

# PURE HERBS, LTD.™

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## PRODUCT REFERENCE GUIDE

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PURE HERBS, LTD.™

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Sterling Heights, MI 48312

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# PRODUCT REFERENCE GUIDE

Fourth Edition Printed 2023

**The information contained herein is a reference guide only.**

This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

**Product availability/ingredients are subject to change without notice.  
Please refer to our website: [www.pureherbs.com](http://www.pureherbs.com)  
for the most updated information.**

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

### **SINGLE HERBS:**

#### **Alfalfa**

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

#### **Aloe (African Bitter)**

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

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

#### **Angelica**

Beneficial for maintaining healthy digestion.\*

#### **Arnica**

Provides support for the nervous system and bones.\*

#### **Ashwagandha**

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

#### **Astragalus**

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

#### **Barberry**

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

#### **Bayberry**

Beneficial for healthy sinuses.\*

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**Bee Pollen**

Beneficial for energy, adrenal support and immune support.\*

**Bee Propolis**

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

**Beet Root**

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

**Bilberry**

Beneficial for overall eye health.\*

**Bistort**

Beneficial for sinus and respiratory health.\*

**Bitter Orange**

Beneficial for sinus and respiratory support.\*

**Black Cohosh**

Beneficial to alleviate menopausal discomfort.\*

**Black Currant Extract**

Beneficial for maintaining healthy connective tissue.\*

**Black Walnut Hulls**

Beneficial for healthy nerve function\* Contains: Walnuts

**Bladderwrack**

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

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**Blessed Thistle**

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

**Blood Root (Red Root)**

Helps to support healthy gums.\*

**Blue Cohosh**

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

**Blue Flag**

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

**Blue Vervain**

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

**Blueberry Leaf**

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

**Brewer's Yeast**

Beneficial for energy and digestive health.\* Contains: Gluten

**Broad Beans**

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

**Buchu**

Promotes healthy reproductive organ and genitourinary tract function, supports a healthy gastrointestinal tract and relief of occasional gas.\*

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### **Buckthorn**

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

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### **Bugleweed**

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

### **Burdock**

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

### **Butcher's Broom**

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

### **Calendula**

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

### **Capsicum (Red Habanero Pepper)**

Helps to support a healthy circulatory system.\*

### **Carpenter's Square (Figwort)**

Helps to support a healthy lymphatic system.\*

### **Carrot Root**

Supports eye and skin health and healthy digestion.\*

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### **Cascara Sagrada**

(liquid) Beneficial for occasional constipation.\*

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### **Catnip**

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

### **Cedar Berries**

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

### **Celandine**

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

### **Celery Seed**

Supports healthy kidney and bladder function.\*

### **Chamomile**

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

### **Chaste Tree Berry**

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

### **Chestnut Leaf**

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

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**Chickweed**

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

**Chicory**

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

**Chippewa Pine**

Helps to support a healthy respiratory system.\*

**Chlorella**

Beneficial for overall nutrition.\*

**Cleavers**

Beneficial for maintenance of kidney and urinary system health.\*

**Cloves**

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

**Cornsilk**

Helps to maintain a healthy urinary tract.\*

**Crampbark**

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

**Cudweed**

Helps to maintain a healthy mucous membrane in the mouth and a healthy stomach function.\*

**Culver's Root (Blackroot)**

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

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**Damiana**

Beneficial for increasing sexual desire.\*

**Dandelion Leaf**

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

**Dandelion Root**

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

**Devil's Claw**

Beneficial for maintaining joint comfort and health.\*

**Dong Quai**

Beneficial for menopausal discomfort.\*

**Dulse**

Beneficial to help maintain healthy thyroid function.\*

**Echinacea**

Beneficial for strengthening the immune system.\*

**Elderberry Flower**

Beneficial for supporting a healthy immune and respiratory system.\*

**Elecampane**

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

**Eucalyptus Extract**

Beneficial for maintaining healthy respiratory function.\*

**Eucalyptus Oil**

Beneficial for maintaining healthy respiratory function.\*

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**Evening Primrose**

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

**Eyebright**

Beneficial for the maintenance of eye and sinus health.\*

**Fennel**

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

**Fenugreek**

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

**Feverfew**

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

**Figs**

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

**Flax**

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

**Garlic**

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

**Gentian**

Aids in digestion.\*

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### **Ginger**

Beneficial for the maintenance of a healthy circulatory system.\*

### **Ginkgo**

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

### **Golden Seal**

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

### **Gotu Kola**

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

### **Grape Seed**

Supports a healthy immune system.\*

### **Greasewood (Chaparral)**

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

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

### **Green Ginger (Wormwood)**

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

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**Hawthorn**

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

**He Shou Wu (Fo-Ti)**

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

**Hibiscus Flowers**

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

**Hoodia**

Helps to suppress appetite and support weight loss.\*

**Hops**

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

**Horehound**

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

**Horsetail**

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

**Hydrangea**

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

**Hyssop**

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

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**Indian Sarsaparilla (Hemidesmus Indicus)**

Supports healthy adrenal response to occasional stress and fatigue.\*

**Indian Tobacco (Lobelia)**

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

**Inkberry (Poke Root)**

Helps to maintain a healthy respiratory and immune system.\*

**Irish Moss**

Beneficial as a stool softener for occasional constipation.\*

**Juniper Berries**

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

**Kelp**

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

**Korean Ginseng**

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

**Kudzu**

Beneficial for overall health\*

**Lapacho (Pau d'arco)**

Beneficial for the immune system.\*

**Licorice Root**

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

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**Maca**

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

**Male Fern**

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

**Marshmallow**

Helps to maintain the health of the mucous membranes.\*

**Mayapple**

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

**Meadowsweet**

Helps to maintain blood health.\*

**Milk Thistle**

Helps to support the maintenance and function of a healthy liver and gallbladder.\*

**Mistletoe**

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

**Motherwort**

Helps to boost stamina.\*

**Mullein Leaf**

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

**Myrrh**

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

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**Nettle**

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

**Oat Straw**

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

**Oil of Cajeput**

Supports healthy respiratory function.\*

**Olive Leaf**

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

**Oregano Extract**

Beneficial for supporting immune system.\*

**Oregano Oil**

Beneficial for supporting immune system.\*

CAUTION: Dilute before use. May cause skin irritation.

**Oregon Grape**

Supports a healthy lymphatic system.\*

**Parsley**

Provides support for a healthy nervous system.\*

**Partridge Berry**

Helps to relieve menstrual discomfort.\*

**Passion Flower**

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

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**Peach Leaf**

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

**Pennyroyal**

Helps maintain a healthy menstrual cycle.\*

**Peppermint Leaf**

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

**Peppermint Oil**

Promotes normal respiratory function.\*

**Pipsissewa**

Helps to maintain a healthy urinary tract and prostate.\*

**Plantain**

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

**Pleurisy Root**

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

**Protein**

Beneficial for overall good health.\* Contains: Milk and Soy

**Pumpkin Seed**

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

**Purple Loosestrife**

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

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**Quince**

Beneficial for relief of occasional stomach and intestinal discomfort.\*

**Red Clover**

Helps to maintain a healthy immune and respiratory system.\*

**Red Raspberry Leaf**

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

**Reishi Mushroom**

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

**Rice Bran**

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

**Rosemary**

Beneficial for menopausal discomfort.\*

**Royal Jelly**

Beneficial for menopausal discomfort, glandular and adrenal support.\*

**Rue**

Supports healthy menstruation.\*

**Rupturewort**

Supports healthy urinary tract function.\*

**Safflowers**

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

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**Sage**

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

**Sanicle**

Beneficial for maintaining healthy, clean arteries.\*

**Sarsaparilla**

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

**Sassafras**

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

**Saw Palmetto**

Helps to maintain a healthy prostate.\*

**Scullcap**

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

**Senna**

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

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

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**Sheep Sorrel**

Beneficial for overall good health.\*

**Shepherd's Purse**

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

**Skunk Cabbage**

Helps to support a healthy nervous system.\*

**Slippery Elm**

Helps to support a healthy gastrointestinal tract.\*

**Southern Prickly Ash**

Beneficial for increased energy.\*

**Spikenard**

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

**Spirulina**

(liquid, capsules 200 ct & bulk powder) Spirulina is a rich source of protein, vitamins, minerals, essential fatty acids (including the important gamma-linolenic acid), and chlorophyll. Spirulina is also a good source of RNA and DNA.\*

Capsules & Bulk Powder: **WARNING:** Consuming this product can expose you to Lead, a chemical known to the state of California to cause birth defects or other reproductive harm. For more information, go to [www.p65warning.ca.gov/food](http://www.p65warning.ca.gov/food). Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

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**Spring Violet**

Helps to soothe the throat.\*

**St. John's Wort**

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

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

**Stillingia**

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

**Stone Root**

Supports healthy kidney and bladder function.\*

**Strawberry Leaf**

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

**Sunflower Seed**

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

**Superb Wheat Grass Extract**

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

**Sutherlandia**

Supports a healthy immune system.\*

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**Sweet Root (Calamus)**

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

**Tart Cherries Extract (Sour Cherry)**

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

**Thyme**

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

**Turkey Rhubarb**

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

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

**Turmeric**

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

**Una De Gato (Cat's Claw)**

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

**Uva Ursi**

Beneficial tonic for supporting a healthy bladder and kidneys.\*

**Valerian Root**

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

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**Vinca (Lesser Periwinkle)**

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

**Wheat Germ**

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

**White Oak Bark**

Beneficial for support of healthy thyroid and bladder function.\*

**White Pond Lily**

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

**Whole Apricot Kernels**

Beneficial for glandular support.\*

**Wild Cherry Bark**

Supports a healthy respiratory system.\*

**Wild Lettuce**

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

**Wild Rose Hips**

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

**Wild Yam**

Helps to relieve occasional cramping associated with menstruation.\*

**Willow**

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

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**Wintergreen Oil**

Helps to support a healthy respiratory tract.\*

**Wood Betony**

Supports a healthy circulatory system.\*

**Wormseed**

Promotes healthy nerve and brain function.\*

**Yarrow**

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

**Yellow Dock**

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

**Yerba Santa**

Helps to support a healthy respiratory tract.\*

**Yohimbe**

Beneficial for parasympathetic nervous system support.\*

**Yucca**

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

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

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

### **COMBINATION HERBS**

#### **A-W**

(Alfalfa, Bitter Orange, Dandelion Root, Echinacea, Juniper (Fruit),

Marshmallow, Mullein Leaf, Oregon Grape, Wild Rose Hips)

Helps to maintain healthy joint and muscle tissue.\*

#### **A.C.S. (All Cells Salts)**

(liquid) (Bladderwrack, Cassava, Irish Moss, Kelp)

Provides electrolytes and minerals for the maintenance of good health.\*

#### **AEA-B**

(Herbal Adjustment [Black Cohosh, Blue Vervain, Capsicum,

Indian Sarsaparilla, Indian Tobacco], Licorice Root, Thyme, Wild Rose Hips)

Beneficial support for a healthy respiratory and sinus system.\*

#### **AF-R**

(Capsicum, Golden Seal, Indian Tobacco, Una de Gato, Wild Rose Hips)

Helps support a healthy immune system.\*

#### **AG-W**

(Angelica, Catnip, Fennel, Ginger, Peppermint Leaf)

Helps to support relief of occasional gas, bloating and upset stomach.\*

#### **AIF-T**

(Calendula, Chamomile, Licorice Root, Sage, St. John's Wort)

Supports a healthy respiratory system.\*

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women.

