 mg**  
Made with Aromatic, Organic, and Cold-Pressed Black Cumin Seed Oil  
Allergy Support

New Roots  
120 softgels



- Allergy support
- Omega-6/9
- Mediterranean *Nigella sativa*



**Black Cumin Seed Oil 1,000 mg Extra Strength**  
Made with Aromatic, Organic, and Cold-Pressed Black Cumin Seed Oil  
Allergy Support

New Roots  
120 softgels



- Extra Strength
- Allergy support
- Omega-6/9
- Mediterranean *Nigella sativa*



**Black Cumin Seed Oil Organic**  
18-20% Thymoquinone  
Reduces Allergy Symptoms  
Reducing Inflammation

New Roots  
200 mL



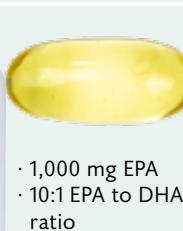
- Omega-6/9
- Reduces allergy symptoms including inflammation

Softgels pictured are actual size, drops represent liquids. See pages 154 to 159 for complete product information.

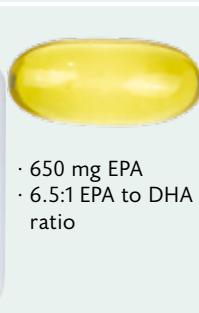
# OMEGAS

## YOUR CUSTOMERS WILL APPRECIATE THE CHOICE OF SOURCES AND FORMATS

### Mood Balance

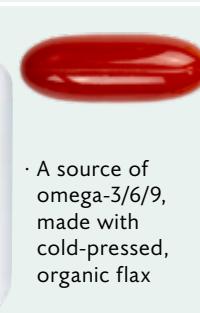


- 1,000 mg EPA
- 10:1 EPA to DHA ratio



- 650 mg EPA
- 6.5:1 EPA to DHA ratio

### Speciality

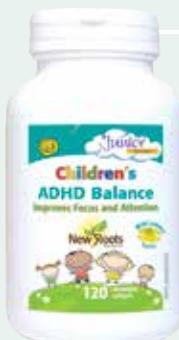


- A source of omega-3/6/9, made with cold-pressed, organic flax

### Children's Health



- Development of healthy brain, eyes, and nerves



- ADHD
- Improves focus and attention

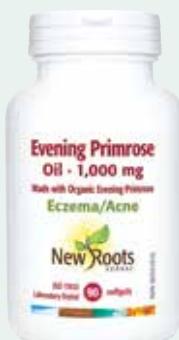


- Omega-7
- Made with organic fruit and seed oils, as well as goji oil

### Healthier Skin



- Omega-6
- 500 mg dose
- Eczema
- Acne



- Omega-6
- Stronger 1,000 mg dose
- Eczema/acne



- Omega-6
- Eczema/acne
- Dermal inflammation

Softgels pictured are actual size, drops represent liquids. See pages 154 to 159 for complete product information.

# OMEGAS

## Help Support Cardiovascular and Cognitive Health

Hundreds of clinical trials reveal the benefits of naturally sourced omega-3 fatty acids from infancy to adulthood. Wild omega-3 fish oils support cognitive function and cardiovascular health and help lower serum triglycerides. Cold-water fatty fish are the most common dietary sources of omega-3 fatty acids. Furthermore, wild-caught larger fish have higher levels of contaminants, while farm-raised fish have lower levels of the valuable nutrients. Unfortunately, the average North American falls short for dietary consumption of omega-3 fatty acids. Supplementation with high-potency wild omega-3 fish oil is ideal for the maintenance of your good health. You will also have peace of mind in knowing they have been screened for contamination from heavy metals, which are no match for our ICP-MS analytical instruments. GC-FID further ensures therapeutic amounts of EPA and DHA match our label claim.

## Black Cumin Seed Oil 500 mg

Mediterranean *Nigella sativa*

Made with Premium, Organic, First Cold-Pressed Black Cumin Seed Oil

### Allergy Support

Helps reduce symptoms of allergic rhinitis. Source of linoleic acid for the maintenance of good health.

#### Each softgel contains

Organic black cumin (*Nigella sativa*) seed oil, 50% linoleic acid, 20% oleic acid, hexane-free . . . . . 500 mg



#### Other ingredients

Natural vitamin E (mixed tocopherols from sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

#### Directions of use

Adults: Take 2 softgels three times daily with food or as directed by your health-care practitioner. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

#### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#0130 · 60 softgels · UPC 6-28747-20130-8  
#0945 · 120 softgels · UPC 6-28747-10945-1  
NPN 80035939 · V0163-R5

Allergy Relief · Essential Fatty Acids · Herbs and Herbal Extracts



## Black Cumin

softgels

## Seed Oil 1,000 mg Extra Strength

Mediterranean *Nigella sativa*

Made with Premium, Organic, First Cold-Pressed Black Cumin Seed Oil

### Allergy Support

Helps reduce symptoms of allergic rhinitis. Source of linoleic acid for the maintenance of good health.



#### Each softgel contains

Organic black cumin (*Nigella sativa*) seed oil, 50% linoleic acid, 20% oleic acid, hexane-free . . . . . 1,000 mg

#### Other ingredients

Mixed tocopherol concentrate (from sunflower) in a softgel of bovine gelatin, glycerin, and purified water.

#### Directions of use

Adults: Take 1 softgel three times daily before a meal or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

#### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#3139 · 60 softgels · UPC 6-28747-13139-1  
NPN 80095308 · V0761-R1

Allergy Relief · Essential Fatty Acids · Herbs and Herbal Extracts

## Black Cumin

liquid

## Seed Oil Organic

2.0 – 2.4% Thymoquinone



### Reduces Allergy Symptoms Including Inflammation

Helps reduce symptoms of allergic rhinitis. Source of antioxidants that help protect against cell damage caused by free radicals. Source of omega-6 essential fatty acids for the maintenance of good health.

#### Each teaspoon contains

Organic black cumin (*Nigella sativa*) seed oil, first cold-pressed, 50% linoleic acid, 20% oleic acid . . . . . 5 ml

#### Other ingredients

Organic rosemary (*Rosmarinus officinalis*) extract and organic olive oil.

#### Directions of use

Adults: Take 1/2 teaspoon twice daily with food to avoid digestive upset or as directed by your health-care practitioner. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

# OMEGAS

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks. Use for a minimum of 2 weeks to reduce symptoms of allergic rhinitis.

#2226 · 100 ml / ≈ 20 doses · UPC 6-28747-22226-6  
#2225 · 200 ml / ≈ 40 doses · UPC 6-28747-22225-9  
NPN 80080852 · LM0151-R2

Allergy Relief · Essential Fatty Acids · Herbs and Herbal Extracts

## Borage Oil

Made with Organic Borage

softgels

### Eczema · Acne

### Dermal Inflammation

Helps to reduce symptoms and skin inflammation associated with acne. Helps improve the inflammatory symptoms such as roughness, redness, and other symptoms associated with atopic dermatitis (eczema). Helps to maintain skin firmness, moisture, elasticity, and hydration. Source of omega-6, linoleic acid, and other essential fatty acids for the maintenance of good health.



### Each softgel contains

100% Organic borage (*Borago officinalis*) seed oil, hexane-free ..... 1,200 mg

### Providing:

Linoleic acid (37%) ..... 444 mg

gamma-Linolenic acid (GLA) (22%) ..... 264 mg

**Solvent-free. Not bleached, deodorized, nor refined.**

**Cold-pressed.**

### Other ingredients

Mixed tocopherol concentrate (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

**Adults:** Take 2 softgels twice daily or as directed by your health-care practitioner.

#0882 · 60 softgels · UPC 6-28747-10882-9

#0775 · 90 softgels · UPC 6-28747-10775-4

NPN 80097675 · V0704-R2

Essential Fatty Acids · Skin



Our earth is being increasingly polluted by pesticides, so ensuring the purity and safety of plant ingredients is critical. The PerkinElmer Q-Sight® LC/MS/MS System works by first breaking down plant samples into a liquid form and then separating out all the different chemicals inside. Using a high-tech "weighing" method at the molecular level, it identifies even tiny traces of unwanted chemicals.

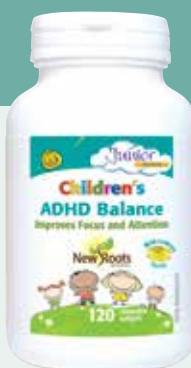
## Children's ADHD Balance

chewable softgels

### Improves Focus and Attention

### Mild Lemony Taste

May help to improve concentration levels in school age children with attention deficit hyperactivity disorders (ADHD). May help reduce the symptoms associated with ADHD in school-age children exhibiting excessive thirst and dry skin. Helps support cognitive health (brain function and development) and cardiovascular health. Helps the development of the eyes and nerves in children up to 12 years of age. Source of omega-3 fatty acids for the maintenance of good health.



### Each chewable softgel contains

Organic evening primrose (*Oenothera biennis*) seed oil, hexane-free ..... 260 mg

### Providing:

gamma-Linolenic acid (GLA) (10%) ..... 26 mg

Fish-oil omega-3 fatty acids from wild, deep-sea whole anchovies (*Engraulidae*) and whole sardines (*Clupeidae*). ..... 325 mg

### Providing:

Eicosapentaenoic acid (EPA) ..... 145 mg

Docosahexaenoic acid (DHA) ..... 87.5 mg

### Other ingredients

Natural lemon oil and vitamin E (D-alpha-tocopherol, from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerine, and purified water.

### Directions of use

**Children and adolescents (3–18 years old):** Chew 1 softgel four times daily or as directed by your health-care practitioner. Do not allow child to swallow the softgel whole.

#2730 · 120 chewable softgels · UPC 6-28747-12730-1

NPN 80085697 · V0617-R1

Children's Health · Essential Fatty Acids · Fish Oils

Neurological Health

## Children's Omega-3

550 mg EPA · 225 mg DHA chewable softgels

Ultrapure Pharmaceutical Grade Development of Healthy Brain, Eyes, and Nerves · High EPA · Natural Lemon and Orange Mini-Bursts



Helps support the development of the brain, eyes, and nerves in children up to 12 years of age. Source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health. Helps support cognitive health and brain function.

### Four chewable softgels contain

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) ..... 1,680 mg

### Providing:

Eicosapentaenoic acid (EPA) ..... 550 mg

Docosahexaenoic acid (DHA) ..... 225 mg

**Ultrapure, pharmaceutical grade.**

# OMEGAS

## Other ingredients

Natural vitamin E (D-alpha-tocopherol from sunflower) in a softgel composed of potato starch, stevia (*Stevia rebaudiana*) leaf extract, turmeric (*Curcuma longa*) root extract, annatto extract, natural flavours (lemon and orange), bovine gelatin, glycerin, and purified water.

## Directions of use

**Children and adolescents 3–18 years old:** Chew 1 softgel four times daily with food or as directed by your health-care practitioner.

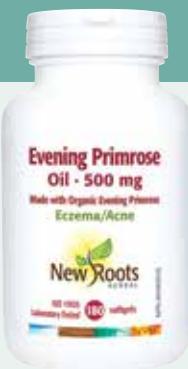
#1856 · 120 chewable softgels · UPC 6-28747-11856-9  
NPN 80080677 · V0513-R5

[Children's Health](#) · [Fish Oils](#) · [Neurological Health](#)

## Evening Primrose

Oil · 500 mg

softgels



## Made with Organic Evening Primrose

## Eczema/Acne

Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.

## Each softgel contains

Organic evening primrose (*Oenothera biennis*) seed oil, hexane-free ..... 500 mg  
**Providing:**  
Linoleic acid (LA) (68%) ..... 340 mg  
gamma-Linolenic acid (GLA) (10%) ..... 50 mg

## Other ingredients

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) and rosemary leaf extract in a softgel composed of bovine gelatin, glycerin, and purified water.

## Directions of use

**Adults:** As source of omega-6s / linoleic acid: Take 3 softgels daily or as directed by your health-care practitioner. For all other uses: Take 3 softgels one to four times daily or as directed by your health-care practitioner.

#0414 · 90 softgels · UPC 6-28747-10414-2  
#0413 · 180 softgels · UPC 6-28747-10413-5  
NPN 80092918 · V0276-R6

[Essential Fatty Acids](#) · [Menopause](#) · [Skin](#) · [Women's Health](#)



## Evening Primrose

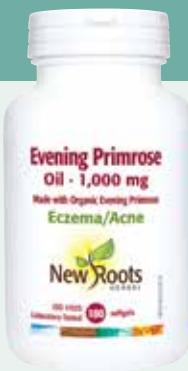
Oil · 1,000 mg

softgels

## Made with Organic Evening Primrose

## Eczema/Acne

Source of essential fatty acids for the maintenance of good health. Helps to reduce symptoms associated with acne; to relieve symptoms of mild cases of atopic dermatitis (eczema), roughness of the skin associated with atopic dermatitis (eczema), and inflammation associated with acne. Helps to maintain skin firmness and elasticity as well as to maintain or improve skin hydration.



## Each softgel contains

Organic evening primrose (*Oenothera biennis*) seed oil, hexane-free ..... 1,000 mg  
**Providing:**  
Linoleic acid (LA) (68%) ..... 680 mg  
gamma-Linolenic acid (GLA) (10%) ..... 100 mg

## Other ingredients

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

## Directions of use

**Adults:** For acne/eczema/skin moisture, hydration, elasticity and firmness: Take 2 softgels twice daily. As source of omega-6s / linoleic acid: Take 2 softgels daily. For all other uses: Take 2 softgels one to three times daily.

#1438 · 90 softgels · UPC 6-28747-11438-7  
#1439 · 180 softgels · UPC 6-28747-11439-4  
NPN 80092916 · V0401-R3

[Essential Fatty Acids](#) · [Menopause](#) · [Skin](#) · [Women's Health](#)

## Flaxseed Oil

Made with Cold-Pressed,  
Organic Flax · 1,000 mg

softgels

## Source of Omega-3, -6, -9

ALA 550 mg · OA 184 mg · LA 174 mg

Source of essential fatty acids and of omega-3 for the maintenance of good health.



## Each softgel contains

100% Pure, cold-pressed, organic flax (*Linum usitatissimum*) seed oil, hexane-free ..... 1,000 mg

**Providing:**  
alpha-Linolenic acid (ALA) omega-3 fatty acids ..... 550 mg  
Oleic acid (OA) ..... 184 mg  
Linoleic acid (LA) ..... 174 mg

## Other ingredients

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) in a softgel composed of annatto extract, bovine gelatin, glycerin, and purified water.

## Directions of use

**Adults:** As a dietary supplement, take 2 softgels two to four times daily or as directed by your health-care practitioner.

#0590 · 180 softgels · UPC 6-28747-10590-3  
NPN 80015256 · V0033-R4

[Essential Fatty Acids](#) · [Heart and Blood](#)

# OMEGAS

## Merry Mind Omega 3

1,000 mg EPA · 100 mg DHA softgels  
Ultrapure Pharmaceutical Grade

### Healthy Mood Balance

#### 0% Porcine/Bovine

Helps to promote healthy mood balance.

#### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 1,366 mg

#### Providing omega-3 fatty acids, including:

Eicosapentaenoic acid (EPA) . . . . . 1,000 mg

Docosahexaenoic acid (DHA) . . . . . 100 mg

Other omega-3s . . . . . 71 mg

Ultrapure, pharmaceutical grade.



#### Other ingredients

Natural vitamin E (d-alpha-tocopherol, from non-GMO sunflower) in an improved softgel composed of fish gelatin, glycerin, and purified water.

#### Directions of use

Adults: Take 1 softgel daily with a meal or as directed by your health-care practitioner.

#2163 · 30 fish-based softgels · UPC 6-28747-12163-7

NPN 80077448 · V0577-R4

Fish Oils · Mood Enhancement · Pain and Inflammation

Full line of antistress products, p. 202–206

## Omega 3/6/7/9

Made with Organic Borage, Flax, and Sea Buckthorn softgels

### Cognitive/Brain Function Cardiovascular Health

Source of essential fatty acids for the maintenance of good health. Helps support cognitive health and brain function, and helps to maintain and support cardiovascular health.

#### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 400 mg

#### Providing:

Eicosapentaenoic acid (EPA) . . . . . 160 mg

Docosahexaenoic acid (DHA) . . . . . 80 mg

Organic borage (*Borago officinalis*) seed oil,

24% gamma-linolenic acid (GLA) . . . . . 400 mg

Organic flax (*Linum usitatissimum*) seed oil . . . . . 400 mg

Organic sea buckthorn (*Hippophae rhamnoides*)

fruit pulp oil, 16–54% palmitoleic acid,

2–35% oleic acid, 1–15% linoleic acid . . . . . 100 mg

#### Other ingredients

Natural vitamin E (d-alpha-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

#### Directions of use

Adults: Take 2 softgels twice daily or as directed by your health-care practitioner.

#2002 · 90 softgels · UPC 6-28747-12002-9

#1999 · 180 softgels · UPC 6-28747-11999-3

NPN 80090997 · V0558-R3

Essential Fatty Acids · Heart and Blood · Neurological Health



## Omega Jolly

EPA 650 mg / DHA 100 mg softgels  
Ultrapure Pharmaceutical Grade

### Cognitive/Brain Function Healthy Mood Balance

Source of omega-3 fatty acids for the maintenance of good health. Source of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for the maintenance of good health. Helps support cognitive health and brain function. Helps promote healthy mood balance.



#### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 1,400 mg

#### Providing:

Eicosapentaenoic acid (EPA; 20:5 n-3) . . . . . 650 mg

Docosahexaenoic acid (DHA; 22:6 n-3) . . . . . 100 mg

Natural vitamin E (d-alpha-tocopherol) (from non-GMO sunflower) . . . . . 3.35 mg AT (5 IU)

Ultrapure, pharmaceutical grade.

#### Other ingredients

Rosemary extract in a softgel composed of bovine gelatin, glycerin, and purified water.

#### Directions of use

Adults: Take 1–4 softgels daily or as directed by your health-care practitioner.

#1535 · 60 softgels · UPC 6-28747-11535-3

NPN 80025979 · V0434-R5

Fish Oils · Mood Enhancement · Neurological Health

## Sea Buckthorn Oil

Fruit and Seed with Goji Oil

softgels

### Supercritical CO<sub>2</sub> Extracted from Organic Berries

#### A Good Source of Omega-7

Source of omega-7 fatty acids.

Sea buckthorn seed oil and sea buckthorn fruit oil provide essential fatty acids for the maintenance of good health.



#### Each softgel contains

Organic sea buckthorn (*Hippophae rhamnoides*) fruit oil, 16–54% palmitoleic acid, 2–35% oleic acid, 1–15% linoleic acid . . . . . 600 mg

Organic sea buckthorn (*Hippophae rhamnoides*) seed oil, 13–30% oleic acid, 30–40% linoleic acid, hexane-free . . . . . 400 mg

Organic goji (*Lycium barbarum*) seed oil . . . . . 40 mg

All oils are supercritical CO<sub>2</sub> extracted from organic berries grown on the Qinghai-Tibetan plateau.

#### Other ingredients

Natural vitamin E (d-alpha-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

#### Directions of use

Adults: Take 1 softgel daily or as directed by your health-care practitioner.

# OMEGAS

## Duration of use

Consult a health-care practitioner for use beyond 3 months.

#1585 · 30 softgels · UPC 6-28747-11585-8

NPN 80037109 · V0440-R3

Beauty · Essential Fatty Acids · Skin

## Wild Omega 3

180 mg EPA · 120 mg DHA

softgels

Ultrapure Pharmaceutical Grade

### Cognitive/Brain Function

### Cardiovascular Health

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and/or brain function, and helps to maintain and support cardiovascular health.



### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies

[*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 1,000 mg

### Providing:

Eicosapentaenoic acid (EPA) . . . . . 180 mg  
Docosahexaenoic acid (DHA) . . . . . 120 mg

Ultrapure, pharmaceutical grade.

### Other ingredients

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

Adults: Take 2 softgels twice daily with meals or as directed by your health-care practitioner.

#1000 · 60 softgels · UPC 6-28747-11000-6

#1001 · 120 softgels · UPC 6-28747-11001-3

#1002 · 180 softgels · UPC 6-28747-11002-0

NPN 80020862 · V0062-R1

Fish Oils · Heart and Blood · Memory Help · Neurological Health

## Wild Omega 3

EPA 330 mg · DHA 165 mg

softgels

Ultrapure Pharmaceutical Grade

### Cognitive/Brain Function

### Cardiovascular Health

43% Smaller Size\* Easier to Swallow · Lemon-Infused to Prevent Fishy Burps

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides. **No fishy aftertaste.**



### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*]

and/or whole sardines [*Clupeidae*]) . . . . . 750 mg

### Providing:

Eicosapentaenoic acid (EPA) . . . . . 330 mg  
Docosahexaenoic acid (DHA) . . . . . 165 mg

Ultrapure, pharmaceutical grade.

### Other ingredients

Natural lemon oil and natural vitamin E (D-alpha-tocopherol, from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

Adults: Take 2 softgels twice daily with meals or as directed by your health-care practitioner.

\*43% smaller softgel than Wild Omega 3 EPA 660 mg · DHA 330 mg Lemon Flavour.

#2194 · 60 softgels · UPC 6-28747-12194-1

NEW SIZE! #3237 · 120 softgels · UPC 6-28747-13237-4

NPN 80077104 · V0608-R2

Fish Oils · Heart and Blood · Memory Help · Neurological Health

## Wild Omega 3

EPA 660 mg · DHA 330 mg

softgels

Ultrapure Pharmaceutical Grade

### Cognitive / Brain Function

### Cardiovascular Health

### 0% Porcine/Bovine

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides.



### Each softgel contains

Fish oil (omega-3 fatty acids from wild, deep-sea whole anchovies [*Engraulidae*]

and/or whole sardines [*Clupeidae*]) . . . . . 1,414 mg

### Providing:

Eicosapentaenoic acid (EPA) . . . . . 660 mg  
Docosahexaenoic acid (DHA) . . . . . 330 mg

Ultrapure, pharmaceutical grade.

### Other ingredients

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) . . . . . 3.35 mg AT (5 IU)

In an improved softgel composed of fish gelatin, glycerin, and purified water.

### Directions of use

Adults: Take 1 softgel twice daily or as directed by your health-care practitioner.

#1253 · 60 fish softgels · UPC 6-28747-11253-6

#1280 · 120 fish softgels · UPC 6-28747-11280-2

NPN 80009414 · V0320-R3

Fish Oils · Heart and Blood · Memory Help · Neurological Health  
Pain and Inflammation



# OMEGAS

## Wild Omega 3

EPA 660 mg DHA 330 mg

softgels

Ultrapure Pharmaceutical Grade

Cognitive / Brain Function

Cardiovascular Health

Healthy Mood Balance

Lemon Flavour

Source of omega-3 fatty acids for maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce blood triglycerides. Helps promote healthy mood balance. No fishy aftertaste.

### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 1,414 mg

### Providing:

Eicosapentaenoic acid (EPA) . . . . . 660 mg

Docosahexaenoic acid (DHA) . . . . . 330 mg

Ultrapure, pharmaceutical grade.



## Wild Omega 3

EPA 900 mg DHA 600 mg

Ultrapure Pharmaceutical Grade

liquid

Cognitive / Brain Function

Lemon Flavour

Helps support cognitive health and brain function. Helps support the development of the brain, eyes, and nerves in children up to 12 years old. Source of eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and omega-3 fatty acids for the maintenance of good health.



### Each teaspoon contains

Fish oil (from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 4,500 mg

### Providing:

Eicosapentaenoic acid (EPA) . . . . . 900 mg

Docosahexaenoic acid (DHA) . . . . . 600 mg

Ultrapure, pharmaceutical grade.

### Other ingredients

Natural lemon oil, green tea (*Camellia sinensis*) and rosemary (*Rosmarinus officinalis*) extracts to prevent oxidation.

### Directions of use

All ages above 1 year old: Take 1 teaspoon daily or as directed by your health-care practitioner.

#2465 · 200 ml / ≈ 40 doses · UPC 6-28747-22465-9

NPN 80092888 · OM0135-R1

Fish Oils · Heart and Blood · Memory Help · Neurological Health  
Pain and Inflammation

### Other ingredients

Natural lemon oil, natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower), and rosemary extract in a softgel composed of bovine gelatin, glycerin, and purified water.

### Directions of use

Adults, adolescents, and children (9 years and older): Take 1 softgel twice daily or as directed by your health-care practitioner.

#2007 · 60 softgels · UPC 6-28747-12007-4

#2006 · 120 softgels · UPC 6-28747-12006-7

NPN 80064643 · V0411-R4

Fish Oils · Heart and Blood · Memory Help · Neurological Health  
Pain and Inflammation



Consumers want the peace of mind in knowing their fish oils have been properly screened for contamination by heavy metals.

Mercury, lead, and arsenic, among others, are no match for the ICP-MS (left).

GC-FID (right) further ensures therapeutic amounts of EPA and DHA are as advertised.

# OREGANO

## Wild Oregano C93

liquid

Wild Mediterranean · 93% Carvacrol

Antioxidant · Fights Free Radicals

Source of antioxidants. Mountain-grown 1,500 m (5,000 ft.) above sea level.

1:5 blend of oregano and olive oils.

### Each drop contains

Oregano (*Origanum minutiflorum*) oil, 75–85% carvacrol (93% carvacrol of total volatile oils) . . . . . 5.42 mg



### Other ingredients

Extra-virgin certified organic olive oil.

### Directions of use

**Adults:** Put 5 drops under the tongue and gulp or mix with 30 ml of water or juice, three to five times daily or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

### Duration of use

For occasional use only.

#1233 · 15 ml / ≈ 109 doses · UPC 6-28747-21233-5  
#1255 · 30 ml / ≈ 218 doses · UPC 6-28747-21255-7  
#1476 · 50 ml / ≈ 364 doses · UPC 6-28747-21476-6  
NPN 80033637 · OM0016-R6

Cold and Flu · Immune Health

## Wild Oregano C93

Extra Strong

liquid

Wild Mediterranean · 93% Carvacrol

Antioxidant

Source of antioxidants.

1:3 blend of oregano and olive oils.

### Each drop contains

Oregano (*Origanum minutiflorum*) oil, 75–85% carvacrol (93% carvacrol of total volatile oils) . . . . . 8.85 mg



### Other ingredients

Extra-virgin organic olive oil.

### Directions of use

**Adults:** Put 1–4 drops under the tongue and swallow or mix with 30 ml of water or juice, three to six times daily or as directed by your health-care practitioner. Take with food. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them.

### Duration of use

For occasional use only.

#2094 · 15 ml · UPC 6-28747-22094-1  
#2095 · 30 ml · UPC 6-28747-22095-8  
NPN 80073040 · OM0130-R1

Cold and Flu · Immune Health

## Wild Oregano C93

With Garlic

liquid

Wild Mediterranean · 93% Carvacrol

Relieves Symptoms of  
Respiratory Infections

Source of antioxidants. Traditionally used in herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions; to help reduce elevated blood lipid levels/ hyperlipidaemia in adults; and to help maintain cardiovascular health in adults.  
1:5 blend of oregano with garlic oils to olive oil.



### Each drop contains

Oregano (*Origanum minutiflorum*) oil, 75–85% carvacrol (93% carvacrol of total volatile oils) . . . . . 5.42 mg  
Garlic (*Allium sativum*) distilled oil . . . . . 250 mcg

### Other ingredients

Organic extra virgin olive oil.

### Directions of use

**Adults:** Take 4–10 drops twice daily or as recommended by your health-care practitioner.

#1632 · 15 ml / ≈ 109 doses · UPC 6-28747-21632-6  
#1633 · 30 ml / ≈ 218 doses · UPC 6-28747-21633-3  
#1634 · 50 ml / ≈ 364 doses · UPC 6-28747-21634-0  
NPN 80043763 · OM0119-R3

Cold and Flu · Immune Health

Oregano exists in a variety of species, each containing an array of volatile oils. GC-MS validates every batch, ensuring only *Origanum minutiflorum*, the revered species of oregano, is present. It then quantifies the precise therapeutic amount of carvacrol present, ensuring our entire family of Wild Oregano C93 products meets the therapeutic content consumers expect.



## Parasite Purge: Purge Parasitis

capsules

### Antiparasitic

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

### Each vegetable capsule contains

Black walnut ( <i>Juglans nigra</i> ) hull and leaf	157.8 mg
Whole wormwood ( <i>Artemisia absinthium</i> )	94.68 mg
Odourless garlic ( <i>Allium sativum</i> ) bulb	63.12 mg
Oregano ( <i>Origanum vulgare</i> ) 50:1 leaf extract	40 mg
Clove ( <i>Syzygium aromaticum</i> ) flower bud	31.56 mg
Oregon-grape ( <i>Berberis aquifolium</i> ) root	13.41 mg
Ginger ( <i>Zingiber officinale</i> ) rhizome	7.89 mg
Aloe (Aloe vera) leaf	5.52 mg
Quassia ( <i>Picrasma excelsa</i> ) stem wood	5.52 mg
Sage ( <i>Salvia officinalis</i> ) leaf	5.52 mg



### Other ingredients

Grapefruit seed extract (37 mg), vegetable magnesium stearate, and microcrystalline cellulose in a non-GMO vegetable capsule composed of pullulan and purified water.

### Directions of use

**Adults:** Take 9 capsules daily with food or as directed by your health-care practitioner. Take for 15 days. Stop for 5 days. Repeat for 15 days. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them. To remove dead or dying parasites, take **Fibre Ultra Rich (Plantago or Psyllium)** from New Roots Herbal 1 or 2 times a day with 2 **Probiotics Urgency** GPS™ enteric-coated capsules.

### Duration of use

For occasional use only. Consult a health-care practitioner for use beyond 14 days.

#0482 · 90 vegetable capsules · UPC 6-28747-10482-1  
#0935 · 180 vegetable capsules · UPC 6-28747-10935-2  
NPN 80105121 · V0104-R8  
Parasitic and Fungal Management

## Parasite Purge: Purge Parasitis Program

kit



### Therapeutic Treatment for Elimination of Parasites

### 33-Day Program

### Now Includes Fibre Ultra!

The **Purge Parasitis Program** includes a combination of proven antiparasitic ingredients used in herbal medicine to neutralize parasites as well as their eggs and toxins. This maximum-strength program delivers comprehensive results when all products are taken as indicated and the recommended program protocol is properly followed.

### Each kit contains

2 bottles of Black Walnut Green Hull	60 capsules
1 bottle of Cloves	100 capsules
1 bottle of Fibre Ultra Rich Psyllium + Inulin	200 g
2 bottles of Purge Parasitis	90 capsules
1 bottle of Wormwood	100 capsules

### Black Walnut Green Hull

Traditionally used in herbal medicine to help expel intestinal worms (vermifuge/anthelmintic) and eliminate ringworm (*Tinea corporis*).

### Cloves

Used in traditional herbal medicine as a carminative for the relief of digestive complaints such as flatulence or abdominal distention.

## Fibre Ultra Rich Psyllium + Inulin

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Purge Parasitis

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

### Wormwood

Used in traditional herbal medicine as a stimulant tonic to improve appetite and to relieve symptoms of dyspepsia (carminative). Used in traditional herbal medicine to expel worms (vermifuge).

#2646 · Kit · UPC 6-28747-52646-3

NPN 80058096

Parasitic and Fungal Management

## Passion Flower

organic tincture



### Sleep Aid for Insomnia

### Due to Mental Stress

Traditionally used in herbal medicine as a sleep aid (in cases of restlessness or insomnia due to mental stress).

### Each teaspoon contains an equivalent of

Organic passion flower (*Passiflora incarnata*) herb top 259 mg

### Other ingredients

Purified water and organic alcohol 25% (from sugarcane).

### Directions of use

**Adolescents ≥ 13 years old and adults:** Take 1 teaspoon (~ 5 ml) one to four times daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for prolonged use.

#1426 · 50 ml · UPC 6-28747-21426-1

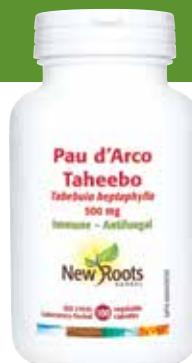
#1410 · 95 ml · UPC 6-28747-21410-0

NPN 80024264 · LM0043-R4

Herbs and Herbal Extracts · Sleep Aids · Stress Management

## Pau d'Arco Taheebo

*Tabebuia heptaphylla* 500 mg capsules



### Immune – Antifungal

Used in herbal medicine as a treatment for bacterial, fungal, and protozoal infections; and to help treat sore throat and colds.

### Each vegetable capsule contains

Pau d'arco (*Tabebuia heptaphylla*) inner bark 500 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules three times daily or as directed by your health-care practitioner.

#0124 · 100 vegetable capsules · UPC 6-28747-10124-0

NPN 80043836 · V0044-R2

Herbs and Herbal Extracts · Parasitic and Fungal Management

## Pau d'Arco Taheebo

*Tabebuia heptaphylla*

liquid extract

### Immune – Antifungal

Used in traditional Western herbalism to help treat sore throat and colds. Used in herbal medicine to help alleviate mild cases of fungal infections.

#### Each ½ teaspoon contains a crude quantity equivalent of

Pau d'arco (*Tabebuia heptaphylla*)  
inner bark ..... 900 mg



#### Other ingredients

Vegetable glycerin, organic alcohol 25% (from sugarcane), and purified water.

#### Directions of use

Adults: Take ½ teaspoon twice daily or as directed by your health-care practitioner.

#0026 · 50 ml / 25 doses · UPC 6-28747-20026-4  
#0147 · 95 ml / 38 doses · UPC 6-28747-20147-6  
NPN 80044582 · LM0001-R2

Herbs and Herbal Extracts · Parasitic and Fungal Management

## PEA Pain Relief

Micronized Palmitoylethanolamide  
600 mg

capsules



### Chronic Pain Relief

### Compressed Nerves · Sciatica

Anti-inflammatory to help relieve chronic pain. Helps to relieve pain associated with compressed nerves, such as sciatica.

#### Each vegetable capsule contains

Micronized palmitoylethanolamide  
(N-(2-hydroxyethyl)  
hexadecanamide) ..... 600 mg

#### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

#### Duration of use

Use for a minimum of 2 weeks to see beneficial effects. Consult a health-care practitioner for use beyond 3 months.

#3092 · 60 vegetable capsules · UPC 6-28747-13092-9  
NPN 80113092 · V0751-R2

Essential Fatty Acids · Neurological Health · Pain and Inflammation

## Pectin:

## Modified Citrus Pectin

powder



Helps to Support Detoxification

#### Each scoop contains

Modified citrus pectin, from lemon  
(*Citrus × limon*) fruit peel ..... 5 g  
(Providing on average 400 mg sodium)

#### Directions of use

Adults ≥ 18 years old: Take 1 scoop three times daily 30 minutes before food or as directed by your health-care practitioner.

Put one 5 g scoop of **Modified Citrus Pectin** into a glass. Add liquid (water, juice, or tea). *Do not stir yet:* Let sit 3–5 minutes to allow the powder to rehydrate. Stir contents until powder is dissolved. We recommend weighing **Modified Citrus Pectin** for precise dosage.

#### Caution

Provides a significant amount of sodium.

#2239 · 150 g / 30 doses · UPC 6-28747-02239-2  
NPN 80078773 · P0759-R1

Detoxification · Herbs and Herbal Extracts · Immune Health

## Pediatric products

60–61

## Peppermint Organic Essential Oil

(*Mentha × piperita*)  
100% Pure · Certified Organic



Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis. Used as a carminative/antispasmodic for symptomatic relief of digestive discomfort.

#### Each drop contains

Organic peppermint (*Mentha × piperita*)  
flowering twig essential oil ..... 100%

#### Active compounds

Menthol and menthone.

#### Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation.

#### Duration of use

For occasional use only.

#2137 · 15 ml · UPC 6-28747-22137-5  
NPN 80069445 · O0048-R1  
Essential Oils

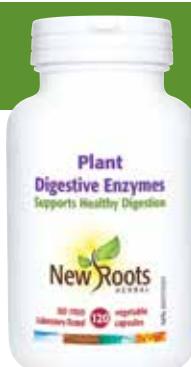
Full line of essential oils, p. 78–86

## Plant-based sweeteners

210–211

## Plant Digestive Enzymes

capsules



Supports Healthy Digestion

Digestive aid.

#### Each vegetable capsule contains

Protease ..... 41,437 FCC HUT  
Protease II ..... 7,380 FCC HUT  
Protease III ..... 57 FCC SAP  
Amylase (all carbohydrates) ..... 11,812 FCC DU  
Bromelain (from pineapple [*Ananas comosus* var. *comosus*] stem) (proteins) ..... 720,000 FCC PU (20 mg)

Cellulase (all fibres) . . . . .	1,260 FCC CU
Dipeptidyl-peptidase IV (gluten) . . . . .	2,050 FCC HUT
alpha-Galactosidase (beans and legumes) . . . . .	19 FCC GalU
Glucoamylase (starch) . . . . .	50 FCC AGU
Hemicellulase (plant fibres) . . . . .	33.3 FCC HCU
Invertase (sugar) . . . . .	80 FCC INVU
Lactase (milk sugar) . . . . .	544 FCC ALU
Lipase (all fats and oils) . . . . .	3,000 FCC LU
Maltase (all grains) . . . . .	130 FCC DP
Papain (from papaya [ <i>Carica papaya</i> ] fruit) (all proteins) . . . . .	300,000 FCC PU
Pectinase (pectins) . . . . .	60 endo-PGU
Phytase (phosphorus) . . . . .	2.5 FCC FTU

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily with a meal or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for prolonged use.

#1309 · 30 vegetable capsules · UPC 6-28747-11309-0  
#1310 · 60 vegetable capsules · UPC 6-28747-11310-6  
#1311 · 120 vegetable capsules · UPC 6-28747-11311-3  
NPN 80073581 · V0361-R5

50+ Health · Digestive Health · Enzymes

## Plant Sterols

powder

Easily Added to Shakes, Smoothies, Soups, Stews, and Sauces · Helps Lower Cholesterol

Helps lower cholesterol (total and LDL). Helps maintain healthy cholesterol levels.

### Each ½ teaspoon contains

Free plant sterols (from non-GMO soy) . . . . .	1.2 g
beta-Sitosterol . . . . .	480 mg
Campesterol . . . . .	240 mg
Stigmasterol . . . . .	240 mg



### Directions of use

**Adults:** Take ½ teaspoon (1.2 g) once or twice daily with food (sprinkle into your shakes, smoothies, soups, stews, and sauces) or as directed by your health-care practitioner.

#1595 · 80 g / ≈ 66 doses · UPC 6-28747-01595-0  
NPN 80023646 · P0294-R1

Cholesterol Management · Functional Foods · Heart and Blood

## Plantago:

## Fibre Ultra Rich

Plantago + Inulin

powder

Promotes Regularity and Cleansing

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content. Psyllium provides gentle relief of constipation and irregularity.

### Each teaspoon contains

Psyllium ( <i>Plantago ovata</i> ) husk . . .	2,128 mg
Roselle ( <i>Hibiscus sabdariffa</i> ) . . . . .	126 mg
Inulin (from chicory root [ <i>Cichorium intybus</i> ]) . . . . .	100 mg



Clove ( <i>Syzygium aromaticum</i> ) flower bud . . . . .	53 mg
Licorice ( <i>Glycyrrhiza glabra</i> ) root . . . . .	53 mg

### Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

### Directions of use

**Adults ≥ 19 years old:** Take 1 teaspoon twice daily. For each gram of psyllium, take with at least 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. Effects observed 12–24 hours after the first dose; results may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them.

### Duration of use

Avoid long-term use, and consult a health-care practitioner for use beyond 6 weeks.

Note: Also take 1–2 capsules of enteric-coated *Acidophilus Ultra* each day. Start progressively or as directed by your health-care practitioner. Our *Acidophilus Ultra* capsule is protected by an enteric coating. The capsule must survive stomach acid and be delivered to the small intestine in order to work. The beneficial activity of *acidophilus* capsules without an enteric coating is destroyed in the stomach by stomach acid.

#0166 · 340 g / ≈ 136 doses · UPC 6-28747-00166-3  
NPN 80044396 · PM0077-R1

Digestive Health · Weight Management

## PMS Relief

capsules

Cramps · Pain · Mood

Chaste tree is used in herbal medicine to help relieve premenstrual symptoms, and as a hormone normalizer to help stabilize menstrual cycle irregularities. Black cohosh is used in herbal medicine to help relieve premenstrual symptoms, and to help relieve the pain associated with menstruation.



### Each vegetable capsule contains

Dandelion ( <i>Taraxacum officinale</i> ) root extract, 3% flavonoids . . . . .	150 mg
Chaste tree ( <i>Vitex agnus-castus</i> ) fruit extract, 0.5% agnuside . . . . .	125 mg
Dong quai ( <i>Angelica sinensis</i> ) root extract, 1% Z-ligustilide . . . . .	125 mg
Corn silk ( <i>Zea mays</i> ) 4:1 extract . . . . .	50 mg
Cramp bark ( <i>Viburnum opulus</i> ) 4:1 extract . . . . .	50 mg
Red clover ( <i>Trifolium pratense</i> ) flower extract, 8% isoflavones . . . . .	35 mg
Black cohosh ( <i>Actaea racemosa</i> ) root extract, 2.5% triterpene glycosides . . . . .	20 mg
Siberian ginseng ( <i>Eleutherococcus senticosus</i> ) root extract, 0.8% eleutherosides . . . . .	5 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adult women:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Use for at least 3 months to see beneficial effects. Consult a health-care practitioner for use beyond 6 months.

#0233 · 90 vegetable capsules · UPC 6-28747-10233-9  
NPN 80055836 · V0186-R2

Women's Health

# Pomegranate

## Seed Oil

(*Punica granatum*)

100% Pure · Certified Organic

### Soothes and Repairs Very Dry Skin

A rare natural source of omega-5 and antioxidants for glowing skin, this unique oil helps reduce the look of wrinkles and of aging. It soothes and relieves very dry and damaged skin. Its strong character is ideal for night care.

#### Each bottle contains

Organic pomegranate (*Punica granatum*) seed oil, cold-pressed ..... 50 ml with added organic rosemary (*Rosmarinus officinalis*) extract

#### Ingredients

*Punica granatum* (pomegranate) seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

#### Directions of use

Place 5-8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath.

#2196 · 50 ml · UPC 6-28747-22196-2

OM0062-R2

Beauty · Exotic Skin Oils · Skin

Full line of exotic skin oils, p. 88-91



# Potassium Citrate

100 mg

capsules

### High Bioavailability

A factor in the maintenance of good health.

#### Each vegetable capsule contains

Potassium (from potassium citrate) ..... 100 mg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1328 · 100 vegetable capsules · UPC 6-28747-11328-1

NPN 80045230 · V0171-R3

Urogenital (Men) · Urogenital (Women) · Vitamins and Minerals



# Potassium Iodide

800 mcg

capsules

### Supports Thyroid Gland Function

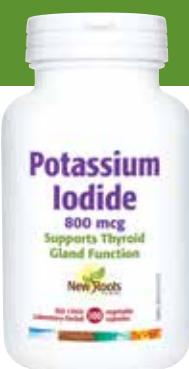
Helps in the function of the thyroid gland. A factor in the maintenance of good health.

#### Each vegetable capsule contains

Iodine ..... 800 mcg (from 1.05 mg of potassium iodide)

#### Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO



vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1533 · 100 vegetable capsules · UPC 6-28747-11533-9

NPN 80024925 · V0422-R1

Vitamins and Minerals

# Potassium Iodide

65 mg

tablets

### For Nuclear Emergency Use Only Not for Daily Use

Thyroid blocking agent for use in nuclear emergencies which involve the release of radioiodine.

#### Each tablet contains

Potassium iodide ..... 65 mg

#### Other ingredients

Dicalcium phosphate, microcrystalline cellulose, vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, and silicon dioxide.

#### Directions of use

Take as directed by a public official if a nuclear emergency should happen. Take just before or shortly after exposure to radioiodine. For children under 6 years old, crush or dissolve tablets into food or drink prior to consumption; do not allow child to swallow tablet whole. **2 months-3 years:** Take half a tablet daily; **4-18 years old:** Take 1 tablet daily; **18 years+:** Take 2 tablets daily; or as directed by your health-care practitioner. Take daily until threat is over as directed by public officials.

#3141 · 60 tablets · UPC 6-28747-13141-4

NPN 80086446 · V0765-R1

Vitamins and Minerals

# Prenatal

## Complete Multivitamin

capsules

### Benefits Mom and Baby Preconception to Early Motherhood · Reduces Risk of Neural-Tube Defects

For prenatal, pregnancy, postnatal, and breast-feeding. Vitamin and mineral formula beneficial for mother and infant health. Helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to form red blood cells and helps in their proper function.



#### Each vegetable capsule contains

Calcium (from calcium citrate)	66.67 mg
Vitamin C (from calcium ascorbate)	58.33 mg
Magnesium (from fully reacted magnesium bisglycinate)	33.33 mg
Vitamin B5 (calcium D-pantothenate)	33.33 mg
Vitamin B1 (thiamine hydrochloride)	25 mg
Potassium (from potassium citrate)	23.33 mg
Vitamin B3 (niacinamide)	16.67 mg
Iron (from iron bisglycinate)	11.67 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	11.67 mg

Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	11.67 mg
Vitamin E (D-alpha-tocopheryl acid succinate) . . . . .	11.17 mg AT (16.7 IU)
Zinc (from zinc citrate) . . . . .	8.33 mg
Manganese (from manganese citrate) . . . . .	1.67 mg
Copper (from copper citrate) . . . . .	500 mcg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	333.33 mcg
Vitamin B12 (methylcobalamin) . . . . .	333.33 mcg
Biotin . . . . .	100 mcg
Iodine (from potassium iodide) . . . . .	50 mcg
Chromium (from chromium polynicotinate) . . . . .	33.33 mcg
Vitamin K1 . . . . .	33.33 mcg
Molybdenum (from molybdenum citrate) . . . . .	16.667 mcg
Selenium (from yeast-free L-selenomethionine) . . . . .	16.667 mcg
Vitamin D3 (cholecalciferol) . . . . .	3.33 mcg (133.33 IU)

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#1434 · 90 vegetable capsules · UPC 6-28747-11434-9

NPN 80062372 · V0378-R11

Maternity · Vitamins and Minerals

Full line of multivitamins, p. 143–145

## Prevent



### 1 Capsule = 44 Cups of Green Tea

Source of antioxidants. Cayenne is traditionally used in herbal medicine to help support peripheral circulation.

### Each vegetable capsule contains

Green tea ( <i>Camellia sinensis</i> ) leaf extract (450 mg catechins including 375 mg epigallocatechine-3-gallate [EGCG]) . . . . .	500 mg
Turmeric ( <i>Curcuma longa</i> ) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin. . . . .	100 mg
<i>N</i> -Acetyl-L-cysteine . . . . .	60 mg
Japanese knotweed ( <i>Fallopia japonica</i> ) root extract, 50% resveratrol . . . . .	50 mg
Tomato ( <i>Solanum lycopersicum</i> ) flesh extract, 10% lycopene . . . . .	30 mg
Cayenne ( <i>Capsicum annuum</i> ) fruit . . . . .	25 mg
Astaxanthin 1.5%, from 20 mg <i>Haematococcus pluvialis</i> . . . . .	20 mg
Zeaxanthin (from marigold [ <i>Tagetes erecta</i> ] extract) . . . . .	5 mg
Black pepper ( <i>Piper nigrum</i> ) fruit extract, 95% piperine. . . . .	2 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. Take with a meal containing oil/fat.

### Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#1204 · 30 vegetable capsules · UPC 6-28747-11204-8

#1145 · 60 vegetable capsules · UPC 6-28747-11145-4

NPN 80090712 · V0323-R4

Antioxidants · Immune Health

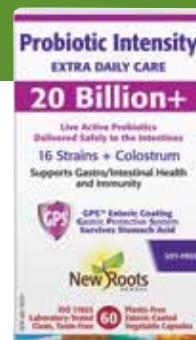
## Probiotic Intensity

Extra Daily Care

capsules

20 Billion + Live Active Probiotics Delivered Safely to the Intestines 16 Strains + Colostrum · Supports Gastro/Intestinal Health and Immunity · GPS™ Enteric Coating Gastric Protective System Survives Stomach Acid

SOY-FREE



Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (20 billion) to the intestines:

#### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115 . . . . .	7.427 billion CFU
<i>Lactobacillus crispatus</i> UB4719 . . . . .	1.903 billion CFU
<i>Lactobacillus casei</i> UB1499 . . . . .	1.887 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB3963 . . . . .	1.427 billion CFU
<i>Lactobacillus gasseri</i> UB8141 . . . . .	1.427 billion CFU
<i>Bifidobacterium bifidum</i> UB4280 . . . . .	951.391 million CFU
<i>Bifidobacterium breve</i> UB8674 . . . . .	314.583 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214 . . . . .	314.583 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691 . . . . .	314.583 million CFU
<i>Lactobacillus acidophilus</i> UB5997 . . . . .	26.215 million CFU

#### Plant or Other Strains

<i>Lactobacillus salivarius</i> UB4198 . . . . .	1.427 billion CFU
<i>Lactobacillus plantarum</i> UB2783 . . . . .	73.403 million CFU

#### Dairy Strains

<i>Lactobacillus johnsonii</i> UB3394 . . . . .	1.903 billion CFU
<i>Lactobacillus helveticus</i> UB7229 . . . . .	538.613 million CFU
<i>Lactobacillus paracasei</i> UB1978 . . . . .	52.43 million CFU
<i>Lactococcus lactis</i> LL-23 . . . . .	12.583 million CFU
Vitamin C (ascorbic acid) . . . . .	6 mg
Bovine colostrum (from <i>Bos taurus</i> ) . . . . .	25 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan (AOS), inulin, xylooligosaccharides (XOS), non-GMO potato starch, non-GMO potato maltodextrin, trehalose, sodium ascorbate, vegetable magnesium stearate, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#1880 · 30 vegetable capsules · UPC 6-28747-11880-4

#1878 · 60 vegetable capsules · UPC 6-28747-11878-1

NPN 80118791 · V0498-R4

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 166–179

## Probiotics

166–179

# SEE THE DIFFERENCE! PROTECTING PROBIOTICS IS KEY

All Uncoated  
Capsules



GPS™  
Enteric-Coated  
Capsules

Dissolve in  
Stomach Acid



Survive  
Stomach Acid

Destroying Benefits  
of Probiotics



Deliver 100% of  
Probiotic Benefits as  
Promised on the Label

## Probiotics Only Benefit You if They Are Alive

GPS™ Enteric-Coated Capsules are Tested and Proven to Fully Protect Probiotics from Harsh Stomach Acid that Kill Probiotics

## WHICH WILL YOU CHOOSE?

GPS™ = Gastric Protective System



Inspired by Nature, Driven by Science to **Make Life Better!**



Proudly Made by Canadians for Canadians • Buy Local!

[newrootsherbal.com](http://newrootsherbal.com) • To ensure these products are right for you, always read and follow label directions.



# GPS ENTERIC COATING PROTECTS PROBIOTICS FROM STOMACH ACID



## Consider It an Investment in the Health of Your Consumers!

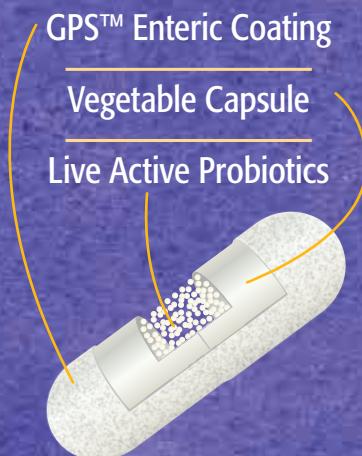
**GPS™ enteric-coated probiotics** (Gastric Protection System) deliver guaranteed targeted intestinal release.

Only GPS™ enteric coating keeps harsh stomach acid from seeping into the capsule and protects it from disintegrating in your stomach. GPS™ enteric coating safeguards the delicate probiotics until they reach the safety of your intestines! Once there, it opens to release live, healthy probiotics.

## What's So Special About GPS™ Enteric Coating?

Enteric coating is a dual process featuring a water-based, naturally sourced coating made of fatty acids and plant fibres. This coating is applied with advanced spray-drying technology. Probiotic capsules are repeatedly sprinkled with hundreds of thousands of natural microscopic particles that only dissolve at your intestinal pH.

These particles bind to the capsule, layer upon layer, to form the protective enteric coating. The process is not only time-consuming, but also very costly; but we believe it's worth it!



**Only GPS™ enteric coating has been scientifically proven to protect probiotics from harsh stomach acid.**

# ARE YOUR CUSTOMERS GETTING FULL PROBIOTIC BENEFITS?

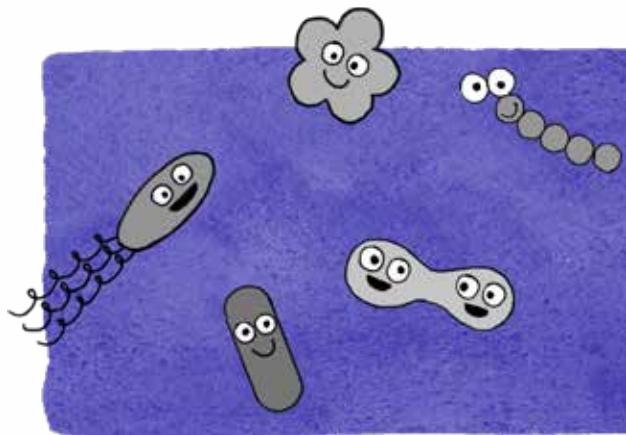
Probiotics have many benefits. To maximize their effectiveness, live intestinal delivery cannot be compromised. Ensure your staff has the proven facts to help your customers make informed decisions.

## PROBIOTIC FACTS

### ENTERIC COATING VERSUS DELAYED-RELEASE OR ACID-RESISTANT CAPSULES

Probiotics work wonders—but only **if they make it past your stomach acid alive** and reach the intestines where they actually do their job.

Made from natural sources, **our enteric-coated capsules offer unrivalled protection for your probiotics**. Studies have shown these capsules deliver 100% of live probiotics past stomach acid to the small intestine where they are released in conditions favourable for their growth.



“Delayed-Release” or “Acid-Resistant” capsules have been shown to be ineffective in protecting probiotics from stomach acid. Tests have found that these capsules often open or leak in stomach acid in less than 30 minutes, resulting in the destruction of 80% to 99% of the live probiotics.

**Only enteric-coated probiotic capsules ensure that 100% of the live probiotic contained within will survive destructive gastric acidic conditions.** Given the data, the only logical choice is an enteric-coated probiotic.

### REFRIGERATED VERSUS SHELF-STABLE

Some probiotic strains may be hardier than others, but **they can all benefit from being refrigerated**.

This is especially true of the valuable but delicate families of *Lactobacilli* and *Bifidobacteria*, which will die in 6 to 30 days of exposure at room temperature. This makes shelf-stable products unable to reliably deliver the necessary spectrum of probiotics within a formula.

**Refrigeration during manufacturing, shipping, and storage is the only way to preserve viability of a complete spectrum of probiotics.**

### CFU COUNT AND STRAINS

Colony-forming units (CFU) are the number of viable bacteria in a capsule. To benefit our health, we need billions! And the wider the variety of strains, the broader the benefits to our health. But the value of CFUs and multiple strains is their ability to populate in our intestines. Only live cells can do so!

While it's easy to claim a large live count and multistain formulas at manufacturing, getting all these cells to where they need to be, alive and ready to work, is a whole different story. Probiotics naturally die off and, if they are not properly protected, they are unable to provide full health benefits.

With our proven enteric-coated capsules and our insistence on refrigeration, the live count we promise is exactly what you can count on being delivered to your intestines. Every time.

## SHOW ME THE STUDIES!

Looking for the truth, the whole truth, and nothing but the truth on probiotics? Don't just take our word on it! We've gathered a collection of studies that can help you see the big picture on probiotics and—more importantly—enjoy all their healthy benefits.

We have compiled an extensive list of scientific publications on Enteric Coating, Refrigeration, and Multistain Formulations that confirm the scientific truth.

### ENTERIC COATING

“[E]nteric-coated probiotic capsules ensure that microorganisms better survive destructive gastric acidic conditions.”

- Kuaté, S., et al. “In-vitro comparative study of the survival of probiotic capsules in simulated gastric environment.” *NHP Research Notes*, No. 1 (2017): 1–8.

“Only [probiotic capsules] that were enteric coated were able to resist to the degradation caused by stomach conditions. [...] the uncoated bacteria were almost completely destroyed.”

- Millette, M., et al. “Gastrointestinal survival of bacteria in commercial probiotic products.” *International Journal of Probiotics & Prebiotics*, Vol. 8, No. 4 (2013): 149–156.

“The survivability of the probiotic bacteria however was ultimately shown to be substantially more in these formulations [with enteric coating] when compared to the unmodified probiotic bacteria.”

- Mershen, G., et al. “A review of the advancements in probiotic delivery: Conventional vs. non-conventional formulations for intestinal flora supplementation.” *AAPS PharmSciTech*, Vol. 15, No. 1 (2014): 29–43.

“[Enteric-coated capsules] did not disintegrate after 60 min of exposure in the [simulated gastric fluid].”

“Non-enteric-coated [probiotic capsules] disintegrate rapidly in a simulated gastric fluid.”

“This study suggests that oral delivery systems intended for intestine colonization such as probiotics should be enteric-coated to ensure maximum benefits for customers.”

- Kuaté, S., et al. “Viability of probiotics in non-enteric-coated vegetarian capsules.” *NHP Research Notes*, No. 2 (2018): 1–7.

“[Y]ogurt alone is not a good protector of probiotic bacteria in artificial gastric conditions [...]. [Protecting] probiotics during gastric passage positively influences their health-promoting effects.”

- Ortakci, F., and S. Sert. “Stability of free and encapsulated *Lactobacillus acidophilus* ATCC 4356 in yogurt and in an artificial human gastric digestion system.” *Journal of Dairy Science*, Vol. 95, No. 12 (2012): 6918–6925.

“Most probiotics oral forms did not provide any protection to strains, unless these forms presented strong enteric protection.”

- Caillard, R., and N. Lapointe. “In vitro gastric survival of commercially available probiotic strains and oral dosage forms.” *International Journal of Pharmaceutics*, Vol. 519, No. 1–2 (2017): 125–127.

“[E]nteric coated spheres effectively protected dried probiotic LBC from acid for 2 hours [...].”

- de Barros, J.M.S., et al. “Enteric-coated spheres produced by extrusion/spheronization provide effective gastric protection and efficient release of live therapeutic bacteria.” *International Journal of Pharmaceutics*, Vol. 493, No. 1–2 (2015): 483–494.

“The microencapsulation provided protection to *B. longum* BL-05 and encapsulated cells were exhibited significant ( $p < 0.05$ ) resistance to [simulated gastric juice] and [simulated intestinal fluid] as compared to free cells.”

- Yasmin, I., et al. “Development of whey protein concentrate-pectin-alginate based delivery system to improve survival of *B. longum* BL-05 in simulated gastrointestinal conditions.” *Probiotics and Antimicrobial Proteins*, Vol. 11, No. 2 (2019): 413–426.

### REFRIGERATION

“The survival of *B. infantis* decreased substantially during storage at [only] 12 °C, when no [alive and healthy] cells were found at day 31.”

- Canganella, F., et al. “Survival of *Lactobacillus acidophilus* and *Bifidobacterium infantis* in yogurts manufactured from cowmilk and soymilk during storage at two temperatures.” *Annals of Microbiology*, Vol. 50 (2000): 43–53.

“Viability [of Bifidobacteria] was inversely related to storage temperature and at 15 degrees C and 25 degrees C, a significant decline was observed for all [Bifidobacterium] species.”

- › Simpson, P.J., et al. “Intrinsic tolerance of Bifidobacterium species to heat and oxygen and survival following spray drying and storage.” *Journal of Applied Microbiology*, Vol. 99, No. 3 (2005): 493–501.

“[S]torage temperature [refrigeration] was the most important factor which determines microorganisms survival.”

- › Abd El Gawad, I.A., et al. “Spray drying of lactic acid cultures. II: The effect of culture conditions and storage on microorganisms survival.” *Egyptian Journal of Dairy Science*, Vol. 17 (1989): 273–281.

“[I]nsufficient viability and survival of [probiotic] bacteria remain a problem in commercial food products.”

- › Kailasapathy, K., and J. Chin. “Survival and therapeutic potential of probiotic organisms with reference to *Lactobacillus acidophilus* and *Bifidobacterium* spp.” *Immunology and Cell Biology*, 78(1 (2000), 80–8.

“The survival of probiotics was strongly dependent on the storage temperature and remarkable viability loss occurred at room temperature compared to refrigerated storage. [...] *B. lactis* Bb-12 showed the less resistance to be stored at 20°C (24 h) [...]”

- › Ferdousi, R., et al. “Evaluation of probiotic survivability in yogurt exposed to cold chain interruption.” *Iranian Journal of Pharmaceutical Research*, Vol. 12 Suppl. (2013): 139–144.

“*Bifidobacterium* is highly temperature sensitive. Storage of *Bifidobacterium longum* at 20 °C, room temperature, showed significantly higher mortality than at 4 °C.”

- › Bruno, F.A., and N.P. Shah. “Viability of two freeze-dried strains of *Bifidobacterium* and of commercial preparations at various temperatures during prolonged storage.” *Journal of Food Science*, Vol. 68, No. 7 (2003): 2336–2339.

“[R]eduction in the number of these microorganisms mainly occurred within the first 2 weeks of storage, particularly for *B. bifidum*. Keeping the yoghurt powder at low storage temperature generally improved the survival of the target microorganisms.”

- › Wirjantoro, T., and A. Phianmongkhon. “The viability of lactic acid bacteria and *Bifidobacterium bifidum* in yoghurt powder during storage.” *Chiang Mai University Journal of Natural Sciences*, Vol. 8, No. 1 (2009): 95–104.

“Storage temperature affected viability: greater viability [was observed] at lower temperature.”

- › Astesana, D.M., et al. “Development and storage studies of high density macrocapsules containing *Lactobacillus* spp. strains as nutritional supplement in young calves.” *Revista Argentina de Microbiología*, Vol. 50, No. 4 (2018): 398–407.

“[S]urvival of both *Lactobacillus* strains during powder storage was inversely related to the storage temperature. [...] the survival rates were [as low as] 2% after 2 months of storage at 15°C [...]”

- › Gardiner, G.E., et al. “Comparative survival rates of human-derived probiotic *Lactobacillus paracasei* and *L. salivarius* strains during heat treatment and spray drying.” *Applied and Environmental Microbiology*, Vol. 66, No. 6 (2000): 2605–2612.

“[T]he number of living probiotic bacteria in yoghurt products decreases dramatically after exposure to [room temperature].”

- › Scharl, M., et al. “Dying in yoghurt: the number of living bacteria in probiotic yoghurt decreases under exposure to room temperature.” *Digestion*, Vol. 83, No. 1–2 (2011): 13–17.

“The death rate [of *Lactobacillus delbruekii* spp. *bulgaricus*] was higher at 20°C [room temperature]; at 4°C, survival was higher [...]”

- › Teixeira, P.C., et al. “Survival of *Lactobacillus delbruekii* spp. *bulgaricus* following spray-drying.” *Journal of Dairy Science*, Vol. 78, No. 5 (1995): 1025–1031.

“[H]igher temperature conditions induced lower survival rate [of *Bifidobacteria*].”

- › Abe, F., et al. “Effects of storage temperature and water activity on the survival of bifidobacteria in powder form.” *International Journal of Dairy Technology*, Vol. 62, No. 2 (2009): 234–239.

“*Lactobacillus casei/paracasei* [were stored for] 39 weeks [...] at 4 °C and 22 °C. [...] The stability of the cultures was remarkably higher when stored under refrigeration (4 °C).”

- › Jofré, A., T. Aymerich, and M. Garriga. “Impact of different cryoprotectants on the survival of freeze-dried *Lactobacillus rhamnosus* and *Lactobacillus casei/paracasei* during long-term storage.” *Beneficial Microbes*, Vol. 6, No. 3 (2015): 381–386.

“[S]torage [...] at 4°C increased the longevity of the [probiotic].”

- › Mary, P., N. Moschetto, and R. Tailliez. “Production and survival during storage of spray dried *Bradyrhizobium japonicum* cell concentrates.” *Journal of Applied Bacteriology*, Vol. 74, No. 3 (1993): 340–344.

## MULTISTRAIN FORMULATIONS

“[M]ultistrain probiotics appear to show greater efficacy than single strains.”

› Chapman, C.M.C., G.R. Gibson, and I. Rowland. “Health benefits of probiotics: Are mixtures more effective than single strains?” *European Journal of Nutrition*, Vol. 50, No. 1 (2011): 1–17.

“[T]he multispecies preparations displayed significantly greater [...] inhibition of [gastrointestinal] pathogens.”

› Chapman, C.M.C., G.R. Gibson, and I. Rowland. “In vitro evaluation of single- and multistrain probiotics: Inter-species inhibition between probiotic strains, and inhibition of pathogens.” *Anaerobe*, Vol. 18, No. 4 (2012): 405–413.

“Multispecies probiotics were superior in treating antibiotic-associated diarrhea in children.”

› Timmerman H.M. et al. “Monostrain, multistrain and multispecies probiotics - A comparison of functionality and efficacy.” *International Journal of Food Microbiology*, Vol. 96, No. 3 (2004): 219–233.

## PROBIOTICS IN YOGURT

“The survival of *B. infantis* decreased substantially during storage at 12 °C, when no viable cells were found at day 31.”

› Canganella, F., et al. “Survival of *Lactobacillus acidophilus* and *Bifidobacterium infantis* in yogurts manufactured from cowmilk and soymilk during storage at two temperatures.” *Annals of Microbiology*, Vol. 50 (2000): 43–53.

“[T]he number of living probiotic bacteria in yoghurt products decreases dramatically after exposure to [room temperature].”

› Scharl, M., et al. “Dying in yoghurt: the number of living bacteria in probiotic yoghurt decreases under exposure to room temperature.” *Digestion*, Vol. 83, No. 1–2 (2011): 13–17.

“[Y]ogurt alone is not a good protector of probiotic bacteria in artificial gastric conditions [...]. [Protecting] probiotics during gastric passage positively influences their health-promoting effects.”

› Ortakci, F., and S. Sert. “Stability of free and encapsulated *Lactobacillus acidophilus* ATCC 4356 in yogurt and in an artificial human gastric digestion system.” *Journal of Dairy Science*, Vol. 95, No. 12 (2012): 6918–6925.

# SEE THE DIFFERENCE! PROTECTING PROBIOTICS IS KEY

## Uncoated Capsule

Over 90% of the Probiotics Can Be Destroyed by Stomach Acid,\* Wasting Most of the Benefits



## GPS™ Enteric-Coated Capsule

Delivers 100% of What Is on the Label\*, Live to Your Intestines, Providing Full Benefits

↑ Only 5% larger but provides 100% protection

# GPS™ PROBIOTICS

## Acidophilus Ultra

Daily Care

capsules

11 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
11 Strains · Helps Support Intestinal and Gastrointestinal Health · GPS™ Enteric Coating

Gastric Protective System  
Survives Stomach Acid

Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acids and delivers 100% potency of the following 11 strains of live, active, healthy, and whole cells (11 billion) to the intestines**

### Human Strains

<i>Lactobacillus acidophilus</i> R0418	.....	605 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175	.....	330 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033	.....	330 million CFU
<i>Bifidobacterium breve</i> R0070	.....	330 million CFU

### Plant Strain

<i>Lactobacillus plantarum</i> R1012	.....	440 million CFU
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### Dairy Strains

<i>Lactobacillus rhamnosus</i> R0011	.....	4.4 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	.....	3.3 billion CFU
<i>Lactobacillus helveticus</i> R0052	.....	550 million CFU
<i>Lactobacillus casei</i> R0215	.....	440 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083	.....	220 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001	.....	55 million CFU

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

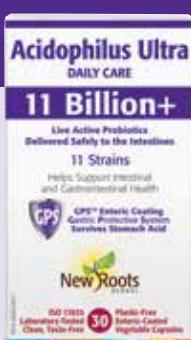
### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1-2 capsules daily or as directed by your health-care practitioner.

#1270 · 30 vegetable capsules · UPC 6-28747-11270-3  
#0004 · 60 vegetable capsules · UPC 6-28747-10004-5  
#0495 · 120 vegetable capsules · UPC 6-28747-10495-1  
#0940 · 250 vegetable capsules · UPC 6-28747-10940-6

NPN 80062961 · V0435-R2

Digestive Health · Immune Health · Probiotics



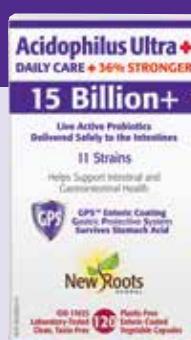
## Acidophilus Ultra +

Daily Care + 36% Stronger

capsules

15 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
11 Strains · Supports Gastro/Intestinal Health and Immunity  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid

Helps support intestinal/gastrointestinal health. Could promote a favourable gut flora.  
Source of probiotics.



**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 11 strains of live, active, healthy, and whole cells (15 billion) to the intestines**

### Human Strains

<i>Lactobacillus acidophilus</i> R0418	.....	825 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175	.....	450 million CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033	.....	450 million CFU
<i>Bifidobacterium breve</i> R0070	.....	450 million CFU

### Plant Strain

<i>Lactobacillus plantarum</i> R1012	.....	600 million CFU
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### Dairy Strains

<i>Lactobacillus rhamnosus</i> R0011	.....	6 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	.....	4.5 billion CFU
<i>Lactobacillus helveticus</i> R0052	.....	750 million CFU
<i>Lactobacillus casei</i> R0215	.....	600 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083	.....	300 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001	.....	75 million CFU

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1-2 capsules daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2-3 hours before or after them.

#2456 · 60 vegetable capsules · UPC 6-28747-12456-0  
#2457 · 120 vegetable capsules · UPC 6-28747-12457-7  
NPN 80086910 · V0676-R3

Digestive Health · Immune Health · Probiotics

“The road to health is paved with good intestines!”

Sherry A. Rogers

# GPS™ PROBIOTICS

## Bifido Builder

Specialized Intestinal Support capsules

42 Billion+ Live Active Probiotics  
Delivered Safely to the Intestines  
5 Bifido Strains • Supports Gastro/  
Intestinal Health and Immunity  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid  
DAIRY-FREE • SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 5 strains of live, active, healthy, and whole cells (42 billion) to the intestines

### Human Strains

<i>Bifidobacterium longum</i>	
ssp. <i>infantis</i> UB9214	21 billion CFU
<i>Bifidobacterium breve</i> UB8674	6.3 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	6.3 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691	6.3 billion CFU

### Dairy Strain

<i>Bifidobacterium animalis</i>	
ssp. <i>lactis</i> HN019	2.1 billion CFU

Vitamin C (ascorbic acid). . . . . 6 mg  
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

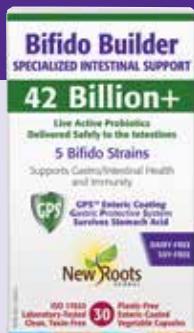
Non-GMO potato starch, trehalose, vegetable magnesium stearate, non-GMO potato maltodextrin, and sodium ascorbate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

Adults, adolescents, and children  $\geq$  6 years old: Take 1 capsule daily with water or juice or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#3037 • 30 vegetable capsules • UPC 6-28747-13037-0  
NPN 80112652 • V0756-R1

Cold and Flu • Digestive Health • Immune Health • Probiotics

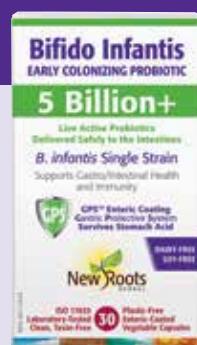


## Bifido Infantis

Early Colonizing Probiotic capsules

5 Billion+ Live Active Probiotics  
Delivered Safely to the Intestines  
*B. infantis* Single Strain  
Supports Gastro/Intestinal Health and Immunity  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid  
DAIRY-FREE • SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.



Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following strain of live, active, healthy, and whole cells (5 billion) to the intestines

### Human Strains

<i>Bifidobacterium longum</i>	
ssp. <i>infantis</i> UB9214	5 billion CFU
Vitamin C (ascorbic acid)	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, non-GMO potato maltodextrin, trehalose, sodium ascorbate, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

Adults, adolescents, and children  $\geq$  6 years old: Take 1 capsule daily with water or juice or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#3040 • 30 vegetable capsules • UPC 6-28747-13040-0  
NPN 80115115 • V0742-R1

Digestive Health • Immune Health • Probiotics



Disintegration testing is a US Pharmacopoeia's internationally accepted procedure. It is employed by scientists and researchers around the world to effectively mimic exposure to harsh stomach acid. This recognized method is used to measure the integrity and durability of our GPS™ enteric-coated capsules following exposure to destructive stomach acid. Further to this, we measure the survival of probiotics contained within. We guarantee the probiotics within our GPS™ enteric-coated capsules survive deadly stomach acid and arrive in the intestines alive. This same testing demonstrates that competitors' unprotected capsules leak and disintegrate, allowing stomach acid to destroy the probiotics within.

# GPS™ PROBIOTICS

## Colon Care Probiotics

### Superior Replenishment

capsules

90 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
17 Strains · Supports Gastro/  
Intestinal Health and Immunity  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid  
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps support immune function. **Now 49 Billion CFU of Bifido!**

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 17 strains of live, active, healthy, and whole cells (90 billion) to the intestines**

#### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	21.26 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	11 billion CFU
<i>Bifidobacterium breve</i> UB8674	11 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214	11 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691	11 billion CFU
<i>Lactobacillus casei</i> UB1499	10 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB3963	5 billion CFU
<i>Lactobacillus crispatus</i> UB4719	150 million CFU
<i>Lactobacillus fermentum</i> UB9735	150 million CFU
<i>Lactobacillus gasseri</i> UB8141	150 million CFU
<i>Lactobacillus acidophilus</i> UB5997	20 million CFU

#### Plant Strain

<i>Lactobacillus plantarum</i> UB2783	7 billion CFU
<i>Lactobacillus brevis</i> UB1214	500 million CFU

#### Dairy Strains

<i>Lactobacillus paracasei</i> UB1978	1 billion CFU
<i>Lactobacillus reuteri</i> UB2419	600 million CFU
<i>Lactobacillus johnsonii</i> UB3394	150 million CFU
<i>Lactobacillus helveticus</i> UB7229	20 million CFU

Vitamin C (ascorbic acid) . . . . . 6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

#### Other ingredients

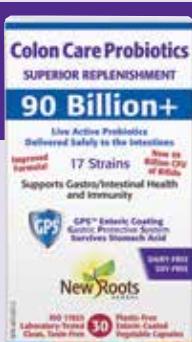
Arabinogalactan, inulin, potato starch, potato maltodextrin, trehalose, sodium ascorbate, silicon dioxide, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

#### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 h before or after them.

#2153 · 30 vegetable capsules · UPC 6-28747-12153-8  
NPN 80120712 · V0614-R2

50+ Health · Digestive Health · Immune Health · Probiotics



## Femina Flora Oral

### Women's Probiotic

capsules

55 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
16 Strains · Supports Gastro/  
Intestinal Health and Immunity  
Natural Water-Based  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid  
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 16 strains of live, active, healthy, and whole cells (55 billion) to the intestines**

#### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	19 billion CFU
<i>Lactobacillus casei</i> UB1499	12 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	5.25 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	2 billion CFU
<i>Bifidobacterium breve</i> UB8674	2 billion CFU
<i>Bifidobacterium longum</i> UB7691	2 billion CFU
<i>Lactobacillus crispatus</i> UB4719	750 million CFU
<i>Lactobacillus gasseri</i> UB8141	750 million CFU
<i>Lactobacillus rhamnosus</i> GG	300 million CFU
<i>Lactobacillus acidophilus</i> LA-14	300 million CFU

#### Plant Strain

<i>Lactobacillus plantarum</i> UB2783	8 billion CFU
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#### Dairy Strains

<i>Lactobacillus johnsonii</i> UB3394	750 million CFU
<i>Lactobacillus paracasei</i> UB1978	600 million CFU
<i>Lactobacillus helveticus</i> UB7229	500 million CFU
<i>Lactobacillus reuteri</i> UB2419	500 million CFU
<i>Lactobacillus casei</i> LC-11	300 million CFU

Vitamin C . . . . . 6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

#### Other ingredients

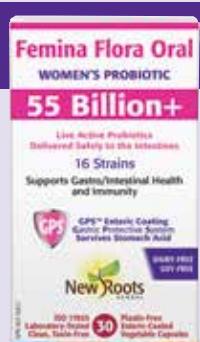
Arabinogalactan, inulin, non-GMO potato starch, potato maltodextrin, trehalose, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

#### Directions of use

**Adults and adolescents:** Take 1–2 capsules daily with water or juice, or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#2168 · 30 vegetable capsules · UPC 6-28747-12168-2  
NPN 80116921 · V0578-R2

Digestive Health · Probiotics · Women's Health



# GPS™ PROBIOTICS

## Human Probiotics

Colonizing Flora

capsules

42 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
12 Strains · Helps Support Intestinal and Gastrointestinal Health · GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid  
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live, active, healthy, and whole cells (42 billion) to the intestines**

### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	31.5 billion CFU
<i>Lactobacillus casei</i> UB1499	8.3244 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	1.68 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214	105 million CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB3963	105 million CFU
<i>Bifidobacterium bifidum</i> UB4280	42 million CFU
<i>Bifidobacterium breve</i> UB8674	42 million CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691	42 million CFU
<i>Lactobacillus crispatus</i> UB4719	42 million CFU
<i>Lactobacillus gasseri</i> UB8141	42 million CFU
<i>Lactobacillus acidophilus</i> LA-14	37.8 million CFU
<i>Lactobacillus rhamnosus</i> GG	37.8 million CFU
Vitamin C (ascorbic acid)	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

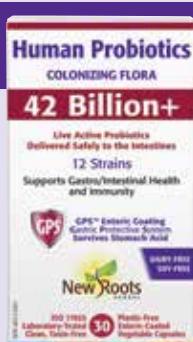
Arabinogalactan, inulin, non-GMO potato starch, trehalose, non-GMO potato maltodextrin, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#2166 · 30 vegetable capsules · UPC 6-28747-12166-8  
NPN 80121091 · V0579-R2

Digestive Health · Immune Health · Probiotics



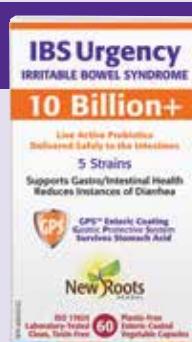
## IBS Urgency

Irritable Bowel Syndrome

capsules

10 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
5 Strains · Supports Gastro/Intestinal Health · Reduces Instances of Diarrhea  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid

Could help reduce the duration of diarrhea in people with irritable bowel syndrome. Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.



**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 5 strains of live, active, healthy, and whole cells (10 billion) to the intestines**

### Human Strains

<i>Bifidobacterium longum</i> ssp. <i>infantis</i> R0033	3.40 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> R0175	3.40 billion CFU
<i>Lactobacillus acidophilus</i> R0418	1.13 billion CFU

### Plant Strain

<i>Lactobacillus plantarum</i> R1012	1.13 billion CFU
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### Dairy Strain

<i>Lactobacillus rhamnosus</i> R0011	1.13 billion CFU
Bovine colostrum (from <i>Bos taurus</i> )	180 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

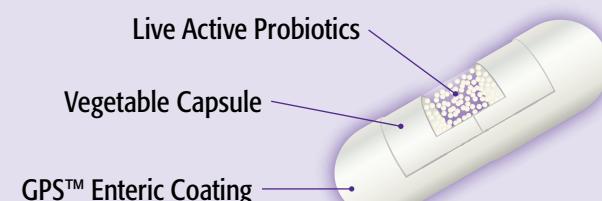
**Adults:** Take 2 capsules daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

### Duration of use

Consult a health-care practitioner for prolonged use.

#1521 · 30 vegetable capsules · UPC 6-28747-11521-6  
#1945 · 60 vegetable capsules · UPC 6-28747-11945-0  
NPN 80042032 · V0374-R4

Digestive Health · Immune Health · Probiotics



# GPS™ PROBIOTICS

## Probiotic Intensity

Extra Daily Care

capsules

20 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
16 Strains + Colostrum · Supports  
Gastro/Intestinal Health and  
Immunity · GPS™ Enteric Coating  
Gastric Protective System Survives  
Stomach Acid  
SOY-FREE

Source of probiotics. Helps support  
intestinal/gastrointestinal health and a favourable gut flora. A  
factor in the maintenance of good health. Helps to maintain  
the body's ability to metabolize nutrients. Helps maintain/support  
immune function.