If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

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#### **AP-W**

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

#### **ART-C**

(Aloe, Devil's Claw, Horsetail, Licorice Root)

Help to provide occasional joint relief after periods of exercise.\*

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

#### **B & B-W**

(Black Cohosh, Blue Cohosh, Blue Vervain, Indian Tobacco, Scullcap)

Helps in the maintenance of a healthy nervous system and promotes a feeling of calmness.\*

#### **B & NC-W**

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

#### **BC-W**

(Barberry, Black Cohosh, Burdock, Dandelion Root, Gentian, Greasewood, Red Clover, Sarsaparilla, Yarrow, Yellow Dock)

Provides the building blocks for healthy blood.\*

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

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

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

**BDR-C**

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

**Bee Pollen “Special”**

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

**Blue Steele**

(Chaste Tree Berry, Damiana, Dong Quai, Elderberry Flower, Indian Sarsaparilla, Indian Tobacco, Korean Ginseng, Sarsaparilla, Saw Palmetto, Wood Betony, Yohimbe) Designed to enhance virility, vitality and pleasure and to increase sexual desire.\*

**BP-W**

(Bee Pollen, Buckthorn, Greasewood, Inkberry, Peach Leaf, Southern Prickly Ash, Red Clover, Stillingia)

Helps to support a healthy circulatory system.\*

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

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

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

**CA-W**

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

**Can-Sol**

(liquid) (Greasewood, Oregon Grape, White Pond Lily)

Beneficial for maintaining healthy intestinal flora.\*

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

**CC-W**

(Bistort, Eucalyptus, Horehound, Sage, Wild Cherry Bark)

Helps to support a healthy immune system.\*

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

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

#### **CCE-W**

(Aloe, Angelica, Ginger, Manna, Milk Thistle, Myrrh, Senna, Spikenard, Turkey Rhubarb, Turmeric)

Beneficial for the relief of occasional constipation.\*

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

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

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

#### **CHE-B**

(Astragalus, Bilberry, Bitter Orange, Blessed Thistle, Eucalyptus, Gentian, Indian Tobacco, Marshmallow, Mullein Leaf, Olive Leaf, Yerba Santa)

Helps to support a healthy respiratory tract.\*

#### **Cornsilk Combination**

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

#### **Crampbark & Chaste Tree Berry**

(Crampbark, Chaste Tree Berry)

Beneficial for supporting male and female reproductive functions.\*

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

**CS-W**

(Blessed Thistle, Capsicum, HT Combination [Hawthorn, Motherwort, Myrrh], Lily of the Valley)

Supports healthy circulatory system and digestive function.\*

**CST-M**

(Barberry, Celandine, Milk Thistle, Sanicle, Turmeric)

Supports a healthy urinary tract.\*

**D-W**

(Gentian, Ginger, Juniper Berries, Safflowers)

Helps to support healthy digestive function.\*

**DAN-C**

(Black Walnut Hulls, Blue Vervain, Cudweed, Feverfew, Horsetail, Indian Tobacco, Rice Bran, Scullcap, St. John's Wort)

Beneficial for calming nerves and relieving tension.\* Contains: Walnuts

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women.

If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

**DB8-W**

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

**DSK-W**

(Chickweed, Mullein Leaf, Papaya Fruit, Valerian Root, Willow Bark)

Helps to maintain the body's natural response to inflammation.\*

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

**E-W**

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

**E & E-B**

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

**E & F-W**

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

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

#### **EH-T**

(Cudweed, Gotu Kola, Kava Kava, Rice Bran, Scullcap, St. John's Wort)

Provides an increase in energy, is a tonic for overall good health, helps relieve occasional restlessness and/or nervousness, supports a healthy circulatory system and venous tissue.\*

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

Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

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

#### **END-J**

(Burdock, Marshmallow, Partridge Berry, Turkey Rhubarb, Yarrow)

Helps to relieve menstrual discomfort.\*

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

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

**EO-W**

(Arnica, Catnip, Chamomile, Indian Tobacco)

Promotes a feeling of calmness and relaxation.\*

**ETI-W**

(Echinacea, Licorice Root, Myrrh, White Oak Bark)

Beneficial to maintain throat health.\*

**Fenugreek Combination**

(Fenugreek, Marshmallow, Mullein Leaf)

Helps maintain a healthy blood and lymphatic system.\*

**Figs & Flax**

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

**Five Oils**

(Eucalyptus Oil, Mullein Flower Oil, Oregano Oil, Peppermint Oil,

Wintergreen Oil)

**Formula M**

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

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### **Formula Max**

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

### **Formula Thirty-One**

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

### **Formula Three**

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

### **Formula Twelve**

(Chickweed, Marshmallow, Mullein Leaf, Slippery Elm)  
Helps to nourish and support a healthy gastrointestinal tract.\*

### **FP-W**

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

### **FVE-W**

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

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**GB-B**

(Barberry, Bee Propolis, Chicory, Culver's Root)

Supports healthy digestive function.\*

**GF-G**

(Bladderwrack, Burdock, Fennel, Hawthorn, Kelp, Plantain)

Helps to nourish and support thyroid function.\*

**Ginkgo Combination**

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

**GO-W**

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

**Golden Days**

(Bladderwrack, Elecampane, Fenugreek, Indian Sarsaparilla)

Beneficial for fluid retention.\*

**Golden Seal & Echinacea**

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

**Green Ginger & Wormseed**

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

**HB-W**

(Ginger, Gotu Kola, Indian Sarsaparilla, Sarsaparilla, Wild Rose Hips)

Helps to enhance cognitive function under periods of mental exertion, improve memory function, supports a healthy nervous system and promotes normal respiratory function.\*

**Herbal Adjustment**

(Black Cohosh, Blue Vervain, Capsicum, Indian Sarsaparilla,

Indian Tobacco) Stimulates brain function.\*

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**HII-W**

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

**HIK-W**

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

**HL ONE-W**

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

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

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

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

**HME-H**

(All Cells Salts [Bladderwrack, Cassava, Irish Moss, Kelp], Horsetail,

Indian Sarsaparilla, Oat Straw, Wheat Germ)

Supports healthy kidney function.\* Contains: Wheat

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

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#### **HNS-W**

(Dulse, Horsetail, Rosemary, Sage)

Helps to promote healthy development of hair, nails, skin, promotes an increase in energy and supports healthy thyroid function.\*

#### **Hoodia Combination**

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

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

#### **HR-F**

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

#### **HT Combination**

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

#### **HYG-W**

(Bee Pollen, Juniper Berries, Licorice Root, Rice Bran, Sweet Root)

Helps to maintain healthy blood sugar levels already within the normal range and enhances energy and focus.\*

#### **IMS-W**

(Black Cohosh, Carpenter's Square, Juniper Berries, Lapacho, Marshmallow, Mullein Leaf, Sarsaparilla, Sweet Root)

Helps to support a healthy immune system.\*

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**IV-H**

(Myrrh, Olive Leaf, Wild Rose Hips, Yarrow)

Supports healthy immune and respiratory function.\*

**IVY-D**

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

**Kava Kava Combination**

(Ginkgo, Kava Kava, St. John's Wort)

Helps relieve occasional restlessness and/or nervousness.\*

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

Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

NOTICE: Do not use product containing St. John's Wort while taking any

prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when

using this product. Not intended for use by pregnant or nursing women.

If you have any medical condition or are taking any medication, consult

your doctor prior to use. Discontinue use and consult with your doctor if

any adverse reactions occur.

**KID-W**

(Chamomile, Dandelion Root, Juniper Berries, Parsley, Uva Ursi)

Beneficial for the maintenance of healthy kidney function.\*

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

**L-W**

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

**L6-W**

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

**LBR-W**

(Angelica, Barberry, Bitter Orange, Butcher's Broom, Greasewood, Marshmallow, Senna, Sweet Root, White Oak Bark) Aids digestion.\*

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

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

**LC-W**

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

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

#### **LG-W**

(Burdock, Calendula, Turkey Rhubarb, Yellow Dock)

Supports liver and gallbladder function.\*

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

#### **Lily of the Valley & Blessed Thistle**

(Blessed Thistle, Lily of the Valley) Beneficial for maintaining a healthy

heart and blood vessels, promotes and enhances brain function,

strengthens memory recall, concentration and overall cognitive ability.\*

#### **LIV-J**

(Barberry, Catnip, Crampbark, Fennel, Ginger, Wild Yam)

Maintains healthy gallbladder and liver function and supports healthy

digestive function.\*

#### **Lloyd's Formula**

(Cinchona Bark, Cloves, Black Walnut Hulls) Beneficial for the

maintenance of blood health.\* Contains: Walnuts

#### **MG-W**

(Alfalfa, Chamomile, Dulse, Gentian, Ginger, Gotu Kola, Licorice Root,

Sarsaparilla) Provides nourishment that supports healthy adrenal gland

and thyroid function.\*

#### **MPEP**

(Black Cohosh, Chaste Tree Berry, Dong Quai, Ginkgo, Hops,

Saw Palmetto, Wild Yam) Helps to relieve menopausal discomfort.\*

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**MPS-I**

(Black Cohosh, Damiana, Dong Quai, Evening Primrose, Flax Seed, Passion Flower, Red Clover, Red Raspberry Leaf, Rosemary, Sarsaparilla, Strawberry Leaf, Sunflower Seed)

Helps to relieve menopausal discomfort.\*

**MYO-C**

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

Contains: Barley & Walnuts

**N-W**

(Blue Vervain, Hops, Indian Tobacco, Scullcap, Valerian Root)

Beneficial for nervous system support.\*

**NP-T**

(Indian Sarsaparilla, Oat Straw, Scullcap, St. John's Wort)

Helps to relieve temporary nervousness.\*

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

**NSS-M**

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

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#### **OC-M**

(liquid) (Chickweed, Flax, Ginkgo, Gotu Kola, Stone Root)

Beneficial for maintaining healthy arteries.\*

#### **Ol' Number 11**

(Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein Leaf, Scullcap, Stone Root, White Oak Bark)

For support and maintenance of joint health and beneficial for maintaining gastrointestinal health.\* Contains: Walnuts

#### **P-W**

(Buchu, Marshmallow, Pumpkin Seed, White Pond Lily, Wild Rose Hips)

Helps to support prostate health.\*

#### **PA-K**

(Black Cohosh, Echinacea, Golden Seal)