**Each GPS™ natural water-based enteric-coated  
vegetable capsule protects contents from stomach  
acid and delivers 100% potency of the following  
16 strains of live, active, healthy, and whole cells  
(20 billion) to the intestines:**

### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	7.427 billion CFU
<i>Lactobacillus crispatus</i> UB4719	1.903 billion CFU
<i>Lactobacillus casei</i> UB1499	1.887 billion CFU
<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> UB3963	1.427 billion CFU
<i>Lactobacillus gasseri</i> UB8141	1.427 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	951.391 million CFU
<i>Bifidobacterium breve</i> UB8674	314.583 million CFU
<i>Bifidobacterium longum</i>	
ssp. <i>infantis</i> UB9214	314.583 million CFU
<i>Bifidobacterium longum</i>	
ssp. <i>longum</i> UB7691	314.583 million CFU
<i>Lactobacillus acidophilus</i> UB5997	26.215 million CFU

### Plant or Other Strains

<i>Lactobacillus salivarius</i> UB4198	1.427 billion CFU
<i>Lactobacillus plantarum</i> UB2783	73.403 million CFU

### Dairy Strains

<i>Lactobacillus johnsonii</i> UB3394	1.903 billion CFU
<i>Lactobacillus helveticus</i> UB7229	538.613 million CFU
<i>Lactobacillus paracasei</i> UB1978	52.43 million CFU
<i>Lactococcus lactis</i> LL-23	12.583 million CFU

Vitamin C (ascorbic acid)	6 mg
Bovine colostrum (from <i>Bos taurus</i> )	25 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan (AOS), inulin, xylooligosaccharides (XOS), non-GMO potato starch, non-GMO potato maltodextrin, trehalose, sodium ascorbate, vegetable magnesium stearate, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

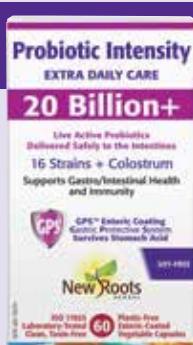
**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#1880 · 30 vegetable capsules · UPC 6-28747-11880-4

#1878 · 60 vegetable capsules · UPC 6-28747-11878-1

NPN 80118791 · V0498-R4

Digestive Health · Immune Health · Probiotics



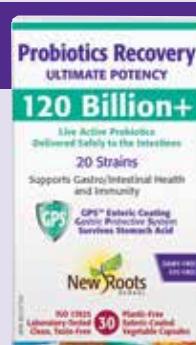
## Probiotics Recovery

Ultimate Potency

capsules

120 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
20 Strains · Supports Gastro/  
Intestinal Health and Immunity  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid  
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support  
intestinal/gastrointestinal health and a favourable gut flora. A  
factor in the maintenance of good health. Helps to maintain  
the body's ability to metabolize nutrients. Helps maintain/support  
immune function.



**Each GPS™ natural water-based enteric-coated  
vegetable capsule protects contents from stomach  
acid and delivers 100% potency of the following  
20 strains of live, active, healthy, and whole cells  
(120 billion) to the intestines**

### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	30 billion CFU
<i>Lactobacillus casei</i> UB1499	20 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	4 billion CFU
<i>Bifidobacterium breve</i> UB8674	4 billion CFU
<i>Bifidobacterium longum</i>	
ssp. <i>infantis</i> UB9214	4 billion CFU
<i>Bifidobacterium longum</i>	
ssp. <i>longum</i> UB7691	4 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	2.2 billion CFU
<i>Bifidobacterium animalis</i>	
ssp. <i>lactis</i> UB3963	1 billion CFU
<i>Lactobacillus acidophilus</i> LA-14	200 million CFU
<i>Lactobacillus crispatus</i> UB4719	200 million CFU
<i>Lactobacillus gasseri</i> UB8141	200 million CFU
<i>Lactobacillus rhamnosus</i> GG	200 million CFU
<i>Lactobacillus fermentum</i> UB9735	200 million CFU

### Plant Strains

<i>Lactobacillus plantarum</i> UB2783	40 billion CFU
<i>Lactobacillus brevis</i> UB1214	200 million CFU

### Dairy Strains

<i>Lactobacillus paracasei</i> UB1978	8.3 billion CFU
<i>Lactobacillus reuteri</i> UB2419	700 million CFU
<i>Bifidobacterium animalis</i>	
ssp. <i>lactis</i> HN019	200 million CFU
<i>Lactobacillus helveticus</i> UB7229	200 million CFU
<i>Lactobacillus johnsonii</i> UB3394	200 million CFU

Vitamin C (ascorbic acid) . . . . . 6 mg  
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato maltodextrin, non-GMO potato starch, vegetable magnesium stearate, trehalose, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#1965 · 30 vegetable capsules · UPC 6-28747-11965-8

NPN 80112754 · V0528-R3

Digestive Health · Immune Health · Probiotics

# GPS™ PROBIOTICS

## Probiotics Urgency

Extra Potency

capsules

50 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
10 Strains · Supports Gastro-/  
Intestinal Health and Immunity  
GPS™ Enteric Coating Gastric  
Protective System  
Survives Stomach Acid  
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support  
intestinal/gastrointestinal health and a favourable gut flora. A  
factor in the maintenance of good health. Helps to maintain  
the body's ability to metabolize nutrients. Helps maintain/support  
immune function.

**Each GPS™ natural water-based enteric-coated  
vegetable capsule protects contents from stomach  
acid and delivers 100% potency of the following  
10 strains of live, active, healthy, and whole cells  
(50 billion) to the intestines**

### Human Strains

<i>Bifidobacterium longum</i>	
ssp. <i>longum</i> UB7691	9 billion CFU
<i>Lactobacillus casei</i> UB1499	9 billion CFU
<i>Lactobacillus rhamnosus</i> UB5115	9 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	1 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	1 billion CFU
<i>Bifidobacterium breve</i> UB8674	1 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214	1 billion CFU

### Plant Strains

<i>Lactobacillus plantarum</i> UB2783	9 billion CFU
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### Dairy Strains

<i>Lactobacillus helveticus</i> UB7229	9 billion CFU
<i>Lactobacillus paracasei</i> UB1978	1 billion CFU
Vitamin C (ascorbic acid)	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

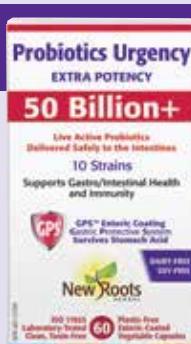
Arabinogalactan, inulin, non-GMO potato starch, potato maltodextrin, trehalose, sodium ascorbate, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily with water or juice, or as directed by your health-care practitioner.

#1398 · 22 vegetable capsules · UPC 6-28747-11398-4  
#1798 · 30 vegetable capsules · UPC 6-28747-11798-2  
#1799 · 60 vegetable capsules · UPC 6-28747-11799-9  
NPN 80112709 · V0384-R3

Digestive Health · Immune Health · Probiotics



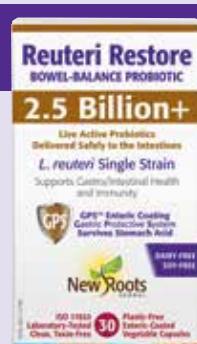
## Reuteri Restore

Bowel-Balance Probiotic

capsules

2.5 Billion+ Live Active Probiotics  
Delivered Safely to the Intestines  
*L. reuteri* Single Strain  
Supports Gastro/Intestinal Health  
and Immunity  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid  
DAIRY-FREE · SOY-FREE

Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.



**Each GPS™ natural water-based enteric-coated  
vegetable capsule protects contents from stomach  
acid and delivers 100% potency of the following strain  
of live, active, healthy, and whole cells (2.5 billion) to  
the intestines**

### Dairy Strain

<i>Lactobacillus reuteri</i> UB2419	2.5 billion CFU
Vitamin C (ascorbic acid)	6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, trehalose, vegetable magnesium stearate, non-GMO potato maltodextrin, and sodium ascorbate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#3036 · 30 vegetable capsules · UPC 6-28747-13036-3  
NPN 80113790 · V0754-R1

Digestive Health · Immune Health · Probiotics



# GPS™ PROBIOTICS

## Travelers' Probiotic Protection

capsules

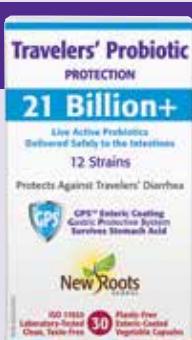
21 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
12 Strains • Protects Against  
Travelers' Diarrhea • GPS™ Enteric  
Coating Gastric Protective System  
Survives Stomach Acid

Helps to reduce the risk of travelers' diarrhea and the risk of antibiotic-associated diarrhea. Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live active healthy whole cells (21 billion) to the intestines**

### Human Strains

<i>Lactobacillus acidophilus</i> R0418	619 million CFU
<i>Bifidobacterium breve</i> R0070	338 million CFU
<i>Bifidobacterium longum</i>	
ssp. <i>infantis</i> R0033	338 million CFU
<i>Bifidobacterium longum</i>	
ssp. <i>longum</i> R0175	338 million CFU



### Plant Strains

<i>Saccharomyces boulardii</i>	10 billion CFU
<i>Lactobacillus plantarum</i> R1012	450 million CFU

### Dairy Strains

<i>Lactobacillus rhamnosus</i> R0011	4.5 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	3.375 billion CFU
<i>Lactobacillus helveticus</i> R0052	563 million CFU
<i>Lactobacillus casei</i> R0215	450 million CFU
<i>Streptococcus salivarius</i>	
ssp. <i>thermophilus</i> R0083	225 million CFU
<i>Lactobacillus delbrueckii</i>	
ssp. <i>bulgaricus</i> R9001	56 million CFU

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), vegetable magnesium stearate, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Children 6–12 years, adolescents, and adults:** Take 1 capsule once or twice daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. *For travelers' diarrhea risk reduction:* Start 5 days prior to traveling and continue during the entire duration of the trip. Finish remaining capsules after return.

#1679 · 30 vegetable capsules · UPC 6-28747-11679-4

NPN 80034369 · V0463-R2

Digestive Health • Immune Health • Probiotics

# OTHER PROBIOTICS

## Children's Probiotic

12 Strains • 10 Billion +  
Live Active Probiotic Cells

powder

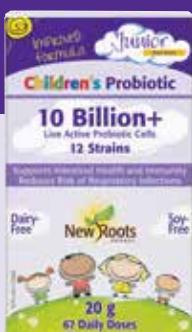
Supports Intestinal Health and  
Immunity • Reduces Risk of  
Respiratory Infections  
**DAIRY-FREE • SOY-FREE**

Source of probiotics. A factor in the maintenance of good health. Helps support intestinal/gastrointestinal health and immune function. Helps to reduce the risk of upper respiratory tract infections. This ultraconcentrated formula is easily added to cold food like yogurt without changing taste or texture.

**Each dose of 2 rounded scoops (≈ 300 mg) contains  
12 strains totalling 10 billion live active healthy whole  
cells**

### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	6.629 billion CFU
<i>Lactobacillus casei</i> UB1499	1.284 billion CFU
<i>Bifidobacterium longum</i>	
ssp. <i>infantis</i> UB9214	1.04 billion CFU
<i>Lactobacillus rhamnosus</i> GG	1 billion CFU
<i>Bifidobacterium breve</i> UB8674	214 million CFU



### Bifidobacterium longum

ssp. <i>longum</i> UB7691	214 million CFU
<i>Lactobacillus acidophilus</i> UB5997	18 million CFU

### Plant Strain

<i>Lactobacillus plantarum</i> UB2783	50 million CFU
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### Dairy Strains

<i>Lactobacillus reuteri</i> UB2419	351 million CFU
<i>Lactobacillus helveticus</i> UB7229	43 million CFU
<i>Lactobacillus paracasei</i> UB1978	36 million CFU
<i>Lactobacillus johnsonii</i> UB3394	9 million CFU

Vitamin C (ascorbic acid) . . . . . 6 mg  
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato maltodextrin, trehalose, sodium ascorbate, and vegetable magnesium stearate.

### Directions of use

**Children 1–12 years:** MIX POWDER WITH FOOD BEFORE INGESTING. Dissolve dose in a small amount of water before administration to children 1–5 years old. For best results, mix 2 rounded scoops daily with cold, fatty food (yogurt, ice cream, nut butter, hummus, etc.) or as directed by your health-care practitioner. Serve immediately. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#1821 · 20 g / 67 daily doses · UPC 6-28747-01821-0

NPN 80112688 · PM0009-R5

Children's Health • Probiotics

# OTHER PROBIOTICS

## Femina Flora

Vaginal Flora

vaginal ovules

4 strains · 10 Billion Probiotics

Specific Strength

+ Selected Special Strains

Provides microorganisms that temporarily modify vaginal flora.

Each vaginal ovule contains

<i>Lactobacillus rhamnosus</i> R0011	8.09 billion CFU
<i>Lactobacillus acidophilus</i> R0418	982 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> HA-110	616 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> HA-137	312 million CFU



Other ingredients

Lactose, vitamin C (ascorbic acid), and vegetable magnesium stearate in a capsule composed of bovine gelatin, purified water, and glycerin.

Directions of use

**Adult women:** Insert 1 ovule intravaginally daily before bed for 10 days or as directed by your health-care practitioner. Gently twist narrow part of the ovule into applicator until firmly inserted. If you are taking antibiotics, use this product at least 2–3 hours before or after them.

#1065 · 10 vaginal ovules · UPC 6-28747-11065-5

NPN 80041956 · V0031-R5

Probiotics · Women's Health

## Hospital Bacteria

Defense

capsules

10 Billion+ Live Active Whole Cells

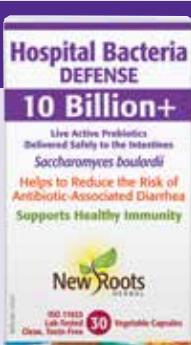
Delivered Safely to the Intestines

*Saccharomyces boulardii*

Helps to Reduce the Risk of Antibiotic-Associated Diarrhea

Supports Healthy Immunity

Source of probiotics. Helps reduce the risk of antibiotic-associated diarrhea. Helps support intestinal/gastrointestinal health and a favourable gut flora. Helps maintain/support immune function. A factor in the maintenance of good health.



Each vegetable capsule contains

<i>Saccharomyces boulardii</i>	10 billion CFU
Vitamin C (ascorbic acid)	6 mg

Other ingredients

Maltodextrin and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

Directions of use

**Adults and children ≥ 6 years old:** Take 1–3 capsules daily or as directed by your health-care practitioner. If you are taking antifungal medications, take this product at least 2–3 hours before or after them.

#1588 · 30 vegetable capsules · UPC 6-28747-11588-9  
NPN 80110227 · V0436-R2

Digestive Health · Immune Health · Probiotics

## Ultra Max

powder

Daily Care Probiotic

36 Billion+ Live Active Probiotics

11 Strains plus Inulin

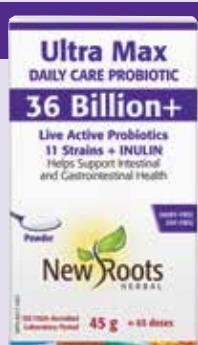
Helps Support Intestinal

and Gastrointestinal Health

DAIRY-FREE · SOY-FREE

Specific-use probiotic in case of difficulty swallowing a capsule, or with oral or gastric target.

**Ultra Max** is a potent, complete formulation of 11 specific strains of beneficial bacteria cultures. Brownish colour is from the natural *Bifidobacteria* cultures. Provides live microorganisms that temporarily modify gut flora.



Each 1/4 teaspoon contains

Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	25.36 billion CFU
<i>Lactobacillus casei</i> UB1499	6.482 billion CFU
<i>Bifidobacterium breve</i> UB8674	1.08 billion CFU
<i>Bifidobacterium longum</i>	
ssp. <i>infantis</i> UB9214	1.08 billion CFU
<i>Bifidobacterium longum</i>	
ssp. <i>longum</i> UB7691	1.08 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	90 million CFU

Plant Strain

<i>Lactobacillus plantarum</i> UB2783	252 million CFU
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Dairy Strains

<i>Lactobacillus helveticus</i> UB7229	216 million CFU
<i>Lactobacillus paracasei</i> UB1978	182 million CFU
<i>Lactobacillus reuteri</i> UB2419	144 million CFU
<i>Lactobacillus johnsonii</i> UB3394	43.2 million CFU

All stains are whole-cell.

Other ingredients

Arabinogalactan (10 mg), inulin (10 mg), vitamin C (ascorbic acid), non-GMO potato starch, non-GMO potato maltodextrin, trehalose, and sodium ascorbate.

Directions of use

**Children 6–12 years, adolescents, and adults:** Take 1/4 teaspoon in cold food or water once daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. Nonclumping Does not alter the taste of food.

#0056 · 45 g / 45 doses · UPC 6-28747-00056-7

NPN 8011061 · PM013-R3

Digestive Health · Immune Health · Probiotics

“At first, people refuse to believe that a strange new thing can be done. Then, they begin to hope it can be done. Then, they see it can be done. Then it is done, and all the world wonders why it was not done centuries ago.”

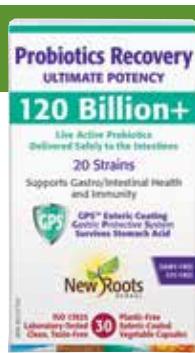
Francis Eliza Hodgson Burnett

## Probiotics Recovery

Ultimate Potency

capsules

120 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
20 Strains · Supports Gastro/  
Intestinal Health and Immunity  
GPS™ Enteric Coating  
Gastric Protective System  
Survives Stomach Acid  
DAIRY-FREE · SOY-FREE



Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 20 strains of live, active, healthy, and whole cells (120 billion) to the intestines**

### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115	30 billion CFU
<i>Lactobacillus casei</i> UB1499	20 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	4 billion CFU
<i>Bifidobacterium breve</i> UB8674	4 billion CFU
<i>Bifidobacterium longum</i>	
ssp. <i>infantis</i> UB9214	4 billion CFU
<i>Bifidobacterium longum</i>	
ssp. <i>longum</i> UB7691	4 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	2.2 billion CFU
<i>Bifidobacterium animalis</i>	
ssp. <i>lactis</i> UB3963	1 billion CFU
<i>Lactobacillus acidophilus</i> LA-14	200 million CFU
<i>Lactobacillus crispatus</i> UB4719	200 million CFU
<i>Lactobacillus gasseri</i> UB8141	200 million CFU
<i>Lactobacillus rhamnosus</i> GG	200 million CFU
<i>Lactobacillus fermentum</i> UB9735	200 million CFU

### Plant Strains

<i>Lactobacillus plantarum</i> UB2783	40 billion CFU
<i>Lactobacillus brevis</i> UB1214	200 million CFU

### Dairy Strains

<i>Lactobacillus paracasei</i> UB1978	8.3 billion CFU
<i>Lactobacillus reuteri</i> UB2419	700 million CFU
<i>Bifidobacterium animalis</i>	
ssp. <i>lactis</i> HN019	200 million CFU
<i>Lactobacillus helveticus</i> UB7229	200 million CFU
<i>Lactobacillus johnsonii</i> UB3394	200 million CFU

Vitamin C (ascorbic acid) . . . . . 6 mg  
CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato maltodextrin, non-GMO potato starch, vegetable magnesium stearate, trehalose, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#1965 · 30 vegetable capsules · UPC 6-28747-11965-8  
NPN 80112754 · V0528-R3

Digestive Health · Immune Health · Probiotics

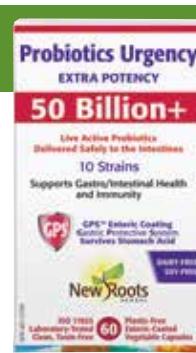
Full line of probiotics, p. 166–179

## Probiotics Urgency

Extra Potency

capsules

50 Billion + Live Active Probiotics  
Delivered Safely to the Intestines  
10 Strains · Supports Gastro-/  
Intestinal Health and Immunity  
GPS™ Enteric Coating Gastric  
Protective System  
Survives Stomach Acid  
DAIRY-FREE · SOY-FREE



Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 10 strains of live, active, healthy, and whole cells (50 billion) to the intestines**

### Human Strains

<i>Bifidobacterium longum</i>	
ssp. <i>longum</i> UB7691	9 billion CFU
<i>Lactobacillus casei</i> UB1499	9 billion CFU
<i>Lactobacillus rhamnosus</i> UB5115	9 billion CFU
<i>Lactobacillus acidophilus</i> UB5997	1 billion CFU
<i>Bifidobacterium bifidum</i> UB4280	1 billion CFU
<i>Bifidobacterium breve</i> UB8674	1 billion CFU
<i>Bifidobacterium longum</i>	
ssp. <i>infantis</i> UB9214	1 billion CFU

### Plant Strains

<i>Lactobacillus plantarum</i> UB2783	9 billion CFU
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### Dairy Strains

<i>Lactobacillus helveticus</i> UB7229	9 billion CFU
<i>Lactobacillus paracasei</i> UB1978	1 billion CFU

Vitamin C (ascorbic acid) . . . . . 6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, potato maltodextrin, trehalose, sodium ascorbate, and vegetable magnesium stearate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults, adolescents, and children ≥ 6 years old:** Take 1–2 capsules daily with water or juice, or as directed by your health-care practitioner.

#1398 · 22 vegetable capsules · UPC 6-28747-11398-4

#1798 · 30 vegetable capsules · UPC 6-28747-11798-2

#1799 · 60 vegetable capsules · UPC 6-28747-11799-9

NPN 80112709 · V0384-R3

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 166–179

**“Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway.”**

Earl Nightingale

# Prolax

Stimulant Laxative

capsules



## For Occasional Constipation

A stimulant laxative to promote bowel movement and short-term relief of occasional constipation. Promotes bowel movement.

### Each vegetable capsule contains

Cascara sagrada ( <i>Frangula purshiana</i> ) aged bark	180 mg
Butternut ( <i>Juglans cinerea</i> ) bark	160 mg
Chinese rhubarb ( <i>Rheum officinale</i> ) root	110 mg
Whole Irish moss ( <i>Chondrus crispus</i> )	20 mg
Cayenne ( <i>Capsicum annuum</i> ) fruit	20 mg
Ginger ( <i>Zingiber officinale</i> ) rhizome	20 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2–6 capsules in a single dose the same day, two to three times per week. Allow at least 6 to 12 hours for laxative effect to occur. If results are not observed, the frequency of use may be increased up to once daily. The correct individual dose is the smallest required to produce a soft-formed stool. If you are taking other medications or natural health products, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 7 days.

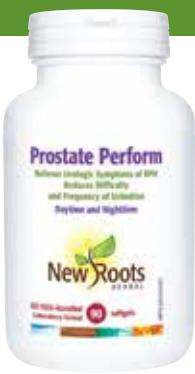
#0016 · 60 vegetable capsules · UPC 6-28747-10016-8

NPN 80100520 · V0058-R4

Digestive Health

# Prostate Perform

softgels



Relieves Urologic Symptoms of BPH · Reduces Difficulty and Frequency of Urination  
DAYTIME AND NIGHTTIME

Used in herbal medicine to help relieve the urologic symptoms (e.g., weak urine flow, incomplete voiding, frequent daytime and nighttime urination) associated with mild to moderate benign prostatic hyperplasia (BPH); to help reduce difficulty in urination associated with the early stages of BPH.

### Two softgels contain

Wild-crafted saw palmetto ( <i>Serenoa repens</i> ) fruit liposterolic extract, 95% fatty acids (supercritical CO <sub>2</sub> -extracted)	320 mg
Rye ( <i>Secale cereale</i> ) flower pollen extract	210 mg
Free plant sterols (from non-GMO soy)	370 mg (148 mg <i>beta</i> -sitosterol, 74 mg stigmasterol, 74 mg campesterol)
Stinging nettle ( <i>Urtica dioica</i> ) root and herb top extract, 5% silicic acid	50 mg
Certified organic borage ( <i>Borago officinalis</i> ) seed oil	200 mg
L-Alanine	100 mg
Cranberry ( <i>Vaccinium macrocarpon</i> ) fruit concentrate	100 mg
L-Glutamic acid hydrochloride	100 mg
L-Glycine	100 mg
Natural vitamin E (mixed tocopherol concentrate, from non-GMO soy)	76 mg
Zinc (from zinc citrate)	32 mg

Pau d'arco ( <i>Tabebuia heptaphylla</i> ) inner bark	30 mg
Vitamin B6 (pyridoxine hydrochloride)	20 mg
Lycopene (from tomato [ <i>Solanum lycopersicum</i> ] flesh)	1.2 mg
Selenium (from yeast-free L-selenomethionine)	100 mcg
Vitamin D3 (cholecalciferol)	25 mcg (1,000 IU)

### Other ingredients

Extra virgin certified organic olive oil (350 mg); certified organic pumpkin (*Cucurbita pepo*) seed oil, cold-pressed (200 mg); lecithin (from non-GMO sunflower); medium-chain triglycerides (MCT); silicon dioxide; and beeswax in a softgel composed of annatto (in sunflower oil), bovine gelatin, glycerin, and purified water.

### Directions of use

**Adult men:** Take 2 softgels at once daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Note: Improvements should be noticeable after 7–10 days.

NEW SIZE! #3449 · 24 softgels · UPC 6-28747-13449-1

#0890 · 60 softgels · UPC 6-28747-10890-4

#0891 · 90 softgels · UPC 6-28747-10891-1

NPN 80101925 · V0445-R10

Men's Health · Urogenital (Men)

# Psyllium:

# Fibre Ultra Rich

Psyllium · 550 mg

capsules



Regularity · Cleansing

Lowers Cholesterol

Promotes Heart Health

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Each vegetable capsule contains

Psyllium ( <i>Plantago ovata</i> ) husk	405.36 mg
Roselle ( <i>Hibiscus sabdariffa</i> ) flower	80.98 mg
Inulin (from chicory root [ <i>Cichorium intybus</i> ])	42.92 mg
Clove ( <i>Syzygium aromaticum</i> ) flower bud	10.12 mg
Licorice ( <i>Glycyrrhiza glabra</i> ) root	10.12 mg

### Other ingredients

Stevia (*Stevia rebaudiana*) leaf extract and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults ≥ 19 years old:** Take 3–9 capsules three times daily or as directed by your health-care practitioner. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. If you are taking other medications, take this product 2 hours before or after them. For cholesterol and heart health, take 9 capsules three times daily.

### Duration of use

Effects observed 12–24 hours after the first dose; results may take 2–3 days. Avoid long-term use, and consult a health-care practitioner for use beyond 6 weeks.

Note: Also take 1 or 2 capsules of enteric-coated *Acidophilus Ultra* each day.

#0396 · 100 vegetable capsules · UPC 6-28747-10396-1

NPN 80032690 · V0109-R2

Digestive Health · Weight Management

## Psyllium:

### Fibre Ultra Rich

Psyllium + Inulin

powder



Regularity · Cleansing  
Lowers Cholesterol  
Promotes Heart Health

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

#### Each teaspoon contains

Psyllium ( <i>Plantago ovata</i> ) husk	1,945 mg
Roselle ( <i>Hibiscus sabdariffa</i> ) flower	414 mg
Licorice ( <i>Glycyrrhiza glabra</i> ) root	52 mg
Inulin (from chicory root [ <i>Cichorium intybus</i> ])	36 mg
Clove ( <i>Syzygium aromaticum</i> ) flower bud	6 mg

#### Other ingredient

Stevia (*Stevia rebaudiana*) leaf.

#### Directions of use

**Adults ≥ 19 years old:** Take 1–3 teaspoons twice daily. For cholesterol and heart health, take 3 teaspoons twice daily. For each gram of psyllium, take with 30 ml of liquid (water, milk, fruit juice, or similar aqueous beverage). Drink immediately and maintain adequate fluid intake. If you are taking other medications, take this product 2 hours before or after them.

#### Duration of use

Effects observed 12–24 hours after the first dose; results may take 2–3 days. Minimum daily dose may be increased up to maximum daily dose, until desired effect is obtained.

**Note:** Also take 1–2 capsules of enteric-coated *Acidophilus Ultra* each day. Our *Acidophilus Ultra* capsule is protected by an enteric coating. The capsule must survive stomach acid and be delivered to the small intestine in order to work. The beneficial activity of *acidophilus* capsules without an enteric coating is destroyed in the stomach by stomach acid.

#0156 · 200 g / ≈ 80 doses · UPC 6-28747-00156-4  
#0085 · 340 g / ≈ 136 doses · UPC 6-28747-00085-7  
NPN 80034692 · PM0079-R1

Digestive Health · Weight Management

## Psyllium:

### Super Fibre

Psyllium · 620 mg

capsules



Lowers Cholesterol  
Promotes Regularity  
Gently Relieves Constipation

Provides gentle relief of constipation or irregularity. Lowers cholesterol. Promotes heart health. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

#### Each vegetable capsule contains

Psyllium (*Plantago ovata*) husk . . . . . 620 mg

#### Other ingredients

Inulin in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** For constipation or irregularity: Take 3 capsules twice daily (morning and evening) with 8 oz. of water or juice,

before or after meals. Follow with a second glass of liquid.

Effects observed 12–24 hours after first dose, and may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them. **For cholesterol, heart health, and cardiovascular effects:** Take 6 capsules three times a day (morning, afternoon, and evening) with 8 oz. of water or juice, before or after meals. Follow with a second glass of liquid. If you are taking other medications, take this product 2 hours before or after them.

#0011 · 100 vegetable capsules · UPC 6-28747-10011-3  
NPN 80021829 · V0059-R2

Cholesterol Management · Digestive Health  
Herbs and Herbal Extracts · Weight Management

## Pūr Collagen Body Renew

500 mg capsules

Grass-Fed, Antibiotic-Free Bovine

Smoother Skin in 4 Weeks

Bioactive Peptides for Entire Body  
Reduces Osteoarthritis Joint Pain

Helps enhance skin elasticity, density, and appearance of smooth skin. Helps promote healthy collagen and elastin production. Helps reduce eye wrinkles (within 4 weeks) and fine facial lines. Helps to reduce joint pain associated with osteoarthritis.

#### Each vegetable capsule contains

Hydrolyzed collagen—types I and III (bovine\*)  
(Verisol®) bioactive peptides . . . . . 500 mg

\*Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

#### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule five times daily or as directed by your health-care practitioner.

#### Duration of use

For joint pain: Use for a minimum of 5 months to see beneficial effects.

#2266 · 75 vegetable capsules · UPC 6-28747-12266-5

#2267 · 150 vegetable capsules · UPC 6-28747-12267-2

NPN 80080791 · V0636-R2

Beauty · Hair · Nails · Skin

Full line of collagen products, p. 64–65

**“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.”**

John Wesley

## Pür Collagen Radiant Skin

Marine-Sourced · 500 mg  
With 6% Elastin

capsules

Clinically Proven to Reduce  
Deep Wrinkles in 28 Days

Reduces the number of wrinkles after only 28 days. Reduces the number of deep wrinkles.

### Each vegetable capsule contains

Hydrolyzed collagen—type I,  
6% elastin (from fish skin and bones)  
(Collective™) . . . . . 500 mg  
Sustainably sourced



### Other ingredients

Natural vanilla flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 4 capsules daily or as directed by your health-care practitioner.

#2269 · 60 vegetable capsules · UPC 6-28747-12269-6

#2271 · 120 vegetable capsules · UPC 6-28747-12271-9

NPN 80086909 · V0621-R1

Beauty · Hair · Nails · Skin

Full line of collagen products, p. 64–65

## Pür Collagen+ Joint Recovery

Healthy Cartilage and Bones

powder



20 g Collagen (Hydrolyzed)  
+ 120 mg Hyaluronic Acid (HA)  
per Daily Dose · Bovine Sourced  
Grass-Fed · Pasture-Raised ·  
Unflavoured

Helps support joint health. Helps in collagen formation to maintain healthy cartilage, bones, teeth, and/or gums. Helps in wound healing and connective tissue formation. Helps improve and increase skin hydration. Helps support skin health. Helps with immune function.

### Each scoop contains

Hydrolyzed collagen—types I, II, and III (from bovine) . . . . . 10 g  
Hyaluronic acid (from sodium hyaluronate) . . . . . 60 mg  
Vitamin C (ascorbic acid) . . . . . 50 mg

### Directions of use

Adults: Take 2 scoops daily or as directed by your health-care practitioner. Add to water, juice, or a smoothie, and stir well. May be taken in 1 single dose or divided and spread throughout the day, for a total of 2 scoops per day. Dissolves well in cold and warm beverages.

### Duration of use

Consult a health-care practitioner for use beyond 5 weeks.

#2776 · 454 g · ≈ 22 doses · UPC 6-28747-02766-2

NPN 80116345 · PM0941-R1

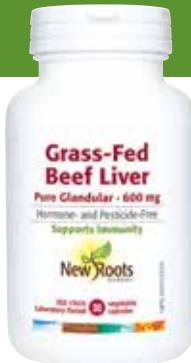
50+ Health · Bone Health · Joint Health · Muscle Support  
Sport Nutrition

Full line of collagen products, p. 64–65

## Pure Liver:

## Grass-Fed Beef Liver

Pure Glandular · 600 mg capsules



Hormone- and Pesticide-Free

Supports immunity.

Supports good health.

Helps support immune function.

### Each vegetable capsule contains

Liver organ, from bovine source (*Bos taurus*)\* . . . . . 600 mg  
Vitamin C (ascorbic acid) . . . . . 6 mg  
\*Superior-quality, freeze-dried organ powder, from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 6 capsules daily or as directed by your health-care practitioner.

#1963 · 30 vegetable capsules · UPC 6-28747-11963-4

NEW SIZE! #3434 · 90 vegetable capsules · UPC 6-28747-13434-7

#3187 · 180 vegetable capsules · UPC 6-28747-13187-2

NPN 80119351 · V0541-R1

Detoxification · Glandular Extracts

## Pure Magnesium

## Bisglycinate

capsules



Fully Reacted · 115 mg + Taurine

Supports Healthy Heart and  
Muscle Function

Very Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function. Helps to maintain the body's ability to metabolize nutrients. Helps in the development and maintenance of bones and teeth.

### Each vegetable capsule contains

Magnesium (from 885 mg of pure, fully reacted magnesium bisglycinate) . . . . . 115 mg  
Taurine (2-aminoethanesulfonic acid) . . . . . 25 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner.

#2200 · 90 vegetable capsules · UPC 6-28747-12200-9

NPN 80077470 · V0612-R1

Bone Health · Muscle Support · Vitamins and Minerals

Full line of magnesium supplements, p. 124–127

## Pure Magnesium Bisglycinate

Fully Reacted

130 mg Elemental Magnesium capsules

### Heart/Muscle Function

### Very Gentle on the Stomach

Helps in tissue formation and to maintain proper muscle function. Helps the body to metabolize nutrients. Helps in the development and maintenance of bones and teeth.

### Each vegetable capsule contains

Elemental magnesium (from 1,000 mg of pure, fully reacted magnesium bisglycinate) . . . . . 130 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

#2183 · 60 vegetable capsules · UPC 6-28747-12183-5

#2175 · 120 vegetable capsules · UPC 6-28747-12175-0

NPN 80110865 · V0603-R1

Bone Health · Muscle Support · Vitamins and Minerals

Full line of magnesium supplements, p. 124–127



## Pure Pancreas:

## Grass-Fed Lamb Pancreas

Pure Glandular · 450 mg tablets

Hormone- and Pesticide-Free  
Supports Good Health

### Each tablet contains

Pancreas organ  
(from lamb [Ovis aries])\* . . . . . 450 mg  
Vitamin C (ascorbic acid) . . . . . 6 mg

\*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and stearic acid.

### Directions of use

Adults: Take 1 tablet daily with or immediately before a meal/food or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#2027 · 30 tablets · UPC 6-28747-12027-2

NEW SIZE! #3436 · 90 tablets · UPC 6-28747-13436-8

NPN 80071898 · V0556-R2

Blood Glucose Management · Digestive Health · Glandular Extracts



## Pure Spleen:

## Grass-Fed Beef Spleen

Pure Glandular · 650 mg capsules

Hormone- and Pesticide-Free  
Supports Immunity

Supports good health.

Helps support immune function.

### Each vegetable capsule contains

Spleen (organ), from bovine source (Bos taurus)\* . . . . . 650 mg  
Vitamin C (ascorbic acid) . . . . . 6 mg

\*Superior-quality, freeze-dried organ from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1964 · 30 vegetable capsules · UPC 6-28747-11964-1

NEW SIZE! #3435 · 90 vegetable capsules · UPC 6-28747-13435-4

NPN 80058174 · V0527-R2

Glandular Extracts · Immune Health



## Pure Thymus:

## Grass-Fed Lamb Thymus

Pure Glandular · 450 mg tablets

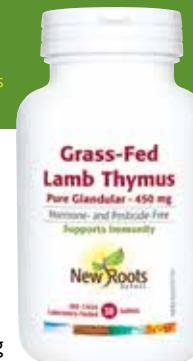
Hormone- and Pesticide-Free  
Supports Immunity

Supports good health. Helps support immune function.

### Each tablet contains

Glandular thymus  
(from lamb [Ovis aries]) . . . . . 450 mg  
Vitamin C . . . . . 6 mg

\*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).



### Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

### Directions of use

Adults: Take 1 tablet daily or as directed by your health-care practitioner.

#2482 · 30 tablets · UPC 6-28747-12482-9

NEW SIZE! #3436 · 90 tablets · UPC 6-2877-13436-1

NPN 80103735 · V0524-R2

Glandular Extracts · Immune Health



# Purge Parasitis

capsules



## Antiparasitic

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

### Each vegetable capsule contains

Black walnut ( <i>Juglans nigra</i> ) hull and leaf	157.8 mg
Whole wormwood ( <i>Artemisia absinthium</i> )	94.68 mg
Odourless garlic ( <i>Allium sativum</i> ) bulb	63.12 mg
Oregano ( <i>Origanum vulgare</i> ) 50:1 leaf extract	40 mg
Clove ( <i>Syzygium aromaticum</i> ) flower bud	31.56 mg
Oregon-grape ( <i>Berberis aquifolium</i> ) root	13.41 mg
Ginger ( <i>Zingiber officinale</i> ) rhizome	7.89 mg
Aloe ( <i>Aloe vera</i> ) leaf	5.52 mg
Quassia ( <i>Picrasma excelsa</i> ) stem wood	5.52 mg
Sage ( <i>Salvia officinalis</i> ) leaf	5.52 mg

### Other ingredients

Grapefruit seed extract (37 mg), vegetable magnesium stearate, and microcrystalline cellulose in a non-GMO vegetable capsule composed of pullulan and purified water.

### Directions of use

**Adults:** Take 9 capsules daily with food or as directed by your health-care practitioner. Take for 15 days. Stop for 5 days. Repeat for 15 days. If you are taking supplements containing iron, zinc, calcium, or copper, take this product a few hours before or after them. To remove dead or dying parasites, take **Fibre Ultra Rich (Plantago or Psyllium)** from New Roots Herbal 1 or 2 times a day with 2 **Probiotics Urgency GPS™** enteric-coated capsules.

### Duration of use

For occasional use only. Consult a health-care practitioner for use beyond 14 days.

#0482 · 90 vegetable capsules · UPC 6-28747-10482-1  
#0935 · 180 vegetable capsules · UPC 6-28747-10935-2  
NPN 80105121 · V0104-R8  
Parasitic and Fungal Management

# Purge Parasitis Program



## Therapeutic Treatment for Elimination of Parasites

### 33-Day Program

### Now Includes Fibre Ultra!

The **Purge Parasitis Program** includes a combination of proven antiparasitic ingredients used in herbal medicine to neutralize parasites as well as their eggs and toxins. This maximum-strength program delivers comprehensive results when all products are taken as indicated and the recommended program protocol is properly followed.

### Each kit contains

2 bottles of Black Walnut Green Hull	60 capsules
1 bottle of Cloves	100 capsules
1 bottle of Fibre Ultra Rich Psyllium + Inulin	200 g
2 bottles of Purge Parasitis	90 capsules
1 bottle of Wormwood	100 capsules

### Black Walnut Green Hull

Traditionally used in herbal medicine to help expel intestinal worms (vermifuge/anthelmintic) and eliminate ringworm (*Tinea corporis*).

### Cloves

Used in traditional herbal medicine as a carminative for the relief of digestive complaints such as flatulence or abdominal distention.

# Fibre Ultra Rich Psyllium + Inulin

Psyllium is used in herbal medicine as a bulk-forming laxative and to promote bowel movements by increasing bulk volume and water content; provides gentle relief of constipation and irregularity. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.

### Purge Parasitis

Wormwood is used in traditional herbal medicine to expel worms (vermifuge).

### Wormwood

Used in traditional herbal medicine as a stimulant tonic to improve appetite and to relieve symptoms of dyspepsia (carminative). Used in traditional herbal medicine to expel worms (vermifuge).

#2646 · Kit · UPC 6-28747-52646-3

NPN 80058096

Parasitic and Fungal Management

# Quercetin

500 mg

capsules



### Antioxidant

Quercetin, a bioflavonoid, is an antioxidant for the maintenance of good health. Used in herbal medicine as a capillary/blood vessel protectant.

### Each vegetable capsule contains

Quercetin . . . . . 500 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** *Antioxidant:* Take 1 capsule daily with food or as directed by your health-care practitioner. *Blood-Vessel Protectant:* Take 1 capsule twice daily with food or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#1142 · 90 vegetable capsules · UPC 6-28747-11142-3  
NPN 80024062 · V0331-R3

Allergy Relief · Antioxidants · Heart and Blood

# Quercetin

Bioflavonoid Complex

250 mg of Quercetin

capsules



Quercetin, a bioflavonoid, is an antioxidant for the maintenance of good health. Provides enzymes.

### Each vegetable capsule contains

Citrus bioflavonoids (from bitter orange [ <i>Citrus × aurantium</i> ]),	
50% hesperidin	250 mg
Quercetin	250 mg
Bromelain (from pineapple [ <i>Ananas comosus</i> var. <i>comosus</i> ] stem),	
2,400 GDU/g (1,800,000 FCC PU)	50 mg
Rutin	50 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults ≥ 19 years old:** Take 1 capsule daily with food or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#0241 · 90 vegetable capsules · UPC 6-28747-10241-4

#2918 · 180 vegetable capsules · UPC 6-28747-12918-3

NPN 80038026 · V0190-R3

Antioxidants · Enzymes · Heart and Blood

## R+ Alpha Lipoic

150 mg

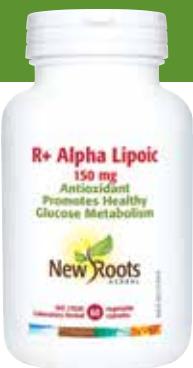
capsules

### Antioxidant · Promotes Healthy Glucose Metabolism

R(+)-alpha-Lipoic acid provides antioxidants. Helps to promote healthy glucose metabolism.

#### Each vegetable capsule contains

R(+)-alpha-Lipoic acid (1,2-dithiolane-3-pentanoic acid) ..... 150 mg



#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 1-2 capsules twice daily or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for use beyond 3 months.

#1378 · 60 vegetable capsules · UPC 6-28747-11378-6

NPN 80113344 · V0381-R4

Antioxidants · Blood Glucose Management · Detoxification

## Red Beet Root

500 mg

capsules

### Antioxidant

Source of antioxidants.

#### Each vegetable capsule contains

Red beet (*Beta vulgaris*) root ..... 500 mg



#### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 2 capsules three times daily with meals or as directed by your health-care practitioner.

#0824 · 100 vegetable capsules · UPC 6-28747-10824-9

NPN 80048818 · V0126-R2

Antioxidants · Detoxification · Heart and Blood

## Red Clover Blossoms

390 mg

capsules

### Helps Relieve Bronchial Coughs

Traditionally used in herbal medicine as an antispasmodic to help relieve spasmodic cough, such as in bronchitis; as an alterative; as a sleep aid / mild sedative during times of mental stress, and to help relieve restlessness and/or nervousness (calmative).



#### Each vegetable capsule contains

Red clover (*Trifolium pratense*) flower ..... 390 mg

#### Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Menopausal or postmenopausal women: Take 6 capsules three times daily or as directed by your health-care practitioner.

#0823 · 100 vegetable capsules · UPC 6-28747-10823-2

NPN 80029915 · V0127-R3

Menopause

## Red Clover

## Isoflavones

40% Standardized Extract

capsules

### Reduces Menopausal Symptoms

Red clover isoflavones improve symptoms associated with menopause and attenuate lumbar bone mineral density loss with adequate intake of calcium and vitamin D in postmenopausal women.



#### Each vegetable capsule contains

Red clover (*Trifolium pratense*) flower ..... 360 mg

Red clover (*Trifolium pratense*) flower extract, 40% isoflavones: 20.6 mg aglycone isoflavone equivalents ..... 60 mg

#### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adult postmenopausal women: Take 3 capsules daily or as directed by your health-care practitioner.

#### Duration of use

Use for a minimum of 6 months to see beneficial effects. Consult a health-care practitioner for use beyond 1 year.

#1350 · 60 vegetable capsules · UPC 6-28747-11350-2

NPN 80027780 · V0377-R4

Herbs and Herbal Extracts · Menopause

## Reduce Homocysteine Homocysteine Reduce

### Clinically Formulated Natural Lemon-Lime Flavour

Helps to reduce homocysteine levels, which may be associated with deficiencies of folate or vitamin B12. Helps to support liver function.



#### Medicinal ingredients per 9.375 g dose (approximately 2 scoops)

Betaine trimethylglycine	4 g
Inositol (myo-inositol)	1.5 g
Choline bitartrate	1 g
Zinc (from zinc bisglycinate)	30 mg
Vitamin B6 (pyridoxal-5'-phosphate)	10 mg
Vitamin B12 (methylcobalamin)	1.5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1 mg

#### Other ingredients

Natural lemon/lime flavour, isomaltulose (naturally occurring disaccharide from sugar beet), DL-malic acid, microcrystalline cellulose, stevia (*Stevia rebaudiana*) leaf extract, and silicon dioxide.

#### Directions of use

**Adults:** Take 2 scoops daily with food. Mix with 150–250 ml of water (dilute to taste) or as directed by your health-care practitioner.

#### Duration of use

Use for a minimum of 3 weeks to see beneficial effects.

#2210 · 285 g / 30 doses · UPC 6-28747-02210-1  
NPN 80061652 · PM0094-R2  
Heart and Blood

## Reduced Glutathione:

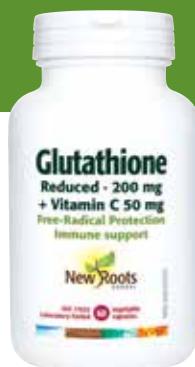
## Glutathione

Reduced · 200 mg  
+ Vitamin C 50 mg

capsules

#### Free-Radical Protection Immune Support

An antioxidant for the maintenance of good health. Helps protect cells against the oxidative damage caused by free radicals. Helps support immune function.



#### Each vegetable capsule contains

L-Glutathione (L-glutathione reduced)	200 mg
Vitamin C (ascorbic acid)	50 mg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

#0598 · 30 vegetable capsules · UPC 6-28747-10598-9  
#0599 · 60 vegetable capsules · UPC 6-28747-10599-6  
NPN 80025650 · V0446-R2  
Antioxidants · Detoxification · Immune Health

## Reishi

500 mg · Hot-Water Extract capsules

#### Medicinal Mushrooms

#### Immunity – Energy

#### Stress Resistance

#### 30% beta-Glucans

#### from 40% Polysaccharides

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (e.g. in case of mental and physical fatigue related to stress), as a liver tonic, and to support the immune system. Provides antioxidants.



#### Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) fruiting body extract, standardized to 40% polysaccharides, providing 30% beta-glucans . . . . . 500 mg Hot-water extraction.

#### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 3 capsules daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

#### Duration of use

**Immune support:** Use for a minimum of 4 weeks to see beneficial effects.

#1862 · 60 vegetable capsules · UPC 6-28747-11862-0  
#2298 · 120 vegetable capsules · UPC 6-28747-12298-6  
NPN 80126891 · V0505-R6

Energy · Immune Health · Medicinal Mushrooms · Stress Management

Full line of medicinal mushrooms, p. 132–136

#### Mushroom Lovers

## Organic Reishi Powder

*Ganoderma lucidum*



10 calories per portion · 100% Pure

Gluten-Free · Non-GMO

Robust and Earthy Taste

The magic of mushrooms is no mystery to us! Incorporating their wonder into your daily diet has never been easier. Take a moment to enjoy a delicately flavoured reishi tea or spruce up your favourite hot beverage. All-natural goodness with no bitter aftertaste.

#### Ingredient

Organic reishi (*Ganoderma lucidum*) powder.

#### Recommended use

Add ½ level teaspoon to your favourite hot drinks, coffee, baking, and cooking. Infusing/simmering 5 to 20 minutes will increase potency.

“There is not enough darkness in all the world to put out the light of even one small candle.”

Robert Alden

Nutrition Facts · Per 1/2 tsp. (2.7 g)			
Calories 10	% Daily Value*	% Daily Value*	
Fat 0.1 g	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g	0 %	Sodium 0 mg	0 %
Carbohydrate 2 g		Potassium 0 mg	0 %
Fibres 2 g	7 %	Calcium 0 mg	0 %
Sugars 0 g	0 %	Iron 0 mg	0 %
Protein 0.2 g			

\*5% or less is a little, 15% or more is a lot

#2580 · 100 g / 37 portions · UPC 6-28747-02580-5  
P0832-R1

#### NONTAXABLE ITEM

Functional Foods · Immune Health · Medicinal Mushrooms  
Stress Management

Full line of medicinal mushrooms, p. 132–136

## Reishi Slices

*Ganoderma lucidum*

Immunity · Stress · Energy · Organic

Source of antioxidants. Source of fungal polysaccharides with immunomodulating properties. Used in herbal medicine as a liver tonic. Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress).

Reishi feast on decaying hardwood in temperate forests throughout the world, where they recycle nutrients and minerals essential for our ecosystem. Discover the many ways nutrient-rich reishi can benefit your health!



#### Ingredient

100% organic reishi mushroom (*Ganoderma lucidum*) fruiting body.

#### Directions of use

**Adults:** Add 3 g of reishi (approximately a 12 cm strip) to 1/2 litre of water. Simmer for 10 to 20 minutes to make a tonic, or several hours to make a concentrate. Temperature range should be between 50 and 70 °C; never a rolling boil. Serve hot or let cool to room temperature, then refrigerate the unused portion for up to 14 days. To avoid digestive upset, take with food or a meal.

#2377 · 100 g · UPC 6-28747-92377-4  
NPN 80089417 · P0797-R1

Functional Foods · Immune Health · Medicinal Mushrooms  
Stress Management · Teas and Herbal Teas

Full line of medicinal mushrooms, p. 132–136

## Reishi Spores

Broken Cell-Wall Spores

capsules

Medicinal Mushrooms

Energy – Immunity – Antioxidant

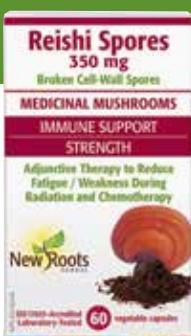
Adjunctive Therapy to Reduce

Fatigue / Weakness During

Radiation and Chemotherapy

350 mg

Provides antioxidants. Contains fungal polysaccharides with immunomodulating properties. To help manage the symptoms of fatigue and weakness and as assistive therapy in order to alleviate central energy deficiency symptoms of patients undergoing chemical and radiation treatments.



#### Each vegetable capsule contains

Reishi (*Ganoderma lucidum*) spores  
(broken sporoderm) . . . . . 350 mg

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule four times daily or as directed by your health-care practitioner. To avoid digestive upset, take with food/meal.

#### Duration of use

Consult a health-care practitioner for prolonged use.

**Symptom management:** Use for a minimum of 4 weeks to see beneficial effects.

#2696 · 60 vegetable capsules · UPC 6-28747-12696-0

NPN 80108206 · V0724-R1

Energy · Immune Health · Medicinal Mushrooms · Stress Management

Full line of medicinal mushrooms, p. 132–136

## Resilience

Mushroom Extract Blend

capsules

Medicinal Mushrooms

Immunity – Energy

Stress Reduction

Hot-Water Extract

40% Polysaccharides · 400 mg

Used in herbal medicine to support the immune system, as an adaptogen to help increase energy and resistance to stress (e.g., in case of mental and physical fatigue related to stress), and as a liver tonic. Source of antioxidants.



#### Each vegetable capsule contains

*Each mushroom extract is standardized to 40% polysaccharides.	
Chaga ( <i>Inonotus obliquus</i> ) mushroom extract* . . . . .	68 mg
Coriolus ( <i>Trametes versicolor</i> ) mushroom extract* . . . . .	68 mg
Maitake ( <i>Grifola frondosa</i> ) mushroom extract* . . . . .	68 mg
Reishi ( <i>Ganoderma lucidum</i> ) mushroom extract* . . . . .	68 mg
Shiitake ( <i>Lentinula edodes</i> ) mushroom extract* . . . . .	68 mg
Cordyceps ( <i>Paecilomyces hepiali</i> ) mushroom extract* . . . . .	30 mg
Lion's mane ( <i>Hericium erinaceus</i> ) mushroom extract* . . . . .	30 mg
Hot-water extraction.	

#### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 2 capsules three times daily or as directed by your health-care practitioner. Take with a meal if gastrointestinal upset occurs.

#1933 · 90 vegetable capsules · UPC 6-28747-11933-7

NPN 80087975 · V0512-R1

Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 132–136

“You cannot swim for new horizons until you have courage to lose sight of the shore.”

William Faulkner

## Respira ResQ

Made with Organic

*Pelargonium sidoides* 20 mg

capsules

Bronchitis · Laryngitis

Sore Throat · Runny Nose

Cough · Congestion · Mucus

Helps to relieve/reduce severity of the symptoms (such as cough, runny nose, sore throat, sputum/mucus, and/or chest pain from coughing) and to reduce the recovery time associated with upper respiratory tract infections (e.g., common colds, laryngitis, pharyngitis) and/or with bronchitis in children, adolescents, and adults.

### Each vegetable capsule contains

PelaForce™ (organic South African geranium [*Pelargonium sidoides*] root extract) ..... 20 mg



### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Take 30 minutes before or after meals. **Adults and adolescents ≥ 12 years old:** Take 1 capsule three times daily or as directed by your health-care practitioner. **Children ≥ 6 years old:** Take 1 capsule twice daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 7 days.

#3095 · 90 vegetable capsules · UPC 6-28747-13095-0

NPN 80124118 · V0746-R1

[Cold and Flu](#) · [Herbs and Herbal Extracts](#) · [Immune Health](#)

## Resveratrol MAX

500 mg · Providing

250 mg *trans*-Resveratrol

capsules



Antioxidant

Healthy Blood Glucose Levels

Provides antioxidants. Helps support healthy blood glucose levels.

### Each vegetable capsule contains

Japanese knotweed (*Reynoutria japonica*) root extract ..... 500 mg  
Providing  
*trans*-Resveratrol ..... 250 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for prolonged use.

#2445 · 60 vegetable capsules · UPC 6-28747-12445-4

NPN 80086411 · V0627-R1

[50+ Health](#) · [Antioxidants](#) · [Blood Glucose Management](#)  
[Heart and Blood](#) · [Herbs and Herbal Extracts](#)

## Reuteri Restore

Bowel-Balance Probiotic

capsules

2.5 Billion+ Live Active Probiotics

Delivered Safely to the Intestines

*L. reuteri* Single Strain

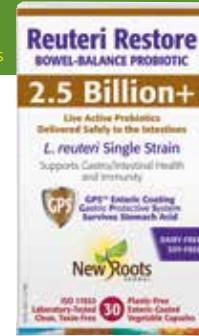
Supports Gastro/Intestinal Health and Immunity

GPS™ Enteric Coating

Gastric Protective System

Survives Stomach Acid

DAIRY-FREE · SOY-FREE



Source of probiotics. Helps support intestinal/gastrointestinal health and a favourable gut flora. A factor in the maintenance of good health. Helps to maintain the body's ability to metabolize nutrients. Helps maintain/support immune function.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following strain of live, active, healthy, and whole cells (2.5 billion) to the intestines**

Dairy Strain

*Lactobacillus reuteri* UB2419 ..... 2.5 billion CFU

Vitamin C (ascorbic acid) ..... 6 mg

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non GMO potato starch, trehalose, vegetable magnesium stearate, non-GMO potato maltodextrin, and sodium ascorbate in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them.

#3036 · 30 vegetable capsules · UPC 6-28747-13036-3

NPN 80113790 · V0754-R1

[Digestive Health](#) · [Immune Health](#) · [Probiotics](#)

[Full line of probiotics, p. 166–179](#)

## Rhodiola

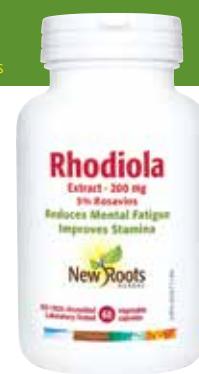
Extract · 200 mg

capsules

5% Rosavins

Reduces Mental Fatigue

Improves Stamina



Used in herbal medicine as an adaptogen to help temporary relieve symptoms of stress (such as mental fatigue and sensation of weakness). Used in herbal medicine to help support cognitive function (such as mental focus and mental stamina). Provides antioxidants.

### Each vegetable capsule contains

Roseroott (*Rhodiola rosea*) root extract, 5% rosavins ..... 200 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

Adults: Take 1 capsule twice daily or as directed by your health-care practitioner. Not to be taken immediately before bedtime.

#2135 · 30 vegetable capsules · UPC 6-28747-12135-4  
#2091 · 60 vegetable capsules · UPC 6-28747-12091-3  
NPN 80071149 · V0583-R2

Energy · Herbs and Herbal Extracts · Memory Help · Mood  
Sport Nutrition · Stress

## Ribose

## D-Ribose

powder

100% Pure · Energy and Endurance

### Athletic Support

Provides athletic support. Ribose is a factor in energy metabolism and production.

Each rounded teaspoon contains approximately

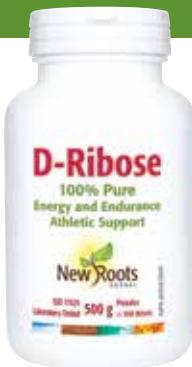
D-Ribose (100% pure) ..... 5 g

## Directions of use

Adults: Take 1 teaspoon once or twice daily or as directed by your health-care practitioner. We recommend weighing D-Ribose for precise dosage.

#0294 · 100 g / ≈20 doses · UPC 6-28747-00294-3  
#1286 · 250 g / ≈50 doses · UPC 6-28747-01286-7  
#1729 · 500 g / ≈100 doses · UPC 6-28747-01729-9  
NPN 80041899 · P0257

Energy · Sport Nutrition



## Rosehip Seed Oil

## Rosa Mosqueta

Certified Organic

### Minimizes the Look of Wrinkles

Revitalizes dry and dull skin, reverses the signs of aging, and reduces the look of age spots. Fast-absorbing, leaving skin firm- and smooth-looking, with an even colour and tone.

## Each bottle contains

Organic rosehip (*Rosa rubiginosa* or *Rosa moschata*) seed oil, cold-pressed, nondeodorized ..... 30 ml  
With added organic rosemary (*Rosmarinus officinalis*) extract.



## Ingredients

*Rosa rubiginosa* / *Rosa moschata* seed oil and *Rosmarinus officinalis* (rosemary) leaf extract.

## Directions of use

Place 5-8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, at bedtime.

#1738 · 15 ml · UPC 6-28747-21738-5  
#1602 · 30 ml · UPC 6-28747-21602-9  
OM0123-R4

Exotic Skin Oils · Skin

Full line of exotic skin oils, p. 88-91

“Life is ten percent what happens to you and ninety percent how you respond to it.”

Lou Holtz

## Rose Geranium

## Essential Oil

(*Pelargonium graveolens*)

100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough.

## Each drop contains

Organic geranium (*Pelargonium graveolens*) flowering herb top essential oil ..... 100%

## Active compounds

Citronellol and geraniol.

## Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use.

#2149 · 15 ml · UPC 6-28747-22149-8

NPN 80073903 · O0030B-R1

Essential Oils

Full line of essential oils, p. 78-86



## Rosemary

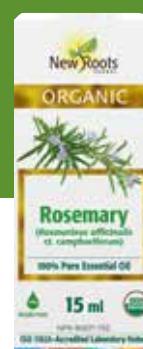
## Organic Essential Oil

(*Rosmarinus officinalis*

ct. *camphoriferum*)

100% Pure · Certified Organic

Used in aromatherapy to help relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis. Used in aromatherapy as a carminative/antispasmodic for symptomatic relief of digestive discomfort.



## Each drop contains

Organic rosemary (*Rosmarinus officinalis* ct. *camphoriferum*) flowering herb top essential oil ..... 100%

## Active compounds

Camphor and eucalyptol.

## Directions of use

Adults: Mix with vegetable oil for topical application. Use undiluted for direct or steam inhalation. Not for oral use.

## Duration of use

For occasional use only.

#2144 · 15 ml · UPC 6-28747-22144-3

NPN 80071192 · O0056-R1

Essential Oils

Full line of essential oils, p. 78-86



## S.O.D.

Superoxide Dismutase · 7,250 IU

Super Antioxidant

Valuable Enzymes Protected  
by GPS™ Natural Water-Based  
Enteric Coating  
Gastric Protective System

Antioxidants for the maintenance of  
good health. Riboflavin helps the body to  
metabolize nutrients. Folate helps to form  
red blood cells.



### Each enteric-coated vegetable capsule contains

Ci li fruit extract ( <i>Rosa roxburghii</i> ) (7,250 IU SOD) . . . . .	500 mg
Goji ( <i>Lycium barbarum</i> ) fruit extract, 30% polysaccharides . . . . .	40 mg
DL-alpha-Lipoic acid . . . . .	25 mg
<i>N</i> -Acetyl-L-cysteine . . . . .	25 mg
Catalase (112.5 Baker units) . . . . .	15 mg
L-Cysteine hydrochloride . . . . .	10 mg
L-Glutathione . . . . .	10 mg
Riboflavin (vitamin B2) . . . . .	5 mg
Vitamin E (5 IU) (from D-alpha-tocopheryl acid succinate) . . . . .	3.35 mg AT
Folate (L-5-methyltetrahydrofolate calcium salt) . . . . .	60 mcg
Selenium . . . . .	11 mcg

### Other ingredients

Hydrolyzed wheat protein, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide and a non-GMO GPS™ vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. Take with a meal providing protein.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

**Note:** This product contains gluten.

#1649 · 90 vegetable capsules · UPC 6-28747-11649-7

NPN 80104932 · V0447-R16

Antioxidants · Detoxification

## S-Acetyl-Glutathione

100 mg

capsules

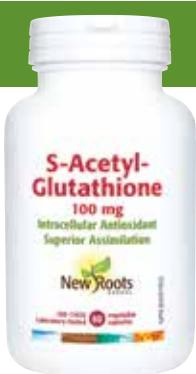
Intracellular Antioxidant

Superior Assimilation

Source of antioxidants that help protect  
cells against the oxidative damage caused by  
free radicals.

### Each vegetable capsule contains

S-Acetylglutathione . . . . .	100 mg
L-Glutathione . . . . .	87 mg



### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–2 capsules daily or as directed by your health-care practitioner.

#3087 · 30 vegetable capsules · UPC 6-28747-13087-5

#2416 · 60 vegetable capsules · UPC 6-28747-12416-4

NPN 80091902 · V0670-R1

Antioxidants · Detoxification · Immune Health · Neurological Health

## Safflower Oil:

# Heart Smart Organic Safflower Oil

### First Cold-Pressed · Non-GMO

Plant sterol-fortified to promote healthy cholesterol levels. Helps lower total blood and LDL cholesterol. Helps maintain healthy cholesterol levels.



### Each tablespoon contains

Plant sterols esters . . . . .	375 mg
(combined <i>beta</i> -sitosterols, campesterol, and stigmasterol) . . . . .	

### Other ingredients

Certified organic safflower oil, and natural vitamin E (mixed tocopherols from non-GMO sunflower). Nitrogen-flushed to maintain optimum freshness, prevent oxidation, and ensure maximum nutritional value.

### Fatty Acids

Linoleic . . . . .	68–83%
Palmitic . . . . .	4–10%
Oleic . . . . .	8–21%
Stearic . . . . .	1–5%

### Directions of use

**Adults:** Take 3 tablespoons daily with food or as directed by your health-care practitioner.

Stir into soups, stews, and sauces; or use for light sautéing. Its clean and crisp flavour is also excellent for vinaigrettes, marinades, or as a replacement for butter or margarine on your toast. Enjoy a cholesterol-reduced breakfast, lunch, or dinner. Great-tasting and low in saturated fat; salt-, gluten-, cholesterol-, and *trans* fat-free.

#1625 · 500 ml · UPC 6-28747-21625-8

NPN 80059904 · OM0118-R2

Cooking Oils · Functional Foods · Heart and Blood

## Saffron Zen

With *Affron*® Extract

capsules

Adults and Teens · Clinically Proven



Mood Balance · Stress Reduction

Restlessness · Nervousness

Fatigue · Weariness · Irritability

Affron® is clinically proven to support mood balance in adults and adolescents (12 years and over); to relieve restlessness or nervousness (calmative) and to reduce the symptoms of perceived stress, such as fatigue, weariness, and irritability; and to help improve sleep quality in 4 weeks, and restorative sleep in individuals experiencing sleeplessness.

### Each vegetable capsule contains

Saffron ( <i>Crocus sativus</i> ) stigma extract (Affron®), standardized to 3.5% Lepticrosalides*, providing crocins and safranal . . . . .	14 mg
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### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

Adults and adolescents 12 years and over: Take 1 capsule twice daily or as directed by your health-care practitioner.

## Duration of use

Adolescents (12–17 years): Consult a health-care practitioner for use beyond 8 weeks. Adults (18 years and older): Consult a health-care practitioner for use beyond 12 weeks.

Affron® and Lepticosalides® are registered trademarks of Pharmactive Biotech Products, S.L.U., sourced from Spain.

#3387 · 60 vegetable capsules · UPC 6-28747-13387-6  
NPN 80097012 · V0695-R1

Herbs and Herbal Extracts · Mood Enhancement · Sleep Aids  
Stress Management

Full line of antistress products, p. 202–206

## Saw Palmetto

95 % Fatty Acids · 160 mg

softgels

Relieves Symptoms of BPH

Benign Prostatic Hyperplasia

Used in herbal medicine to help relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia.

### Each softgel contains

Wild-harvested saw palmetto (*Serenoa repens*) fruit extract,  
95% purified ..... 160 mg



### Other ingredients

Organic olive oil in a softgel composed of bovine gelatin, glycerin, and purified water.

## Directions of use

Adult males: Take 1 softgel twice daily or as directed by your health-care practitioner.

#0717 · 60 softgels · UPC 6-28747-10717-4  
NPN 80020986 · V0063-R1

Herbs and Herbal Extracts · Men's Health · Urogenital (Men)

New Product! Since June 2024

## Sea Buckthorn Berry Oil Mask Organic

liquid

Rich in Omega-7

Nourishes and repairs dry skin.  
For all skin types.

### Ingredients

Organic sea buckthorn (*Hippophae rhamnoides*) berry oil, CO<sub>2</sub> supercritical extract, nondeodorized, with added organic rosemary (*Rosmarinus officinalis*) leaf extract.



## Directions of use

Place 10–15 drops in your hand and gently massage into skin. Allow the oil to absorb for at least 20 minutes, up to 2 hours.

Note: Handle with Care: stains fabric.

#3394 · 50 ml · UPC 6-28747-23394-1  
OM0125-R2  
Beauty · Skin

## Sea Buckthorn Oil

Fruit and Seed with Goji Oil softgels

Supercritical CO<sub>2</sub> Extracted  
from Organic Berries

A Good Source of Omega-7

Source of omega-7 fatty acids.

Sea buckthorn seed oil and sea buckthorn fruit oil provide essential fatty acids for the maintenance of good health.



### Each softgel contains

Organic sea buckthorn (*Hippophae rhamnoides*) fruit oil, 16–54% palmitoleic acid, 2–35% oleic acid, 1–15% linoleic acid ..... 600 mg  
Organic sea buckthorn (*Hippophae rhamnoides*) seed oil, 13–30% oleic acid, 30–40% linoleic acid, hexane-free ..... 400 mg  
Organic goji (*Lycium barbarum*) seed oil ..... 40 mg  
All oils are supercritical CO<sub>2</sub> extracted from organic berries grown on the Qinghai-Tibetan plateau.

### Other ingredients

Natural vitamin E (d-alpha-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

## Directions of use

Adults: Take 1 softgel daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 3 months.

#1585 · 30 softgels · UPC 6-28747-11585-8  
NPN 80037109 · V0440-R3  
Beauty · Essential Fatty Acids · Skin

## Sea Buckthorn Seed Oil Certified Organic

### Nourishes and Repairs Dry Skin

Like a virtual shield for your skin, sea buckthorn seed oil provides antioxidants to protect the look and feel of your skin. Fast-absorbing for silky, radiant skin.



### Each bottle contains

Organic sea buckthorn (*Hippophae rhamnoides*) seed oil, CO<sub>2</sub> supercritical extract, nondeodorized ..... 30 ml  
with added organic rosemary (*Rosmarinus officinalis*) extract.

### Ingredients

Organic *Hippophae rhamnoides* seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

## Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

#1604 · 30 ml · UPC 6-28747-21604-3  
OM0124-R2  
Beauty · Exotic Skin Oils · Skin

Full line of exotic skin oils, p. 88–91

## Selenium

100 mcg

capsules

From Yeast-Free L-Selenomethionine

### Antioxidant

An antioxidant for the maintenance of good health. Helps to support sperm motility.

### Each vegetable capsule contains

Selenium (from yeast-free L-selenomethionine) . . . . . 100 mcg



### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 2 capsules once or twice daily or as directed by your health-care practitioner.

#1459 · 100 vegetable capsules · UPC 6-28747-11459-2  
NPN 80023097 · V0403-R2

[Antioxidants](#) · [Men's Fertility](#) · [Men's Health](#) · [Vitamins and Minerals](#)

## Selenium

200 mcg · Extra Strength

capsules

From Yeast-Free L-Selenomethionine

### Antioxidant

An antioxidant for the maintenance of good health.

### Each vegetable capsule contains:

Selenium (from yeast-free L-selenomethionine) . . . . . 200 mcg



### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults 19 years and older: Take 1 capsule daily or as directed by your health-care practitioner.

#3033 · 60 vegetable capsules · UPC 6-28747-13033-2  
NPN 80115294 · V0749-R1

[Antioxidants](#) · [Men's Fertility](#) · [Men's Health](#) · [Vitamins and Minerals](#)

## Serratiopeptidase

# 120,000 SU

capsules

### Relieves Pain and Inflammation

### Valuable Enzymes Protected by

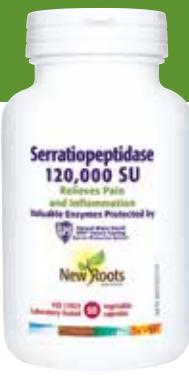
### Natural Water-Based

### GPS™ Enteric Coating

### Gastric Protective System

Helps to reduce pain, quantity of secretions, inability to perceive smell, and stuffy nose from ear, nose, and throat infections.

Mucolytic enzyme that helps break down mucus. Helps reduce postoperative cheek swelling and/or pain after dental surgery.



### Each enteric-coated vegetable capsule contains

Serratiopeptidase  
(*Serratia marcescens* E-15, whole cell) . . . . . 120,000 SU

### Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum, purified water, and enteric coating.

### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. Take 2 hours after a meal.

### Duration of use

Consult a health-care practitioner for use beyond 7 days.

#1319 · 60 vegetable capsules · UPC 6-28747-11319-9  
#2487 · 120 vegetable capsules · UPC 6-28747-12487-4  
NPN 80050019 · V0364-R2

[Cold and Flu](#) · [Enzymes](#) · [Pain and Inflammation](#)

## Shiitake

300 mg · Hot-Water Extract

capsules

Shiitake  
300 mg  
Hot-Water Extract

MEDICINAL MUSHROOMS  
IMMUNE SUPPORT  
WELLNESS

25% beta-glucans  
from 40% Polysaccharides



### Medicinal Mushrooms

### Immune Support · Wellness

25% beta-glucans  
from 40% Polysaccharides

Used in herbal medicine to support the immune system. Source of antioxidants.

### Each vegetable capsule contains

Shiitake (*Lentinula edodes*) mushroom extract, standardized to 40% polysaccharides, providing 25% beta-glucans . . . . . 300 mg Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule three times daily with food or as directed by your health-care practitioner.

#1870 · 60 vegetable capsules · UPC 6-28747-11870-5  
NPN 80113474 · V0508-R3

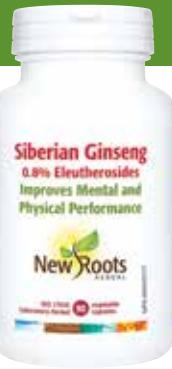
[Immune Health](#) · [Medicinal Mushrooms](#)

Full line of medicinal mushrooms, p. 132-136

## Siberian Ginseng

0.8% Eleutherosides

capsules



### Improves Mental and

### Physical Performance

Used in herbal medicine as a tonic to help relieve general weakness/fatigue, or to help improve mental or physical performance after periods of mental or physical exertion.

### Each vegetable capsule contains

Siberian ginseng (*Eleutherococcus senticosus*) root extract . . . . . 250 mg  
Providing:  
0.8% eleutherosides B and E  
Siberian ginseng (*Eleutherococcus senticosus*) root . . . . . 235 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 1 month.

#0779 · 90 vegetable capsules · UPC 6-28747-10779-2

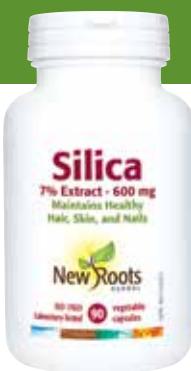
NPN 80025577 · V0080-R4

**Energy · Herbs and Herbal Extracts · Immune Health · Sport Nutrition  
Stress Management**

## Silica

7% Extract · 600 mg

capsules



### Maintains Healthy Hair, Skin, and Nails

Source of silicon. Source of mineral, a factor in the maintenance of normal growth and development; and to support biological functions which play a key role in the maintenance of good health. Helps to maintain healthy hair, nails, and skin.

### Each vegetable capsule contains

Field horsetail (*Equisetum arvense*) extract, 7% silica . . . . . 600 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule twice daily or as directed by your health-care practitioner.

#1590 · 90 vegetable capsules · UPC 6-28747-11590-2

NPN 80110665 · V0421-R4

**Beauty · Bone Health · Hair · Nails · Skin · Vitamins and Minerals**

## Silica Liquid

### Promotes Stronger Hair, Nails, and Healthier Skin · Great Fruit Taste

Helps to strengthen nails and hair.  
Helps to maintain healthy skin.

### Each tablespoon (15 ml) contains

Silicic acid providing 53 mg of silica.

### Other ingredients

Natural fruit punch flavour, citric acid, glycerin, potassium sorbate, purified water, sodium benzoate, and stevia (*Stevia rebaudiana*) leaf.

## Directions of use

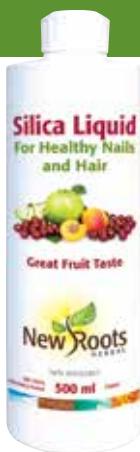
**Adults:** Take 2 tablespoons daily or as directed by your health-care practitioner.

Note: This product is not shipped during the winter, due to freezing conditions.

#1681 · 500 ml · UPC 6-28747-21681-4

NPN 80052867

**Beauty · Bone Health · Hair · Nails · Skin · Vitamins and Minerals**



**“The most incredible thing about miracles is that they happen.”**

G.K. Chesterton

## Simply Spirulina

650 mg · Superfood

capsules

Made with Organic Spirulina

Reduces Allergy Symptoms

Highest-quality organic spirulina. Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.

### Each vegetable capsule contains

Organic spirulina (*Spirulina platensis*) . . . . . 650 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1-2 capsules twice daily or as directed by your health-care practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them.

#1653 · 90 vegetable capsules · UPC 6-28747-11653-4

NPN 80073332 · V0450-R4

**Allergy Relief · Functional Foods · Green Foods**



## Simply Spirulina

powder

Organic Superfood

Reduces Allergy Symptoms

Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching. Spirulina contains a vast number of naturally occurring nutrients, including vitamin A, B vitamins, calcium, and phosphorus. It also contains chlorophyll and phycocyanins. This organic spirulina is of the highest quality.

### Each teaspoon contains approximately

Organic spirulina (*Spirulina platensis*) . . . . . 4 g

## Directions of use

**Adults ≥ 19 years old:** Take 1 rounded teaspoon (4 g) daily or as directed by your health-care practitioner. *Start-up dosage for the first 4 days:* The first day, take 1/4 teaspoon; the following day, take an additional 1/4 teaspoon (1/2); up to 1 teaspoon on the 4th day. If you are taking other medications or natural health products, take this product a few hours before or after them. We recommend weighing **Simply Spirulina** for precise dosage.

#1662 · 150 g / ≈ 37 doses · UPC 6-28747-01662-9

#1660 · 227 g / ≈ 56 doses · UPC 6-28747-01660-5

NPN 80073346 · P0544

**Allergy Relief · Functional Foods · Green Foods**



## Skin Lovers Oil

Certified Organic

### Deep Moisturizer

We have created the ultimate experience in skin care, where dramatic positive change is an absolute possibility.

### Each bottle contains

Organic goji (*Lycium barbarum*) seed oil, organic rosehip (*Rosa rubiginosa* or *Rosa moschata*) seed oil, organic sea buckthorn (*Hippophae rhamnoides*) seed oil, organic argan (*Argania spinosa*) oil, organic cranberry (*Vaccinium macrocarpon*) seed oil, and organic tamanu



(*Calophyllum inophyllum*) oil—all oils are cold-pressed or CO<sub>2</sub> supercritical extracts, and nondeodorized. . . . . 15 ml  
Organic rosemary (*Rosmarinus officinalis*) extract.

## Ingredients

Organic *Lycium barbarum* seed oil, organic *Rosa rubiginosa* / *Rosa moschata* seed oil, organic *Hippophae rhamnoides* seed oil, organic *Argania spinosa* seed oil, organic *Vaccinium macrocarpon* seed oil, organic *Calophyllum inophyllum* seed oil, and organic *Rosmarinus officinalis* leaf extract.

## Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

#1601 · 15 ml · UPC 6-28747-21601-2  
OM0122-R3

Beauty · Exotic Skin Oils · Skin

Full line of exotic skin oils, p. 88–91

## Sleep<sup>8</sup> Synergistic Formula

capsules

### Non-Habit-Forming Fall Asleep Faster Stay Asleep Longer

Helps increase the total sleep time in people suffering from sleep restriction or altered sleep schedule; to relieve the daytime fatigue associated with jet lag; to reduce the time it takes to fall asleep in people with delayed sleep phase syndrome; to reset the body's sleep-wake cycle. A synergistic formula that reduces the risk of morning grogginess.



## Each vegetable capsule contains

Chamomile ( <i>Matricaria recutita</i> ) flower extract, 5% flavonoids . . . . .	35 mg
Hops ( <i>Humulus lupulus</i> ) strobile extract, 3.5% flavonoids . . . . .	35 mg
Passionflower ( <i>Passiflora incarnata</i> ) flower extract, 4% flavonoids . . . . .	35 mg
Whole skullcap ( <i>Scutellaria lateriflora</i> ) extract, 12.5% flavonoids . . . . .	35 mg
Qiye Shen'an Pian ( <i>Panax notoginseng</i> ) leaf extract . . . . .	25 mg
Magnesium (from 111 mg of magnesium bisglycinate) . . . . .	20 mg
Catnip ( <i>Nepeta cataria</i> ) herb top . . . . .	15 mg
Melatonin . . . . .	500 mcg

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1–4 capsules at or before bedtime, or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#1443 · 20 vegetable capsules · UPC 6-28747-11443-1  
#1403 · 60 vegetable capsules · UPC 6-28747-11403-5  
#1807 · 120 vegetable capsules · UPC 6-28747-11807-1

NPN 80031162 · V0385-R8

Sleep Aids

## Sleep<sup>8</sup> Plus

capsules

With 5 mg Melatonin



## Non-Habit-Forming

Sleeplessness, Jet Lag, Shift-work  
Faster, Better, Longer Sleep

Helps increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g. shift-work / jet lag). Helps prevent and/or minimize the effects of jet lag (e.g. daytime fatigue, sleep disturbance) for people travelling easterly across two or more time zones. Helps to reset the body's sleep-wake cycle (aspect of the circadian rhythm). Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people who fall asleep slowly/with delayed sleep phase disorder. A synergistic formula that reduces the risk of morning grogginess.

## Each vegetable capsule contains

gamma-Aminobutyric acid (GABA) . . . . .	150 mg
L-Theanine . . . . .	100 mg
Chamomile ( <i>Matricaria recutita</i> ) flower extract, 5% flavonoids . . . . .	70 mg
Hops ( <i>Humulus lupulus</i> ) strobile extract, 3.5% flavonoids . . . . .	70 mg
Passionflower ( <i>Passiflora incarnata</i> ) flower extract, 4% flavonoids . . . . .	70 mg
Whole skullcap ( <i>Scutellaria lateriflora</i> ) extract, 12.5% flavonoids . . . . .	70 mg
Qiye Shen'an Pian ( <i>Panax notoginseng</i> ) leaf extract . . . . .	50 mg
Lemon balm ( <i>Melissa officinalis</i> ) 10:1 extract . . . . .	50 mg
Catnip ( <i>Nepeta cataria</i> ) herb top . . . . .	15 mg
Melatonin . . . . .	5 mg

## Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily at or before bedtime or as directed by your health-care practitioner. *For jet lag:* Take once a day at bedtime, while travelling, or at destination until adapted to the new time zone or daily pattern (but do not exceed maximum daily dose of 1 capsule in total).

## Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#3182 · 60 vegetable capsules · UPC 6-28747-13182-7

NPN 80108182 · V0775-R1

Sleep Aids



# Sleep<sup>8</sup> Ultra

With 10 mg Melatonin

capsules



## Non-Habit-Forming

## Sleeplessness, Jet Lag, Shift-work Faster, Better, Longer Sleep

Helps increase total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule (e.g. shift-work / jet lag). Helps prevent and/or minimize the effects of jet lag (e.g. daytime fatigue, sleep disturbance) for people travelling easterly across two or more time zones. Helps to reset the body's sleep-wake cycle (aspect of the circadian rhythm). Helps to reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people who fall asleep slowly/with delayed sleep phase disorder. A synergistic formula that reduces the risk of morning grogginess.