Supports a healthy circulatory system and blood health.\*

#### **Papaya Mints**

(Papaya, Peppermint Leaf, Spearmint Leaf)

Beneficial for occasional upset stomach.\*

#### **PC-C**

(Burdock, Marshmallow, Sheep Sorrel, Slippery Elm, Turkey Rhubarb)

This combination of herbs is beneficial for nourishing healthy cells.\*

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

#### **PG-G**

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

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

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

#### **PMS-W**

(Black Cohosh, Blessed Thistle, Dong Quai, Partridge Berry,

Red Raspberry Leaf, Stone Root, Wild Yam)

Helps to alleviate discomfort from Premenstrual Syndrome (P.M.S).\*

#### **PN-W**

(Blessed Thistle, Chaste Tree Berry, Crampbark, Ginger, Partridge Berry,

Red Raspberry Leaf) This combination of herbs may help to relieve nausea and vomiting associated with pregnancy.\*

#### **Red Clover Blended**

(Buchu, Greasewood, Red Clover)

Beneficial for maintaining a healthy urinary and respiratory tract.\*

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

#### **Remember When**

(Black Cohosh, Bladderwrack, Chlorella, Gingko, Gotu Kola, Wormseed)

Beneficial for enhancing memory and supporting peripheral circulation.\*

#### **RST-C**

(All Cells Salts [Bladderwrack, Cassava, Irish Moss, Kelp], Calendula,

Chickweed, Fo-Ti (He Shou Wu), White Mustard (Yellow Mustard))

Helps to relieve occasional stiffness and joint discomfort after periods of physical exertion.\*

#### **SB-T**

(Echinacea, Grape Seed, Green Ginger, Sanicle)

Helps to support a healthy immune system.\*

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**SC-W**

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

**SD-R**

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

**SH-G**

(B&N-C [Alfalfa, Barberry, Black Walnut Hulls, Chamomile, Gotu Kola, Parsley, Scullcap], St. John's Wort, Turmeric)

Supports a healthy circulatory system.\* Contains: Walnuts

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

**SI-W**

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

**SIA-R**

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

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#### **SMF-B**

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

#### **SM & W-S**

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

#### **ST-W**

(Aloe, Dandelion Root, Figs, Flax)

Beneficial for occasional stomach discomfort.\*

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

#### **Sutherlandia Combination**

(Bee Pollen, Black Cohosh, Cascara Sagrada, Sutherlandia) Supports a healthy immune system and helps to relieve occasional constipation.\*

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

#### **T-W**

(liquid) (Bladderwrack, Dulse, Irish Moss, Wild Lettuce)

Supports healthy thyroid function.\*

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

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

**TG & P-W**

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

Contains: Walnuts

**Three Bees**

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

**TRQ-RH**

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

Contains: Gluten

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

Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

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#### **UR-W**

(Buchu, Cornsilk, Stone Root, Uva Ursi, Yarrow)

Helps to maintain a healthy urinary tract and prostate and supports healthy kidney and bladder function.\*

#### **Vita-Lixir**

(Bee Pollen, Carrot Root, Dandelion Leaf, Gentian, Rice Bran, Sunflower Seed, Wheat Germ, Wild Rose Hips)

Beneficial for overall good health.\* Contains: Wheat

#### **VM-W**

(Alfalfa, Dandelion Root, Kelp)

Helps to maintain healthy function of the thyroid gland.\*

#### **VVH-W**

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

#### **W-W**

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

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

#### **Wild Cherry Bark “Special”**

(Bilberry, Wild Cherry Bark, Wild Rose Hips)

Supports a healthy immune system and respiratory system.\*

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

### **Wild Lettuce & Wood Betony**

(Wild Lettuce, Wood Betony)

Beneficial for maintaining healthy circulatory function and to help alleviate minor aches and pains associated with daily life.\*

### **WL-S**

(Bladderwrack, Blue Vervain, Capsicum, Chickweed, Dandelion Root, Greasewood)

Beneficial in providing nutrients to aid in weight reduction and also helps to support a healthy digestive tract and circulatory system.\*

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

### **WL-W**

(Cascara Sagrada, Chickweed, Dandelion Leaf, Dulse, Gentian, Indian Sarsaparilla, Licorice Root)

Supports healthy thyroid function and a healthy metabolism.\*

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

### **Yerba Santa Combination**

(Indian Tobacco, Mullein Leaf, Yerba Santa)

Helps to support a healthy respiratory tract.\*

### **YTHE-I**

(Alfalfa, Bilberry, Irish Moss, Papaya, Peppermint Leaf, Royal Jelly, Spearmint Leaf, Spirulina, Wild Yam, Yucca)

Beneficial for overall good health.\*

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#### **ENCAPSULATED SUPPLEMENTS/MINERALS:**

##### **A.C.S. (All Cells Salts)**

(capsules 150 ct - 400mg) (Bladderwrack, Cassava, Irish Moss, Kelp)

Provides electrolytes and minerals for the maintenance of good health.\*

##### **Alfalfa**

(capsules 200 ct - 350mg) Beneficial for soothing the occasional upset stomach and maintaining joint comfort.\*

##### **Can-Sol**

(capsules 100 ct - 500mg) (Lapacho, Oregon Grape, White Pond Lily)

Beneficial for maintaining healthy intestinal flora.\*

NOTICE: Ingredient change from Greasewood/Chaparral to Lapacho applies to the Can-Sol capsules within this book.

##### **Cascara Sagrada**

(capsules 150 ct - 480mg) Beneficial for occasional constipation.\*

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

##### **Chicken Collagen**

(capsules 100 ct - 500mg) Denatured, Type II Collagen.

To maintain joint comfort.\*

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#### **HT Combination**

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

#### **LAS-JB**

(capsules 200 ct - 350mg) (Fennel, Fenugreek, Horseradish, Marshmallow, Mullein Leaf)

**WARNING:** Consuming this product can expose you to lead, a chemical known to the State of California to cause birth defects or other reproductive harm. For more information, go to [www.p65warning.ca.gov/food](http://www.p65warning.ca.gov/food). Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

#### **Licorice Root**

(capsules 200 ct - 350mg) Helps to support a healthy nervous system, adrenal glands, healthy respiratory system and mucous membrane lining of the respiratory tract.\*

#### **OC-M**

(capsules 100 ct - 575mg) (Chickweed, Flax, Ginkgo, Gotu Kola, Stone Root)

**WARNING:** Consuming this product can expose you to Lead, a chemical known to the state of California to cause birth defects or other reproductive harm. For more information, go to [www.p65warning.ca.gov/food](http://www.p65warning.ca.gov/food). Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

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### **Psyllium Seed Husk**

(capsules 200 ct - 350mg)

**NOTICE:** This product should be taken with at least a full glass of liquid. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if you ever had esophageal narrowing or swallowing difficulties.

### **Spirulina**

(capsules 200 ct - 500mg & bulk powder)

Spirulina is a rich source of protein, vitamins, minerals, essential fatty acids (including the important gamma-linolenic acid), and chlorophyll.

Spirulina is also a good source of RNA and DNA.\*

**Capsules & Bulk Powder:** **WARNING:** Consuming this product can expose you to Lead, a chemical known to the state of California to cause birth defects or other reproductive harm. For more information, go to [www.p65warning.ca.gov/food](http://www.p65warning.ca.gov/food). Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

### **T-W**

(capsules 100 ct - 500mg) (Bladderwrack, Dulse, Irish Moss, Wild Lettuce)

**Capsules:** **WARNING:** Consuming this product can expose you to Lead, a chemical known to the State of California to cause birth defects or other reproductive harm. For more information, go to

[www.p65warning.ca.gov/food](http://www.p65warning.ca.gov/food). Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

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## VITAMINS

### **Black Currant Oil**

(softgels 50 ct)

Provides 200 mg of essential fatty acids from a natural source.\*

### **Eazy CoQ10**

(softgels 50 ct) (100mg Coenzyme Q10)

Helps support heart function and cellular energy production.\*

100 mg COQSOL-CF® as ubiquinone

100 IU Vitamin E (as d-alpha tocopherol)

80 mg Mixed Tocopherols

Other Ingredients: D-limonene Oil, Gelatin, Mixed Tocopherols, Coenzyme Q10, Vitamin E, Glycerin, Purified Water, Medium Chain Triglycerides, Turmeric Powder, Zinc Oxide.

### **PS Brain Treat**

(softgels 30 ct) Phosphatidylserine (Sharp-PS® Green Sunflower-PS)

Helps maintain cognitive function.\*

Other Ingredients: Gelatin, Glycerin, Polyglycitol Syrup, Purified Water.

### **Sunflower Lecithin**

(softgels 200 ct –520mg) Beneficial for liver health.\*

Other Ingredients: Gelatin, Glycerin, Polyglycitol Syrup, Sunflower Seed Oil, Purified Water, Caramel Liquid, Titanium Dioxide.

### **Superb Supplemental Plus**

(tablets 120 ct) A carefully selected array of supplemental vitamins and minerals that may help fulfill the nutritional needs of the human diet.\*

Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Crosscarmellose Sodium, Coating (Hypromellose, Polyethylene Glycol), Magnesium Stearate, Silicon Dioxide.

**WARNING:** Accidental overdose of an iron-containing product is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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

**Vitamin A & D**

(softgels 60 ct) (A-7500 mcg RAE‡, D-25 mcg (1000iu))

Contains: Soy and Fish

Other Ingredients: Soybean Oil, Gelatin, Fish Liver Oil (Providing Vitamin A), Glycerin, Fish Liver Oil (Providing Vitamin D), Purified Water.

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

**Vitamin B-Complex**

(capsules 100 ct)

**Vitamin C**

(Time release tablets 120 ct -1000mg) Support of the immune system.\*

**Vitamin E**

(softgels 60 ct - 400 IU with sunflower lecithin) Supports heart health.\*

Provides antioxidant Vitamin E for maintenance of good health.\*

Vitamin E 400 IU (as d-alpha tocopherol) 268 mg

SelenoExcell®1 Selenium 100 mcg (as High Selenium Yeast)

Other Ingredients: Gelatin, Glycerin, Carob Extract Concentrate, Purified Water, Sunflower Lecithin, Fumed Silica, Titanium Dioxide.

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## THE BODY SYSTEMS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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### **THE BODY SYSTEMS: Circulatory System**

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

#### **BC-W**

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

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

#### **Black Currant Oil**

(softgels 50 ct)

Provides 200 mg of essential fatty acids from a natural source.\*

#### **Blessed Thistle**

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

#### **Blue Flag**

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

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

#### **BP-W**

(Bee Pollen, Buckthorn, Greasewood, Inkberry, Peach Leaf, Southern Prickly Ash, Red Clover, Stillingia)

Helps to support a healthy circulatory system.\*

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

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

#### **Bugleweed**

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

#### **Butcher's Broom**

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

#### **Calendula**

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

#### **Capsicum (Red Habanero Pepper)**

Helps to support a healthy circulatory system.\*

#### **Celandine**

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

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

### **Chicory**

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

### **CS-W**

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

### **E-W**

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

### **Eazy CoQ10**

(softgels 50 ct) (100mg Coenzyme Q10)

Helps support heart function and cellular energy production.\*

100 mg COQSOL-CF® as ubiquinone

100 IU Vitamin E (as d-alpha tocopherol)

80 mg Mixed Tocopherols

Other Ingredients: D-limonene Oil, Gelatin, Mixed Tocopherols, Coenzyme Q10, Vitamin E, Glycerin, Purified Water, Medium Chain Triglycerides, Turmeric Powder, Zinc Oxide.

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#### **EH-T**

(Cudweed, Gotu Kola, Kava Kava, Rice Bran, Scullcap, St. John's Wort)

Provides an increase in energy, is a tonic for overall good health, helps relieve occasional restlessness and/or nervousness, supports a healthy circulatory system and venous tissue.\*

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

Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

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

#### **Fenugreek Combination**

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

#### **Flax**

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

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

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### **Formula Max**

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

### **Formula Thirty-One**

(Black Cohosh, Black Walnut, Bugleweed, Hawthorn, Irish Moss, Lily of the Valley)

Helps to maintain a healthy circulatory system.\* Contains: Walnuts

### **Garlic**

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

### **Ginger**

Beneficial for the maintenance of a healthy circulatory system.\*

### **Ginkgo**

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

### **Ginkgo Combination**

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

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### **Golden Days**

(Bladderwrack, Elecampane, Fenugreek, Indian Sarsaparilla)

Beneficial for fluid retention.\*

### **Gotu Kola**

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

### **Green Ginger & Wormseed**

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

### **Hawthorn**

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

### **He Shou Wu (Fo-Ti)**

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

### **Hibiscus Flowers**

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

### **Hops**

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

### **Horsetail**

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

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### **HT Combination**

(liquid or capsules 100 ct - 600mg) (Hawthorn, Motherwort, Myrrh)

Supports healthy cardiovascular function and helps to maintain healthy arteries and blood vessels.\*

### **Hyssop**

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

### **LC-W**

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

### **Lily of the Valley & Blessed Thistle**

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

### **Lloyd's Formula**

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

### **Meadowsweet**

Helps to maintain blood health.\*

### **Mistletoe**

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

### **Mullein Leaf**

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

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### **Myrrh**

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

### **Nettle**

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

### **NSS-M**

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

### **OC-M**

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

Capsules: **WARNING:** Consuming this product can expose you to Lead, a chemical known to the state of California to cause birth defects or other reproductive harm. For more information, go to [www.p65warning.ca.gov/food](http://www.p65warning.ca.gov/food). Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

### **Olive Leaf**

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

### **PA-K**

(Black Cohosh, Echinacea, Golden Seal)  
Supports a healthy circulatory system and blood health.\*

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**Pleurisy Root**

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

**Reishi Mushroom**

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

**Sanicle**

Beneficial for maintaining healthy, clean arteries.\*

**Sassafras**

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

**SH-G**

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

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

**Tart Cherries Extract (Sour Cherry)**

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

**Valerian Root**

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

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**Vinca (Lesser Periwinkle)**

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

**VVH-W**

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

**Wild Lettuce & Wood Betony**

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

**Wild Rose Hips**

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

**Willow**

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

**WL-S**

(Bladderwrack, Blue Vervain, Capsicum, Chickweed, Dandelion Root, Greasewood)

Beneficial in providing nutrients to aid in weight reduction and also helps to support a healthy digestive tract and circulatory system.\*

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

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**Wood Betony**

Supports a healthy circulatory system.\*

**Yarrow**

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

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### **THE BODY SYSTEMS: Digestive System**

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

### **THE BODY SYSTEMS: Digestive System; Bowels**

#### **AG-W**

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

#### **Aloe (African Bitter)**

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

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

#### **Buchu**

Promotes healthy reproductive organ and genitourinary tract function, supports a healthy gastrointestinal tract and relief of occasional gas.\*

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### **Buckthorn**

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

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

### **Cascara Sagrada**

(liquid or capsules 150 ct - 480mg) Beneficial for occasional constipation.\*

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

### **Catnip**

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

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### **CCE-W**

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

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

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

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

### **Culver's Root (Blackroot)**

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

### **Fennel**

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

### **Figs**

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

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### **Flax**

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

### **Golden Seal**

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

### **HL ONE-W**

(Buckthorn, Cascara Sagrada, Fennel, Pumpkin Seed, Turkey Rhubarb)

Helps to relieve occasional constipation.\*

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

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

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

### **Irish Moss**

Beneficial as a stool softener for occasional constipation.\*

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### **Mayapple**

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

### **Ol' Number 11**

(Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein Leaf, Scullcap, Stone Root, White Oak Bark)

For support and maintenance of joint health and is beneficial for maintaining gastrointestinal health.\* Contains: Walnuts

### **Psyllium Seed Husk**

(capsules 200 ct - 350mg)

**NOTICE:** This product should be taken with at least a full glass of liquid. Without drinking enough liquid the product may swell in the throat, causing blockage or choking. Avoid use if you ever had esophageal narrowing or swallowing difficulties.

### **Senna**

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

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

### **Strawberry Leaf**

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

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### **Sutherlandia Combination**

(Bee Pollen, Black Cohosh, Cascara Sagrada, Sutherlandia) Supports a healthy immune system and helps to relieve occasional constipation.\*

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

### **Sweet Root (Calamus)**

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

### **Turkey Rhubarb**

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

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

### **W-W**

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

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

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## **THE BODY SYSTEMS: Digestive System; Digestive Health**

### **AG-W**

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

### **Aloe (African Bitter)**

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

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

### **Angelica**

Beneficial for maintaining healthy digestion.\*

### **Astragalus**

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

### **Barberry**

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

### **Blessed Thistle**

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

### **Brewer's Yeast**

Beneficial for energy and digestive health.\* Contains: Gluten

### **Calendula**

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

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### **Carrot Root**

Supports eye and skin health and healthy digestion.\*

### **Chicory**

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

### **CS-W**

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

### **Cudweed**

Helps to maintain a healthy mucous membrane in the mouth and a healthy stomach function.\*

### **Culver's Root (Blackroot)**

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

### **D-W**

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

### **Dandelion Root**

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

### **E & F-W**

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

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### **Fennel**

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

### **Fenugreek**

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

### **Feverfew**

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

### **Formula Max**

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

### **GB-B**

(Barberry, Bee Propolis, Chicory, Culver's Root)

Supports healthy digestive function.\*

### **Gentian**

Aids in digestion.\*

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### **Golden Seal**

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

### **Green Ginger (Wormwood)**

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

### **Juniper Berries**

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

### **L6-W**

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

### **LBR-W**

(Angelica, Barberry, Bitter Orange, Butcher's Broom, Greasewood, Marshmallow, Senna, Sweet Root, White Oak Bark) Aids digestion.\*

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

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

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#### **LIV-J**

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

#### **Myrrh**

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

#### **Peach Leaf**

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

#### **Safflowers**

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

#### **Sage**

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

#### **Stillingia**

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

#### **Turkey Rhubarb**

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

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

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### **Turmeric**

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

### **Vitamin C**

(Time release tablets 120 ct - 1000mg) Support of the immune system.\*

### **W-W**

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

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

### **WL-S**

(Bladderwrack, Blue Vervain, Capsicum, Chickweed, Dandelion Root, Greasewood)

Beneficial in providing nutrients to aid in weight reduction and also helps to support a healthy digestive tract and circulatory system.\*

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

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## THE BODY SYSTEMS: Digestive System; Intestines

### **AP-W**

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

### **Buchu**

Promotes healthy reproductive organ and genitourinary tract function, supports a healthy gastrointestinal tract and relief of occasional gas.\*

### **Can-Sol**

(liquid) (Greasewood, Oregon Grape, White Pond Lily)

Beneficial for maintaining healthy intestinal flora.\*

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### **Figs**

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

### **Formula Twelve**

(Chickweed, Marshmallow, Mullein Leaf, Slippery Elm)

Helps to nourish and support a healthy gastrointestinal tract.\*

### **Golden Seal**

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

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**Ol' Number 11**

(Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein Leaf, Scullcap, Stone Root, White Oak Bark)

For support and maintenance of joint health and beneficial for maintaining gastrointestinal health.\* Contains: Walnuts

**Quince**

Beneficial for relief of occasional stomach and intestinal discomfort.\*

**Slippery Elm**

Helps to support a healthy gastrointestinal tract.\*

**Strawberry Leaf**

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

**Vitamin A & D**

(softgels 60 ct) (A-7500 mcg RAE‡, D-25 mcg (1000iu))

Contains: Soy and Fish

Other Ingredients: Soybean Oil, Gelatin, Fish Liver Oil (Providing Vitamin A), Glycerin, Fish Liver Oil (Providing Vitamin D), Purified Water.

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

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**THE BODY SYSTEMS: Digestive System; Liver/Gallbladder, Pancreas (Blood Sugar Support)**

**Beet Root**

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

**Blue Flag**

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

**Blueberry Leaf**

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

**Burdock**

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

**Chicory**

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

**Culver's Root (Blackroot)**

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

**Dandelion Leaf**

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

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### **Dandelion Root**

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

### **DB8-W**

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

### **Green Ginger (Wormwood)**

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

### **HYG-W**

(Bee Pollen, Juniper Berries, Licorice Root, Rice Bran, Sweet Root)

Helps to maintain healthy blood sugar levels already within the normal range and enhances energy and focus.\*

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#### **LG-W**

(Burdock, Calendula, Turkey Rhubarb, Yellow Dock)

Supports liver and gallbladder function.\*

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

#### **LIV-J**

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

#### **Milk Thistle**

Helps to support the maintenance and function of a healthy liver and gallbladder.\*

#### **Purple Loosestrife**

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

#### **Sunflower Lecithin**

(softgels 200 ct –520mg) Beneficial for liver health.\*

Other Ingredients: Gelatin, Glycerin, Polyglycerol Syrup, Sunflower Seed Oil, Purified Water, Caramel Liquid, Titanium Dioxide.

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### **THE BODY SYSTEMS: Digestive System; Oral Health**

#### **Blood Root (Red Root)**

Helps to support healthy gums.\*

#### **Cloves**

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

#### **Cudweed**

Helps to maintain a healthy mucous membrane in the mouth and a healthy stomach function.\*

#### **Plantain**

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

#### **TG & P-W**

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

Contains: Walnuts

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

**Vitamin A & D**

(softgels 60 ct) (A-7500 mcg RAE‡, D-25 mcg (1000iu))

Contains: Soy and Fish

Other Ingredients: Soybean Oil, Gelatin, Fish Liver Oil (Providing Vitamin A), Glycerin, Fish Liver Oil (Providing Vitamin D), Purified Water.