### Each vegetable capsule contains

gamma-Aminobutyric acid (GABA) . . . . .	150 mg
L-Theanine . . . . .	100 mg
Chamomile ( <i>Matricaria recutita</i> ) flower extract, 5% flavonoids . . . . .	54 mg
Hops ( <i>Humulus lupulus</i> ) strobile extract, 3.5% flavonoids . . . . .	54 mg
Passionflower ( <i>Passiflora incarnata</i> ) flower extract, 4% flavonoids . . . . .	54 mg
Whole skullcap ( <i>Scutellaria lateriflora</i> ) extract, 12.5% flavonoids . . . . .	54 mg
Qiye Shen'an Pian ( <i>Panax notoginseng</i> ) leaf extract . . . . .	50 mg
Lemon balm ( <i>Melissa officinalis</i> ) 10:1 extract . . . . .	39 mg
Catnip ( <i>Nepeta cataria</i> ) herb top . . . . .	15 mg
Melatonin . . . . .	10 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. *For jet lag:* Take once daily at bedtime while travelling or at destination, until adapted to the new time zone or daily pattern (but do not exceed maximum daily dose of 1 capsule in total).

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#3181 · 60 vegetable capsules · UPC 6-28747-13181-0  
NPN 80108186 · V0774-R1  
Sleep Aids

# Slimmer System

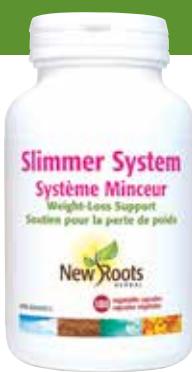
capsules

## Weight-Loss Support

To be used with a program of reduced intake of dietary calories and increased physical activity to help in weight management. Helps the body to metabolize nutrients. Helps to support liver function. Provides support for healthy glucose metabolism. Antioxidants for the maintenance of good health.

### Six (6) non-GMO vegetable capsules contain

Malabar tamarind ( <i>Garcinia cambogia</i> ) fruit extract, 50% hydroxycitric acid . . . . .	1,500 mg
Kola nut ( <i>Cola acuminata</i> ) extract, 10% caffeine . . . . .	510 mg



Green tea (*Camellia sinensis*) leaf extract, 6% caffeine . . . . .

Providing: 400 mg

EGCG (pure) . . . . . 300 mg

Coleus forskohlii (*Plectranthus barbatus*) root extract, 10% forskolin . . . . . 300 mg

Gymnema sylvestre (*Asclepias geminata*) leaf extract, 25% gymnemic acid . . . . . 150 mg

Cayenne (*Capsicum annuum*) fruit . . . . . 100 mg

Choline (choline bitartrate) . . . . . 100 mg

Inositol (myo-inositol) . . . . . 100 mg

Spirulina (*Spirulina platensis*) . . . . . 100 mg

Ginger (*Zingiber officinale*) rhizome . . . . . 100 mg

Betaine hydrochloride . . . . . 25 mg

Chromium (from chromium picolinate) . . . . . 235 mcg

\*100% of the RDA of the following:

Vitamin C (ascorbic acid) . . . . . 60 mg

Potassium (from potassium citrate) . . . . . 25 mg

Vitamin E (D-alpha-tocopheryl acid succinate) (30 IU) . . . . . 20.1 mg AT

Vitamin B3 (niacinamide) . . . . . 20 mg

Vitamin B6 (pyridoxine hydrochloride) . . . . . 2 mg

Vitamin B2 (riboflavin) . . . . . 1.7 mg

Folate (from calcium L-5-methyltetrahydrofolate) . . . . . 400 mcg

Biotin . . . . . 300 mcg

Iodine (from potassium iodide) . . . . . 150 mcg

Selenium (from yeast-free L-selenomethionine) . . . . . 50 mcg

Vitamin B12 (methylcobalamin) . . . . . 6 mcg

### Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product 2 hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 2 months.

#1212 · 60 vegetable capsules · UPC 6-28747-11212-3

#1214 · 120 vegetable capsules · UPC 6-28747-11214-7

NPN 80122963 · V0344-R6

Weight Management

### Slow Release

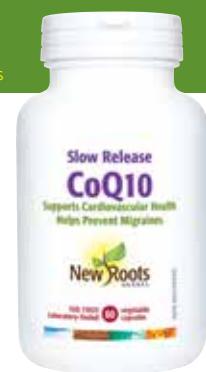
# CoQ10

capsules

Supports Cardiovascular Health

Helps Prevent Migraines

Helps to maintain and/or support cardiovascular health. Helps to reduce the frequency of migraine headaches and associated nausea and vomiting when taken as a prophylactic. An antioxidant for the maintenance of good health.



### Each vegetable capsule contains

Coenzyme Q10 (ubiquinone-10) (from fermentation) . . . . .	100 mg
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### Other ingredients

Non-GMO pea protein, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule two or three times daily or as directed by your health-care practitioner.

## Duration of use

When taken as a prophylactic, use for a minimum of 3 months to see beneficial effects.

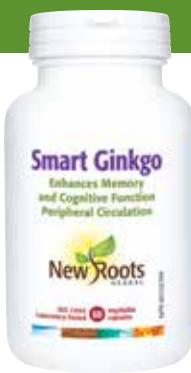
#1782 · 60 vegetable capsules · UPC 6-28747-11782-1  
NPN 80039835 · V0461-R7  
Energy · Headache and Migraine · Heart and Blood

## Smart Ginkgo

capsules

### Enhances Memory and Cognitive Function · Peripheral Circulation

Helps to enhance cognitive function and memory in adults, and to support peripheral circulation. Provides antioxidants. Source of fungal polysaccharides with immunomodulating properties. Siberian ginseng is used in herbal medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion, and as a tonic to help relieve general weakness/fatigue and/or to aid during recovery.



#### Each vegetable capsule contains

Lion's mane mushroom ( <i>Hericium erinaceus</i> ) extract, standardized to 40% polysaccharides	170 mg
providing 35% beta-glucans	
L-Glutamine	150 mg
Siberian ginseng ( <i>Eleutherococcus senticosus</i> ) root extract, 0.8% eleutherosides	100 mg
Ginkgo ( <i>Ginkgo biloba</i> ) leaf extract, 24% flavonoid glycosides and 6% terpene lactones	80 mg
L-Theanine	50 mg
Ginkgo ( <i>Ginkgo biloba</i> ) leaf	40 mg
Whole gotu kola ( <i>Centella asiatica</i> )	40 mg
Bacopa ( <i>Bacopa monnieri</i> ) 25:1 extract, 45% bacosides	30 mg
Huperzine A, from toothed club-moss ( <i>Huperzia serrata</i> )	200 mcg

#### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#1939 · 30 vegetable capsules · UPC 6-28747-11939-9  
#0208 · 60 vegetable capsules · UPC 6-28747-10208-7  
NPN 80108131 · V0156-R5

Heart and Blood · Memory Help

## Smooth Stevia

powder

### Plant-Based Sweetener

### Sugar Substitute · Nonbitter

### 0 Calories · 100% All Natural

### Vegan · Gluten-Free · Non-GMO

Low glycemic index. Be mindful of the dosage, because  $\frac{1}{32}$  tsp. of Smooth Stevia = 1 teaspoon of sugar.



#### Ingredients

Isomaltulose (naturally occurring disaccharide from sugar beet) and stevia (*Stevia rebaudiana*) concentrate.

## Directions of use

Add to taste to your favourite beverage and stir. Excellent sugar substitute for coffee, tea, and for baking!

### Nutrition Facts · Per $\frac{1}{32}$ tsp. (0.1 g)

Calories 0	% Daily Value*	% Daily Value*	
Fat 0 g	0 %	Carbohydrate 0 g	0 %
Protein 0 g			

Not a significant source of saturated fat, trans fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

\*5% or less is a little, 15% or more is a lot

#1923 · 30 g · UPC 6-28747-01923-1  
PM0056-R1

### NONTAXABLE ITEM

Functional Foods · Keto Diet · Natural Sweeteners  
Weight Management

Full line of natural sweeteners, p. 210–211

## S.O.D.

Superoxide Dismutase · 7,250 IU capsules

#### Super Antioxidant

### Valuable Enzymes Protected by GPS™ Natural Water-Based Enteric Coating Gastric Protective System

Antioxidants for the maintenance of good health. Riboflavin helps the body to metabolize nutrients. Folate helps to form red blood cells.



#### Each enteric-coated vegetable capsule contains

Ci li fruit extract ( <i>Rosa roxburghii</i> ) (7,250 IU SOD)	500 mg
Goji ( <i>Lycium barbarum</i> ) fruit extract, 30% polysaccharides	40 mg
DL-alpha-Lipoic acid	25 mg
N-Acetyl-L-cysteine	25 mg
Catalase (112.5 Baker units)	15 mg
L-Cysteine hydrochloride	10 mg
L-Glutathione	10 mg
Riboflavin (vitamin B2)	5 mg
Vitamin E (5 IU)	
(from D-alpha-tocopherol acid succinate)	3.35 mg AT
Folate (L-5-methyltetrahydrofolate calcium salt)	60 mcg
Selenium	11 mcg

#### Other ingredients

Hydrolyzed wheat protein, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide and a non-GMO GPS™ vegetable capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

#### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner. Take with a meal providing protein.

#### Duration of use

Consult a health-care practitioner for use beyond 6 months.

Note: This product contains gluten.

#1649 · 90 vegetable capsules · UPC 6-28747-11649-7  
NPN 80104932 · V0447-R16

### Antioxidants · Detoxification



## Sodium Ascorbate:

### Vitamin C

Sodium Ascorbate  
100% Pure · Buffered

powder



#### Immunity

An antioxidant for the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing.

#### Ingredients

100% Sodium ascorbate. Each gram contains 1000 mg of sodium ascorbate equivalent to 889 mg of ascorbic acid.  $\frac{1}{6}$  tsp. contains 545 mg of sodium ascorbate or 484.5 mg of ascorbic acid. No fillers or excipients. 100% pure.

#### Directions of use

**Adolescents 14–18 years:** As a dietary supplement, stir  $\frac{1}{6}$  teaspoon into juice, water, or food one to three times daily or as directed by your health-care practitioner. **Adults:** As a dietary supplement, stir  $\frac{1}{6}$  teaspoon into juice, water, or food up to four times daily or as directed by your health-care practitioner.

#0870 · 250 g /  $\approx$  458 doses · UPC 6-28747-00870-9

NPN 80020857 · P0205

Antioxidants · Cold and Flu · Immune Health · Joint Health  
Vitamins and Minerals

Full line of vitamin C products, p. 226–228

## Spirulina:

### Simply Spirulina

650 mg · Superfood

capsules



#### Made with Organic Spirulina Reduces Allergy Symptoms

Highest-quality organic spirulina. Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.

#### Each vegetable capsule contains

Organic spirulina (*Spirulina platensis*) . . . . . 650 mg

#### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1–2 capsules twice daily or as directed by your health-care practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them.

#1653 · 90 vegetable capsules · UPC 6-28747-11653-4

NPN 80073332 · V0450-R4

Allergy Relief · Functional Foods · Green Foods

“Your mission: Be so busy loving life that you have no time for drama, regret, hate, worry, or fear.”

*Karen Salmansohn*

## Spirulina:

### Simply Spirulina

powder

#### Organic Superfood

#### Reduces Allergy Symptoms

Source of antioxidants. Helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching. Spirulina contains a vast number of naturally occurring nutrients, including vitamin A, B vitamins, calcium, and phosphorus. It also contains chlorophyll and phycocyanins. This organic spirulina is of the highest quality.



#### Each teaspoon contains approximately

Organic spirulina (*Spirulina platensis*) . . . . . 4 g

#### Directions of use

**Adults  $\geq$  19 years old:** Take 1 rounded teaspoon (4 g) daily or as directed by your health-care practitioner. **Start-up dosage for the first 4 days:** The first day, take  $\frac{1}{4}$  teaspoon; the following day, take an additional  $\frac{1}{4}$  teaspoon ( $\frac{1}{2}$ ); up to 1 teaspoon on the 4th day. If you are taking other medications or natural health products, take this product a few hours before or after them. We recommend weighing **Simply Spirulina** for precise dosage.

#1662 · 150 g /  $\approx$  37 doses · UPC 6-28747-01662-9

#1660 · 227 g /  $\approx$  56 doses · UPC 6-28747-01660-5

NPN 80073346 · P0544

Allergy Relief · Functional Foods · Green Foods

## Spirulina & Chlorella

100% Organic  
With Broken-Cell Chlorella  
475 mg

capsules



#### Vital Green Micronutrients

Pure and 100% certified organic spirulina and chlorella. They contain a vast number of naturally occurring micronutrients including vitamin A, B vitamins, calcium, and phosphorus. Deep-green, broken-cell chlorella has 78% digestibility. Provides antioxidants that fight against free radicals and protect cells from oxidative damage.

Spirulina helps reduce symptoms of allergic rhinitis such as nasal discharge, sneezing, nasal congestion, and itching.

#### Each vegetable capsule contains

Organic broken-cell chlorella (*Chlorella vulgaris*) . . . . . 237.5 mg  
Organic spirulina (*Spirulina platensis*) . . . . . 237.5 mg

#### Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 4 capsules three times daily with food or as directed by your health-care practitioner. If you are taking other medications or natural health products, take this product a few hours before or after them.

#1656 · 60 vegetable capsules · UPC 6-28747-11656-5

NPN 80123473 · V0453-R3

Allergy Relief · Detoxification · Functional Foods · Green Foods

## Spleen: Grass-Fed Beef Spleen

Pure Glandular · 650 mg

Hormone- and Pesticide-Free

Supports Immunity

Supports good health.

Helps support immune function.

capsules



### Each vegetable capsule contains

Spleen (organ), from bovine source ( <i>Bos taurus</i> )*	650 mg
Vitamin C (ascorbic acid)	6 mg

\*Superior-quality, freeze-dried organ from New Zealand grass-fed beef. Guaranteed free of pesticides, growth hormones, antibiotics, and bovine spongiform encephalopathy (BSE).

### Other ingredients

Natural peppermint flavour, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1964 · 30 vegetable capsules · UPC 6-28747-11964-1  
NEW SIZE! #3435 · 90 vegetable capsules · UPC 6-28747-13435-4  
NPN 80058174 · V0527-R2

Glandular Extracts · Immune Health

## Squalene

European Olive · 500 mg

softgels

Supports Healthy Skin

Provides antioxidants.

### Each softgel contains

Squalene (from olive [ <i>Olea europaea</i> ] fruit), hexane-free	500 mg
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### Other ingredients

Natural vitamin E (*D-alpha*-tocopherol from sunflower) in a softgel composed of glycerin, bovine gelatin, and purified water.



### Directions of use

Adults: Take 2 softgels daily or as directed by your health-care practitioner.

#2054 · 60 softgels · UPC 6-28747-12054-8  
NPN 80067729 · V0567-R1

Beauty · Essential Fatty Acids · Skin

## St. John's Wort

Extract · 450 mg

capsules

Calmative and Sedative

Used in herbal medicine to help relieve restlessness and nervousness (sedative and calmative).

### Each vegetable capsule contains

St. John's wort ( <i>Hypericum perforatum</i> ) aerial part 8:1 extract	450 mg
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### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule three times daily or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 18 weeks.

#0776 · 60 vegetable capsules · UPC 6-28747-10776-1  
NPN 80031047 · V0130-R4

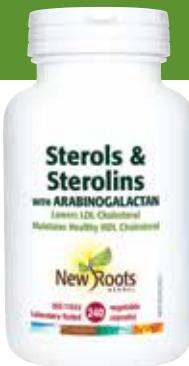
Herbs and Herbal Extracts · Mood Enhancement · Sleep Aids  
Stress Management

Full line of antistress products, p. 202–206

## Sterols & Sterolins

with Arabinogalactan

capsules



Lowers LDL Cholesterol

Maintains Healthy HDL Cholesterol

Helps lower blood total and LDL cholesterol.

Helps maintain healthy cholesterol levels.

### Each vegetable capsule contains

Arabinogalactan (from American larch [ <i>Larix laricina</i> ])	275 mg
Free plant sterols (from non-GMO soy)	87.5 mg

Providing:

<i>beta</i> -Sitosterols	35 mg
Campesterols	17.5 mg
Stigmasterols	17.5 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 4 capsules three times daily with food or as directed by your health-care practitioner.

#1191 · 120 vegetable capsules · UPC 6-28747-11191-1  
#1194 · 240 vegetable capsules · UPC 6-28747-11194-2  
NPN 80082452 · V0229-R4

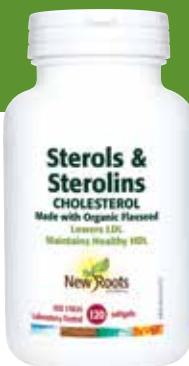
Cholesterol Management · Immune Health

## Sterols & Sterolins

Cholesterol

Made with Organic Flaxseed

softgels



Lowers LDL · Maintains Healthy HDL

Helps lower blood total and LDL cholesterol.

Helps maintain healthy cholesterol levels.

Source of omega-3 fatty acids and *alpha*-linolenic acid (ALA) for the maintenance of good health.

### Each softgel contains

Organic flax ( <i>Linum usitatissimum</i> ) seed oil	666 mg
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Providing:

<i>alpha</i> -Linolenic acid (ALA)	369 mg
Linoleic acid	109 mg
Free plant sterols (from non-GMO soy)	350 mg
Providing:	
<i>beta</i> -Sitosterols	151 mg
Campesterols	90 mg
Stigmasterols	88 mg

## Other ingredients

Lecithin (from non-GMO sunflower oil) and beeswax in a softgel composed of annatto extract, sunflower oil, bovine gelatin, glycerin, and purified water.

## Directions of use

**Adults:** Take 3 softgels daily with food or as directed by your health-care practitioner.

**Note:** This product may be used with statin-based cholesterol-lowering medication.

#0221 · 60 softgels · UPC 6-28747-10221-6  
#0223 · 120 softgels · UPC 6-28747-10223-0  
NPN 80024751 · V0282-R5

**Cholesterol Management**

## Sterols & Sterolins Super Immune:

### Super Immune

**Sterols & Sterolins with Arabinogalactan** capsules

**Lowers Total and LDL Cholesterol**

**Supports Healthy Cholesterol Levels**

**Maintains Immune Function**

Helps lower blood total and LDL cholesterol.

Helps maintain healthy cholesterol levels.

Helps to maintain immune function.

#### Each vegetable capsule contains

Free plant sterols (from non-GMO soy) ..... 240 mg

#### Providing:

<i>beta</i> -Sitosterols	96 mg
Campesterol	48 mg
Stigmasterol	48 mg
D-Galacto-L-arabinan (from <i>Larix laricina</i> )	206 mg
Zinc (from zinc citrate)	175 mcg



## Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 4 capsules daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 6 months.

#1008 · 30 vegetable capsules · UPC 6-28747-11008-2  
#1195 · 120 vegetable capsules · UPC 6-28747-11195-9  
#1197 · 240 vegetable capsules · UPC 6-28747-11197-3  
NPN 80024333 · V0425-R3

**Cholesterol Management · Immune Health**

## Stevia Sugar

**Spoonable**

**powder**

**Plant-Based Sweetener**

**Sugar Substitute with Inulin**

**0 Calories · 100% All Natural**

**Vegan · Keto · Gluten-Free · Non-GMO**

Zero calories. No glycemic response.

## Ingredients

Inulin (from chicory root) and stevia (*Stevia rebaudiana*) leaf extract.



## Directions of use

One teaspoon or one sachet of **Stevia Sugar** equals the taste of two teaspoons of regular sugar. Add to taste.

## Nutrition Facts · Per 1/4 tsp. (1 g)

Calories 0	% Daily Value*	% Daily Value*
Fat 0 g .....	0 %	Carbohydrate 1 g
Protein 0 g		Fibre 1 g .....

\*5% or less is a little, 15% or more is a lot

#1070 · 250 g · UPC 6-28747-91070-5

#1069 · 454 g · UPC 6-28747-91069-9

PM0434-R3

## NONTAXABLE ITEM

**Keto Diet · Natural Sweeteners · Weight Management**

Full line of natural sweeteners, p. 210–211

## Stevia Sweetleaf

**liquid**

**Plant-Based Sweetener**

**0 Calories · 100% All Natural**

**Vegan · Gluten-Free · Non-GMO**

Stevia liquid extract.

## Ingredients

Water, vegetable glycerin, **organic** alcohol from sugarcane, and stevia (*Stevia rebaudiana*) leaf extract.



## Directions of use

Use as desired and sweeten to taste using 1 to 5 drops.

#0267 · 30 ml · UPC 6-28747-20267-1

LM0091-R1

## NONTAXABLE ITEM

**Keto Diet · Natural Sweeteners · Weight Management**

Full line of natural sweeteners, p. 210–211

## Stevia

**White Powder Concentrate**

**Plant-Based Sweetener**

**0 calories · 100% All Natural**

**Vegan · Gluten-Free · Non-GMO**

Intensely sweet and safe for diabetics, it is a terrific ally to lower sugar and artificial sweetener consumption.



## Ingredients

Stevia (*Stevia rebaudiana*) leaf extract.

## Directions of use

The white powder extract of *Stevia rebaudiana* is very strong. Use a very small quantity to your individual taste.

## Nutrition Facts · Per 1/32 tsp. (0.1 g)

Calories 0	% Daily Value*	% Daily Value*
Fat 0 g .....	0 %	Protein 0 g
Carbohydrate 0 g .....	0 %	

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

\*5% or less is a little, 15% or more is a lot

#0164 · 15 g · UPC 6-28747-00164-9

#0202 · 30 g · UPC 6-28747-00202-8

PM0116-R1

## NONTAXABLE ITEM

**Keto Diet · Natural Sweeteners · Weight Management**

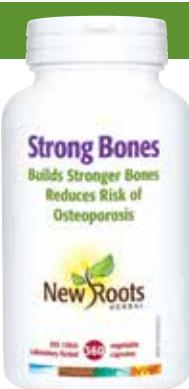
Full line of natural sweeteners, p. 210–211

## Strong Bones

capsules

### Builds Stronger Bones Reduces Risk of Osteoporosis

Helps in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Provides antioxidants for the maintenance of good health.



### Six (6) vegetable capsules contain

Microcrystalline hydroxyapatite (freeze-dried MCHA)*	3,600 mg
Calcium (from calcium hydroxyapatite*)	900 mg
Protein (from calcium hydroxyapatite*)	900 mg
Phosphorus (from calcium hydroxyapatite*)	450 mg
L-Lysine (L-lysine monohydrochloride)	300 mg
L-Proline	300 mg
Glucosamine sulfate (from crab, lobster, shrimp, or prawn exoskeleton, stabilized with potassium chloride), sodium-free	252 mg
Vitamin C (ascorbic acid)	186 mg
Magnesium (from fully reacted magnesium bisglycinate)	145 mg
Grape ( <i>Vitis vinifera</i> ) seed extract, 80% oligomeric proanthocyanidins	60 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 75% epigallocatechin-3-gallate (EGCG)	42 mg
Field horsetail ( <i>Equisetum arvense</i> ) aerial part extract, 7% silica	30 mg
Turmeric ( <i>Curcuma longa</i> ) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin	20 mg
Zinc (from zinc monomethionine)	9.3 mg
Lycopene (from tomato [ <i>Solanum lycopersicum</i> ] flesh)	5 mg
Vitamin B1 (thiamine hydrochloride)	4.65 mg
Boron (from boron citrate)	3.36 mg
Manganese (from manganese citrate)	2.79 mg
Lutein (from marigold [ <i>Tagetes erecta</i> ])	2 mg
Copper (from copper citrate)	930 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	500 mcg
Vitamin B12 (methylcobalamin)	150 mcg
Vitamin K2 (menaquinone-4)	83 mcg
Vitamin D3 (cholecalciferol)	25 mcg (1,000 IU)
Vitamin K2 (menaquinone-7)	10 mcg

\*From New Zealand cattle. Guaranteed free of bovine spongiform encephalopathy (BSE) and recombinant bovine growth hormone (rBGH).

### Other ingredients

Natural peppermint flavour, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#0296 · 90 vegetable capsules · UPC 6-28747-10296-4  
#0297 · 180 vegetable capsules · UPC 6-28747-10297-1  
#0950 · 360 vegetable capsules · UPC 6-28747-10950-5  
NPN 80030327 · V0209-R14

50+ Health · Bone Health · Vitamins and Minerals

## Strong Bones Boron-Free Formula

capsules

### Builds Stronger Bones Reduces Risk of Osteoporosis

Helps in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Provides antioxidants for the maintenance of good health.



### Six (6) vegetable capsules contain

Microcrystalline hydroxyapatite (freeze-dried MCHA)*	3,600 mg
Calcium (from calcium hydroxyapatite*)	900 mg
Protein (from calcium hydroxyapatite*)	900 mg
Phosphorus (from calcium hydroxyapatite*)	450 mg
L-Lysine (L-lysine monohydrochloride)	300 mg
L-Proline	300 mg
Glucosamine sulfate (from crab, lobster, shrimp, or prawn exoskeleton, stabilized with potassium chloride), sodium-free	252 mg
Vitamin C (ascorbic acid)	186 mg
Magnesium (from fully reacted magnesium bisglycinate)	145 mg
Grape ( <i>Vitis vinifera</i> ) seed extract, 80% oligomeric proanthocyanidins	60 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 75% epigallocatechin-3-gallate (EGCG)	42 mg
Field horsetail ( <i>Equisetum arvense</i> ) aerial part extract, 7% silica	30 mg
Turmeric ( <i>Curcuma longa</i> ) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin	20 mg
Zinc (from zinc monomethionine)	9.3 mg
Lycopene (from tomato [ <i>Solanum lycopersicum</i> ] flesh)	5 mg
Vitamin B1 (thiamine hydrochloride)	4.65 mg
Manganese (from manganese citrate)	2.79 mg
Lutein (from marigold [ <i>Tagetes erecta</i> ])	2 mg
Copper (from copper citrate)	930 mcg
Folate (from calcium L-5-methyltetrahydrofolate)	500 mcg
Vitamin B12 (methylcobalamin)	150 mcg
Vitamin K2 (menaquinone-4)	83 mcg
Vitamin D3 (cholecalciferol)	25 mcg (1,000 IU)
Vitamin K2 (menaquinone-7)	10 mcg

\*From New Zealand cattle. Guaranteed free of bovine spongiform encephalopathy (BSE) and recombinant bovine growth hormone (rBGH).

### Other ingredients

Natural peppermint flavour, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 2 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#1721 · 90 vegetable capsules · UPC 6-28747-11721-0  
#1722 · 180 vegetable capsules · UPC 6-28747-11722-7  
#1723 · 360 vegetable capsules · UPC 6-28747-11723-4  
NPN 80036486 · V0469-R8

50+ Health · Bone Health · Vitamins and Minerals

# STRESS PRODUCTS

## NEED A REST FROM STRESS?

## SUPPLEMENTS CONSUMERS ARE LOOKING FOR!

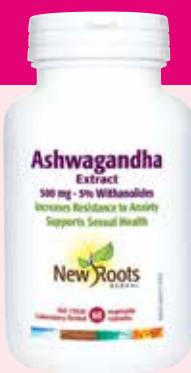


### Ashwagandha capsules

Extract · 500 mg · 5% Withanolides

#### Increases Resistance to Anxiety Supports Sexual Health

Traditionally used in Ayurveda for memory enhancement; to balance aggravated Vata (nervine tonic, sedative); as a sleep aid; as Rasayana (rejuvenative tonic); and to relieve general debility (especially during convalescence or old age). Helps increase resistance to stress/anxiety in individuals with a history of chronic stress, thereby improving their overall quality of life. Athletic support or workout/exercise supplement. Helps promote healthy testosterone production in males. Helps support physical aspects of sexual health in women.



#### Each vegetable capsule contains

Ashwagandha (*Withania somnifera*) root extract, 5% withanolides ..... 500 mg

#### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#2113 · 30 vegetable capsules · UPC 6-28747-12113-2  
#2115 · 60 vegetable capsules · UPC 6-28747-12115-6  
NPN 80071783 · V0581-R1

Herbs and Herbal Extracts · Men's Fertility · Sexual Health (Women)  
Stress Management

### D-Stress

Organic Lavender Oil

softgels

#### Reduces Restlessness, Mental Stress, and Exhaustion

Traditionally used in herbal medicine to help relieve restlessness, for the relief of mild symptoms of mental stress and exhaustion, and to aid sleep.

#### Each softgel contains

Organic lavender (*Lavandula angustifolia*) essential oil, hexane-free ..... 80 mg

#### Other ingredients

Organic olive oil and natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) in a softgel composed of annatto extract (in sunflower oil), bovine gelatin, glycerin, and purified water.

#### Directions of use

Adults: Take 1 softgel daily with food and a full glass of water or as directed by your health-care practitioner.

#2056 · 15 softgels · UPC 6-28747-12056-2  
#2053 · 30 softgels · UPC 6-28747-12053-1  
#1974 · 60 softgels · UPC 6-28747-11974-0  
NPN 80056812 · V0533-R4

Herbs and Herbal Extracts · Mood Enhancement · Stress Management



# STRESS PRODUCTS

## GABA

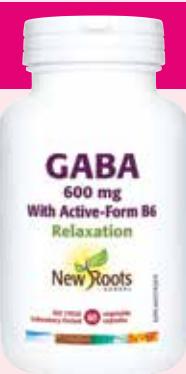
600 mg · With Active-Form B6 capsules

### Relaxation

Helps to temporarily promote relaxation. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in tissue formation.

### Each vegetable capsule contains

gamma-Aminobutyric acid (GABA) ..... 600 mg  
Vitamin B6 (pyridoxal-5'-phosphate) ..... 2 mg



### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1-5 capsules daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#2136 · 60 vegetable capsules · UPC 6-28747-12136-1  
#2542 · 150 vegetable capsules · UPC 6-28747-12542-0  
NPN 80074264 · V0590-R1

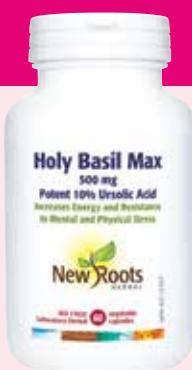
Amino Acids and Proteins · Mood Enhancement · Neurological Health Stress Management · Vitamins and Minerals

## Holy Basil Max

500 mg · Potent 10% Ursolic Acid capsules

### Increases Energy and Resistance to Mental and Physical Stress

Used in herbal medicine as an adaptogen to help increase energy and resistance to stress (in case of mental and physical fatigue related to stress). Traditionally used in Ayurveda as an expectorant and/or demulcent to help relieve cough (Kasa) and colds; as an expectorant to help relieve respiratory mucus buildup (catarrh); as a cardiotonic (Hrdya); and to aid digestion (Dipani) and stimulate appetite (stomachic). Source of antioxidants.



### Each vegetable capsule contains

Holy basil (*Ocimum tenuiflorum*) leaf extract, 10.0% ursolic acid ..... 500 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

#2898 · 60 vegetable capsules · UPC 6-28747-12898-8  
NPN 80112767 · V0740-R1

Cold and Flu · Energy · Herbs and Herbal Extracts Stress Management

## Kava Kava

400 mg · 30% Kavalactones capsules

### Promotes Relaxation and Serenity

Used in herbal medicine to help relieve nervousness; as a calmative; as a sedative; and as a sleep aid / to promote sleep.

### Each vegetable capsule contains

Kava kava (*Piper methysticum*) root extract, 30% kavalactones ..... 400 mg

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

#2111 · 60 vegetable capsules · UPC 6-28747-12111-8  
NPN 80072998 · V0586-R2

Herbs and Herbal Extracts · Mood Enhancement · Stress Management

## L-Theanine

250 mg capsules

### Relaxation

Helps to temporarily promote relaxation.

### Each vegetable capsule contains

L-Theanine ..... 250 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

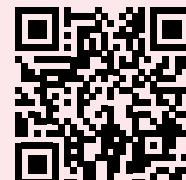
Adults: Take 1 capsule daily or as directed by your health-care practitioner.

#1786 · 30 vegetable capsules · UPC 6-28747-11786-9  
#2551 · 60 vegetable capsules · UPC 6-28747-12551-2  
#2552 · 120 vegetable capsules · UPC 6-28747-12552-9  
NPN 80039946 · V0484-R2

Amino Acids and Proteins · Memory Help · Sleep Aids



Take our stress quiz

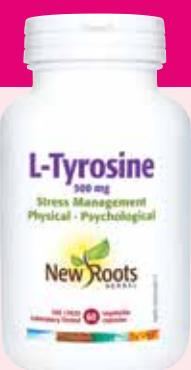


# STRESS PRODUCTS

## L-Tyrosine

500 mg

capsules



### Stress Management

#### Physical · Psychological

Helps in the management of some forms of stress (physical, psychological, sleep deprivation, multitasking, etc.).

#### Each vegetable capsule contains

L-Tyrosine ..... 500 mg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Take 2 capsules daily with meals or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for long-term use.

#1020 · 60 vegetable capsules · UPC 6-28747-11020-4  
NPN 80000017 · V0169-R3

Amino Acids and Proteins · Mood Enhancement · Stress Management

## Merry Mind Omega 3

1,000 mg EPA · 100 mg DHA softgels  
Ultrapure Pharmaceutical Grade



### Healthy Mood Balance

#### 0% Porcine/Bovine

Helps to promote healthy mood balance.

#### Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) ..... 1,366 mg

#### Providing omega-3 fatty acids, including:

Eicosapentaenoic acid (EPA) ..... 1,000 mg  
Docosahexaenoic acid (DHA) ..... 100 mg  
Other omega-3s ..... 71 mg

Ultrapure, pharmaceutical grade.

#### Other ingredients

Natural vitamin E (d-alpha-tocopherol, from non-GMO sunflower) in an improved softgel composed of fish gelatin, glycerin, and purified water.

#### Directions of use

Adults: Take 1 softgel daily with a meal or as directed by your health-care practitioner.

#2163 · 30 fish-based softgels · UPC 6-28747-12163-7  
NPN 80077448 · V0577-R4

Fish Oils · Mood Enhancement · Pain and Inflammation

Full line of fish oils, p. 152-159

## New Roots Herbal

## Chill Pills

capsules



#### Relaxation

L-Theanine helps to temporarily promote relaxation. B-complex vitamins are a factor in the maintenance of good health.

#### Each vegetable capsule contains

Ashwagandha ( <i>Withania somnifera</i> ) root extract, 2.5% withanolides	125 mg
L-Theanine	100 mg
Holy basil ( <i>Ocimum tenuiflorum</i> ) leaf extract, 10% ursolic acid	50 mg
Oat ( <i>Avena sativa</i> ) 10:1 extract	50 mg
Passionflower ( <i>Passiflora incarnata</i> ) extract, 4% flavonoids	50 mg
Vitamin B2 (riboflavin, riboflavin-5'-phosphate sodium)	27.5 mg
Vitamin B6 (pyridoxine hydrochloride / pyridoxal-5'-phosphate)	27.5 mg
para-Aminobenzoic acid (PABA)	25 mg
Astragalus ( <i>Astragalus membranaceus</i> ) root extract, 3% astragalosides	25 mg
Choline bitartrate	25 mg
Inositol (myo-inositol)	25 mg
D-Ribose	25 mg
Vitamin B1 (thiamine hydrochloride)	25 mg
Vitamin B5 (calcium D-pantothenate)	25 mg
Inositol hexanicotinate, flush-free (providing 15.925 mg of vitamin B3)	17.5 mg
Phellodendron ( <i>Phellodendron amurense</i> ) bark extract, 0.1% berberine	15 mg
Chinese jujube ( <i>Ziziphus jujuba</i> ) fruit	12.5 mg
Magnolia ( <i>Magnolia officinalis</i> ) bark 50:1 extract, 80% magnolol + honokiol	7.5 mg
Vitamin B3 (niacinamide)	7.5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	500 mcg
Vitamin B12 (methylcobalamin)	75 mcg
Biotin	37.5 mcg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 2 capsules at once daily with food or as directed by your health-care practitioner. Not to be taken immediately before bedtime. If you are taking other medications, take this product a few hours before or after them.

#### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#1166 · 16 vegetable capsules · UPC 6-28747-11166-9  
#1163 · 30 vegetable capsules · UPC 6-28747-11163-8  
#1277 · 60 vegetable capsules · UPC 6-28747-11277-2

NPN 80128899 · V0324-R8

Mood Enhancement · Stress Management

# STRESS PRODUCTS

New Roots Herbal

## Joyful

capsules



### Healthy Mood Balance

Helps to promote healthy mood balance.  
Helps to temporarily promote relaxation.

#### Each vegetable capsule contains

gamma-Aminobutyric acid (GABA) . . . . .	200 mg
L-Theanine . . . . .	83.33 mg
L-Tryptophan . . . . .	73.333 mg
L-5-Hydroxytryptophan (L-5-HTP) (from <i>Griffonia simplicifolia</i> seed) . . . . .	50 mg
San-qi ginseng ( <i>Panax notoginseng</i> ) leaf 15:1 extract . . . . .	50 mg
Phellodendron ( <i>Phellodendron amurensis</i> ) bark extract, 1% berberine . . . . .	10 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	10 mg
Magnolia ( <i>Magnolia officinalis</i> ) bark 50:1 extract, 80% magnolol + honokiol . . . . .	5 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	333 mcg
Vitamin B12 (methylcobalamin) . . . . .	333 mcg
Vitamin D3 (cholecalciferol) . . . . .	8.33 mcg (333.33 IU)

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule three times daily. Start with 1 capsule daily and gradually move to 3 daily, or as directed by your health-care practitioner. Use the lowest efficient dose.

#### Duration of use

*For healthy mood balance:* Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 4 weeks.

#2022 · 30 vegetable capsules · UPC 6-28747-12022-7  
#2024 · 60 vegetable capsules · UPC 6-28747-12024-1  
NPN 80069682 · V0557-R1

Mood Enhancement · Neurological Health · Stress Management

## Saffron Zen

With **affron® Extract**

Adults and Teens · Clinically Proven

capsules



Mood Balance · Stress Reduction

Restlessness · Nervousness

Fatigue · Weariness · Irritability

Affron® is clinically proven to support mood balance in adults and adolescents (12 years and over); to relieve restlessness or nervousness (calmative) and to reduce the symptoms of perceived stress, such as fatigue, weariness, and irritability; and to help improve sleep quality in 4 weeks, and restorative sleep in individuals experiencing sleeplessness.

#### Each vegetable capsule contains

Saffron (*Crocus sativus*) stigma extract (Affron®), standardized to 3.5% Lepticosalides®, providing crocins and safranal . . . . . 14 mg

#### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults and adolescents 12 years and over:** Take 1 capsule twice daily or as directed by your health-care practitioner.

#### Duration of use

**Adolescents (12-17 years):** Consult a health-care practitioner for use beyond 8 weeks. **Adults (18 years and older):** Consult a health-care practitioner for use beyond 12 weeks.

Affron® and Lepticosalides® are registered trademarks of Pharmactive Biotech Products, S.L.U., sourced from Spain.

#3387 · 60 vegetable capsules · UPC 6-28747-13387-6

NPN 80097012 · V0695-R1

Herbs and Herbal Extracts · Mood Enhancement · Sleep Aids  
Stress Management



Residual solvents from extraction processes rank among the critical quality-control concerns for natural health products. The GC-Headspace is employed to guarantee the purity of all New Roots Herbal products.

# STRESS PRODUCTS

## St. John's Wort

Extract · 450 mg

capsules



### Calmative and Sedative

Used in herbal medicine to help relieve restlessness and nervousness (sedative and calmative).

### Each vegetable capsule contains

St. John's wort (*Hypericum perforatum*)  
aerial part 8:1 extract . . . . . 450 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule three times daily or as directed by your health-care practitioner.

### Duration of use

Use for a minimum of 1 week to see beneficial effects. Consult a health-care practitioner for use beyond 18 weeks.

#0776 · 60 vegetable capsules · UPC 6-28747-10776-1  
NPN 80031047 · V0130-R4

Herbs and Herbal Extracts · Mood Enhancement · Sleep Aids  
Stress Management



## Ultra Stress

B Complex 50 mg + Vitamin C

capsules



### Flush-Free Formula

B-Complex supplement for the maintenance of good health. An antioxidant for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps the body to metabolize carbohydrates, fats, and proteins. Helps normal growth and development.