**WARNING:** This product contains a chemical known to the State of California to cause birth defects or other reproductive harm. Recommended daily dose not to exceed 5000iu/day or as recommended by practitioner.

Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use.

Discontinue use and consult with your doctor if any adverse reactions occur.

**Vitamin B-Complex**

(capsules 100 ct)

**Vitamin C**

(Time release tablets 120 ct -1000mg) Support of the immune system.\*

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### **THE BODY SYSTEMS: Digestive System; Stomach**

#### **AG-W**

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

#### **Alfalfa**

(liquid or capsules 200 ct - 350mg) Beneficial for soothing the occasional upset stomach and maintaining joint comfort.\*

#### **Aloe (African Bitter)**

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

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

#### **Blessed Thistle**

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

#### **Cloves**

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

#### **Cudweed**

Helps to maintain a healthy mucous membrane in the mouth and a healthy stomach function.\*

#### **Dandelion Root**

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

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

### **Figs & Flax**

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

### **Golden Seal**

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

### **Greasewood (Chaparral)**

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

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

### **Green Ginger (Wormwood)**

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

### **Juniper Berries**

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

### **Papaya Mints**

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

### **Peach Leaf**

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

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**Peppermint Leaf**

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

**Quince**

Beneficial for relief of occasional stomach and intestinal discomfort.\*

**Red Raspberry Leaf**

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

**ST-W**

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

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

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### **THE BODY SYSTEMS: Endocrine System**

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

### **THE BODY SYSTEMS: Endocrine System; Adrenal Support**

#### **Ashwagandha**

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

#### **Astragalus**

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

#### **Bee Pollen**

Beneficial for energy, adrenal support and immune support.\*

#### **Bee Pollen “Special”**

(Bee Pollen, Elderberry Flower, Licorice Root)

Beneficial for energy and adrenal and immunity support.\*

#### **Bee Propolis**

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

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### **E & F-W**

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

### **Indian Sarsaparilla (Hemidesmus Indicus)**

Supports healthy adrenal response to occasional stress and fatigue.\*

### **Licorice Root**

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

### **MG-W**

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

### **Royal Jelly**

Beneficial for menopausal discomfort, glandular and adrenal support.\*

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### **THE BODY SYSTEMS: Endocrine System; Blood Sugar Support**

#### **Blueberry Leaf**

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

#### **Chicory**

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

#### **DB8-W**

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

#### **HYG-W**

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

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## **THE BODY SYSTEMS: Endocrine System; Energy/Stamina**

### **Ashwagandha**

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

### **Bee Pollen**

Beneficial for energy, adrenal support and immune support.\*

### **Bee Pollen “Special”**

(Bee Pollen, Elderberry Flower, Licorice Root)

Beneficial for energy and adrenal and immunity support.\*

### **Bee Propolis**

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

### **Blessed Thistle**

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

### **Brewer's Yeast**

Beneficial for energy and digestive health.\* Contains: Gluten

### **Eazy CoQ10**

(softgels 50 ct) (100mg Coenzyme Q10)

Helps support heart function and cellular energy production.\*

100 mg COQSOL-CF® as ubiquinone

100 IU Vitamin E (as d-alpha tocopherol)

80 mg Mixed Tocopherols

Other Ingredients: D-limonene Oil, Gelatin, Mixed Tocopherols, Coenzyme Q10, Vitamin E, Glycerin, Purified Water, Medium Chain Triglycerides, Turmeric Powder, Zinc Oxide.

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## **E & F-W**

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

## **EH-T**

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

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

Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

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

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### **Formula Max**

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

### **Formula Three**

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

### **GO-W**

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

### **He Shou Wu (Fo-Ti)**

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

### **HNS-W**

(Dulse, Horsetail, Rosemary, Sage)

Helps to promote healthy development of hair, nails, skin, promotes an increase in energy and supports healthy thyroid function.\*

### **HYG-W**

(Bee Pollen, Juniper Berries, Licorice Root, Rice Bran, Sweet Root)

Helps to maintain healthy blood sugar levels already within the normal range and enhances energy and focus.\*

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**Macá**

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

**Motherwort**

Helps to boost stamina.\*

**Rice Bran**

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

**Sassafras**

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

**Southern Prickly Ash**

Beneficial for increased energy.\*

**Superb Wheat Grass Extract**

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

**Three Bees**

(Bee Pollen, Bee Propolis, Royal Jelly)

Helps to enhance energy levels and support healthy immune function.\*

**Vitamin B-Complex**

(capsules 100 ct)

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#### **THE BODY SYSTEMS: Endocrine System; General**

##### **Whole Apricot Kernels**

Beneficial for glandular support.\*

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**THE BODY SYSTEMS: Endocrine System; Male/Female Support (Reproduction)**

**Buchu**

Promotes healthy reproductive organ and genitourinary tract function, supports a healthy gastrointestinal tract and relief of occasional gas.\*

**Crampbark & Chaste Tree Berry**

(Crampbark, Chaste Tree Berry) Beneficial for supporting male and female reproductive functions.\*

**Feverfew**

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

**NSS-M**

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

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### **THE BODY SYSTEMS: Endocrine System; Male/Female Support (Sexual/Intimacy)**

#### **Blue Steele**

(Chaste Tree Berry, Damiana, Dong Quai, Elderberry Flower, Indian Sarsaparilla, Indian Tobacco, Korean Ginseng, Sarsaparilla, Saw Palmetto, Wood Betony, Yohimbe) Designed to enhance virility, vitality and pleasure and to increase sexual desire.\*

#### **Damiana**

Beneficial for increasing sexual desire.\*

#### **Maca**

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

#### **SM & W-S**

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

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### **THE BODY SYSTEMS: Endocrine System; Mood/Emotional Support**

#### **B & B-W**

(Black Cohosh, Blue Cohosh, Blue Vervain, Indian Tobacco, Scullcap)

Helps in the maintenance of a healthy nervous system and promotes a feeling of calmness.\*

#### **Blue Vervain**

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

#### **Chamomile**

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

#### **DAN-C**

(Black Walnut Hulls, Blue Vervain, Cudweed, Feverfew, Horsetail, Indian Tobacco, Rice Bran, Scullcap, St. John's Wort)

Beneficial for calming nerves and relieving tension.\* Contains: Walnuts

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

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

#### **EH-T**

(Cudweed, Gotu Kola, Kava Kava, Rice Bran, Scullcap, St. John's Wort)

Provides an increase in energy, is a tonic for overall good health, helps relieve occasional restlessness and/or nervousness, supports a healthy circulatory system and venous tissue.\*

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

Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

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

#### **EO-W**

(Arnica, Catnip, Chamomile, Indian Tobacco)

Promotes a feeling of calmness and relaxation.\*

#### **Hops**

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

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#### **Kava Kava Combination**

(Ginkgo, Kava Kava, St. John's Wort)

Helps relieve occasional restlessness and/or nervousness.\*

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Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

#### **Maca**

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

#### **Mistletoe**

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

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#### **NP-T**

(Indian Sarsaparilla, Oat Straw, Scullcap, St. John's Wort)

Helps to relieve temporary nervousness.\*

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Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

#### **Scullcap**

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

#### **Wild Lettuce**

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

#### **Willow**

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

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

### **THE BODY SYSTEMS: Endocrine System; Sleep/Relaxation**

#### **Chamomile**

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

#### **DAN-C**

(Black Walnut Hulls, Blue Vervain, Cudweed, Feverfew, Horsetail, Indian Tobacco, Rice Bran, Scullcap, St. John's Wort)

Beneficial for calming nerves and relieving tension.\* Contains: Walnuts

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

#### **Hops**

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

#### **Mistletoe**

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

#### **Tart Cherries Extract (Sour Cherry)**

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

#### **Wild Lettuce**

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

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

### **Willow**

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

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

### **THE BODY SYSTEMS: Endocrine System; Stress/Anxiety**

#### **Ashwagandha**

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

#### **B & B-W**

(Black Cohosh, Blue Cohosh, Blue Vervain, Indian Tobacco, Scullcap)

Helps in the maintenance of a healthy nervous system and promotes a feeling of calmness.\*

#### **Blue Vervain**

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

#### **Chamomile**

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

#### **DAN-C**

(Black Walnut Hulls, Blue Vervain, Cudweed, Feverfew, Horsetail, Indian Tobacco, Rice Bran, Scullcap, St. John's Wort)

Beneficial for calming nerves and relieving tension.\* Contains: Walnuts

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women.

If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

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

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#### **EH-T**

(Cudweed, Gotu Kola, Kava Kava, Rice Bran, Scullcap, St. John's Wort)

Provides an increase in energy, is a tonic for overall good health, helps relieve occasional restlessness and/or nervousness, supports a healthy circulatory system and venous tissue.\*

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

Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

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

#### **Hops**

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

#### **Indian Sarsaparilla (Hemidesmus Indicus)**

Supports healthy adrenal response to occasional stress and fatigue.\*

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

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

### **Indian Tobacco (Lobelia)**

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

### **Kava Kava Combination**

(Ginkgo, Kava Kava, St. John's Wort)

Helps relieve occasional restlessness and/or nervousness.\*

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

Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women. If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

### **Mistletoe**

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

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

#### **NP-T**

(Indian Sarsaparilla, Oat Straw, Scullcap, St. John's Wort)

Helps to relieve temporary nervousness.\*

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women.

If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

#### **SMF-B**

(Buchu, Cornsilk, Dulse, Horsetail, Indian Tobacco, Marshmallow, Mullein Leaf, Oat Straw, Pleurisy Root, Red Raspberry, Rice Bran, Rose Hips, Stone

Root, Uva Ursi, Yarrow) Helps to relieve temporary periods of stress.\*

#### **St. John's Wort**

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

NOTICE: Do not use product containing St. John's Wort while taking any prescription drug(s) without the advice of your prescribing physician.

Avoid excessive exposure to UV irradiation (e.g., sunlight; tanning) when using this product. Not intended for use by pregnant or nursing women.

If you have any medical condition or are taking any medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

#### **Wild Lettuce**

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

#### **Willow**

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

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

## **THE BODY SYSTEMS: Endocrine System; Thyroid Support**

### **Bladderwrack**

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

### **Dulse**

Beneficial to help maintain healthy thyroid function.\*

### **GF-G**

(Bladderwrack, Burdock, Fennel, Hawthorn, Kelp, Plantain)

Helps to nourish and support thyroid function.\*

### **HNS-W**

(Dulse, Horsetail, Rosemary, Sage)

Helps to promote healthy development of hair, nails, skin, promotes an increase in energy and supports healthy thyroid function.\*

### **Kelp**

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

### **MG-W**

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

### **T-W**

(liquid) (Bladderwrack, Dulse, Irish Moss, Wild Lettuce)

Supports healthy thyroid function.\*

### **VM-W**

(Alfalfa, Dandelion Root, Kelp)

Helps to maintain healthy function of the thyroid gland.\*

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### **White Oak Bark**

Beneficial for support of healthy thyroid and bladder function.\*

#### **WL-W**

(Cascara Sagrada, Chickweed, Dandelion Leaf, Dulse, Gentian, Indian Sarsaparilla, Licorice Root)

Supports healthy thyroid function and a healthy metabolism.\*

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

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## **THE BODY SYSTEMS: Endocrine System; Weight Management**

### **Chickweed**

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

### **Golden Seal**

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

### **Greasewood (Chaparral)**

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

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

### **Hoodia**

Helps to suppress appetite and support weight loss.\*

### **Hoodia Combination**

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

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

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

**Vitamin B-Complex**

(capsules 100 ct)

**WL-S**

(Bladderwrack, Blue Vervain, Capsicum, Chickweed, Dandelion Root, Greasewood)

Beneficial in providing nutrients to aid in weight reduction and also helps to support a healthy digestive tract and circulatory system.\*

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

**WL-W**

(Cascara Sagrada, Chickweed, Dandelion Leaf, Dulse, Gentian, Indian Sarsaparilla, Licorice Root)

Supports healthy thyroid function and a healthy metabolism.\*

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

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### **THE BODY SYSTEMS: Immune System**

The Immune System is the body's defense against a wide variety of infections, such as bacterial, viral, fungal and parasitic, as well as illnesses, such as tumor cells. It includes the lymph nodes, the spleen, bone marrow and white blood cells among others. The role of the immune system — a collection of structures and processes within the body — is to protect against disease or other potentially damaging foreign bodies. When functioning properly, the immune system identifies a variety of threats, including viruses, bacteria and parasites, and distinguishes them from the body's own healthy tissue. Disorders of the immune system can result in autoimmune diseases, inflammatory diseases and cancer.

#### **AF-R**

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

#### **AP-W**

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

#### **Astragalus**

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

#### **Barberry**

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

#### **Bee Pollen**

Beneficial for energy, adrenal support and immune support.\*

#### **Bee Pollen “Special”**

(Bee Pollen, Elderberry Flower, Licorice Root)

Beneficial for energy and adrenal and immunity support.\*

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### **Bee Propolis**

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

### **Beet Root**

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

### **Blue Flag**

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

### **Blue Vervain**

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

### **Burdock**

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

### **CC-W**

(Bistort, Eucalyptus, Horehound, Sage, Wild Cherry Bark)

Helps to support a healthy immune system.\*

### **Cedar Berries**

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

### **Chickweed**

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

### **DSK-W**

(Chickweed, Mullein Leaf, Papaya Fruit, Valerian Root, Willow Bark)

Helps to maintain the body's natural response to inflammation.\*

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**Echinacea**

Beneficial for strengthening the immune system.\*

**Elderberry Flower**

Beneficial for supporting a healthy immune and respiratory system.\*

**FVE-W**

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

**Golden Days**

(Bladderwrack, Elecampane, Fenugreek, Indian Sarsaparilla)

Beneficial for fluid retention.\*

**Golden Seal & Echinacea**

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

**Grape Seed**

Supports a healthy immune system.\*

**Horehound**

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

**IMS-W**

(Black Cohosh, Carpenter's Square, Juniper Berries, Lapacho, Marshmallow, Mullein Leaf, Sarsaparilla, Sweet Root)

Helps to support a healthy immune system.\*

**Inkberry (Poke Root)**

Helps to maintain a healthy respiratory and immune system.\*

**IV-H**

(Myrrh, Olive Leaf, Wild Rose Hips, Yarrow)

Supports healthy immune and respiratory function.\*

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**IVY-D**

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

**Korean Ginseng**

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

**Lapacho (Pau d'arco)**

Beneficial for the immune system.\*

**Male Fern**

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

**Myrrh**

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

**Olive Leaf**

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

**Oregano Extract**

Beneficial for supporting immune system.\*

**Oregano Oil**

Beneficial for supporting immune system.\*

CAUTION: Dilute before use. May cause skin irritation.

**Plantain**

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

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**Pumpkin Seed**

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

**Red Clover**

Helps to maintain a healthy immune and respiratory system.\*

**Reishi Mushroom**

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

**Safflowers**

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

**SB-T**

(Echinacea, Grape Seed, Green Ginger, Sanicle)

Helps to support a healthy immune system.\*

**Spikenard**

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

**Sunflower Seed**

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

**Sutherlandia**

Supports a healthy immune system.\*

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### **Sutherlandia Combination**

(Bee Pollen, Black Cohosh, Cascara Sagrada, Sutherlandia) Supports a healthy immune system and helps to relieve occasional constipation.\*

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

### **Sweet Root (Calamus)**

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

### **Three Bees**

(Bee Pollen, Bee Propolis, Royal Jelly)

Helps to enhance energy levels and support healthy immune function.\*

### **Vitamin A & D**

(softgels 60 ct) (A-7500 mcg RAE‡, D-25 mcg (1000iu))

Contains: Soy and Fish

Other Ingredients: Soybean Oil, Gelatin, Fish Liver Oil (Providing Vitamin A), Glycerin, Fish Liver Oil (Providing Vitamin D), Purified Water.

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

Discontinue use and consult with your doctor if any adverse reactions occur.

### **Wild Cherry Bark “Special”**

(Bilberry, Wild Cherry Bark, Wild Rose Hips)

Supports a healthy immune system and respiratory system.\*

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### **THE BODY SYSTEMS: Integumentary System**

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

#### **Hair, Nail & Skin Nourishment & Support**

##### **Burdock**

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

##### **Calendula**

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

##### **Carrot Root**

Supports eye and skin health and healthy digestion.\*

##### **Dandelion Leaf**

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

##### **HNS-W**

(Dulse, Horsetail, Rosemary, Sage)

Helps to promote healthy development of hair, nails, skin, promotes an increase in energy and supports healthy thyroid function.\*

##### **Horsetail**

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

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**HR-F**

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

**Pumpkin Seed**

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

**Sarsaparilla**

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

**SC-W**

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

**Vitamin B-Complex**

(capsules 100 ct)

**Yellow Dock**

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

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### **THE BODY SYSTEMS: Lymphatic System**

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

#### **Lymphatic Support**

##### **Blue Flag**

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

##### **Burdock**

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

##### **Carpenter's Square (Figwort)**

Helps to support a healthy lymphatic system.\*

##### **Fenugreek**

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

##### **Fenugreek Combination**

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

##### **LC-W**

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

##### **Oregon Grape**

Supports a healthy lymphatic system.\*

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**Stillingia**

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

**Yellow Dock**

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

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### **THE BODY SYSTEMS: Muscular System**

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

#### **Muscle Support**

##### **A-W**

(Alfalfa, Bitter Orange, Dandelion Root, Echinacea, Juniper (Fruit),

Marshmallow, Mullein Leaf, Oregon Grape, Wild Rose Hips)

Helps to maintain healthy joint and muscle tissue.\*

##### **Black Currant Extract**

Beneficial for maintaining healthy connective tissue.\*

##### **Bladderwrack**

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

##### **CA-W**

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

##### **Catnip**

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

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**Green Ginger (Wormwood)**

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

**Indian Tobacco (Lobelia)**

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

**MYO-C**

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

Contains: Barley & Walnuts

**Olive Leaf**

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

**Passion Flower**

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

**Peppermint Leaf**

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

**Purple Loosestrife**

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

**Scullcap**

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

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

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

### **Senna**

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

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

### **Spikenard**

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

### **Vitamin B-Complex**

(capsules 100 ct)

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### **THE BODY SYSTEMS: Nervous System**

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

### **THE BODY SYSTEMS: Nervous System; Eye Support**

#### **Bilberry**

Beneficial for overall eye health.\*

#### **Blueberry Leaf**

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

#### **Carrot Root**

Supports eye and skin health and healthy digestion.\*

#### **Dandelion Leaf**

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

#### **E-W**

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

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**E & E-B**

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

**Eyebright**

Beneficial for the maintenance of eye and sinus health.\*

**Plantain**

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

**Vitamin B-Complex**

(capsules 100 ct)

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## **THE BODY SYSTEMS: Nervous System; Nerve Support**

### **Arnica**

Provides support for the nervous system and bones.\*

### **Ashwagandha**

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

### **B & B-W**

(Black Cohosh, Blue Cohosh, Blue Vervain, Indian Tobacco, Scullcap)

Helps in the maintenance of a healthy nervous system and promotes a feeling of calmness.\*

### **B & NC-W**

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

### **Black Walnut Hulls**

Beneficial for healthy nerve function\* Contains: Walnuts

### **Catnip**

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

### **Eazy CoQ10**

(softgels 50 ct) (100mg Coenzyme Q10)

Helps support heart function and cellular energy production.\*

100 mg COQSOL-CF® as ubiquinone

100 IU Vitamin E (as d-alpha tocopherol)

80 mg Mixed Tocopherols

Other Ingredients: D-limonene Oil, Gelatin, Mixed Tocopherols, Coenzyme Q10, Vitamin E, Glycerin, Purified Water, Medium Chain Triglycerides, Turmeric Powder, Zinc Oxide.

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### **E & F-W**

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

### **Evening Primrose**

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

### **Formula Max**

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

### **Ginkgo**

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

### **Ginkgo Combination**

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

### **Gotu Kola**

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

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#### **HB-W**

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

#### **Herbal Adjustment**

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

#### **HII-W**

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

#### **HYG-W**

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

#### **Licorice Root**

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

#### **Lily of the Valley & Blessed Thistle**

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

#### **Mistletoe**

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

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**N-W**

(Blue Vervain, Hops, Indian Tobacco, Scullcap, Valerian Root)

Beneficial for nervous system support.\*

**Oat Straw**

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

**Parsley**

Provides support for a healthy nervous system.\*

**PS Brain Treat**

(softgels 30 ct) Phosphatidylserine (Sharp-PS® Green Sunflower-PS)

Helps maintain cognitive function.\*

Other Ingredients: Gelatin, Glycerin, Polyglycerol Syrup, Purified Water.