### Each vegetable capsule contains

Vitamin C (ascorbic acid) . . . . .	425 mg
para-Aminobenzoic acid (PABA) . . . . .	50 mg
Choline (choline bitartrate) . . . . .	50 mg
Inositol (myo-inositol) . . . . .	50 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	50 mg
Vitamin B2 (riboflavin) . . . . .	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free) . . . . .	50 mg
Vitamin B5 (calcium D-pantothenate) . . . . .	50 mg
Vitamin B6 (pyridoxine hydrochloride) . . . . .	50 mg
Vitamin B2 (riboflavin-5'-phosphate) . . . . .	5 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	5 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	1 mg
Vitamin B12 (methylcobalamin) . . . . .	150 mcg
Biotin . . . . .	75 mcg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#0900 · 60 vegetable capsules · UPC 6-28747-10900-0  
#0901 · 90 vegetable capsules · UPC 6-28747-10901-7  
#0902 · 180 vegetable capsules · UPC 6-28747-10902-4  
NPN 80072064 · V0443-R2  
Stress Management · Vitamins and Minerals

Full line of B vitamins, p. 220-225

Consumers rely on precise identification of botanical species and the quantity of marker compounds, especially when it relates to effectiveness on mood and stress. LC-MS/MS validates ingredients for identity and potency, ensuring consistent premium quality. It is able to detect compounds down to parts per trillion ( $10^{-12}$ ). Consumers can trust in products that work for them.

## Strong Bones Vegetarian: Vegetarian Strong Bones

### Builds Stronger Bones Reduces Risk of Osteoporosis

Calcium, vitamin C, vitamin D, magnesium, manganese, and phosphorus help in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Vitamin D also helps in the absorption and use of calcium and phosphorus. Vitamin K2 also helps in the maintenance of bones. Copper helps to produce and repair connective tissue. Provides antioxidants for the maintenance of good health.

**This formula is suitable for vegetarian diets, as it contains no animal byproducts.**

### Nine (9) vegetable capsules contain

Calcium (from calcium phosphate, tribasic) . . . . .	1,000 mg
Phosphorus (from calcium phosphate, tribasic) . . . . .	472.23 mg
L-Lysine . . . . .	300 mg
L-Proline . . . . .	300 mg
Magnesium (from fully reacted magnesium bisglycinate) . . . . .	270 mg
Glucosamine hydrochloride (from <i>Aspergillus niger</i> ) . . . . .	252 mg
Vitamin C (ascorbic acid) . . . . .	186 mg
Grape ( <i>Vitis vinifera</i> ) seed extract, 80% oligomeric proanthocyanidins . . . . .	60 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 75% epigallocatechin-3-gallate (EGCG) . . . . .	42 mg
Field horsetail ( <i>Equisetum arvense</i> ) aerial part extract, 7% silica . . . . .	30 mg
Turmeric ( <i>Curcuma longa</i> ) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin . . . . .	22.5 mg
Zinc (from zinc monomethionine) . . . . .	9.27 mg
Lycopene (from tomato [ <i>Solanum lycopersicum</i> ] flesh) . . . . .	5 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	4.65 mg
Boron (from boron citrate) . . . . .	3.36 mg
Manganese (from manganese citrate) . . . . .	2.79 mg
Lutein (from marigold [ <i>Tagetes erecta</i> ] oleoresin) . . . . .	2 mg
Copper (from copper citrate) . . . . .	930 mcg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	500 mcg
Vitamin B12 (methylcobalamin) . . . . .	150 mcg
Vitamin K2 (from menaquinone-4 [83 mcg] and menaquinone-7 [10 mcg]) . . . . .	93 mcg
Vitamin D3 (cholecalciferol) . . . . .	25 mcg (1,000 IU)

### Other ingredients

Natural peppermint flavour, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 3 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

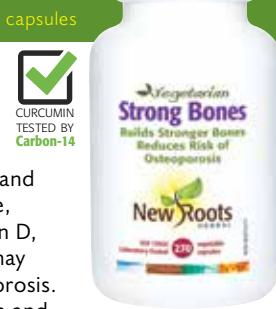
### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#2121 · 270 vegetable capsules · UPC 6-28747-12121-7

NPN 80071671 · V0529-R4

50+ Health · Bone Health · Vitamins and Minerals



## Strontium Strong

Osteo Support · 340 mg capsules

Helps to support bone mineral density.

### Each vegetable capsule contains

Strontium  
(from strontium citrate) . . . . . 340 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



### Directions of use

**Adults 50 years and older:** Take 2 capsules once daily or as directed by your health-care practitioner. Vitamin D and calcium supplements should also be taken if dietary intake is inadequate or if recommended by a health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

#2447 · 120 vegetable capsules · UPC 6-28747-12447-8

NPN 80086406 · V0628-R1

50+ Health · Bone Health · Vitamins and Minerals

## Super Fibre

Psyllium · 620 mg capsules

Lowers Cholesterol

Promotes Regularity

Gently Relieves Constipation

Provides gentle relief of constipation or irregularity. Lowers cholesterol. Promotes heart health. Helps to maintain a healthy cardiovascular system by promoting healthy cholesterol levels.



### Each vegetable capsule contains

Psyllium (*Plantago ovata*) husk . . . . . 620 mg

### Other ingredients

Inulin in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** *For constipation or irregularity:* Take 3 capsules twice daily (morning and evening) with 8 oz. of water or juice, before or after meals. Follow with a second glass of liquid. Effects observed 12–24 hours after first dose, and may take 2–3 days. If you are taking other medications, take this product 2 hours before or after them. *For cholesterol, heart health, and cardiovascular effects:* Take 6 capsules three times a day (morning, afternoon, and evening) with 8 oz. of water or juice, before or after meals. Follow with a second glass of liquid. If you are taking other medications, take this product 2 hours before or after them.

#0011 · 100 vegetable capsules · UPC 6-28747-10011-3

NPN 80021829 · V0059-R2

Cholesterol Management · Digestive Health  
Herbs and Herbal Extracts · Weight Management

**“Hope is putting faith to work when  
doubting would be easier.”**

(author unknown)

## Super Immune

Sterols & Sterolins  
with Arabinogalactan

capsules



Lowers Total and LDL Cholesterol  
Supports Healthy Cholesterol Levels  
Maintains Immune Function

Helps lower blood total and LDL cholesterol.  
Helps maintain healthy cholesterol levels.  
Helps to maintain immune function.

### Each vegetable capsule contains

Free plant sterols (from non-GMO soy) ..... 240 mg

#### Providing:

beta-Sitosterols	96 mg
Campesterol	48 mg
Stigmasterol	48 mg
D-Galacto-L-arabinan (from <i>Larix laricina</i> )	206 mg
Zinc (from zinc citrate)	175 mcg

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 4 capsules daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

#1008 · 30 vegetable capsules · UPC 6-28747-11008-2  
#1195 · 120 vegetable capsules · UPC 6-28747-11195-9  
#1197 · 240 vegetable capsules · UPC 6-28747-11197-3

NPN 80024333 · V0425-R3

Cholesterol Management · Immune Health

## Super Iron

15 mg

capsules



### Advanced Formula with Vitamins C and B12

Helps to form red blood cells and helps in their proper function. Vitamin C is an antioxidant for the maintenance of good health.

### Each vegetable capsule contains

Vitamin C (ascorbic acid)	175 mg
Iron (from iron ascorbate)	15 mg
Vitamin B1 (thiamine hydrochloride)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg
Inositol hexanicotinate, flush-free (vitamin B3)	2 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	2 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1 mg
Vitamin B12 (methylcobalamin)	250 mcg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#0970 · 90 vegetable capsules · UPC 6-28747-10970-3  
NPN 80048168 · V0489-R3

Energy · Vitamins and Minerals · Women's Health

Full line of iron supplements, p. 112

Superfood:  
Organic

## Fermented Superfood Blend

powder

+ Inulin from Jerusalem Artichoke



29 Fully Fermented Plants

Unsweetened and No Flavour Added

35 Calories per Portion

100% Natural · Gluten-Free · Non-GMO

Fermented to maximize nutritional value · Very high source of fibre · Gut-friendly · Vegan · Nondairy · No soy · Add to taste in soups, stews, and shakes

### Ingredient

Organic fermented greens blend (organic wheatgrass, organic alfalfa grass, organic spirulina, organic broken-cell chlorella, organic barley grass, organic oat grass, organic rockweed, Vitakelp™) • Organic fermented fruit blend (organic noni fruit, organic amla fruit, organic apple, organic strawberry, organic blackcurrant, organic blueberry, organic cranberry, organic pomegranate juice, organic raspberry) • Organic fermented vegetable blend (organic carrot, organic beet, organic parsley, organic spinach, organic broccoli, organic kale, organic green cabbage, organic onion, organic pea protein) • Organic fermented flaxseed fibre • Organic fermented ginger • Organic fermented turmeric • Organic inulin (from Jerusalem artichoke).

### Nutrition Facts · Per 1½ tbsp. (11 g)

Calories	35	% Daily Value*	% Daily Value*	
Fat	0.4 g	1 %	Protein	2 g
Saturated	0 g + Trans 0 g	0 %	Cholesterol	0 mg
Polyunsaturated	0.2 g		Sodium	95 mg ..... 4 %
Omega-6	0.1 g		Potassium	0 mg ..... 0 %
Omega-3	0.1 g		Calcium	0 mg ..... 0 %
Monounsaturated	0.1 g		Iron	0 mg ..... 0 %
Total Carbohydrate	7 g			
Dietary Fibre	6 g ..... 21 %			
Sugars	1 g ..... 1 %			

\*5% or less is a little, 15% or more is a lot

#2464 · 80 g / 7 portions · UPC 6-28747-02464-8  
#2341 · 230 g / 21 portions · UPC 6-28747-02341-2

PM0792-R1

### NONTAXABLE ITEM

Digestive Health · Fermented Products · Functional Foods

Full line of fermented products, p. 92–94

## Sweet-to-Clean

Plant-Based Sweetener  
Xylitol · Organic

powder



### No Aftertaste

10 Calories per Teaspoon

100% Pure · Gluten-Free · Non-GMO

As sweet as sugar, xylitol is a lower caloric alternative to table sugar without any unpleasant aftertaste. Its look, feel, and consistency make it ideal for all recipes.

Low glycemic impact · Ideal for baking · Keto-friendly

### Ingredient

Organic xylitol.

### Directions of use

As sweet as sugar · 1 tsp. Sweet-to-Clean = 1 tsp. sugar

Nutrition Facts · Per 1 tsp. (4 g)			
Calories 10	% Daily Value*	% Daily Value*	
Fat 0 g . . . . .	0 %	Carbohydrate 4 g . . . . .	0 %
Protein 0 g		Sugars 0 g	
		Xylitol 4 g	

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.  
\*5% or less is a little, 15% or more is a lot

#2459 · 454 g · UPC 6-28747-02459-4  
P0815-R1

#### NONTAXABLE ITEM

Keto Diet · Natural Sweeteners · Weight Management

Full line of natural sweeteners, p. 210–211

## Sweet-to-Slim

Plant-Based Sweetener  
Erythritol · Organic



0 calories · 100% Pure  
Gluten-Free · Non-GMO

A naturally occurring source of sweetness with a flavour profile similar to that of table sugar, erythritol has 95% less calories than sugar, without the aftertaste of many artificial sweeteners.

Low glycemic impact · Crystalline texture · Clear appearance when dissolved · Keto-friendly

#### Ingredient

Organic erythritol.

#### Directions of use

30% less sweetness than sugar · 1½ tsp. **Sweet-to-Light** = 1 tsp. sugar

#### Nutrition Facts · Per 1 tsp. (4 g)

Calories 0	% Daily Value*	Carbohydrate 4 g . . . . .	% Daily Value*
Fat 0 g . . . . .	0 %	Sugars 0 g	
Protein 0 g		Erythritol 4 g	

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

\*5% or less is a little, 15% or more is a lot

#2460 · 454 g · UPC 6-28747-02460-0  
P0806-R1

#### NONTAXABLE ITEM

Blood Glucose Management · Natural Sweeteners  
Weight Management

Full line of natural sweeteners, p. 210–211

## Sweet Wormwood Max

*Artemisia annua* 500 mg  
10% Artemisinin capsules



#### Strengthens Immune Function

Helps with immune function. An antioxidant that helps protect cells from oxidative damage caused by free radicals. A factor in the maintenance of good health.

#### Each vegetable capsule contains

Sweet wormwood (*Artemisia annua*) extract, 10% artemisinin . . . . . 500 mg  
Vitamin C (ascorbic acid) . . . . . 6 mg

#### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults 19+: Take 1 capsule daily or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for use beyond 7 days.  
For occasional use only.

#3193 · 60 vegetable capsules · UPC 6-28747-13193-3

NPN 80112296 · V0745-R1

Herbs and Herbal Extracts · Immune Health  
Parasitic and Fungal Management

## Sweeteners

210–211

## Tamanu Oil

Certified Organic

#### Moisture Barrier Maintenance

Cold-pressed tamanu nut oil quenches the skin to help retain moisture and to reduce the signs of aging skin. It will help restore the look of your skin and so much more.

#### Each bottle contains

Organic tamanu (*Calophyllum inophyllum*) seed oil, cold-pressed, nondeodorized . . . . . 30 ml  
with organic rosemary (*Rosmarinus officinalis*) extract.



#### Ingredients

Organic *Calophyllum inophyllum* seed oil and organic *Rosmarinus officinalis* (rosemary) leaf extract.

#### Directions of use

Place 5–8 drops in your hand and gently massage the oil on your face and neck. Larger body parts may require more oil. Best applied on moist skin, such as following a shower or bath, before bedtime.

#1600 · 30 ml · UPC 6-28747-21600-5

OM0121-R2

Beauty · Exotic Skin Oils · Skin

Full line of exotic skin oils, p. 88–91

## Taurine

500 mg capsules

Supports Cardiovascular Health

Helps to support cardiovascular function.



#### Each vegetable capsule contains

Taurine (2-aminoethanesulfonic acid) . . . . . 500 mg

#### Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule made with vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 3 capsules once or twice daily or as directed by your health-care practitioner.

#0089 · 90 vegetable capsules · UPC 6-28747-10089-2

NPN 80021987 · V0103-R2

Amino Acids and Proteins · Heart and Blood

# NATURAL SWEETENERS

## Smooth Stevia

powder



Plant-Based Sweetener

Sugar Substitute · Nonbitter

0 Calories · 100% All Natural

Vegan · Gluten-Free · Non-GMO

Low glycemic index. Be mindful of the dosage, because  $\frac{1}{32}$  tsp. of Smooth Stevia = 1 teaspoon of sugar.

### Ingredients

Isomaltulose (naturally occurring disaccharide from sugar beet) and stevia (*Stevia rebaudiana*) concentrate.

### Directions of use

Add to taste to your favourite beverage and stir. Excellent sugar substitute for coffee, tea, and for baking!

### Nutrition Facts · Per $\frac{1}{32}$ tsp. (0.1 g)

Calories 0	% Daily Value*	Calories 0	% Daily Value*
Fat 0 g .....	0 %	Carbohydrate 0 g .....	0 %
Protein 0 g			

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

\*5% or less is a little, 15% or more is a lot

#1923 · 30 g · UPC 6-28747-01923-1  
PM0056-R1

**NONTAXABLE ITEM**

Functional Foods · Keto Diet · Natural Sweeteners  
Weight Management

## Stevia Sugar

Spoonable

powder



Plant-Based Sweetener

Sugar Substitute with Inulin

0 Calories · 100% All Natural

Vegan · Keto · Gluten-Free · Non-GMO

Zero calories. No glycemic response.

### Ingredients

Inulin (from chicory root) and stevia (*Stevia rebaudiana*) leaf extract.

### Directions of use

One teaspoon or one sachet of Stevia Sugar equals the taste of two teaspoons of regular sugar. Add to taste.

### Nutrition Facts · Per $\frac{1}{4}$ tsp. (1 g)

Calories 0	% Daily Value*	Calories 0	% Daily Value*
Fat 0 g .....	0 %	Carbohydrate 1 g	
Protein 0 g		Fibre 1 g .....	4 %

\*5% or less is a little, 15% or more is a lot

#1070 · 250 g · UPC 6-28747-91070-5  
#1069 · 454 g · UPC 6-28747-91069-9  
PM0434-R3

**NONTAXABLE ITEM**

Keto Diet · Natural Sweeteners · Weight Management

**“Sweetness is not in itself unhealthy; we simply eat only the most unhealthy kind of sweetness.”**

Giulia Enders

## Stevia Sweetleaf

liquid



Plant-Based Sweetener

0 Calories · 100% All Natural

Vegan · Gluten-Free · Non-GMO

Stevia liquid extract.

### Ingredients

Water, vegetable glycerin, organic alcohol from sugarcane, and stevia (*Stevia rebaudiana*) leaf extract.

### Directions of use

Use as desired and sweeten to taste using 1 to 5 drops.

#0267 · 30 ml · UPC 6-28747-20267-1

LM0091-R1

**NONTAXABLE ITEM**

Keto Diet · Natural Sweeteners · Weight Management

## Stevia

White Powder Concentrate



Plant-Based Sweetener

0 calories · 100% All Natural

Vegan · Gluten-Free · Non-GMO

Intensely sweet and safe for diabetics, it is a terrific ally to lower sugar and artificial sweetener consumption.

### Ingredients

Stevia (*Stevia rebaudiana*) leaf extract.

### Directions of use

The white powder extract of *Stevia rebaudiana* is very strong. Use a very small quantity to your individual taste.

### Nutrition Facts · Per $\frac{1}{32}$ tsp. (0.1 g)

Calories 0	% Daily Value*	Calories 0	% Daily Value*
Fat 0 g .....	0 %	Protein 0 g	
Carbohydrate 0 g .....	0 %		

Not a significant source of saturated fat, *trans* fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

\*5% or less is a little, 15% or more is a lot

#0164 · 15 g · UPC 6-28747-00164-9

#0202 · 30 g · UPC 6-28747-00202-8

PM0116-R1

**NONTAXABLE ITEM**

Keto Diet · Natural Sweeteners · Weight Management



# NATURAL SWEETENERS

## Sweet-to-Clean

Plant-Based Sweetener

Xylitol · Organic

powder



No Aftertaste

10 Calories per Teaspoon

100% Pure · Gluten-Free · Non-GMO

As sweet as sugar, xylitol is a lower caloric alternative to table sugar without any unpleasant aftertaste. Its look, feel, and consistency make it ideal for all recipes.

Low glycemic impact · Ideal for baking · Keto-friendly

### Ingredient

Organic xylitol.

### Directions of use

As sweet as sugar · 1 tsp. Sweet-to-Clean = 1 tsp. sugar

### Nutrition Facts · Per 1 tsp. (4 g)

Calories	10	% Daily Value*
Fat 0 g	.....	0 %
Protein 0 g	.....	0 %

Carbohydrate 4 g..... 0 %  
Sugars 0 g  
Xylitol 4 g

Not a significant source of saturated fat, trans fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

\*5% or less is a little, 15% or more is a lot  
#2459 · 454 g · UPC 6-28747-02459-4  
P0815-R1

### NONTAXABLE ITEM

[Keto Diet](#) · [Natural Sweeteners](#) · [Weight Management](#)

## Sweet-to-Slim

Plant-Based Sweetener

Erythritol · Organic

powder



0 calories · 100% Pure

Gluten-Free · Non-GMO

A naturally occurring source of sweetness with a flavour profile similar to that of table sugar, erythritol has 95% less calories than sugar, without the aftertaste of many artificial sweeteners.

Low glycemic impact · Crystalline texture · Clear appearance when dissolved · Keto-friendly

### Ingredient

Organic erythritol.

### Directions of use

30% less sweetness than sugar · 1½ tsp. Sweet-to-Light = 1 tsp. sugar

### Nutrition Facts · Per 1 tsp. (4 g)

Calories	10	% Daily Value*	% Daily Value*
Fat 0 g	.....	0 %	Carbohydrate 4 g..... 0 %
Protein 0 g	.....	0 %	Sugars 0 g Erythritol 4 g

Not a significant source of saturated fat, trans fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

\*5% or less is a little, 15% or more is a lot  
#2460 · 454 g · UPC 6-28747-02460-0  
P0806-R1

### NONTAXABLE ITEM

[Blood Glucose Management](#) · [Natural Sweeteners](#) · [Weight Management](#)



Sourcing and botanical origin for naturally sourced sweeteners is very important. HPLC/UHPLC is used to determine the origins and potency of raw materials. The Rotor-Gene Q thermocycler validates raw materials to ensure non-GMO status.



## Tea Tree Organic Essential Oil

*Melaleuca alternifolia*

100% Pure · Certified Organic

Used in aromatherapy to help relieve colds/cough. Helps to improve symptoms of fungal nail-bed infections. Helps treat acne pimples.

### Each drop contains

Organic tea tree (*Melaleuca alternifolia*) leaf or twig essential oil . . . . . 100%



### Active compounds

Terpinen-4-ol, *alpha*- and *gamma*-terpinene.

### Directions of use

**Adults:** • For aromatherapy use: Mix 1 drop of essential oil in 1 tsp. (5 ml) of carrier (vegetable) oil (1% essential oil). Rub and/or massage into skin until solution vanishes. For local application (10% or less of body surface area): Apply to affected area up to three times per day. • For acne use: Mix 5 drops of essential oil in 1 tsp. (5 ml) of carrier (vegetable) oil (5% essential oil). Cleanse skin thoroughly before applying the product. Apply product to affected areas one to three times daily. • For nail fungus use: Do not dilute in carrier oil. Apply sparingly to affected nail(s) twice daily. Avoid contact with skin. • For all uses: Do not apply undiluted essential oils to skin. Not for oral use.

### Duration of use

For occasional use only.

#2117 · 15 ml · UPC 6-28747-22117-7

#2116 · 50 ml · UPC 6-28747-22116-0

#2118 · 95 ml · UPC 6-28747-22118-4

NPN 80069443 · O0029-R1

Essential Oils

Full line of essential oils, p. 78–86

## Theanine

### L-Theanine

250 mg

capsules



### Relaxation

Helps to temporarily promote relaxation.

### Each vegetable capsule contains

L-Theanine . . . . . 250 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

#1786 · 30 vegetable capsules · UPC 6-28747-11786-9

#2551 · 60 vegetable capsules · UPC 6-28747-12551-2

#2552 · 120 vegetable capsules · UPC 6-28747-12552-9

NPN 80039946 · V0484-R2

Amino Acids and Proteins · Memory Help · Sleep Aids

Full line of antistress products, p. 202–206

## Thyme Pure Essential Oil

*Thymus vulgaris*

100% Pure · Clean · Unadulterated

Aroma: Herbal, fresh, spicy.

Attributes: Elevating, revitalizing, clarifying.

Scent note: Middle Note



### Each drop contains

Thyme (*Thymus vulgaris*) flowering herb top essential oil, steam-distilled . . . . . 100%

### Active compounds

Thymol and *p*-cymene.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use

For external and occasional use only.

#3212 · 30 ml · UPC 6-28747-13212-8

O0091-R1

Essential Oils

Full line of essential oils, p. 78–86

## Thymus:

### Grass-Fed

### Lamb Thymus

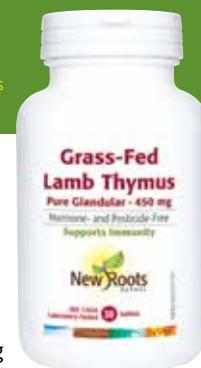
tablets

Pure Glandular · 450 mg

Hormone- and Pesticide-Free

Supports Immunity

Supports good health. Helps support immune function.



### Each tablet contains

Glandular thymus (from lamb [*Ovis aries*]) . . . . . 450 mg

Vitamin C . . . . . 6 mg

\*Superior-quality, freeze-dried organ from New Zealand grass-fed lamb. Guaranteed free of pesticides, growth hormones, antibiotics, and transmissible spongiform encephalopathy (TSE).

### Other ingredients

Sorbitol, dicalcium phosphate, vegetable stearic acid, croscarmellose sodium, and natural peppermint flavour.

### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner.

#2482 · 30 tablets · UPC 6-28747-12482-9

NEW SIZE! #3436 · 90 tablets · UPC 6-2877-13436-1

NPN 80103735 · V0524-R2

Glandular Extracts · Immune Health



# Thyrosyn

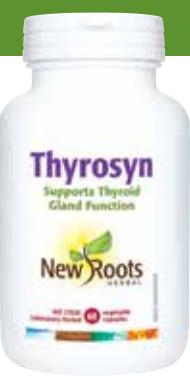
capsules

## Supports Thyroid Gland Function

Iodine helps in the function of the thyroid gland. An antioxidant for the maintenance of good health.

### Each vegetable capsule contains

L-Tyrosine	125 mg
Vitamin E (d-alpha-tocopheryl acid succinate)	
from sunflower	67 mg AT (100 IU)
Adrenal gland 3:1 concentrate (from pork [ <i>Sus scrofa</i> ])	60 mg
Spleen (organ), from bovine source ( <i>Bos taurus</i> )	40 mg
Potassium (from potassium citrate)	10.5 mg
Coenzyme Q10 (ubiquinone-10) (from fermentation)	5 mg
L-Cysteine hydrochloride	5 mg
L-Cystine	5 mg
Myrrh ( <i>Commiphora myrrha</i> )	5 mg
Myrtle ( <i>Myrtus communis</i> )	5 mg
Norwegian kelp ( <i>Ascophyllum nodosum</i> ), 0.1% iodine	5 mg



### Other ingredients

Spearmint (*Mentha spicata*) and peppermint (*Mentha x piperita*) extracts, natural peppermint flavour, silicon dioxide, and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily or as directed by your health-care practitioner.

#0811 · 60 vegetable capsules · UPC 6-28747-10811-9

NPN 80056805 · V0212-R6

Energy · Glandular Extracts

### Time Release

# Vitamin C

1,000 mg

With Citrus Bioflavonoids and Rose Hips

tablets



### Immune Support

Helps to maintain/support immune function. Vitamin C is a factor in the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation. Helps in wound healing. An antioxidant for the maintenance of good health.

### Each tablet contains

Vitamin C (ascorbic acid)	1,000 mg
Citrus bioflavonoids (from bitter orange [ <i>Citrus x aurantium</i> ]), 50% hesperidin	150 mg
Rose hips ( <i>Rosa canina</i> )	50 mg

### Other ingredients

Hypromelose, dicalcium phosphate, vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, and vegetable stearic acid, with a coating of polyvinyl alcohol, talc, polyethylene glycol, and polysorbate 80.

### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 2 months.

#0270 · 60 tablets · UPC 6-28747-10270-4

#0933 · 120 tablets · UPC 6-28747-10933-8

#0934 · 250 tablets · UPC 6-28747-10934-5

NPN 80041930 · V0077-R4

Antioxidants · Immune Health · Vitamins and Minerals

Full line of vitamin C products, p. 226-228

# Tingsation

## Essential Oil for Tingling Toes and Fingers



For sensitive or tingling toes and fingers.

### Each bottle contains

Lavender (*Lavandula angustifolia*) essential oil, geranium (*Pelargonium graveolens*) essential oil, blue gum (*Eucalyptus globulus*) essential oil, bergamot (*Citrus bergamia*) essential oil, tea tree (*Melaleuca alternifolia*) essential oil, organic alcohol from sugarcane, and tetrahydropiperine (from black pepper [*Piper nigrum*]).

### Directions of use

**Adults:** For topical use only; not for oral use. Apply to the affected area (toes and fingers) up to 4 times per day. Massage into skin until solution is completely absorbed. Do not use on broken skin. Do not tightly bandage. Do not apply with external heat, such as an electric heating pad, as this may result in excessive skin irritation or burning sensation.

### Duration of use

For occasional use only; consult a health-care practitioner for prolonged use.

#1929 · 15 ml · UPC 6-28747-21929-7

LM0002-R1

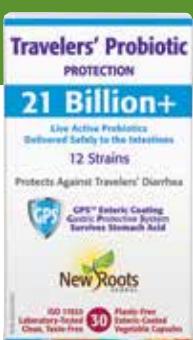
Essential Oils · Pain and Inflammation

Full line of essential oils, p. 78-86

# Travelers' Probiotic

## Protection

capsules



21 Billion + Live Active Probiotics

Delivered Safely to the Intestines

12 Strains · Protects Against

Travelers' Diarrhea · GPS™ Enteric

Coating Gastric Protective System

Survives Stomach Acid

Helps to reduce the risk of travelers' diarrhea and the risk of antibiotic-associated diarrhea.

Source of probiotics. Helps support intestinal/gastrointestinal health. Could promote favourable gut flora.

**Each GPS™ natural water-based enteric-coated vegetable capsule protects contents from stomach acid and delivers 100% potency of the following 12 strains of live active healthy whole cells (21 billion) to the intestines**

Human Strains

<i>Lactobacillus acidophilus</i> R0418	619 million CFU
<i>Bifidobacterium breve</i> R0070	338 million CFU
<i>Bifidobacterium longum</i>	
ssp. <i>infantis</i> R0033	338 million CFU
<i>Bifidobacterium longum</i>	
ssp. <i>longum</i> R0175	338 million CFU

### Plant Strains

<i>Saccharomyces boulardii</i>	10 billion CFU
<i>Lactobacillus plantarum</i> R1012	450 million CFU
<b>Dairy Strains</b>	
<i>Lactobacillus rhamnosus</i> R0011	4.5 billion CFU
<i>Lactobacillus rhamnosus</i> R1039	3.375 billion CFU
<i>Lactobacillus helveticus</i> R0052	563 million CFU
<i>Lactobacillus casei</i> R0215	450 million CFU
<i>Streptococcus salivarius</i> ssp. <i>thermophilus</i> R0083	225 million CFU
<i>Lactobacillus delbrueckii</i> ssp. <i>bulgaricus</i> R9001	56 million CFU

CFU = Colony-Forming Units. Potency guaranteed at date of expiry.

### Other ingredients

Arabinogalactan, inulin, non-GMO potato starch, vitamin C (ascorbic acid), vegetable magnesium stearate, and silicon dioxide in a non-GMO GPS™ capsule (medium-chain triglycerides, sodium alginate, oleic acid, stearic acid, ethylcellulose, hypromellose, and purified water).

### Directions of use

**Children 6–12 years, adolescents, and adults:** Take 1 capsule once or twice daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. *For travelers' diarrhea risk reduction:* Start 5 days prior to traveling and continue during the entire duration of the trip. Finish remaining capsules after return.

#1679 · 30 vegetable capsules · UPC 6-28747-11679-4  
NPN 80034369 · V0463-R2

Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 166–179

## Tribulus Terrestris

300 mg

capsules



Source of Saponins with  
Tonic Properties

### Each vegetable capsule contains

*Tribulus terrestris* fruit extract,  
40% saponins . . . . . 300 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

#0277 · 90 vegetable capsules · UPC 6-28747-10277-3  
NPN 80041605 · V0181-R4

Herbs and Herbal Extracts · Sexual Health (Men)

“Problems are challenges to creative minds. Without problems, there would be little reason to think at all.”

Earl Nightingale

## Turkey Tail:

### Coriolus

Turkey Tail · 500 mg  
Hot-Water Extract

capsules



### Medicinal Mushrooms

Immune Support · Antioxidant

50% *beta*-Glucans

from 55% Polysaccharides

Used in herbal medicine to support the

immune system. Source of antioxidants.

### Each vegetable capsule contains

*Coriolus (Trametes versicolor)* mushroom  
extract standardized to 55% polysaccharides  
providing 50% *beta*-glucans . . . . . 500 mg  
Hot-water extraction.

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule three times daily with food or as directed by your health-care practitioner. Dosage can be increased up to 2 capsules two or three times daily.

#1864 · 60 vegetable capsules · UPC 6-28747-11864-4  
NPN 80070797 · V0506-R4

Immune Health · Medicinal Mushrooms

Full line of medicinal mushrooms, p. 132–136

## Turmeric:

### Curcumin

Plus Piperine

95% Curcuminoids · 500 mg

capsules



Anti-Inflammatory  
Carbon-14-Tested to  
Guarantee Freedom from  
Impurities and  
Synthetic Substitutes

Provides antioxidants. Used in herbal  
medicine to help relieve joint inflammation.



### Each vegetable capsule contains

*Turmeric (Curcuma longa)* root extract,  
95% curcuminoids, providing curcumin I, demethoxycurcumin,  
and bisdemethoxycurcumin . . . . . 500 mg  
Black pepper (*Piper nigrum*) fruit extract, 95% piperine . . . . . 5 mg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1–3 capsules daily or as directed by your health-care practitioner. *Joint inflammation:* Take 1 capsule three times daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#1154 · 90 vegetable capsules · UPC 6-28747-11154-6  
NPN 80093664 · V0328-R3

Herbs and Herbal Extracts · Pain and Inflammation

**Turmeric:**  
Organic

## Fermented Turmeric Whole-Food Powder

Unsweetened and No Flavour Added  
10 Calories per Portion  
100% Pure · Gluten-Free · Non-GMO



Antioxidant-rich turmeric ranks among the world's superfoods for both health benefits and culinary versatility. Our organic turmeric is naturally fermented for an enhanced flavour profile and ease of intestinal assimilation. It's a great way to invigorate the nutritional quotient of smoothies and soups, while being a great fit for countless culinary applications.

### Ingredient

Organic fermented turmeric root.

### Recommended use

Add to water, juice, smoothies, or your favourite beverages including hot teas. Can be used in cooking with curries, marinades, vegetables, stir-fry, and stews, as well as for your signature dips or spreads. Try it on popcorn or roasted nuts.

### Nutrition Facts · Per 1 tsp. (3 g)

Calories 10	% Daily Value*	Calories 10	% Daily Value*
Fat 0 g . . . . .	0 %	Cholesterol 0 mg	
Saturated 0 g + Trans 0 g .	0 %	Sodium 0 mg . . . . .	0 %
Carbohydrate 2 g		Potassium 100 mg . . . . .	2 %
Fibre 1 g . . . . .	4 %	Calcium 10 mg . . . . .	1 %
Sugars 0 g . . . . .	0 %	Iron 1.75 mg . . . . .	10 %
Protein 0.2 g			

\*5% or less is a little, 15% or more is a lot

#2281 · 150 g / 50 portions · UPC 6-28747-02281-1  
P0760-R1

### NONTAXABLE ITEM

Fermented Products · Functional Foods

Full line of fermented products, p. 92–94

## Ultimate Bromelain

500 mg · 2,400 GDU/g capsules



### Extra Strength Digestive Enzyme

Digestive enzyme.

### Each vegetable capsule contains

Bromelain (from pineapple  
[Ananas comosus var. comosus]  
stem), 2,400 GDU/g . . . . . 500 mg  
(18,000,000 FCC PU)

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule one to three times daily with food or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for prolonged use.

#0238 · 90 vegetable capsules · UPC 6-28747-10238-4  
NPN 80034028 · V0198-R4  
Digestive Health · Enzymes

## Ultra B Complex

50 mg capsules

### Advanced Flush-Free Formula

Multivitamin for maintenance of good health. Helps to maintain the body's ability to metabolize nutrients and in the formation of red blood cells. Helps in supporting liver function.



### Each vegetable capsule contains

para-Aminobenzoic acid (PABA) . . . . .	50 mg
Choline (choline bitartrate) . . . . .	50 mg
Inositol (myo-inositol) . . . . .	50 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	50 mg
Vitamin B2 (riboflavin) . . . . .	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free) . . . . .	50 mg
Vitamin B5 (calcium D-pantothenate) . . . . .	50 mg
Vitamin B6 (pyridoxine hydrochloride) . . . . .	50 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) . . . . .	5 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	5 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	1,000 mcg
Vitamin B12 (methylcobalamin) . . . . .	150 mcg
Biotin . . . . .	75 mcg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#0892 · 60 vegetable capsules · UPC 6-28747-10892-8

#0893 · 90 vegetable capsules · UPC 6-28747-10893-5

#0600 · 180 vegetable capsules · UPC 6-28747-10600-9

NPN 80071452 · V0243-R4

### Energy · Vitamins and Minerals

Full line of B vitamins, p. 220–225

## Ultra B Complex

100 mg capsules

Includes Active B2 · B5 · B6 · B9 · B12



### Advanced Flush-Free Formula

B-Complex supplement for maintenance of good health.

### Each vegetable capsule contains

Vitamin B1 (thiamine hydrochloride) . . . . .	100 mg
Vitamin B2 (riboflavin) . . . . .	90 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) (active form) .	10 mg
Vitamin B3 (inositol hexanicotinate, flush-free) . . . . .	100 mg
Vitamin B5 (calcium D-pantothenate) (active form) . . . . .	100 mg
Vitamin B6 (pyridoxine hydrochloride) . . . . .	90 mg
Vitamin B6 (pyridoxal-5'-phosphate) (active form) . . . . .	10 mg
Vitamin B12 (methylcobalamin) (active form) . . . . .	300 mcg
Inositol (myo-inositol) . . . . .	80 mg
para-Aminobenzoic acid (PABA) . . . . .	50 mg
Choline (choline bitartrate) . . . . .	45 mg
Folate (from calcium L-5-methyltetrahydrofolate) (active form) . . . . .	1,000 mcg
Biotin . . . . .	75 mcg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#0897 · 60 vegetable capsules · UPC 6-28747-10897-3  
 #0898 · 90 vegetable capsules · UPC 6-28747-10898-0  
 #0899 · 180 vegetable capsules · UPC 6-28747-10899-7  
 NPN 80070564 · V0244-R3

Energy · Vitamins and Minerals

Full line of B vitamins, p. 220–225

## Ultra Iron

30 mg

capsules

### Advanced Formula with Vitamins C and B12

Helps to prevent iron deficiency. Helps to form red blood cells and helps in their proper function.

#### Each vegetable capsule contains

Vitamin C (ascorbic acid) . . . . .	350 mg
Iron (from iron ascorbate) . . . . .	30 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	10 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	10 mg
Inositol hexanicotinate, flush-free (vitamin B3) . . . . .	4 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) . . . . .	4 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	1 mg
Vitamin B12 (methylcobalamin) . . . . .	350 mcg



#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#0971 · 90 vegetable capsules · UPC 6-28747-10971-0  
 NPN 80047902 · V0485-R2

Energy · Vitamins and Minerals · Women's Health

Full line of iron supplements, p. 112

## Ultra Max

powder

### Daily Care Probiotic

### 36 Billion+ Live Active Probiotics

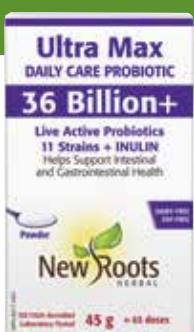
### 11 Strains plus Inulin

### Helps Support Intestinal and Gastrointestinal Health

### DAIRY-FREE · SOY-FREE

Specific-use probiotic in case of difficulty swallowing a capsule, or with oral or gastric target.

**Ultra Max** is a potent, complete formulation of 11 specific strains of beneficial bacteria cultures. Brownish colour is from the natural *Bifidobacteria* cultures. Provides live microorganisms that temporarily modify gut flora.



#### Each 1/4 teaspoon contains

##### Human Strains

<i>Lactobacillus rhamnosus</i> UB5115 . . . . .	25.36 billion CFU
<i>Lactobacillus casei</i> UB1499 . . . . .	6.482 billion CFU
<i>Bifidobacterium breve</i> UB8674 . . . . .	1.08 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>infantis</i> UB9214 . . . . .	1.08 billion CFU
<i>Bifidobacterium longum</i> ssp. <i>longum</i> UB7691 . . . . .	1.08 billion CFU

*Lactobacillus acidophilus* UB5997 . . . . . 90 million CFU

##### Plant Strain

*Lactobacillus plantarum* UB2783 . . . . . 252 million CFU

##### Dairy Strains

*Lactobacillus helveticus* UB7229 . . . . . 216 million CFU

*Lactobacillus paracasei* UB1978 . . . . . 182 million CFU

*Lactobacillus reuteri* UB2419 . . . . . 144 million CFU

*Lactobacillus johnsonii* UB3394 . . . . . 43.2 million CFU

All stains are whole-cell.

## Other ingredients

Arabinogalactan (10 mg), inulin (10 mg), vitamin C (ascorbic acid), non-GMO potato starch, non-GMO potato maltodextrin, trehalose, and sodium ascorbate.

## Directions of use

**Children 6–12 years, adolescents, and adults:** Take 1/4 teaspoon in cold food or water once daily or as directed by your health-care practitioner. If you are taking antibiotics, take this product at least 2–3 hours before or after them. Nonclumping. Does not alter the taste of food.

#0056 · 45 g / 45 doses · UPC 6-28747-00056-7  
 NPN 80111061 · PM0113-R3

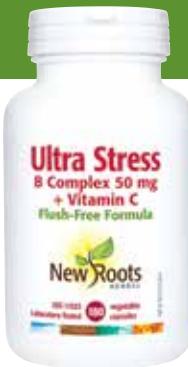
Digestive Health · Immune Health · Probiotics

Full line of probiotics, p. 166–179

## Ultra Stress

B Complex 50 mg + Vitamin C

capsules



#### Flush-Free Formula

B-Complex supplement for the maintenance of good health. An antioxidant for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps the body to metabolize carbohydrates, fats, and proteins. Helps normal growth and development.