**Remember When**

(Black Cohosh, Bladderwrack, Chlorella, Gingko, Gotu Kola, Wormseed)

Beneficial for enhancing memory and supporting peripheral circulation.\*

**Sage**

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

**Scullcap**

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

**Skunk Cabbage**

Helps to support a healthy nervous system.\*

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### **St. John's Wort**

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

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

### **TRQ-RH**

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

Contains: Gluten

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

Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

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

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**Valerian Root**

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

**Vitamin B-Complex**

(capsules 100 ct)

**Wormseed**

Promotes healthy nerve and brain function.\*

**Yohimbe**

Beneficial for parasympathetic nervous system support.\*

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### **THE BODY SYSTEMS: Reproductive System**

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

### **THE BODY SYSTEMS: Reproductive System; General**

#### **Buchu**

Promotes healthy reproductive organ and genitourinary tract function, supports a healthy gastrointestinal tract and relief of occasional gas.\*

#### **Crampbark & Chaste Tree Berry**

(Crampbark, Chaste Tree Berry)

Beneficial for supporting male and female reproductive functions.\*

#### **Feverfew**

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

#### **SM & W-S**

(Maca, Pumpkin Seed, Sarsaparilla, Stone Root, Wild Yam, Yohimbe)

Helps to enhance stamina in men and women.\*

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## **THE BODY SYSTEMS: Reproductive System; Female**

### **AP-W**

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

### **Black Cohosh**

Beneficial to alleviate menopausal discomfort.\*

### **Blue Cohosh**

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

### **Chaste Tree Berry**

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

### **Crampbark**

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

### **Dong Quai**

Beneficial for menopausal discomfort.\*

### **END-J**

(Burdock, Marshmallow, Partridge Berry, Turkey Rhubarb, Yarrow)

Helps to relieve menstrual discomfort.\*

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

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

**Fennel**

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

**FP-W**

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

**Horehound**

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

**L6-W**

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

**Maca**

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

**MPEP**

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

**MPS-I**

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

**Partridge Berry**

Helps to relieve menstrual discomfort.\*

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**Passion Flower**

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

**Pennyroyal**

Helps maintain a healthy menstrual cycle.\*

**PMS-W**

(Black Cohosh, Blessed Thistle, Dong Quai, Partridge Berry, Red Raspberry Leaf, Stone Root, Wild Yam)

Helps to alleviate discomfort from Premenstrual Syndrome (P.M.S).\*

**PN-W**

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

**Red Raspberry Leaf**

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

**Rosemary**

Beneficial for menopausal discomfort.\*

**Royal Jelly**

Beneficial for menopausal discomfort, glandular and adrenal support.\*

**Rue**

Supports healthy menstruation.\*

**Sage**

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

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**Turmeric**

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

**Una De Gato (Cat's Claw)**

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

**White Pond Lily**

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

**Wild Yam**

Helps to relieve occasional cramping associated with menstruation.\*

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### **THE BODY SYSTEMS: Reproductive System; Male**

#### **Blue Steele**

(Chaste Tree Berry, Damiana, Dong Quai, Elderberry Flower, Indian Sarsaparilla, Indian Tobacco, Korean Ginseng, Sarsaparilla, Saw Palmetto, Wood Betony, Yohimbe) Designed to enhance virility, vitality and pleasure and to increase sexual desire.\*

#### **NSS-M**

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

#### **P-W**

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

#### **Pipsissewa**

Helps to maintain a healthy urinary tract and prostate.\*

#### **Saw Palmetto**

Helps to maintain a healthy prostate.\*

#### **UR-W**

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

#### **White Pond Lily**

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

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### **THE BODY SYSTEMS: Respiratory System**

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

#### **Respiratory/Sinus Support**

##### **AEA-B**

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

##### **AIF-T**

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

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##### **Bayberry**

Beneficial for healthy sinuses.\*

##### **Bistort**

Beneficial for sinus and respiratory health.\*

##### **Bitter Orange**

Beneficial for sinus and respiratory support.\*

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### **Cedar Berries**

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

### **CHE-B**

(Astragalus, Bilberry, Bitter Orange, Blessed Thistle, Eucalyptus, Gentian, Indian Tobacco, Marshmallow, Mullein Leaf, Olive Leaf, Yerba Santa)

Helps to support a healthy respiratory tract.\*

### **Chestnut Leaf**

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

### **Chippewa Pine**

Helps to support a healthy respiratory system.\*

### **Elderberry Flower**

Beneficial for supporting a healthy immune and respiratory system.\*

### **Elecampane**

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

### **ETI-W**

(Echinacea, Licorice Root, Myrrh, White Oak Bark)

Beneficial to maintain throat health.\*

### **Eucalyptus Extract**

Beneficial for maintaining healthy respiratory function.\*

### **Eucalyptus Oil**

Beneficial for maintaining healthy respiratory function.\*

### **Eyebright**

Beneficial for the maintenance of eye and sinus health.\*

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### **Greasewood (Chaparral)**

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

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

### **HB-W**

(Ginger, Gotu Kola, Indian Sarsaparilla, Sarsaparilla, Wild Rose Hips)

Helps to enhance cognitive function under periods of mental exertion, improve memory function, supports a healthy nervous system and promotes normal respiratory function.\*

### **Inkberry (Poke Root)**

Helps to maintain a healthy respiratory and immune system.\*

### **IV-H**

(Myrrh, Olive Leaf, Wild Rose Hips, Yarrow)

Supports healthy immune and respiratory function.\*

### **L-W**

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

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

**LAS-JB**

(capsules 200 ct - 350mg) (Fennel, Fenugreek, Horseradish, Marshmallow, Mullein Leaf)

**WARNING:** Consuming this product can expose you to lead, a chemical known to the State of California to cause birth defects or other reproductive harm. For more information, go to [www.p65warning.ca.gov/food](http://www.p65warning.ca.gov/food).  
Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

**Licorice Root**

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

**Marshmallow**

Helps to maintain the health of the mucous membranes.\*

**Mayapple**

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

**Mullein Leaf**

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

**Oil of Cajeput**

Supports healthy respiratory function.\*

**Peppermint Leaf**

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

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**Peppermint Oil**

Promotes normal respiratory function.\*

**Pleurisy Root**

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

**Red Clover**

Helps to maintain a healthy immune and respiratory system.\*

**Red Clover Blended**

(Buchu, Greasewood, Red Clover)

Beneficial for maintaining a healthy urinary and respiratory tract.\*

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**SI-W**

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

**SIA-R**

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

**Spikenard**

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

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**Spring Violet**

Helps to soothe the throat.\*

**Sunflower Seed**

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

**Vitamin A & D**

(softgels 60 ct) (A-7500 mcg RAE‡, D-25 mcg (1000iu))

Contains: Soy and Fish

Other Ingredients: Soybean Oil, Gelatin, Fish Liver Oil (Providing Vitamin A), Glycerin, Fish Liver Oil (Providing Vitamin D), Purified Water.

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

**Wheat Germ**

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

**Wild Cherry Bark**

Supports a healthy respiratory system.\*

**Wild Cherry Bark “Special”**

(Bilberry, Wild Cherry Bark, Wild Rose Hips)

Supports a healthy immune system and respiratory system.\*

**Wild Lettuce**

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

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

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

**Wintergreen Oil**

Helps to support a healthy respiratory tract.\*

**Yerba Santa**

Helps to support a healthy respiratory tract.\*

**Yerba Santa Combination**

(Indian Tobacco, Mullein Leaf, Yerba Santa)

Helps to support a healthy respiratory tract.\*

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### **THE BODY SYSTEMS: Skeletal System**

The Skeletal System is made up of bones, cartilage and joints. The skeleton is the hard framework around which the entire body is built. The bones are a rigid and tough form of connective tissue and are the weight-bearing organs of the body. They are responsible for almost all strength of the skeleton. Cartilage provides structure and support to the body's other tissues without being as hard or rigid as bone. It can also provide a cushioning effect in joints. Joints make the skeleton mobile. Teeth are also part of the skeletal system, but they aren't considered bones.

#### **Bones/Joints**

##### **A-W**

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

##### **Alfalfa**

(liquid or capsules 200 ct - 350mg) Beneficial for soothing the occasional upset stomach and maintaining joint comfort.\*

##### **Arnica**

Provides support for the nervous system and bones.\*

##### **ART-C**

(Aloe, Devil's Claw, Horsetail, Licorice Root)  
Help to provide occasional joint relief after periods of exercise.\*  
NOTICE: This product contains Aloe. Read and follow directions carefully. Do not use if you have or develop diarrhea, loose stools, or abdominal pain because aloe may worsen these conditions and be harmful to your health. Consult your physician if you have frequent diarrhea or if you are pregnant, nursing, taking medication, or have a medical condition.

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**BDR-C**

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

**Black Currant Extract**

Beneficial for maintaining healthy connective tissue.\*

**Butcher's Broom**

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

**CA-W**

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

**Chicken Collagen**

(capsules 100 ct - 500mg) Denatured, Type II Collagen.  
To maintain joint comfort.\*

**Chickweed**

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

**Devil's Claw**

Beneficial for maintaining joint comfort and health.\*

**DSK-W**

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

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#### **Horsetail**

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

#### **Korean Ginseng**

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

#### **Mullein Leaf**

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

#### **Oat Straw**

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

#### **Ol' Number 11**

(Black Walnut Hulls, Green Ginger, Indian Tobacco, Marshmallow, Mullein Leaf, Scullcap, Stone Root, White Oak Bark)

For support and maintenance of joint health and is beneficial for maintaining gastrointestinal health.\* Contains: Walnuts

#### **Peach Leaf**

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

#### **PG-G**

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

#### **Plantain**

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

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### **RST-C**

(All Cells Salts [Bladderwrack, Cassava, Irish Moss, Kelp], Calendula, Chickweed, Fo-Ti (He Shou Wu), White Mustard (Yellow Mustard))

Helps to relieve occasional stiffness and joint discomfort after periods of physical exertion.\*

### **Spikenard**

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

### **Una De Gato (Cat's Claw)**

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

### **Vitamin A & D**

(softgels 60 ct) (A-7500 mcg RAE‡, D-25mcg (1000iu))

Contains: Soy and Fish

Other Ingredients: Soybean Oil, Gelatin, Fish Liver Oil (Providing Vitamin A), Glycerin, Fish Liver Oil (Providing Vitamin D), Purified Water.

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

### **Vitamin C**

(Time release tablets 120 ct -1000mg) Support of the immune system.\*

### **Wild Rose Hips**

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

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**Yucca**

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

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### **THE BODY SYSTEMS: Urinary System**

The Urinary System is the system of production, storage and elimination of urine. It removes wastes from the blood and helps to maintain water and electrolyte balance; it keeps the internal environment of the body clean. The whole system includes the kidneys which form urine and control its concentration; the ureters which connect the kidneys to the bladder; the bladder which stores the urine before it is eliminated from the body; the urethra which is a tube that connects the bladder to the external genitalia for elimination from the body; and the sphincter muscles which control the elimination of urine from the body.