#### Each vegetable capsule contains

Vitamin C (ascorbic acid) . . . . .	425 mg
<i>para</i> -Aminobenzoic acid (PABA) . . . . .	50 mg
Choline (choline bitartrate) . . . . .	50 mg
Inositol (myo-inositol) . . . . .	50 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	50 mg
Vitamin B2 (riboflavin) . . . . .	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free) . . . . .	50 mg
Vitamin B5 (calcium D-pantothenate) . . . . .	50 mg
Vitamin B6 (pyridoxine hydrochloride) . . . . .	50 mg
Vitamin B2 (riboflavin-5'-phosphate) . . . . .	5 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	5 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	1 mg
Vitamin B12 (methylcobalamin) . . . . .	150 mcg
Biotin . . . . .	75 mcg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#0900 · 60 vegetable capsules · UPC 6-28747-10900-0

#0901 · 90 vegetable capsules · UPC 6-28747-10901-7

#0902 · 180 vegetable capsules · UPC 6-28747-10902-4

NPN 80072064 · V0443-R2

Stress Management · Vitamins and Minerals

Full line of antistress products, p. 202–206

Full line of B vitamins, p. 220–225

## Ultra Zinc

30 mg

capsules



### Immunity Formula

Zinc helps to maintain immune function and helps the body to metabolize carbohydrates, fats, and proteins. A factor in the maintenance of good health.

#### Each vegetable capsule contains

Zinc (from zinc citrate) . . . . .	30 mg
Taurine	
(2-aminoethanesulfonic acid) . . . . .	200 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 50% polyphenols . . . . .	55 mg
Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate) . . . . .	50 mg
Vitamin B2 (riboflavin and riboflavin-5'-phosphate) . . . . .	12 mg
Butternut squash ( <i>Cucurbita pepo</i> var. <i>moschata</i> ) seed 4:1 extract . . . . .	10 mg
Inositol hexanicotinate, flush-free (vitamin B3) . . . . .	6 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	4 mg
Molybdenum (from molybdenum citrate) . . . . .	150 mcg

#### Other ingredients

DL-Malic acid, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#0975 · 90 vegetable capsules · UPC 6-28747-10975-8  
NPN 80025625 · V0267-R3

**Eye Health · Immune Health · Men's Fertility · Men's Health  
Vitamins and Minerals**

## Ultra Zinc

50 mg

capsules



### Immunity Formula

A factor in the maintenance of good health, zinc helps to maintain immune function and to prevent zinc deficiency. Zinc, thiamine, riboflavin, and vitamin B6 help the body to metabolize carbohydrates, fats, and proteins. Molybdenum helps the body to metabolize proteins.

#### Each vegetable capsule contains

Zinc (from zinc citrate) . . . . .	50 mg
Taurine (2-aminoethanesulfonic acid) . . . . .	350 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 50% polyphenols . . . . .	75 mg
Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate) . . . . .	67 mg
Butternut squash ( <i>Cucurbita pepo</i> var. <i>moschata</i> ) seed 4:1 extract . . . . .	15 mg
Vitamin B2 (riboflavin and riboflavin-5'-phosphate) . . . . .	15 mg
Inositol hexanicotinate, flush-free (vitamin B3) . . . . .	8 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	6 mg
Molybdenum (from molybdenum citrate) . . . . .	200 mcg

#### Other ingredients

DL-Malic acid, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#0976 · 90 vegetable capsules · UPC 6-28747-10976-5  
NPN 80025243 · V0268-R3

**Eye Health · Immune Health · Men's Fertility · Men's Health  
Vitamins and Minerals**

## Uva Ursi

435 mg

capsules



### Helps Relieve Symptoms of Urinary Tract Infections

Traditionally used in herbal medicine as a mild diuretic to help relieve symptoms associated with minor urinary tract infections, such as burning sensation and/or frequent urination.

#### Each vegetable capsule contains

Uva ursi (*Arctostaphylos uva-ursi*) leaf . . . . . 435 mg

#### Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 3 capsules twice daily with meals. If you are taking other medications or natural health products, take this product a few hours before or after them. Do not take with highly acidic foods (e.g., citrus fruits or juice) or medication which may acidify urine.

#### Duration of use

Not for prolonged use. Use for up to 7 days.

#0820 · 100 vegetable capsules · UPC 6-28747-10820-1  
NPN 80027708 · V0132-R3

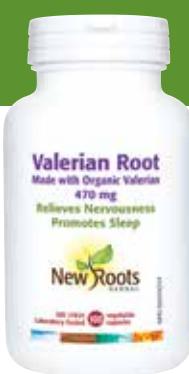
**Herbs and Herbal Extracts · Urogenital (Women)**

## Valerian Root

Made with Organic Valerian

470 mg

capsules



### Relieves Nervousness

### Promotes Sleep

Traditionally used as a sleep aid and to relieve nervousness.

#### Each vegetable capsule contains

Organic valerian (*Valeriana officinalis*) root . . . . . 470 mg

#### Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

**Adults:** Take 2 capsules one to three times daily with meals or as directed by your health-care practitioner.

#0819 · 100 vegetable capsules · UPC 6-28747-10819-5  
NPN 80019254 · V0133-R2

**Herbs and Herbal Extracts · Sleep Aids · Stress Management**

## Valerian Root

organic tincture

### Relieves Nervousness · Promotes Sleep

Traditionally used in herbal medicine to help relieve nervousness, as a sleep aid, and to help to promote sleep.

#### Each teaspoon contains an equivalent of

Organic/wild valerian  
(*Valeriana officinalis*) root . . . . . 559 mg

#### Other ingredients

Organic alcohol 25% (from sugarcane) and purified water.

#### Directions of use

Adults: Take 1 teaspoon one to three times daily or as directed by your health-care practitioner.

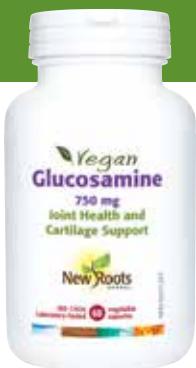
#1498 · 50 ml · UPC 6-28747-21498-8  
#1499 · 95 ml · UPC 6-28747-21499-5  
NPN 80024817 · LM0059-R4



Herbs and Herbal Extracts · Sleep Aids · Stress Management

## Vegan Glucosamine

750 mg capsules



### Joint Health and Cartilage Support

Helps to maintain cartilage/joint health.

#### Each vegetable capsule contains

Glucosamine hydrochloride  
(from *Aspergillus niger*) . . . . . 750 mg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 2 capsules daily or as directed by your health-care practitioner.

#### Duration of use

Use for at least 1 month to see beneficial effects.

#2533 · 60 vegetable capsules · UPC 6-28747-12533-8  
NPN 80101263 · V0697-R2  
50+ Health · Joint Health · Pain and Inflammation

## Vegetarian Strong Bones

capsules



### Builds Stronger Bones

### Reduces Risk of Osteoporosis

Calcium, vitamin C, vitamin D, magnesium, manganese, and phosphorus help in the development and maintenance of bones. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Vitamin D also helps in the absorption and use of calcium and phosphorus. Vitamin K2 also helps in the maintenance of bones. Copper helps to produce and repair connective tissue. Provides antioxidants for the maintenance of good health.

This formula is suitable for vegetarian diets, as it contains no animal byproducts.



#### Nine (9) vegetable capsules contain

Calcium (from calcium phosphate, tribasic) . . . . .	1,000 mg
Phosphorus (from calcium phosphate, tribasic) . . . . .	472.23 mg
L-Lysine . . . . .	300 mg
L-Proline . . . . .	300 mg
Magnesium (from fully reacted magnesium bisglycinate) . . . . .	270 mg
Glucosamine hydrochloride (from <i>Aspergillus niger</i> ) . . . . .	252 mg
Vitamin C (ascorbic acid) . . . . .	186 mg
Grape ( <i>Vitis vinifera</i> ) seed extract, 80% oligomeric proanthocyanidins . . . . .	60 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 75% epigallocatechin-3-gallate (EGCG) . . . . .	42 mg
Field horsetail ( <i>Equisetum arvense</i> ) aerial part extract, 7% silica . . . . .	30 mg
Turmeric ( <i>Curcuma longa</i> ) root extract, 95% curcuminoids, providing curcumin I, demethoxycurcumin, and bisdemethoxycurcumin . . . . .	22.5 mg
Zinc (from zinc monomethionine) . . . . .	9.27 mg
Lycopene (from tomato [ <i>Solanum lycopersicum</i> ] flesh) . . . . .	5 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	4.65 mg
Boron (from boron citrate) . . . . .	3.36 mg
Manganese (from manganese citrate) . . . . .	2.79 mg
Lutein (from marigold [ <i>Tagetes erecta</i> ] oleoresin) . . . . .	2 mg
Copper (from copper citrate) . . . . .	930 mcg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	500 mcg
Vitamin B12 (methylcobalamin) . . . . .	150 mcg
Vitamin K2 (from menaquinone-4 [83 mcg] and menaquinone-7 [10 mcg]) . . . . .	93 mcg
Vitamin D3 (cholecalciferol) . . . . .	25 mcg (1,000 IU)

#### Other ingredients

Natural peppermint flavour, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 3 capsules one to three times daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#2121 · 270 vegetable capsules · UPC 6-28747-12121-7  
NPN 80071671 · V0529-R4

50+ Health · Bone Health · Vitamins and Minerals

## Vitamin B

220–225

## Vitamin C

226–228

## Vitamin D

229–230

“Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.”

Albert Schweitzer

## Vitamin E<sup>8</sup>

200 IU · Antioxidant

softgels

### All 8 Forms of Vitamin E

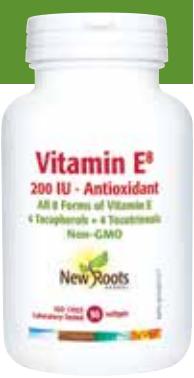
4 Tocopherols + 4 Tocotrienols

Non-GMO

Vitamin E is an antioxidant and a factor in the maintenance of good health.

#### Each softgel contains

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) . . . . .	134 mg AT (200 IU)
Mixed tocopherols (from non-GMO soy) . . . . .	27 mg
<b>Providing:</b>	
alpha-Tocopherol . . . . .	7-14%
beta-Tocopherol . . . . .	0.5-2%
gamma-Tocopherol . . . . .	45-60%
delta-Tocopherol . . . . .	13-25%
Squalene (from olive [Olea europaea] fruit) . . . . .	22.5 mg
Free plant sterols (from non-GMO soy) . . . . .	16.25 mg
<b>Providing:</b>	
beta-Sitosterol . . . . .	6.5 mg
Campesterol . . . . .	3.25 mg
Stigmasterol . . . . .	3.25 mg
Tocotrienols (from non-GMO palm fruit) . . . . .	1.58 mg
<b>Providing:</b>	
D-alpha-Tocotrienols . . . . .	24-30%
beta-Tocotrienols . . . . .	2-4%
gamma-Tocotrienols . . . . .	30-46%
delta-Tocotrienols . . . . .	10-20%



#### Other ingredients

Beeswax, certified organic sunflower oil, and sunflower lecithin in a softgel composed of annatto extract (in sunflower oil), bovine gelatin, glycerin, and purified water.

#### Directions of use

**Adults:** Take 1-4 softgels daily with food or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#1092 · 90 softgels · UPC 6-28747-11092-1

NPN 80065157 · V0315-R4

Antioxidants · Vitamins and Minerals

## Vitamin E<sup>8</sup>

400 IU · Antioxidant

softgels

### All 8 Forms of Vitamin E

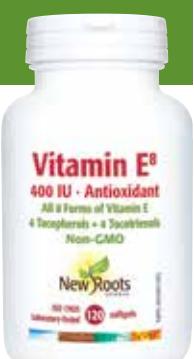
4 Tocopherols + 4 Tocotrienols

Non-GMO

Vitamin E is an antioxidant and a factor in the maintenance of good health. Helps to prevent vitamin E deficiency.

#### Each softgel contains

Natural vitamin E (D-alpha-tocopherol) (from non-GMO sunflower) . . . . .	268 mg AT (400 IU)
Mixed tocopherols (from non-GMO soy) . . . . .	53 mg
<b>Providing:</b>	
alpha-Tocopherol . . . . .	7-14%
beta-Tocopherol . . . . .	0.5-2%
gamma-Tocopherol . . . . .	45-60%
delta-Tocopherol . . . . .	13-25%
Squalene (from olive [Olea europaea] fruit) . . . . .	45 mg
Free plant sterols (from non-GMO soy) . . . . .	20 mg
<b>Providing:</b>	
beta-Sitosterol . . . . .	8 mg
Campesterol . . . . .	4 mg



Stigmasterol . . . . .	4 mg
Tocotrienols (from non-GMO palm fruit) . . . . .	3.16 mg
<b>Providing:</b>	
D-alpha-Tocotrienols . . . . .	24-30%
beta-Tocotrienols . . . . .	2-4%
gamma-Tocotrienols . . . . .	30-46%
delta-Tocotrienols . . . . .	10-20%

#### Other ingredients

Beeswax, organic sunflower oil, and sunflower lecithin in a softgel composed of annatto extract (in sunflower oil), gelatin, glycerin, and purified water.

#### Directions of use

**Adults:** Take 2 softgels daily with food or as directed by your health-care practitioner.

#1093 · 60 softgels · UPC 6-28747-11093-8

#1096 · 120 softgels · UPC 6-28747-11096-9

NPN 80065165 · V0316-R5

Antioxidants · Vitamins and Minerals



## Vitamin K2+D3

K2 120 mcg D3 1,000 IU per Dose

liquid

#### Immunity

Helps in the development and maintenance of healthy bones and teeth, in the absorption and use of calcium and phosphorus, to maintain immune function, and in the process of cell division. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.



#### Each drop contains

Vitamin K2 (all trans-menaquinone-7) . . . 30 mcg  
Vitamin D3 (cholecalciferol) (250 IU) . . . 6.25 mcg

#### Other ingredient

Medium-chain triglycerides (MCT).

#### Directions of use

**Adults:** Take 4 drops daily or as directed by your health-care practitioner.

#2235 · 15 ml / 525 drops / 131 doses · UPC 6-28747-22235-8

NPN 80080203 · OM0132-R1

Bone Health · Immune Health · Vitamins and Minerals

Full line of vitamin D, p. 229-230

## White Willow

Bark · 400 mg

capsules



Relieves Headache,  
Muscular and Arthritic Pain

Traditionally used in herbal medicine to help relieve pain such as headaches as well as muscular and arthritic pain.

#### Each vegetable capsule contains

White willow (*Salix alba*) bark . . . 400 mg

#### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Take 3 capsules three times daily or as directed by your health-care practitioner.

#0818 · 50 vegetable capsules · UPC 6-28747-10818-8

NPN 80024331 · V0135-R1

Headache and Migraine · Herbs and Herbal Extracts  
Pain and Inflammation

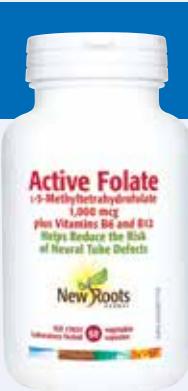
# VITAMIN B

## Active Folate

L-5-Methyltetrahydrofolate capsules  
1,000 mcg plus Vitamins B6 and B12

### Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize nutrients; helps in the normal function of the immune system; and helps in tissue formation.



### Each vegetable capsule contains

Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	2 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	1 mg
Vitamin B12 (methylcobalamin) . . . . .	2.8 mcg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

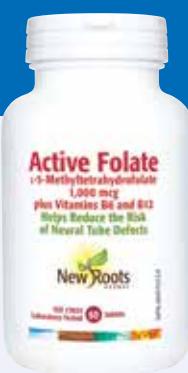
#1900 · 60 vegetable capsules · UPC 6-28747-11900-9  
NPN 80095778 · V0518-R1  
Maternity · Vitamins and Minerals

## Active Folate

L-5-Methyltetrahydrofolate tablets  
1,000 mcg plus Vitamins B6 and B12

### Helps Reduce the Risk of Neural Tube Defects

L-Methylfolate helps to reduce the risk of neural-tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Helps the body to metabolize carbohydrates, fats, and proteins; and helps in tissue formation.



### Each tablet contains

Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	2 mg
Folate (from calcium L-5-methyltetrahydrofolate) . . . . .	1 mg
Vitamin B12 (methylcobalamin) . . . . .	2.8 mcg

### Other ingredients

Microcrystalline cellulose, croscarmellose sodium, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#2038 · 60 tablets · UPC 6-28747-12038-8  
NPN 80070154 · V0563-R1  
Maternity · Vitamins and Minerals

## B12 Liquid

Methylcobalamin  
Active Form of B12

### 1,000 mcg per Dose

Helps to maintain the body's ability to metabolize nutrients. Helps to form red blood cells. Helps in the normal function of the immune system.



### Six (6) drops contain

Vitamin B12 (methylcobalamin) . . . . . 1,000 mcg

### Ingredients

Glycerin, organic alcohol from sugarcane, and purified water.

### Directions of use

**Adults:** Take 6 drops daily or as directed by your health-care practitioner.

#2275 · 15 ml / 85 doses · UPC 6-28747-22275-4  
NPN 80083590 · LM0140-R1  
Energy · Vitamins and Minerals

## Benfotiamine

150 mg capsules



### Active Vitamin B1 · Nerve Health

Supports the healthy function of nerves in individuals with polyneuropathy. Helps in energy production and to maintain the body's ability to metabolize nutrients.

### Each vegetable capsule contains

Benfotiamine . . . . .	150 mg
<b>Providing:</b>	

Thiamine (vitamin B1) . . . . . 85.5 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** For support of healthy nerve function in individuals with polyneuropathy: Take 1 capsule three times daily or as directed by your health-care practitioner. For help in energy production and to help maintain the body's ability to metabolize nutrients: Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

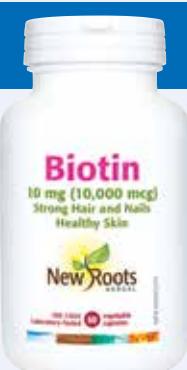
#2352 · 60 vegetable capsules · UPC 6-28747-12352-5  
#2354 · 120 vegetable capsules · UPC 6-28747-12354-9  
NPN 80086082 · V0626-R1  
Energy · Neurological Health · Vitamins and Minerals

# VITAMIN B

## Biotin

10 mg (10,000 mcg)

capsules



**Strong Hair and Nails**

**Healthy Skin**

Helps to maintain healthy hair, nails, mucous membranes, and skin; to maintain cognitive functions and the body's ability to metabolize nutrients; and to prevent biotin deficiency.

### Each vegetable capsule contains

Biotin . . . . . 10 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 4 weeks.

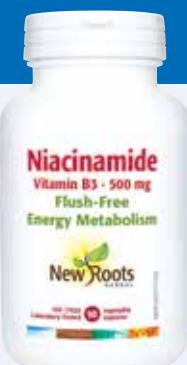
#2321 · 60 vegetable capsules · UPC 6-28747-12321-1  
NPN 80083274 · V0651-R1

Hair · Nails · Skin · Vitamins and Minerals

## Niacinamide

Vitamin B3 · 500 mg

capsules



### Flush-Free · Energy Metabolism

Helps normal growth and development; in energy metabolism and tissue formation; to maintain the body's ability to metabolize nutrients; to reduce the risk of actinic keratosis, an early skin lesion that may precede nonmelanoma skin cancer; and to reduce skin immunosuppression caused by the sunlight. A factor in the maintenance of good health.

### Each vegetable capsule contains

Vitamin B3 (niacinamide) . . . . . 500 mg

### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take one capsule 1-2 times per day with food or as directed by your health-care practitioner. *For reducing the risk of actinic keratosis:* Take 2 capsules per day with food. *For all other uses:* Take 1 capsule per day with food or as directed by a health-care practitioner.

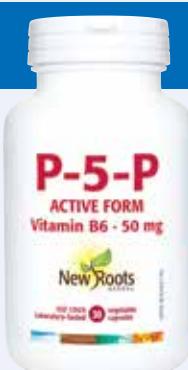
#2191 · 90 vegetable capsules · UPC 6-28747-12191-0  
NPN 80077106 · V0611-R2

Energy · Skin · Vitamins and Minerals

## P-5-P

capsules

Active Form Vitamin B6 · 50 mg



Helps in energy metabolism and in tissue formation, to form red blood cells, to prevent vitamin B6 deficiency, and to maintain the body's ability to metabolize nutrients.

### Each vegetable capsule contains

Vitamin B6  
(pyridoxal-5'-phosphate) . . . . . 50 mg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule once or twice daily or as directed by your health-care practitioner.

#2549 · 30 vegetable capsules · UPC 6-28747-12549-9

NPN 80082116 · V0545-R1

Energy · Vitamins and Minerals

## Ultra B Complex

50 mg

capsules



### Advanced Flush-Free Formula

Multivitamin for maintenance of good health. Helps to maintain the body's ability to metabolize nutrients and in the formation of red blood cells. Helps in supporting liver function.

### Each vegetable capsule contains

para-Aminobenzoic acid (PABA)	50 mg
Choline (choline bitartrate)	50 mg
Inositol (myo-inositol)	50 mg
Vitamin B1 (thiamine hydrochloride)	50 mg
Vitamin B2 (riboflavin)	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	50 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxine hydrochloride)	50 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1,000 mcg
Vitamin B12 (methylcobalamin)	150 mcg
Biotin	75 mcg

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#0892 · 60 vegetable capsules · UPC 6-28747-10892-8

#0893 · 90 vegetable capsules · UPC 6-28747-10893-5

#0600 · 180 vegetable capsules · UPC 6-28747-10600-9

NPN 80071452 · V0243-R4

Energy · Vitamins and Minerals

# VITAMIN B

## Ultra B Complex

100 mg capsules  
Includes Active B2 · B5 · B6 · B9 · B12

### Advanced Flush-Free Formula

B-Complex supplement for maintenance of good health.

#### Each vegetable capsule contains

Vitamin B1 (thiamine hydrochloride)	100 mg
Vitamin B2 (riboflavin)	90 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) (active form)	10 mg
Vitamin B3	10 mg
(inositol hexanicotinate, flush-free)	100 mg
Vitamin B5 (calcium D-pantothenate) (active form)	100 mg
Vitamin B6 (pyridoxine hydrochloride)	90 mg
Vitamin B6 (pyridoxal-5'-phosphate) (active form)	10 mg
Vitamin B12 (methylcobalamin) (active form)	300 mcg
Inositol (myo-inositol)	80 mg
para-Aminobenzoic acid (PABA)	50 mg
Choline (choline bitartrate)	45 mg
Folate (from calcium L-5-methyltetrahydrofolate) (active form)	1,000 mcg
Biotin	75 mcg



#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

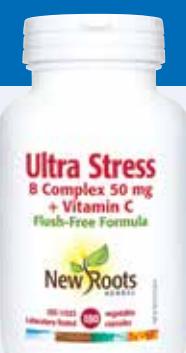
Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#0897 · 60 vegetable capsules · UPC 6-28747-10897-3  
#0898 · 90 vegetable capsules · UPC 6-28747-10898-0  
#0899 · 180 vegetable capsules · UPC 6-28747-10899-7  
NPN 80070564 · V0244-R3

Energy · Vitamins and Minerals

## Ultra Stress

B Complex 50 mg + Vitamin C capsules



### Flush-Free Formula

B-Complex supplement for the maintenance of good health. An antioxidant for the maintenance of good health. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps the body to metabolize carbohydrates, fats, and proteins. Helps normal growth and development.

#### Each vegetable capsule contains

Vitamin C (ascorbic acid)	425 mg
para-Aminobenzoic acid (PABA)	50 mg
Choline (choline bitartrate)	50 mg
Inositol (myo-inositol)	50 mg
Vitamin B1 (thiamine hydrochloride)	50 mg
Vitamin B2 (riboflavin)	50 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	50 mg
Vitamin B5 (calcium D-pantothenate)	50 mg
Vitamin B6 (pyridoxine hydrochloride)	50 mg
Vitamin B2 (riboflavin-5'-phosphate)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg
Folate (from calcium L-5-methyltetrahydrofolate)	1 mg
Vitamin B12 (methylcobalamin)	150 mcg
Biotin	75 mcg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#0900 · 60 vegetable capsules · UPC 6-28747-10900-0  
#0901 · 90 vegetable capsules · UPC 6-28747-10901-7  
#0902 · 180 vegetable capsules · UPC 6-28747-10902-4  
NPN 80072064 · V0443-R2

Stress Management · Vitamins and Minerals

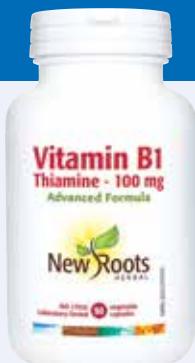
Full line of antistress products, p. 202-206

## Vitamin B1

Thiamine · 100 mg capsules

### Advanced Formula

An antioxidant for the maintenance of good health. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to form red blood cells.



#### Each vegetable capsule contains

Vitamin B1 (thiamine hydrochloride)	100 mg
Vitamin C (ascorbic acid)	25 mg
Choline (choline dihydrogen citrate)	5 mg
Inositol (myo-inositol)	5 mg
DL-alpha-Lipoic acid	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	1 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	1 mg
Vitamin B6 (pyridoxal-5'-phosphate)	1 mg
Folate (from calcium L-5-methyltetrahydrofolate)	50 mcg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

#0917 · 90 vegetable capsules · UPC 6-28747-10917-8  
NPN 80025950 · V0260-R3

Energy · Heart and Blood · Neurological Health

Vitamins and Minerals

## Vitamin B2

Riboflavin · 100 mg With Active R-5-P capsules

A factor in the maintenance of good health. Helps the body to metabolize nutrients. Helps in tissue formation. Helps to prevent riboflavin deficiency.



#### Each vegetable capsule contains

Vitamin B2 (riboflavin)	95 mg
Vitamin B2 (riboflavin-5'-phosphate sodium) (active form)	5 mg

# VITAMIN B

## Other ingredients

Microcrystalline cellulose and vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner.

#0905 · 60 vegetable capsules · UPC 6-28747-10905-5

NPN 80060894 · V0540-R1

Energy · Headache and Migraine · Vitamins and Minerals

## Vitamin B3

capsules

### Inositol Hexanicotinate · 375 mg

#### Flush-Free Niacin

Helps the body metabolize carbohydrates, fats, and protein.

#### Each vegetable capsule contains

Vitamin B3 (inositol hexanicotinate, flush-free) . . . . . 375 mg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#0906 · 60 vegetable capsules · UPC 6-28747-10906-2

NPN 80059222 · V0532-R1

Heart and Blood · Vitamins and Minerals



## Vitamin B3

### Niacin · 100 mg

capsules

#### Advanced Formula

A factor in the maintenance of good health. Helps to prevent niacin deficiency.

#### Each vegetable capsule contains

Vitamin B3 (niacin) . . . . .	100 mg
Bilberry ( <i>Vaccinium myrtillus</i> ) fruit extract . . . . .	50 mg
Hawthorn ( <i>Crataegus monogyna</i> ) berry . . . . .	45 mg
berry extract, 2% vitexin . . . . .	5 mg
Vitamin B1 (thiamine hydrochloride) . . . . .	5 mg
Vitamin B6 (pyridoxal-5'-phosphate) . . . . .	1 mg
Vitamin B6 (pyridoxine hydrochloride) . . . . .	1 mg



#### Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner.

#0980 · 90 vegetable capsules · UPC 6-28747-10980-2

NPN 80027828 · V0430-R2

Cholesterol Management · Heart and Blood · Vitamins and Minerals



## Vitamin B3

### Niacin · 500 mg

capsules

Helps the body to metabolize nutrients.

#### Each vegetable capsule contains

Vitamin B3 (niacin) . . . . . 500 mg

#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.



## Directions of use

**Adults:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#0908 · 60 vegetable capsules · UPC 6-28747-10908-6

NPN 80059091 · V0539-R1

Cholesterol Management · Neurological Health · Vitamins and Minerals

## Vitamin B5

capsules

### Calcium D-Pantothenate · 500 mg

Helps the body to metabolize carbohydrates, fats, and protein.

Helps in tissue formation.

#### Each vegetable capsule contains

Vitamin B5 (calcium D-pantothenate) . . . . . 500 mg



#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults and children > 6 years old:** Take 1 capsule daily with a meal or as directed by your health-care practitioner.

#1407 · 100 vegetable capsules · UPC 6-28747-11407-3

NPN 80019683 · V0387-R2

Neurological Health · Stress Management · Vitamins and Minerals

## Vitamin B5

### Synergistic

Advanced Formula · 500 mg capsules

Helps in collagen formation to maintain healthy bones, cartilage, teeth and/or gums; in the development and maintenance of bones, cartilage, teeth and/or gums; in connective tissue formation; in energy metabolism and in tissue formation; in wound healing; to maintain immune function; and to maintain the body's ability to metabolize nutrients. Source of antioxidants for the maintenance of good health.



#### Each vegetable capsule contains

Vitamin B5 (from calcium D-pantothenate) . . . . .	500 mg
Vitamin C (ascorbic acid) . . . . .	75 mg

# VITAMIN B

D-Ribose	15 mg
Organic spirulina ( <i>Spirulina platensis</i> )	10 mg
Astragalus ( <i>Astragalus membranaceus</i> ) root extract, 16% polysaccharides	4 mg
alpha-Amylase	62.99 FCC DU
Bromelain (from pineapple [ <i>Ananas comosus</i> var. <i>comosus</i> ] stem)	3,839 FCC PU
Cellulase	6.71 FCC CU
Dipeptidyl-peptidase IV	10.93 FCC HUT
alpha-Galactosidase	0.1013 FCC GalU
Glucoamylase	0.2666 FCC AGU
Hemicellulase	0.1813 FCC HCU
Invertase	0.4195 FCC INVU
Lactase	2.9013 FCC ALU
Lipase	10.66 FCC LU
Maltase	0.69 FCC DP
Papain (from papaya [ <i>Carica papaya</i> ] fruit)	2,133 FCC PU
Pectinase	0.32 FCC endo-PGU
Phytase	0.0133 FCC FTU
Protease I	220.99 HUT
Protease II	23.99 HUT
Protease III	0.304 SAP

## Other ingredients

Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule twice daily with a meal or as directed by your health-care practitioner. Take with the first bite of food/meal.

## Duration of use

Consult a health-care practitioner for prolonged use.

#2584 · 180 vegetable capsules · UPC 6-28747-12584-0  
NPN 80107848 · V0703-R1

Energy · Neurological Health · Stress Management  
Vitamins and Minerals

## Vitamin B6

With 5 mg of P-5-P · 25 mg capsules



Helps the body to metabolize nutrients.  
Helps in tissue formation.

## Each vegetable capsule contains

Vitamin B6 (pyridoxine hydrochloride)	20 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1–4 capsules daily or as directed by your health-care practitioner.

#2161 · 60 vegetable capsules · UPC 6-28747-12161-3  
NPN 80074174 · V0593-R1

Heart and Blood · Neurological Health · Vitamins and Minerals  
Women's Health

## Vitamin B6

Synergistic · 100 mg

capsules

## Advanced Formula

An antioxidant for the maintenance of good health. Helps the body to metabolize carbohydrates, fats, and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps to maintain healthy mucous membranes; to maintain normal red blood cells; to maintain normal metabolism of iron; and normal growth.



## Each vegetable capsule contains

Vitamin C (ascorbic acid)	200 mg
Vitamin B6 (pyridoxine hydrochloride)	95 mg
Magnesium (from magnesium citrate)	10 mg
Choline (choline dihydrogen citrate)	5 mg
Inositol (myo-inositol)	5 mg
DL-alpha-Lipoic acid	5 mg
Vitamin B1 (thiamine hydrochloride)	5 mg
Vitamin B6 (pyridoxal-5'-phosphate)	5 mg
Vitamin B2 (riboflavin-5'-phosphate sodium)	1 mg
Vitamin B3 (inositol hexanicotinate, flush-free)	1 mg

## Plant digestive enzymes (1 mg)

alpha-Amylase	31.5 FCC DU
Bromelain (from pineapple [ <i>Ananas comosus</i> var. <i>comosus</i> ] stem)	1,920 FCC PU
Cellulase	3.36 FCC CU
Dipeptidyl-peptidase IV	5.467 FCC HUT
alpha-Galactosidase	0.0507 FCC GalU
Glucoamylase	0.133 FCC AGU
Hemicellulase	0.0907 FCC HCU
Invertase	0.21 FCC INVU
Lactase	1.45 FCC ALU
Lipase	8 FCC LU
Maltase	0.347 FCC DP
Papain (from papaya [ <i>Carica papaya</i> ] fruit)	800 FCC PU
Pectinase	0.16 endo-PG
Phytase	0.0067 FCC FTU
Protease I	110.5 FCC HUT
Protease II	12 FCC HUT
Protease III	0.152 FCC SAP

## Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with food or a meal, or as directed by your health-care practitioner.

## Duration of use

Consult a health-care practitioner for prolonged use.

#0911 · 90 vegetable capsules · UPC 6-28747-10911-6  
NPN 80042343 · V0487-R6

Energy · Heart and Blood · Mood Enhancement · Neurological Health  
Vitamins and Minerals · Women's Health

# VITAMIN B

## Vitamin B12

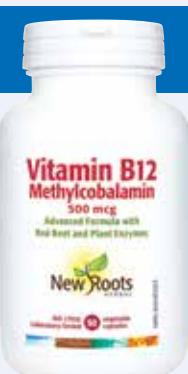
Methylcobalamin · 500 mcg capsules

### Advanced Formula with Red Beet and Plant Enzymes

Helps to form red blood cells. Helps the body to metabolize carbohydrates, fats, and proteins.

#### Each vegetable capsule contains

Red beet ( <i>Beta vulgaris</i> ) root	300 mg
Pau d'arco ( <i>Tabebuia heptaphylla</i> ) inner bark	50 mg
Dandelion ( <i>Taraxacum officinale</i> ) root extract, 3% flavonoids	40 mg
Vitamin B12 (methylcobalamin)	500 mcg
<b>Plant digestive enzymes</b>	
alpha-Amylase	157.5 FCC DU
Bromelain (from pineapple)	
[ <i>Ananas comosus</i> var. <i>comosus</i> ] stem	9,600 FCC PU
Cellulase	16.8 FCC CU
Dipeptidyl-peptidase IV	27.33 FCC HUT
alpha-Galactosidase	0.2533 FCC GalU
Glucoamylase	0.666 FCC AGU
Hemicellulase	0.453 FCC HCU
Invertase	1.05 FCC INVU
Lactase	7.253 FCC ALU
Lipase	40 FCC LU
Maltase	1.73 FCC DP
Papain (from papaya [ <i>Carica papaya</i> ] fruit)	4,000 FCC PU
Pectinase	0.8 FCC endo-PG
Phytase	0.0333 FCC FTU
Fungal protease	552.5 FCC HUT
Acid protease	0.76 FCC SAP
Neutral protease	60 FCC HUT



#### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for prolonged use.

#0915 · 90 vegetable capsules · UPC 6-28747-10915-4  
NPN 80045023 · V0258-R4

Energy · Neurological Health · Vitamins and Minerals

## Vitamin B12

Methylcobalamin · 1,000 mcg capsules

### Advanced Formula with Red Beet and Plant Enzymes

Helps to form red blood cells. Helps the body to metabolize carbohydrates, fats, and proteins.

#### Each vegetable capsule contains

Red beet ( <i>Beta vulgaris</i> ) root	374 mg
Pau d'arco ( <i>Tabebuia heptaphylla</i> ) inner bark	50 mg



#### Dandelion (*Taraxacum officinale*)

root extract, 3% flavonoids	40 mg
Vitamin B12 (methylcobalamin)	1,000 mcg

#### Plant digestive enzymes

alpha-Amylase	157.5 FCC DU
Bromelain (from pineapple)	
[ <i>Ananas comosus</i> var. <i>comosus</i> ] stem	9,600 FCC PU
Cellulase	16.8 FCC CU
Dipeptidyl-peptidase IV	27.33 FCC HUT
alpha-Galactosidase	0.2533 FCC GalU
Glucoamylase	0.666 FCC AGU
Hemicellulase	0.453 FCC HCU
Invertase	1.05 FCC INVU
Lactase	7.253 FCC ALU
Lipase	40 FCC LU
Maltase	1.73 FCC DP
Papain (from papaya [ <i>Carica papaya</i> ] fruit)	4,000 FCC PU
Pectinase	0.8 FCC endo-PG
Phytase	0.0333 FCC FTU
Fungal protease	552.5 FCC HUT
Acid protease	0.76 FCC SAP
Neutral protease	60 FCC HUT

#### Other ingredients

Vegetable magnesium stearate, silicon dioxide, and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

#### Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for prolonged use.

#0916 · 90 vegetable capsules · UPC 6-28747-10916-1  
NPN 80076041 · V0259-R5

Energy · Neurological Health · Vitamins and Minerals

## Vitamin B12

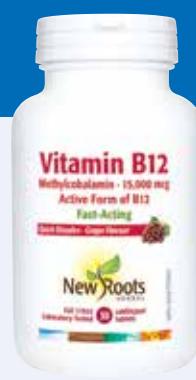
Methylcobalamin · 15,000 mcg

Active Form of B12 sublingual tablets

#### Fast-Acting

#### Quick Dissolve · Grape Flavour

Helps in the function of the immune system, in energy metabolism, and to form red blood cells.



#### Each sublingual tablet contains

Vitamin B12 (methylcobalamin) . . . . . 15 mg

#### Other ingredients

Natural grape flavour, mannitol, xylitol, vegetable magnesium stearate, silicon dioxide, and vegetable stearic acid.

#### Directions of use

Adults: Hold under tongue until completely dissolved, and then swallow. Take 1 tablet daily during a meal or as directed by your health-care practitioner.

#### Duration of use

Consult a health-care practitioner for use beyond 2 weeks.

#2245 · 30 sublingual tablets · UPC 6-28747-12245-0  
NPN 80075860 · V0622-R2

Energy · Neurological Health · Vitamins and Minerals

# VITAMIN C

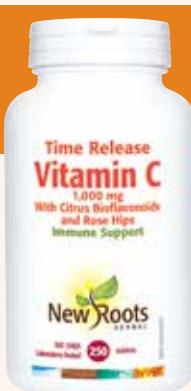
Time Release

## Vitamin C

1,000 mg

With Citrus Bioflavonoids and Rose Hips

tablets



### Immune Support

Helps to maintain/support immune function. Vitamin C is a factor in the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation. Helps in wound healing. An antioxidant for the maintenance of good health.

### Each tablet contains

Vitamin C (ascorbic acid) . . . . .	1,000 mg
Citrus bioflavonoids (from bitter orange [Citrus x aurantium]), 50% hesperidin . . . . .	150 mg
Rose hips (Rosa canina) . . . . .	50 mg

### Other ingredients

Hydrolyzed, dicalcium phosphate, vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, and vegetable stearic acid, with a coating of polyvinyl alcohol, talc, polyethylene glycol, and polysorbate 80.

### Directions of use

**Adults:** Take 1 tablet daily or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 2 months.

#0270 · 60 tablets · UPC 6-28747-10270-4  
#0933 · 120 tablets · UPC 6-28747-10933-8  
#0934 · 250 tablets · UPC 6-28747-10934-5  
NPN 80041930 · V0077-R4

[Antioxidants](#) · [Immune Health](#) · [Vitamins and Minerals](#)

## Vitamin C

capsules

Calcium Ascorbate · 1,000 mg

### Builds Bones, Teeth, Collagen + Immunity

### Gentle on the Stomach

Helps in collagen formation to develop and maintain healthy bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing. Helps maintain and support immune function. Helps to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health.

### Each vegetable capsule contains

Vitamin C (from 1,000 mg of calcium ascorbate) . . . . .	750 mg
Calcium (from 1,000 mg of calcium ascorbate) . . . . .	100 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

#0239 · 60 vegetable capsules · UPC 6-28747-10239-1  
NPN 80102991 · V0207-R1

[Antioxidants](#) · [Cold and Flu](#) · [Immune Health](#) · [Joint Health](#)  
[Vitamins and Minerals](#)

## Vitamin C

powder

Calcium Ascorbate · 1,090 mg

### Builds Bones, Teeth, Collagen + Immunity

### Gentle on the Stomach

Helps in collagen formation to develop and maintain healthy bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing. Helps maintain and support immune function. Helps to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health.

### Each 1/4 teaspoon (1,090 mg) contains

Calcium ascorbate . . . . .	1,090 mg
-----------------------------	----------

### Providing:

Vitamin C (from calcium ascorbate) . . . . .	894 mg
Calcium (from calcium ascorbate) . . . . .	109 mg

No fillers or excipients. 100% pure.

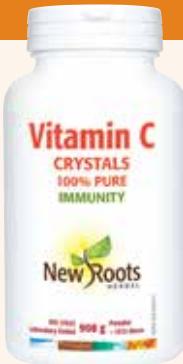
### Directions of use

**Adults:** Stir 1/4 teaspoon into juice, water, or food once or twice daily, or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them. We recommend weighing **Vitamin C Calcium Ascorbate** for precise dosage.

#0030 · 150 g / ≈135 doses · UPC 6-28747-00030-7  
#0159 · 227 g / ≈205 doses · UPC 6-28747-00159-5  
NPN 80066047 · P0023

[Antioxidants](#) · [Cold and Flu](#) · [Immune Health](#) · [Joint Health](#)  
[Vitamins and Minerals](#)

## Vitamin C Crystals



### 100% Pure · Immunity

Helps with immune function. Helps in collagen / connective tissue formation to maintain healthy bones, cartilage, teeth, and gums and wound healing. Helps to maintain the body's ability to metabolize nutrients. An antioxidant for the maintenance of good health.

### Ingredient

100% pure vitamin C (ascorbic acid). Each 1/8 teaspoon contains 600 mg of vitamin C. No fillers or excipients.

### Directions of use

**Adolescents 14–18 years:** As a dietary supplement, stir 1/8 teaspoon into juice, water, or food once or twice daily, or as directed by your health-care practitioner. **Adults:** As a dietary supplement, stir 1/8 teaspoon into juice, water, or food one to three times daily, or as directed by your health-care practitioner.

#0027 · 150 g / ≈250 doses · UPC 6-28747-00027-7  
#0162 · 227 g / ≈378 doses · UPC 6-28747-00162-5  
#0028 · 454 g / ≈756 doses · UPC 6-28747-00028-4  
NPN 80106954 · P0106

[Antioxidants](#) · [Cold and Flu](#) · [Immune Health](#) · [Joint Health](#)  
[Vitamins and Minerals](#)

# VITAMIN C

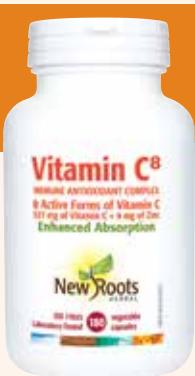
## Vitamin C<sup>8</sup>

Immune Antioxidant Complex

8 Active Forms of Vitamin C <sup>capsules</sup>  
527 mg of Vitamin C + 9 mg of Zinc

### Enhanced Absorption

A vitamin, mineral, and antioxidant supplement for the maintenance of good health. Helps in the development and maintenance of bones and teeth; to maintain healthy skin and proper muscle, tissue, and immune functions. Contains digestive enzymes.



### Each vegetable capsule contains

Vitamin C (from calcium ascorbate, magnesium ascorbate, potassium ascorbate, sodium ascorbate, ascorbyl palmitate, zinc ascorbate, manganese ascorbate, and ascorbic acid) . . . . .	527 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 75% epigallocatechin-3-gallate (EGCG) . . . . .	30 mg
Blend of berry extracts, 20% multiantocyanidins . . . . .	25 mg
Calcium (from calcium ascorbate) . . . . .	24 mg
Citrus bioflavonoids (from bitter orange [ <i>Citrus × aurantium</i> ]), 50% hesperidin . . . . .	20 mg
Cranberry ( <i>Vaccinium macrocarpon</i> ) fruit concentrate . . . . .	20 mg
Grape ( <i>Vitis vinifera</i> ) seed extract, 80% oligomeric proanthocyanidins . . . . .	20 mg
Quercetin . . . . .	20 mg
Rutin . . . . .	20 mg
Magnesium (from magnesium ascorbate) . . . . .	17.5 mg
Bilberry ( <i>Vaccinium myrtillus</i> ) European fruit extract, 25% anthocyanosides . . . . .	10 mg
Japanese knotweed ( <i>Fallopia japonica</i> ) root extract, 50% resveratrol . . . . .	10 mg
Zinc (from zinc ascorbate) . . . . .	9 mg
Bromelain (from pineapple [ <i>Ananas comosus</i> var. <i>comosus</i> ] stem), 2,400 GDU/g (180,000 FCC PU) . . . . .	5 mg
Manganese (from manganese ascorbate) . . . . .	1.56 mg
Black pepper ( <i>Piper nigrum</i> ) fruit extract, 95% piperine . . . . .	1 mg
Papain (from papaya [ <i>Carica papaya</i> ] fruit) (50,000 FCC PU) . . . . .	500 mcg
Selenium (from yeast-free L-selenomethionine) . . . . .	15 mcg

### Other ingredients

Vegetable magnesium stearate and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule twice daily (in divided doses) with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#1284 · 45 vegetable capsules · UPC 6-28747-11284-0  
#1229 · 90 vegetable capsules · UPC 6-28747-11229-1  
#1231 · 180 vegetable capsules · UPC 6-28747-11231-4  
NPN 80041263 · V0347-R9

**Antioxidants · Cold and Flu · Energy · Immune Health · Joint Health  
Vitamins and Minerals**

## Vitamin C<sup>8</sup>

Immune Antioxidant Complex

8 Active Forms of Vitamin C  
With Sea Buckthorn Fruit  
1,165 mg of Vitamin C  
+ 11 mg of Zinc per Dose

powder



### Enhanced Absorption

A vitamin, mineral, and antioxidant supplement for the maintenance of good health. Helps in the development and maintenance of bones and teeth. Helps to maintain proper muscle function and healthy skin. Helps in tissue formation. Contains digestive enzymes. Helps maintain immune function.



### Each dose (5 grams or 1 teaspoon) or sachet contains

Sweet orange ( <i>Citrus × sinensis</i> ) crystals . . . . .	1,605 mg
Vitamin C (from calcium ascorbate, magnesium ascorbate, potassium ascorbate, sodium ascorbate, ascorbyl palmitate, zinc ascorbate, manganese ascorbate, and ascorbic acid) . . . . .	1,165 mg
Citrus bioflavonoids (from bitter orange [ <i>Citrus × aurantium</i> ]), 50% hesperidin . . . . .	465 mg
Sea buckthorn ( <i>Hippophae rhamnoides</i> ) fruit juice . . . . .	400 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 75% epigallocatechin-3-gallate (EGCG) . . . . .	35 mg
Blend of berry and fruit extracts, 20% anthocyanidins . . . . .	29 mg
Calcium (from calcium ascorbate) . . . . .	28 mg
Cranberry ( <i>Vaccinium macrocarpon</i> ) fruit concentrate . . . . .	23 mg
Grape ( <i>Vitis vinifera</i> ) seed extract, 80% oligomeric proanthocyanidins . . . . .	23 mg
Quercetin . . . . .	23 mg
Rutin . . . . .	23 mg
Magnesium (from magnesium ascorbate) . . . . .	20 mg
Bilberry ( <i>Vaccinium myrtillus</i> ) European fruit extract, 25% anthocyanosides . . . . .	12 mg
Japanese knotweed ( <i>Fallopia japonica</i> ) root extract, 50% resveratrol . . . . .	12 mg
Potassium (from potassium ascorbate) . . . . .	11 mg
Zinc (from zinc ascorbate) . . . . .	11 mg
Bromelain (from pineapple [ <i>Ananas comosus</i> var. <i>comosus</i> ] stem) . . . . .	5.8 mg (208,800 FCC PU)
Manganese (from manganese ascorbate) . . . . .	2 mg
Black pepper ( <i>Piper nigrum</i> ) fruit extract, 95% piperine . . . . .	1.165 mg
Papain (from papaya [ <i>Carica papaya</i> ] fruit) . . . . .	580 mcg (58,000 FCC PU)
Selenium (from yeast-free L-selenomethionine) . . . . .	3.5 mcg

### Other ingredients

Natural orange flavour, DL-malic acid, silicon dioxide, sodium bicarbonate, and stevia (*Stevia rebaudiana*) leaf extract.

### Directions of use

**Adults:** Take 1 teaspoon or 1 sachet (5 g) into 4 oz. (120 ml) juice or water (dilute to taste). Let stand for 2 minutes and stir well. Take once a day with food or as directed by your health-care practitioner. Adjust the amount of water or juice used according

# VITAMIN C

to your own taste. If you are taking other medications, take this product a few hours before or after them.

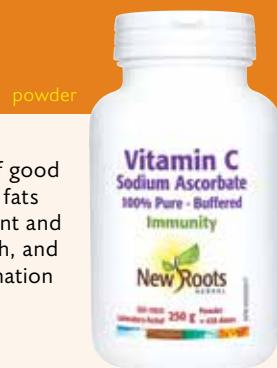
## Duration of use

Consult a health-care practitioner for use beyond 6 weeks.

#1030 · 250 g / ≈50 doses · UPC 6-28747-01030-6  
#1686 · Box of 30 sachets × 5 g · UPC 6-28747-01686-5  
NPN 80040818 · PM0167-R10

Antioxidants · Cold and Flu · Energy · Immune Health · Joint Health  
Vitamins and Minerals

**Vitamin C**  
Sodium Ascorbate  
100% Pure · Buffered  
powder



## Immunity

An antioxidant for the maintenance of good health. Helps the body to metabolize fats and proteins. Helps in the development and maintenance of bones, cartilage, teeth, and gums. Helps in connective tissue formation and in wound healing.

## Ingredients

100% Sodium ascorbate. Each gram contains 1000 mg of sodium ascorbate equivalent to 889 mg of ascorbic acid.  $\frac{1}{6}$  tsp. contains 545 mg of sodium ascorbate or 484.5 mg of ascorbic acid. No fillers or excipients. 100% pure.

## Directions of use

**Adolescents 14–18 years:** As a dietary supplement, stir  $\frac{1}{6}$  teaspoon into juice, water, or food one to three times daily or as directed by your health-care practitioner. **Adults:** As a dietary supplement, stir  $\frac{1}{6}$  teaspoon into juice, water, or food up to four times daily or as directed by your health-care practitioner.

#0870 · 250 g / ≈458 doses · UPC 6-28747-00870-9  
NPN 80020857 · P0205

Antioxidants · Cold and Flu · Immune Health · Joint Health  
Vitamins and Minerals



HPLC-UHPLC technology (above) validates the quality and potency of all vitamins used in our clinically developed formulas. This allows us to offer consumers the highest-quality, biologically active forms of ingredients within our advanced formulas.

Non-GMO status is among the founding principles for New Roots Herbal. Rotor-Gene Q technology (below) provides the exact genetic fingerprint of raw materials. Our vitamin C, like all our other supplements, is 100% non-GMO!



# VITAMIN D

## Children's Vitamin D3

400 IU per Drop · 1,050 Doses

liquid

Builds Stronger Bones and Teeth  
+ Immunity

Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps with immune function.



### Each drop contains

Vitamin D3 (cholecalciferol) . . . . . 10 mcg (400 IU)

### Other ingredient

Medium-chain triglycerides (MCT).

### Directions of use

**Children (0–13 years old) and adolescents (≥ 14 years old):**  
Take 1 drop daily or as directed by your health-care practitioner.  
Put drop under the tongue, in cold drink, or in cold food.

#1930 · 30 ml · UPC 6-28747-21930-3

NPN 80054011 · LM0128-R1

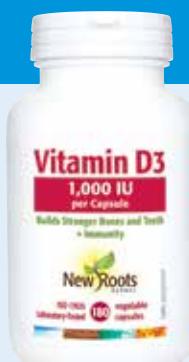
[Children's Health · Vitamins and Minerals](#)

## Vitamin D3

1,000 IU per Capsule

Builds Stronger Bones and Teeth  
+ Immunity

Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps with immune function.



### Each vegetable capsule contains

Vitamin D3 (cholecalciferol) . . . . . 25 mcg (1,000 IU)

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Children 6–12, adolescents, and adults:** Take 1 capsule daily or as directed by your health-care practitioner.

#1441 · 180 vegetable capsules · UPC 6-28747-11441-7

NPN 80024707 · V0405-R2

[Bone Health · Immune Health · Vitamins and Minerals](#)

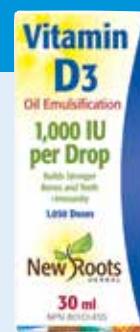
## Vitamin D3

1,000 IU per Drop

oil emulsification

Builds Stronger Bones and Teeth  
+ Immunity

Helps in the development and maintenance of bones and teeth, and in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps with immune function.



### Each drop contains

Vitamin D3 (cholecalciferol) [1,000 IU] . . . . . 25 mcg

### Other ingredient

Medium-chain triglycerides (MCT).

### Directions of use

Take 1 drop daily or as directed by your health-care practitioner.

#1490 · 15 ml / 525 doses · UPC 6-28747-21490-2

#0171 · 30 ml / 1,050 doses · UPC 6-28747-20171-1

NPN 80101455 · LM0111-R1

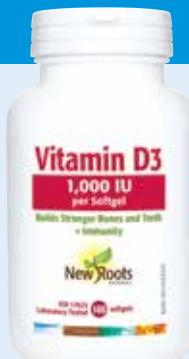
[Bone Health · Immune Health · Vitamins and Minerals](#)

## Vitamin D3

1,000 IU per Softgel

Builds Stronger Bones and Teeth  
+ Immunity

Helps maintain/support immune function. Helps in the development and maintenance of bones and teeth. Helps in the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Helps to prevent vitamin D deficiency.



### Each softgel contains

Vitamin D3 (cholecalciferol) . . . . . 25 mcg (1,000 IU)

### Other ingredients

Organic sunflower oil, rosemary extract, and natural vitamin E (D-alpha-tocopherol, from non GMO sunflower) in a softgel composed of glycerin, bovine gelatin, and purified water.

### Directions of use

**Children 9–12, adolescents, and adults:** Take 1 softgel daily or as directed by your health-care practitioner.

#2586 · 180 softgels · UPC 6-28747-12586-4

#2909 · 360 softgels · UPC 6-28747-12909-1

#2910 · 600 softgels · UPC 6-28747-12910-7

NPN 80103409 · V0701-R3

[Bone Health · Immune Health · Vitamins and Minerals](#)

# VITAMIN D

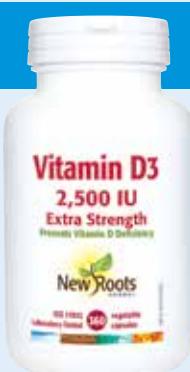
## Vitamin D3

2,500 IU · Extra Strength

capsules

### Prevents Vitamin D Deficiency

Vitamin D intake, when combined with sufficient calcium, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis in people with vitamin D deficiency. Helps to prevent vitamin D deficiency.



### Each vegetable capsule contains

Vitamin D3 (cholecalciferol) . . . . . 62.5 mcg (2,500 IU)

### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

**Adults:** Take 1 capsule daily or as directed by your health-care practitioner. To be taken with an adequate intake of calcium.

### Directions of use

Consult a health-care practitioner for use beyond 6 months.

#2731 · 90 vegetable capsules · UPC 6-28747-12731-8  
 #2732 · 180 vegetable capsules · UPC 6-28747-12732-5  
 #2733 · 360 vegetable capsules · UPC 6-28747-12733-2  
 NPN 80110402 · V0733-R1

[Bone Health](#) · [Immune Health](#) · [Vitamins and Minerals](#)

## Vitamin D3

oil emulsification

2,500 IU per Drop · Extra Strength



### Prevents Vitamin D Deficiency

Vitamin D intake, when combined with sufficient calcium, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis in people with vitamin D deficiency. Helps to prevent vitamin D deficiency.

### Each drop contains

Vitamin D3 (cholecalciferol) 62.5 mcg (2,500 IU)

### Other ingredient

Medium-chain triglycerides (MCT).

### Directions of use

**Adults:** Take 1 drop daily or as directed by your health-care practitioner. To be taken with an adequate intake of calcium.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

#3062 · 15 ml / 525 doses · UPC 6-28747-23062-9  
 #2735 · 30 ml / 1,050 doses · UPC 6-28747-22735-3  
 NPN 80110403 · LM0178-R1

[Bone Health](#) · [Immune Health](#) · [Vitamins and Minerals](#)

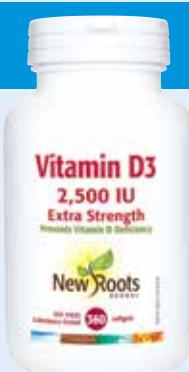
## Vitamin D3

2,500 IU · Extra Strength

softgels

### Prevents Vitamin D Deficiency

Vitamin D intake, when combined with sufficient calcium, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis in people with vitamin D deficiency. Helps to prevent vitamin D deficiency.



### Each softgel contains

Vitamin D3 (cholecalciferol) . . . . . 62.5 mcg (2,500 IU)

### Other ingredients

Organic sunflower oil, rosemary extract, and natural vitamin E (D-alpha-tocopherol, from non-GMO sunflower) in a softgel composed of glycerin, bovine gelatin, and purified water.

### Directions of use

**Adults:** Take 1 softgel daily or as directed by your health-care practitioner. To be taken with an adequate intake of calcium.

### Duration of use

Consult a health-care practitioner for use beyond 6 months.

#2737 · 60 softgels · UPC 6-28747-12737-0  
 #2738 · 120 softgels · UPC 6-28747-12738-7  
 #2739 · 180 softgels · UPC 6-28747-12739-4  
 #2750 · 360 softgels · UPC 6-28747-12750-9  
 #2893 · 600 softgels · UPC 6-28747-12893-3  
 NPN 80110404 · V0734-R2

[Bone Health](#) · [Immune Health](#) · [Vitamins and Minerals](#)

## Vitamin K2+D3

K2 120 mcg D3 1,000 IU per Dose

liquid



### Immunity

Helps in the development and maintenance of healthy bones and teeth, in the absorption and use of calcium and phosphorus, to maintain immune function, and in the process of cell division. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.

### Each drop contains

Vitamin K2 (all *trans*-menaquinone-7) . . . . . 30 mcg  
 Vitamin D3 (cholecalciferol) (250 IU) . . . . . 6.25 mcg

### Other ingredient

Medium-chain triglycerides (MCT).

### Directions of use

**Adults:** Take 4 drops daily or as directed by your health-care practitioner.

#2235 · 15 ml / 525 drops / 131 doses · UPC 6-28747-22235-8  
 NPN 80080203 · OM0132-R1

[Bone Health](#) · [Immune Health](#) · [Vitamins and Minerals](#)

# Wild Field Mint Pure Essential Oil *Mentha arvensis*

100% Pure · Clean · Unadulterated

Aroma: Fresh, herbal, minty.

Attributes: Refreshing, stimulating, revitalizing.

Scent note: Top Note



## Each drop contains

Wild field mint (*Mentha arvensis*) leaf  
essential oil, steam-distilled . . . . . 100%

## Active compounds

Menthol and menthone.

## Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

## Duration of use

For external and occasional use only.

#3211 · 30 ml · UPC 6-28747-13211-1  
00093-R1  
Essential Oils

Full line of essential oils, p. 78–86

# Wild Omega 3

180 mg EPA · 120 mg DHA softgels  
Ultrapure Pharmaceutical Grade

## Cognitive/Brain Function

## Cardiovascular Health

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and/or brain function, and helps to maintain and support cardiovascular health.



## Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 1,000 mg

## Providing:

Eicosapentaenoic acid (EPA) . . . . . 180 mg  
Docosahexaenoic acid (DHA) . . . . . 120 mg

Ultrapure, pharmaceutical grade.

## Other ingredients

Natural vitamin E (d-alpha-tocopherol) (from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

## Directions of use

Adults: Take 2 softgels twice daily with meals or as directed by your health-care practitioner.

#1000 · 60 softgels · UPC 6-28747-11000-6  
#1001 · 120 softgels · UPC 6-28747-11001-3  
#1002 · 180 softgels · UPC 6-28747-11002-0  
NPN 80020862 · V0062-R1

Fish Oils · Heart and Blood · Memory Help · Neurological Health

Full line of fish oils, p. 152–159

# Wild Omega 3

EPA 330 mg · DHA 165 mg softgels  
Ultrapure Pharmaceutical Grade

## Cognitive/Brain Function

## Cardiovascular Health

43% Smaller Size\* Easier to Swallow  
Lemon-Infused to Prevent Fishy Burps

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides. **No fishy aftertaste.**



## Each softgel contains

Fish oil (omega-3 from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 750 mg

## Providing:

Eicosapentaenoic acid (EPA) . . . . . 330 mg  
Docosahexaenoic acid (DHA) . . . . . 165 mg

Ultrapure, pharmaceutical grade.

## Other ingredients

Natural lemon oil and natural vitamin E (d-alpha-tocopherol, from non-GMO sunflower) in a softgel composed of bovine gelatin, glycerin, and purified water.

## Directions of use

Adults: Take 2 softgels twice daily with meals or as directed by your health-care practitioner.

\*43% smaller softgel than Wild Omega 3 EPA 660 mg · DHA 330 mg Lemon Flavour.

#2194 · 60 softgels · UPC 6-28747-12194-1  
NEW SIZE! #3237 · 120 softgels · UPC 6-28747-13237-4  
NPN 80077104 · V0608-R2

Fish Oils · Heart and Blood · Memory Help · Neurological Health

Full line of fish oils, p. 152–159

# Wild Omega 3

EPA 660 mg · DHA 330 mg softgels  
Ultrapure Pharmaceutical Grade

## Cognitive / Brain Function

## Cardiovascular Health

## 0% Porcine/Bovine

Source of omega-3 fatty acids for the maintenance of good health. Helps support cognitive health and brain function, maintain cardiovascular health, and reduce serum triglycerides.



## Each softgel contains

Fish oil (omega-3 fatty acids from wild, deep-sea whole anchovies [*Engraulidae*] and/or whole sardines [*Clupeidae*]) . . . . . 1,414 mg

## Providing:

Eicosapentaenoic acid (EPA) . . . . . 660 mg  
Docosahexaenoic acid (DHA) . . . . . 330 mg  
Ultrapure, pharmaceutical grade.

## Other ingredients

Natural vitamin E (d-alpha-tocopherol) (from non-GMO sunflower) . . . . . 3.35 mg AT (5 IU)  
In an improved softgel composed of fish gelatin, glycerin, and purified water.

## Directions of use

Adults: Take 1 softgel twice daily or as directed by your health-care practitioner.

#1253 · 60 fish softgels · UPC 6-28747-11253-6  
#1280 · 120 fish softgels · UPC 6-28747-11280-2  
NPN 80009414 · V0320-R3

Fish Oils · Heart and Blood · Memory Help · Neurological Health  
Pain and Inflammation

Full line of fish oils, p. 152-159

## Wild Omega 3

EPA 660 mg DHA 330 mg  
Ultrapure Pharmaceutical Grade

Cognitive / Brain Function

Cardiovascular Health · Healthy  
Mood Balance · Lemon Flavour

Source of omega-3 fatty acids for  
maintenance of good health. Helps support  
cognitive health and brain function, maintain  
cardiovascular health, and reduce blood  
triglycerides. Helps promote healthy mood  
balance. **No fishy aftertaste.**



### Each softgel contains

Fish oil (omega-3 from wild, deep-sea  
whole anchovies [*Engraulidae*] and/or  
whole sardines [*Clupeidae*]) ..... 1,414 mg

#### Providing:

Eicosapentaenoic acid (EPA) ..... 660 mg  
Docosahexaenoic acid (DHA) ..... 330 mg

Ultrapure, pharmaceutical grade.

## Other ingredients

Natural lemon oil, natural vitamin E (D-alpha-tocopherol)  
(from non-GMO sunflower), and rosemary extract in a softgel  
composed of bovine gelatin, glycerin, and purified water.

## Directions of use

Adults, adolescents, and children (9 years and  
older): Take 1 softgel twice daily or as directed by your  
health-care practitioner.

#2007 · 60 softgels · UPC 6-28747-12007-4  
#2006 · 120 softgels · UPC 6-28747-12006-7  
NPN 80064643 · V0411-R4

Fish Oils · Heart and Blood · Memory Help · Neurological Health  
Pain and Inflammation

Full line of fish oils, p. 152-159

## Wild Omega 3

EPA 900 mg DHA 600 mg  
Ultrapure Pharmaceutical Grade



Cognitive / Brain Function

Lemon Flavour

Helps support cognitive health and brain function.  
Helps support the development of the brain, eyes,  
and nerves in children up to 12 years old. Source  
of eicosapentaenoic acid (EPA), docosahexaenoic  
acid (DHA), and omega-3 fatty acids for the  
maintenance of good health.

### Each teaspoon contains

Fish oil (from wild, deep-sea  
whole anchovies [*Engraulidae*]  
and/or whole sardines [*Clupeidae*]) ..... 4,500 mg

#### Providing:

Eicosapentaenoic acid (EPA) ..... 900 mg  
Docosahexaenoic acid (DHA) ..... 600 mg

Ultrapure, pharmaceutical grade.

## Other ingredients

Natural lemon oil, green tea (*Camellia sinensis*) and rosemary  
(*Rosmarinus officinalis*) extracts to prevent oxidation.

## Directions of use

All ages above 1 year old: Take 1 teaspoon daily or as directed  
by your health-care practitioner.

#2465 · 200 ml / ≈ 40 doses · UPC 6-28747-22465-9  
NPN 80092888 · OM0155-R1

Fish Oils · Heart and Blood · Memory Help · Neurological Health  
Pain and Inflammation

Full line of fish oils, p. 152-159

## Wild Oregano C93

liquid

Wild Mediterranean · 93% Carvacrol

Antioxidant · Fights Free Radicals

Source of antioxidants. Mountain-grown 1,500 m  
(5,000 ft.) above sea level.

1:5 blend of oregano and olive oils.



### Each drop contains

Oregano (*Origanum minutiflorum*) oil,  
75-85% carvacrol (93% carvacrol  
of total volatile oils) ..... 5.42 mg

## Other ingredients

Extra-virgin certified organic olive oil.

## Directions of use

Adults: Put 5 drops under the tongue and gulp or mix with 30 ml  
of water or juice, three to five times daily or as directed by  
your health-care practitioner. Take with food. If you are taking  
supplements containing iron, zinc, calcium, or copper, take this  
product a few hours before or after them.

## Duration of use

For occasional use only.

#1233 · 15 ml / ≈ 109 doses · UPC 6-28747-21233-5  
#1255 · 30 ml / ≈ 218 doses · UPC 6-28747-21255-7  
#1476 · 50 ml / ≈ 364 doses · UPC 6-28747-21476-6  
NPN 80033637 · OM0016-R6

Cold and Flu · Immune Health

## Wild Oregano C93

liquid

Wild Mediterranean · 93% Carvacrol

Antioxidant

Source of antioxidants.

1:3 blend of oregano and olive oils.



### Each drop contains

Oregano (*Origanum minutiflorum*) oil,  
75-85% carvacrol (93% carvacrol  
of total volatile oils) ..... 8.85 mg

## Other ingredients

Extra-virgin organic olive oil.

## Directions of use

Adults: Put 1-4 drops under the tongue and swallow or mix with  
30 ml of water or juice, three to six times daily or as directed by  
your health-care practitioner. Take with food. If you are taking  
supplements containing iron, zinc, calcium, or copper, take this  
product a few hours before or after them.

## Duration of use

For occasional use only.

#2094 · 15 ml · UPC 6-28747-22094-1  
#2095 · 30 ml · UPC 6-28747-22095-8  
NPN 80073040 · OM0130-R1  
Cold and Flu · Immune Health

## Wild Oregano C93

With Garlic

liquid

Wild Mediterranean · 93% Carvacrol

Relieves Symptoms of  
Respiratory Infections

Source of antioxidants. Traditionally used in herbal medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions; to help reduce elevated blood lipid levels/ hyperlipidaemia in adults; and to help maintain cardiovascular health in adults.

1:5 blend of oregano with garlic oils to olive oil.

### Each drop contains

Oregano (*Origanum minutiflorum*) oil, 75–85% carvacrol (93% carvacrol of total volatile oils) . . . . . 5.42 mg Garlic (*Allium sativum*) distilled oil . . . . . 250 mcg



### Other ingredients

Organic extra virgin olive oil.

### Directions of use

Adults: Take 4–10 drops twice daily or as recommended by your health-care practitioner.

#1632 · 15 ml / ≈ 109 doses · UPC 6-28747-21632-6  
#1633 · 30 ml / ≈ 218 doses · UPC 6-28747-21633-3  
#1634 · 50 ml / ≈ 364 doses · UPC 6-28747-21634-0  
NPN 80043763 · OM0119-R3  
Cold and Flu · Immune Health

Willow:

## White Willow

Bark · 400 mg

capsules



Relieves Headache,

Muscular and Arthritic Pain

Traditionally used in herbal medicine to help relieve pain such as headaches as well as muscular and arthritic pain.

### Each vegetable capsule contains

White willow (*Salix alba*) bark . . . . . 400 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Take 3 capsules three times daily or as directed by your health-care practitioner.

#0818 · 50 vegetable capsules · UPC 6-28747-10818-8  
NPN 80024331 · V0135-R1  
Headache and Migraine · Herbs and Herbal Extracts  
Pain and Inflammation

## Wintergreen

## Pure Essential Oil

*Gaultheria procumbens*

100% Pure · Clean · Unadulterated

Aroma: Sweet, fresh, minty, woody.

Attributes: Stimulating, refreshing, awakening.

Scent note: Top Note



### Each drop contains

Wintergreen (*Gaultheria procumbens*) leaf essential oil, steam-distilled. . . . . 100%

### Active compound

Methyl salicylate.

### Directions of use

Add a few drops to your diffuser, favourite carrier oil, soap, lotion, or massage oil. Do not use essential oils undiluted.

### Duration of use

For external and occasional use only.

#3213 · 30 ml · UPC 6-28747-13213-5  
O0099-R1  
Essential Oils

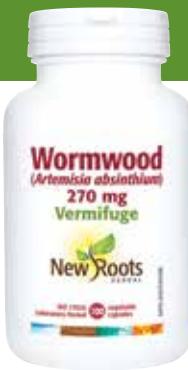
Full line of essential oils, p. 78–86

## Wormwood

(*Artemesia absinthium*) 270 mg capsules

### Vermifuge

Used in traditional herbal medicine as a stimulant tonic to improve appetite and to relieve symptoms of dyspepsia (carminative). Used in traditional herbal medicine to expel worms (vermifuge).



### Each vegetable capsule contains

Whole wormwood (*Artemesia absinthium*) . . . . . 270 mg

### Other ingredients

Non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 2–3 capsules three times daily or as directed by your health-care practitioner. Do not exceed above dose.

### Duration of use

Consult a health-care practitioner for use beyond 3–4 weeks.

#0249 · 100 vegetable capsules · UPC 6-28747-10249-0  
NPN 80033348 · V0192-R3  
Digestive Health · Herbs and Herbal Extracts  
Parasitic and Fungal Management

“It is not true that people stop pursuing dreams because they grow old; they grow old because they stop pursuing dreams.”

Gabriel García Márquez

## Xylitol: Sweet-to-Clean

Plant-Based Sweetener  
Xylitol · Organic

powder



No Aftertaste

10 Calories per Teaspoon

100% Pure · Gluten-Free · Non-GMO

As sweet as sugar, xylitol is a lower caloric alternative to table sugar without any unpleasant aftertaste. Its look, feel, and consistency make it ideal for all recipes.

Low glycemic impact · Ideal for baking · Keto-friendly

### Ingredient

Organic xylitol.

### Directions of use

As sweet as sugar · 1 tsp. Sweet-to-Clean = 1 tsp. sugar

### Nutrition Facts · Per 1 tsp. (4 g)

Calories	10	% Daily Value*	Carbohydrate	4 g	0 %
Fat	0 g	0 %	Sugars	0 g	
Protein	0 g		Xylitol	4 g	

Not a significant source of saturated fat, trans fat, fibre, sugar, cholesterol, sodium, potassium, calcium, or iron.

\*5% or less is a little, 15% or more is a lot

#2459 · 454 g · UPC 6-28747-02459-4

P0815-R1

### NONTAXABLE ITEM

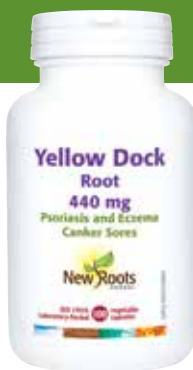
Keto Diet · Natural Sweeteners · Weight Management

Full line of natural sweeteners, p. 210–211

## Yellow Dock

Root · 440 mg

capsules



Psoriasis and Eczema

Canker Sores

Traditionally used in herbal medicine as an alterative for the relief of minor skin irritations associated with psoriasis and eczema; to help relieve minor inflammations of mucous membranes of the mouth (aphthous stomatitis/canker sore); as a general tonic and astringent; and as a mild laxative for relief of occasional constipation.

### Each vegetable capsule contains

Yellow dock (*Rumex crispus*) root ..... 440 mg

### Other ingredients

Vegetable magnesium stearate in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 3–5 capsules three times daily with food or as directed by your health-care practitioner.

### Duration of use

Consult a health-care practitioner for use beyond 8 weeks. Not for long-term use.

#0817 · 100 vegetable capsules · UPC 6-28747-10817-1

NPN 80032886 · V0137-R1

Digestive Health · Herbs and Herbal Extracts · Skin

## Zinc:

## Ultra Zinc

30 mg

capsules



### Immunity Formula

Zinc helps to maintain immune function and helps the body to metabolize carbohydrates, fats, and proteins. A factor in the maintenance of good health.

### Each vegetable capsule contains

Zinc (from zinc citrate)	30 mg
Taurine	
(2-aminoethanesulfonic acid)	200 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract	
50% polyphenols	55 mg
Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate)	50 mg
Vitamin B2 (riboflavin and riboflavin-5'-phosphate)	12 mg
Butternut squash ( <i>Cucurbita pepo</i> var. <i>moschata</i> ) seed 4:1 extract	10 mg
Inositol hexanicotinate, flush-free (vitamin B3)	6 mg
Vitamin B1 (thiamine hydrochloride)	4 mg
Molybdenum (from molybdenum citrate)	150 mcg

### Other ingredients

DL-Malic acid, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

### Directions of use

Adults: Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

### Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

#0975 · 90 vegetable capsules · UPC 6-28747-10975-8

NPN 80025625 · V0267-R3

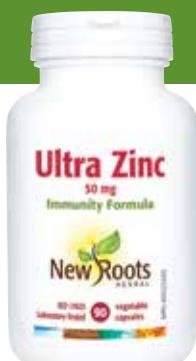
Eye Health · Immune Health · Men's Fertility · Men's Health Vitamins and Minerals

## Zinc:

## Ultra Zinc

50 mg

capsules



### Immunity Formula

A factor in the maintenance of good health, zinc helps to maintain immune function and to prevent zinc deficiency. Zinc, thiamine, riboflavin, and vitamin B6 help the body to metabolize carbohydrates, fats, and proteins. Molybdenum helps the body to metabolize proteins.

### Each vegetable capsule contains

Zinc (from zinc citrate)	50 mg
Taurine (2-aminoethanesulfonic acid)	350 mg
Green tea ( <i>Camellia sinensis</i> ) leaf extract, 50% polyphenols	75 mg
Vitamin B6 (pyridoxine hydrochloride and pyridoxal-5'-phosphate)	67 mg
Butternut squash ( <i>Cucurbita pepo</i> var. <i>moschata</i> ) seed 4:1 extract	15 mg
Vitamin B2 (riboflavin and riboflavin-5'-phosphate)	15 mg
Inositol hexanicotinate, flush-free (vitamin B3)	8 mg
Vitamin B1 (thiamine hydrochloride)	6 mg
Molybdenum (from molybdenum citrate)	200 mcg

## Other ingredients

DL-Malic acid, microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule daily with food or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

## Duration of use

Consult a health-care practitioner for use beyond 12 weeks.

**#0976 · 90 vegetable capsules · UPC 6-28747-10976-5**  
NPN 80025243 · V0268-R3

[Eye Health](#) · [Immune Health](#) · [Men's Fertility](#) · [Men's Health](#)  
[Vitamins and Minerals](#)

## Zinc

**Chelate · 25 mg**

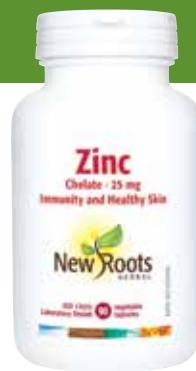
capsules

### Immunity and Healthy Skin

Helps to maintain immune function, to maintain healthy skin, and to form connective tissue. Helps the body to metabolize nutrients.

### Each vegetable capsule contains

Zinc (from HVP chelate) . . . . . 25 mg  
HVP = Hydrolyzed vegetable protein.



### Other ingredients

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

## Directions of use

**Adults:** Take 1 capsule once or twice daily with a meal or as directed by your health-care practitioner. If you are taking other medications or other natural health products, take this product a few hours before or after them.

**#2545 · 90 vegetable capsules · UPC 6-28747-12545-1**  
NPN 80102846 · V0413-R3

[Immune Health](#) · [Men's Health](#) · [Skin](#) · [Vitamins and Minerals](#)

**40 Years, Here at Home**  
As a family-owned company, we formulate,  
test and manufacture our products in Canada.

  
**Proudly  
Canadian-Made**



## ChoosetoCare

New Roots Herbal has given more than \$124,000 worth of donations in 2024! We have contributed over \$2,150,000 since the start of the program in 2008.

The ChoosetoCare program is a path to protecting, feeding, and caring for people and our planet, thanks to the help of all the following wonderful charitable organizations:



[choosetocare.ca](http://choosetocare.ca)

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# Terms and Sales Policy

## 1. Terms

Approved accounts: net 30 days. Accounts over 30 days will be charged 2% per month. Orders shipped C.O.D. are subject to a \$12.50 charge.

**Note:** You may pay with Visa or MasterCard without any additional fees.

## 2. Returned Cheques

Cheques returned due to insufficient funds will be subject to a \$15.00 fee. Accounts with more than one NSF cheque may be subject to C.O.D. terms.

## 3. New Accounts

All orders placed by new customers can be paid by certified cheque, money order, Visa, or MasterCard. If the customer would like to have terms, then a credit application form will need to be filled out. For chains of stores that have good standing credit history, credit privileges will be granted for new locations.

## 4. Shipping

Orders under \$375.00 before taxes are subject to a \$40.00 shipping fee. **Orders under \$275.00 before taxes will not be accepted.** "Add-ons" to previously placed orders will not be accepted. Shipping terms apply to all provinces and territories.

## 5. Damage Claims

Should you receive damaged goods in your shipment, they must be reported to us immediately.

## 6. Returns

Merchandise cannot be returned for credit without our prior written authorization. No returns will be accepted 120 days or more after the initial shipment date. A minimum 20% restocking charge (before taxes) will apply for all returns.

**Note:** Products opened or past expiry date will not be credited (except as explained in point 7). For any question or inquiry about returns, please contact our customer service department.

## 7. Credits

Any products returned to you by one of your customers for a valid reason may be credited in full and then reported to us in order to issue a credit on your account. For us to process your credit request, you are kindly required to provide us with the following information: Product code, description, lot number, reason of the return, as well as name and phone number of the customer who returned it. No credits will be processed if any of these details are missing.

## 8. Adjustments

In case of an error in invoicing, please notify us within 10 days of the receipt of the invoice. We will be willing to make the necessary adjustments.

## 9. Prices

Prices are subject to change without notice.

## 10. Other Information

When placing your order, please provide product codes and descriptions to facilitate processing orders quickly and accurately. Please make sure to use updated codes and descriptions from the most recent price list or catalogue. Orders can be placed through our online platform [newrootsherbal.com/login](http://newrootsherbal.com/login), by email at [support@newrootsherbal.com](mailto:support@newrootsherbal.com), by fax at **1 800 676-8902**, or by phone at **1 800 268-9486**. Generally, if you place your order before noon (Eastern Time), it will be shipped the next business day.



# New Roots Herbal—Making Life Better!

- **Scientifically Advanced Formulas**

4 Naturopathic physicians on staff formulating specialized therapeutic products.

- **Guaranteed Non-GMO Ingredients**

Genetically modified organisms are detected and quantified in an on-site ISO 17025–accredited lab with state-of-the-art, real-time polymerase chain reaction (PCR) testing.

- **Surpassing All Quality Standards**

- with an on-site ISO 17025–accredited Laboratory**

A team of expertly trained scientists, has maintained the laboratory's ISO 17025 accreditation since 2014 with a wide scope of testing methods, including GMO analysis and detection of heavy metals.

- **Raising the Bar for Heavy-Metal Detection**

New Roots Herbal utilizes an ISO 17025–accredited laboratory equipped with technology able to detect methylmercury poisons.

- **Providing Exclusivity to Health-Food Stores**

We do not sell our products in the 10,000+ pharmacy, grocery, and big-box stores around the corner from you.

## MOST IMPORTANTLY

### Strongly Support—Rather than Compete with—Health-Food Stores

We are not among the 15 suppliers competing with you by selling directly to consumers from their own websites, with discounts up to 30% off retail and free shipping.

—Peter Wilkes, President  
New Roots Herbal



T.: 450 424-9486 / 1 800 268-9486  
F.: 450 424-0130 / 1 800 676-8902

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