#### **Urinary/Kidney/Bladder Support**

##### **AP-W**

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

##### **Barberry**

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

##### **Blue Flag**

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

##### **Buchu**

Promotes healthy reproductive organ and genitourinary tract function, supports a healthy gastrointestinal tract and relief of occasional gas.\*

##### **Burdock**

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

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**Celandine**

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

**Celery Seed**

Supports healthy kidney and bladder function.\*

**Cleavers**

Beneficial for maintenance of kidney and urinary system health.\*

**Cornsilk**

Helps to maintain a healthy urinary tract.\*

**Cornsilk Combination**

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

**CST-M**

(Barberry, Celandine, Milk Thistle, Sanicle, Turmeric)

Supports a healthy urinary tract.\*

**Feverfew**

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

**Golden Days**

(Bladderwrack, Elecampane, Fenugreek, Indian Sarsaparilla)

Beneficial for fluid retention.\*

**HME-H**

(All Cells Salts [Bladderwrack, Cassava, Irish Moss, Kelp], Horsetail, Indian Sarsaparilla, Oat Straw, Wheat Germ)

Supports healthy kidney function.\* Contains: Wheat

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### **Hydrangea**

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

### **KID-W**

(Chamomile, Dandelion Root, Juniper Berries, Parsley, Uva Ursi)

Beneficial for the maintenance of healthy kidney function.\*

### **Nettle**

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

### **PG-G**

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

### **Pipsissewa**

Helps to maintain a healthy urinary tract and prostate.\*

### **Red Clover Blended**

(Buchu, Greasewood, Red Clover)

Beneficial for maintaining a healthy urinary and respiratory tract.\*

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

### **Rupturewort**

Supports healthy urinary tract function.\*

### **SD-R**

(Hydrangea, Marshmallow, Stone Root)

Supports healthy bladder and kidney function.\*

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**Shepherd's Purse**

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

**Stone Root**

Supports healthy kidney and bladder function.\*

**UR-W**

(Buchu, Cornsilk, Stone Root, Uva Ursi, Yarrow)

Helps to maintain a healthy urinary tract and prostate and supports healthy kidney and bladder function.\*

**Uva Ursi**

Beneficial tonic for supporting a healthy bladder and kidneys.\*

**White Oak Bark**

Beneficial for support of healthy thyroid and bladder function.\*

**Willow**

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

**Yarrow**

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

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### **MINERAL/VITAMIN SUPPORT**

**Minerals and Vitamins** are required for proper function by the body. Minerals are nutrients used by the body to build bones and muscles, as well as regulate heartbeat, oxygenation of body cells and blood clotting. Because the body cannot generate minerals, they must be obtained from outside sources such as meats, vegetables, or products such as herbs.

The minerals consist of **Calcium** - which is the main component of bones and teeth. It promotes bone health and regulates muscle tone and blood clotting. **Potassium** - which helps to regulate blood pressure.

**Magnesium** - helps to regulate the body's metabolism and cholesterol. It is also instrumental in turning blood sugar into energy and well as having a calming effect on the nervous system. **Iron** – helps build the quality of blood, as well as helping the body to resist stress and disease and prevent fatigue. It is found in every blood cell. And lastly, **Iodine**, whose main job is to regulate the thyroid gland.

**Vitamins** are a group of substances that are essential for normal cell growth, development and function. There are 13 essential vitamins needed for the body to function. They are: Vitamin A, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Vitamin B1 (thiamine), Vitamin B2 (riboflavin), Vitamin B3 (niacin), Pantothenic acid, Biotin, Vitamin B6, Vitamin B12 and Folate (folic acid). Each of these vitamins has an important job. A vitamin deficiency can cause serious health problems.

#### **A.C.S. (All Cells Salts)**

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

#### **Beet Root**

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

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**Black Currant Oil**

(softgels 50 ct)

Provides 200 mg of essential fatty acids from a natural source.\*

**Broad Beans**

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

**CA-W**

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

**Formula M**

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

**Superb Supplemental Plus**

(tablets 120 ct) A carefully selected array of supplemental vitamins and minerals that may help fulfill the nutritional needs of the human diet.\*

Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Crosscarmellose Sodium, Coating (Hypromellose, Polyethylene Glycol), Magnesium Stearate, Silicon Dioxide.

**WARNING:** Accidental overdose of an iron-containing product is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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### **Vitamin A & D**

(softgels 60 ct) (A-7500 mcg RAE‡, D-25mcg (1000iu))

Contains: Soy and Fish

Other Ingredients: Soybean Oil, Gelatin, Fish Liver Oil (Providing Vitamin A), Glycerin, Fish Liver Oil (Providing Vitamin D), Purified Water.

**WARNING:** This product contains a chemical known to the State of California to cause birth defects or other reproductive harm. Recommended daily dose not to exceed 5000iu/day or as recommended by practitioner.

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Discontinue use and consult with your doctor if any adverse reactions occur.

### **Vitamin B-Complex**

(capsules 100 ct)

### **Vitamin C**

(Time release tablets 120 ct -1000mg) Support of the immune system.\*

### **Vitamin E**

(softgels 60 ct - 400 IU with sunflower lecithin) Supports heart health.\*

Provides antioxidant Vitamin E for maintenance of good health.\*

Vitamin E 400 IU (as d-alpha tocopherol) 268 mg

SelenoExcell®1 Selenium 100 mcg (as High Selenium Yeast)

Other Ingredients: Gelatin, Glycerin, Carob Extract Concentrate, Purified Water, Sunflower Lecithin, Fumed Silica, Titanium Dioxide.

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### **OVERALL GOOD HEALTH**

To reach and maintain **overall good health** and wellness requires us to understand many different aspects of our health. One of the most important of these is **proper nutrition**, which affects energy, growth, body repairs and reproduction. Vitamins and minerals are key components of this. To keep our bodies functioning properly also requires **enzymes**. Without the proper enzymes, our bodies are more vulnerable to disease and illness.

**Sleep** is one aspect that is absolutely necessary. As we sleep, our bodies repair themselves from any damage that may have happened during the day. Without enough sleep our stress levels become elevated which can lead to ill health.

As we age, we become more vulnerable to illness and disease. One of the main reasons for this is the accumulation of toxins and wastes inside the body. A good way to feel healthy and energetic again is through **whole body cleansing or detoxification** which is a process of neutralizing toxins within the body.

Another aspect of good health which is very beneficial for long-term health and wellness is **regular exercise and physical activity**. These can help in reducing the risk of heart disease, high blood pressure and cholesterol levels, as well as diabetes. Exercise or physical activity also helps keep weight and body fat under control.

And finally, a **positive attitude** goes a long way in attaining the goals of good health and wellness. The mind is responsible for controlling many factors that affect our health. Things like managing stress, eating a good diet and exercising to maintain a healthy weight, as well as to lower blood pressure. Each person can set their own mindset. Without a positive attitude toward health, the mind will often take over and do things that are not good for the body.

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**A.C.S. (All Cells Salts)**

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

**Bee Propolis**

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

**Blessed Thistle**

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

**Broad Beans**

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

**Bugleweed**

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

**CA-W**

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

**Chickweed**

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

**Chlorella**

Beneficial for overall nutrition.\*

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### **Crampbark**

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

### **Eazy CoQ10**

(softgels 50 ct) (100mg Coenzyme Q10)

Helps support heart function and cellular energy production.\*

100 mg COQSOL-CF® as ubiquinone

100 IU Vitamin E (as d-alpha tocopherol)

80 mg Mixed Tocopherols

Other Ingredients: D-limonene Oil, Gelatin, Mixed Tocopherols, Coenzyme Q10, Vitamin E, Glycerin, Purified Water, Medium Chain Triglycerides, Turmeric Powder, Zinc Oxide.

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#### **EH-T**

(Cudweed, Gotu Kola, Kava Kava, Rice Bran, Scullcap, St. John's Wort)

Provides an increase in energy, is a tonic for overall good health, helps relieve occasional restlessness and/or nervousness, supports a healthy circulatory system and venous tissue.\*

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

Excessive use, or use with products that cause drowsiness, may impair your ability to operate a vehicle or dangerous equipment.

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

#### **Elecampane**

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

#### **Five Oils**

(Eucalyptus Oil, Mullein Flower Oil, Oregano Oil, Peppermint Oil, Wintergreen Oil)

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### **Flax**

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

### **Formula M**

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

### **Formula Max**

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

### **HIK-W**

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

### **Hydrangea**

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

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**Kelp**

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

**Kudzu**

Beneficial for overall health\*

**Male Fern**

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

**Oat Straw**

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

**PC-C**

(Burdock, Marshmallow, Sheep Sorrel, Slippery Elm, Turkey Rhubarb)

This combination of herbs is beneficial for nourishing healthy cells.\*

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

**Protein**

Beneficial for overall good health.\* Contains: Milk and Soy

**Rice Bran**

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

**Sage**

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

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### **Sarsaparilla**

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

### **Sheep Sorrel**

Beneficial for overall good health.\*

### **Spirulina**

(liquid, capsules 200 ct - 500mg or bulk powder)

Spirulina is a rich source of protein, vitamins, minerals, essential fatty acids (including the important gamma-linolenic acid), and chlorophyll. Spirulina is also a good source of RNA and DNA.\*

Capsules & Bulk Powder: **WARNING:** Consuming this product can expose you to Lead, a chemical known to the state of California to cause birth defects or other reproductive harm. For more information, go to [www.p65warning.ca.gov/food](http://www.p65warning.ca.gov/food). Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use. Discontinue use and consult with your doctor if any adverse reactions occur.

### **Superb Supplemental Plus**

(tablets 120 ct) A carefully selected array of supplemental vitamins and minerals that may help fulfill the nutritional needs of the human diet.\*

Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Crosscarmellose Sodium, Coating (Hypromellose, Polyethylene Glycol), Magnesium Stearate, Silicon Dioxide.

**WARNING:** Accidental overdose of an iron-containing product is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

### **Superb Wheat Grass Extract**

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

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**Vita-Lixir**

(Bee Pollen, Carrot Root, Dandelion Leaf, Gentian, Rice Bran, Sunflower Seed, Wheat Germ, Wild Rose Hips)

Beneficial for overall good health.\* Contains: Wheat

**Vitamin A & D**

(softgels 60 ct) (A-7500 mcg RAE‡, D-25 mcg (1000iu))

Contains: Soy and Fish

Other Ingredients: Soybean Oil, Gelatin, Fish Liver Oil (Providing Vitamin A), Glycerin, Fish Liver Oil (Providing Vitamin D), Purified Water.

**WARNING:** This product contains a chemical known to the State of California to cause birth defects or other reproductive harm. Recommended daily dose not to exceed 5000iu/day or as recommended by practitioner.

Not intended for use by pregnant or nursing women. If you have a medical condition or are taking medication, consult your doctor prior to use.

Discontinue use and consult with your doctor if any adverse reactions occur.

**Vitamin B-Complex**

(capsules 100 ct)

**Vitamin C**

(Time release tablets 120 ct -1000mg) Support of the immune system.\*

**Vitamin E**

(softgels 60 ct - 400 IU with sunflower lecithin) Supports heart health.\*

Provides antioxidant Vitamin E for maintenance of good health.\*

Vitamin E 400 IU (as d-alpha tocopherol) 268 mg

SelenoExcel®1 Selenium 100 mcg (as High Selenium Yeast)

Other Ingredients: Gelatin, Glycerin, Carob Extract Concentrate, Purified Water, Sunflower Lecithin, Fumed Silica, Titanium Dioxide

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

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

## **W-W**

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

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

## **Wild Lettuce & Wood Betony**

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

## **YTHE-I**

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

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**PURE HERBS, LTD™**

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Sterling Heights, MI 48312